

6 Week Beginner's Workout

WEEK #6				DATE:	TIME:	BODYWEIGHT:	
Day	Body Part	Exercise Name	Equipment	Weight	Repetitions	Sets	Rest Between Sets
1	chest	incline dumbbell press	dumbbells		8	3	45-60 seconds
1	chest	flat dumbbell press	dumbbells		6	2	45-60 seconds
1	tricep	overhead tricep extensions	dumbbells		10	2	45-60 seconds
1	tricep	overhead tricep extensions	dumbbells		8	2	45-60 seconds
1	abs	crunches	exercise ball	5	25	3	1 minute
2	<i>Cardio - 20 minutes walking, treadmill, elliptical, dance, aerobics etc.</i>						
3	shoulders	dumbbell shoulder press	dumbbells		10	2	45-60 seconds
3	shoulders	dumbbell shoulder press	dumbbells		8	3	45-60 seconds
3	back	one arm dumbbell rows	dumbbells		8	2	45-60 seconds
3	back	one arm dumbbell rows	dumbbells		6	2	45-60 seconds
3	calf	standing calf raise	bodylastics		25	3	45-60 seconds
4	<i>Cardio - 20 minutes walking, treadmill, elliptical, dance, aerobics etc.</i>						
5	bicep	alternating dumbbell curls	dumbbells		8	3	45-60 seconds
5	bicep	bodylastics band curls	dumbbells		8	2	45-60 seconds
5	thigh	dumbbell squat	dumbbells		10	2	45-60 seconds
5	thigh	dumbbell squat	dumbbells		8	1	45-60 seconds
5	glutes	lunges	dumbbells		8 each leg	2	45-60 seconds
6	<i>Cardio - 20 minutes walking, treadmill, elliptical, dance, aerobics etc.</i>						
7	abs	crunches	exercise ball		25	2	1 minute

WEEK #6 NOTES: (1) Reps are lower this week, increase weight on exercises 5 pounds excluding lunges on day 5. (2) Add weight to exercise ball crunches as noted. (3) Use [Bodylastics resistance bands](#) for standing calf raises on day #3. (4) Rest 45-60 seconds between different sets and exercises unless noted otherwise. (5) More is not better, follow the workout as outlined. (6) Use the same weight for each set of each exercise - if you can complete the required number of reps for each set of an exercise increase the weight next workout. (7) Check [ExerciseEquipmentExpert.com](#) for equipment recommendations.