

Kickstart your 2025!

BEGINNER
WORKOUT
PROGRAM

@REPSWITHREN

duration: 2 months

BEGINNER WORKOUT PROGRAM PLAN

Equipments: Bodyweight, Dumbbells, Yoga Mat, Bench/Chair, optional: Resistance Band

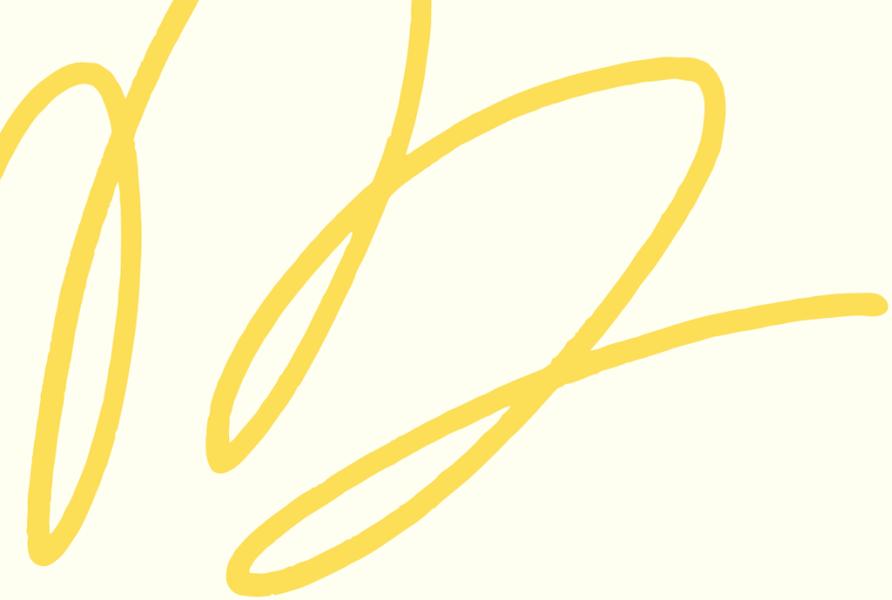


Note: Dumbbells may be subbed with any form of weight available and comfortable to use (example: bottles of water) or if you have an access to a gym, feel free to use Barbell and/or Smith Machines

SPLIT: 3 FULL BODY

Duration: 2 months (60 days)

Optional Training: I want you to incorporate another day of exercise to workout you enjoy!
This could be anything like Pilates, Yoga, Running, Swimming, Biking, Dancing- anything really! I just want you to move your body lovingly <3



DISCLAIMER

This program is made to inspire people to move their body and acknowledge how incredible and privileged we are with the fact that we'd GET TO move freely. This plan acts as a guide to those who want to start being more consistent in working out or simply just need inspiration in forming a plan. This plan is NOT specified in promoting fat loss or muscle gain. In order to do so, **personal** nutritional altercations must be done. Remember, everybody is different and every body works differently :)



WARM UP (5-10 mins)

This may look a lot but trust me it's not!

Optional: walk for 5 minutes

Leg Swings, Lateral Leg Swings, Hip Openers - 10 reps each

Arm Circles - 5 reps Clockwise, 5 reps AntiClockwise

Ankle Circles, Wrist Circles - 5 reps CW, 5 reps ACW

Donkey Kickbacks - 10 reps each side x 2 sets

Fire Hydrants - 10 reps each side x 2 sets

These are called '**Dynamic Stretching**', Warm up is important to help your blood flowing

This should be done BEFORE you start your workout

COOL DOWN (5-10 mins)

Follow a 5-10 minute Cool Down video or do some stretches of your own!

