

6 Week Beginner's Workout

6 Week Beginner's Workout Instructions

- Disclaimer -

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6 Week Beginner's Workout

Overview

Congratulations on making an excellent decision to download the 6 Week Beginner's Workout.

If you're willing to put forth the effort, and follow the program as outlined, you're going to be amazed by how much your body will change in just a few short weeks.

I. Diet Overview

The best workout program in the world won't do you a bit of good if you're slugging down 5 cans of pop, eating potato chips, burgers and drinking beer every night of the week - sure it's fun to eat like that, but you aren't doing your body any favors.

In order to get the best results from this workout, follow the guidelines and recommendations below:

Guidelines

- ★ Drink a minimum of 80 ounces of water each day; make sure that you are staying hydrated during your workout too. Drink water in moderation during intense exercise.
- ★ Eat 5 meals a day. Don't load up each meal; instead try to eat every 2-3 hours while you're awake and get a good mix of protein, carbs and fat with each meal.
- ★ Don't avoid fat altogether...fat has gotten to be the whipping boy of the exercise and diet industry lately, but don't let that stop you from getting some good fat into your diet. By eating up to 15-20% of your calories from fat you'll actually be stronger in the gym and make better muscle gains than trying to live off tuna and chicken breasts for months on end.
- ★ Eat protein and some carbs at each meal. A well-balanced meal will consist of some protein, carbohydrates and a small amount of fat.
- ★ Drink a protein shake 1 hour before bed. An easy way to increase your calorie intake without even trying is to have a protein shake or meal replacement shake about an hour before bedtime.
- ★ Alcohol is not your friend and will hinder your progress while losing fat and building muscle. If you must consume alcohol, limit your intake to a glass of wine or a beer with a meal a maximum of 2 days per week. Never consume alcohol immediately following a weight training workout as it will have *dramatic* negative effects on your progress.

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★ Decrease your calorie intake by at least 300-500 calories a day when you're following the 6 Week Beginner blueprint. Start off by trimming 100-200 calories off each of your main 3 meals for a week (or more if you're eating way more calories than your Base Metabolic Rate). If that isn't helping enough to shed some pounds, try cutting additional calories by knocking out snacks and empty calories from soda and beer.

★ Feed your muscles well IMMEDIATELY after strength training. If you don't want to invest a few bucks on a good whey protein powder, then a meal with a nice balance of carbs, protein and some fat will suffice, but it won't be as efficient at preserving your lean muscle mass as a fast acting protein shake will.

II. Weight Training Overview

Here's how to get the most out of the 6 Week Workout - just stick to these eight simple rules as outlined below...

1. Follow the weight training program exactly as outlined on the workout sheets. No ifs, ands or buts! You do want to lose fat and gain some functional muscle right? Then stop second guessing everything already and stick to the program!
2. More is not better!... Keep your workouts to no more than 1 hour long and work your ass off while you're in the gym. If you'd rather socialize or send your friends text messages do it on your free time – not while you're working out!
3. Go hard on your cardio training by incorporating interval training, sprints or other exercises that will ignite your fat burning furnace. Long duration cardio done at a low intensity will NOT produce the results fastest but are better than nothing if you're just starting out (i.e. walking, jogging etc.).
4. Warm up with a very light cardio session or calisthenics (remember jumping jacks from gym class?) for 5-10 minutes and make sure you're good and loose before you strength train. You're going to be pushing your body hard with this workout so make sure you don't skimp on your warm-up or you'll wind up getting injured.
5. Rest for the recommended time between exercises and the recommended time between sets - no more, no less. The exception to this rule is that there isn't one - got it? Good.
6. Follow strict form on each and every exercise. Don't fall victim to letting your ego get in the way of your brain – it's better to use a lighter weight and really hit the target muscles for each exercise than it is to chuck around a weight you have no business lifting by using sloppy and dangerous form!

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7. Increase your weight on each exercise when you can perform the required number of repetitions for each exercise in a set. When adding weight to an exercise (especially smaller muscle groups like arms) try adding 2 ½ pounds to each exercise. Bigger muscle groups like legs may require more weight – 5 to 10 pounds is usually appropriate.
8. If you feel you need to deviate from the 6 Week Beginner's Workout because you think you know better, DON'T! The only exception would be if one of the exercises would aggravate an existing injury or condition.

III. How Much Weight To Use On Each Exercise

You'll notice that the workout sheets do not list the amount of weight to use for each exercise.

The reason is that everyone is different. You may be able to bench or squat 300 pounds or 30 pounds. I don't know because I've never met you.

The point is, use the maximum amount of weight possible to reach the required number of repetitions for each set. Don't worry if that weight is 5 pounds or 500 pounds, perform each repetition and each set with strict and proper form. That's the most important thing to remember.

For example on day one, the first exercise is the incline dumbbell press and number of repetitions is 12.

So for the first set you should use the most weight you can use and still complete 12 repetitions in good form. On the second and third sets you will use the same weight as the first.

When you can complete the required number of reps for each exercise on each set for an exercise, then it's time to add a bit of weight next workout and start the process all over again.

Use this same principal for the rest of the exercises in the workout. Your first time through the workout it's a good idea to under estimate the amount of weight you try on each exercise rather than go crazy with a weight you can only perform 5 repetitions with.

Here's a good way to figure out how much weight to use for each exercise...

***A couple of days prior to starting the workout program you should try each exercise and get a feel for the amount of weight you should be using. That way when you'll be

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ready to hit the ground running when day one starts instead of fumbling around in the gym for an hour scratching your head wondering what to do.

IV. Equipment Used for the 6 Week Beginner's Workout

The equipment you need for the 6 Week Workout blueprint is listed below. Each piece is effective and affordable, and we personally use each of them in our studio on a daily basis.

Anyone that tells you that you need a \$2000 gym to get a good workout doesn't know what the hell they're talking about, or they're lying to you.

You can set up a world class home gym for a few hundred bucks that will blow the doors off those clunky old fashioned machines and give you a better, safer workout.

Click a link below to read more about each piece of equipment used for this workout:

[Exercise Bands](#)

[Weight Bench](#)

[Exercise Ball](#)

[Dumbbells](#)

V. Conclusion

If you follow the 6 Week Beginner's Workout as outlined above you're going to get some amazing results, so get started now by printing off the workout, get the equipment you need and go to it!

Good luck with the program – work hard, eat right, and get at least 8 hours of sleep each night, clean your room and brush your teeth (your Mom told me to say that) and keep in touch...

I'd love to hear your success story!

If you have a specific question about this workout blueprint to please direct it to me here 6weekworkout@exerciseequipmentexpert.com

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P.S. Do you have ideas, suggestions or comments to share about the 6 Week Beginner's Workout? Tell us what's on your mind by [visiting our blog and leaving a comment or feedback](#) we're listening!

P.P.S. If you're feeling really ambitious, why not give us a shout-out on your website or blog and help spread the word to your friends, family and neighbors? It's just an idea, and ideas never hurt anyone... right?