Example:

1. **Standing Quad Stretch**

2. **Lunge Stretch**

3. **Pigeon Pose**

4. **Shoulder Stretch**

5. **Tricep Stretch**

6. **Seated Forward Fold**

7. **Child's Pose**

30 seconds for each movement

These are called '**Static Stretching**', Cool down helps in improving flexibility, recovery, prevent injury

This should be done AFTER you're finished with your workout



MONTH 1

FULL BODY 1

1. Squats

Warm up w/ Bodyweight - 10 reps

Working Set - 8 reps x 3 sets

Easier Alternative: Boxed Squats

2. Hip Thrusts

12 reps x 3 sets

3. Split Squats

8 reps each leg x 3 sets

4. Shoulder Press

10 reps x 3 sets

5. Single Arm Row

8 reps each side x 3 sets

6. Bicep Curl

10 reps x 3 sets

FULL BODY 2

1. Romanian Deadlift

10 reps x 4 sets

2. B-Stance Hip Thrusts

8 reps each leg x 3 sets

3. Floor Press

10 reps x 3 sets

4. Push Ups

8 reps x 3 sets

5. Step Ups

10 reps each leg x 3 sets

6. Calf Raises

12 reps x 3 sets

7. Bird Dogs

6 reps each side x 2 sets

FULL BODY 3

1. Elevated Squats

15 reps x 3 sets

2. B-Stance Romanian Deadlift

8 reps each side x 3 sets

3. Bent Over Rows

10 reps x 3 set

4. Arnold Press to Curl

8 reps x 3 sets

5. Bench Dips

10 reps x 3 sets

6. Lateral Raise

12 reps x 3 sets

7. Plank

30 secs x 3 sets

MONTH 2

Progressing can mean many ways! You can see through the increase in weight used, being able to do more reps, being more flexible (doing a movement in a better Range of Motion [ROM], taking less breaks, doing the more challenging alternative)

This month we introduce you to **SUPERSETS**. Doing 2 exercises back to back with no rest.

FULL BODY 1

1. Squats

Warm up set - 12 reps

Working Set - 10 reps x 3 sets

2. Romanian Deadlift

12 reps x 3 sets

3. B-Stance Hip Thrusts

8 reps each leg x 3 sets

4. Push Ups

10 reps x 3 sets

5. Alt. Bent Over Row

16 reps x 3 sets (1 side = 1 rep)

6. SUPERSET

Bicep Curl - 8 reps

Hammer Curl - 8 reps

3 sets

FULL BODY 2

1. SUPERSET

B-Stance RDLs - 8 reps each leg

Bulgarian Split Squats - 6 reps

each leg

3 sets

2. Bench Dips

10 reps x 3 sets

3. Goblet Squat

10 reps x 4 sets

4. Squat to Press

8 reps x 3 sets

5. Front to Lateral Raise

10 reps x 3 sets

6. Wall Sit

30 secs x 3 sets

FULL BODY 3

1. Hip Thrusts

Warm up set - 15 reps

Working Set - 10 reps x 3 sets

Note: Hold at the top for 5 secs in every last rep on each set

2. Reverse Lunge to Knee

Drive

8 reps each leg x 3 sets

3. Arnold Press

10 reps x 3 sets

4. Calf Raises

12 reps x 4 sets

5. Dumbbell Tricep Ext.

8 reps each side x 3 sets

6. SUPERSET

Mountain Climbers

Inchworm

30 secs on, 45 secs off x 3 sets

Note

I've made a spreadsheet to help input data (weight, reps, any other notes) as well as a link to show the form of each exercises, but feel free to use any workout apps!

Spreadsheet: [Beginner Workout 2025 Spreadsheet](#)

You can save and edit it :)



A question you may be asking is “Why don’t you switch up the workouts every week?”

You will be doing the same workouts within the month as constantly switching exercises too often can prevent your body from fully adapting, hindering and making it harder to detect progress.

and remember, **Consistency** > Perfection

How do I progress?

Each week, try to increase the weight by ~10%; If that feels uncomfortable- you can stay where you are at and try again the next following week. On the fourth week, go a little bit lighter (60-70%) of your usual weight- but still ensuring that it is somewhat challenging.

Going heavier is the most encouraged option- however, if that is not an option for you (e.g. limited access to weight) you can reduce your rest times and/or increase the rep range to make it more challenging.

Great

GOOD
LUCK

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wowk!