

Beginners 3 Training

Making your way back into gym can be a challenge and there is no simple way than using a get back routine. A 3 Day Strength Training Program to challenge what you used to have and build up your momentum. Below you will find cardio, abdominal, and 3 workout routines targeting the front, back and entire body. Each workout provides 4 Exercises for 3 - 4 Weeks to enhance your body back to what it used to be. After each day of a workout routine, allow 48 hours to recover before the next training routine. If you are just beginning to train it is highly recommended to start with lightweight and slowly increase weight.

If needed, before attempting the exercises click the Training Title for all exercises. By clicking the selected exercise will present an example video for proper form and tips. If you are not able to view, check with a trainer at your facility for form and safety. Below your training program are quick guides of the **nutritional experience**, **nutritional tips** and **supplement advice** used toward this routine.

Workout Outline	
Weeks	3 - 4
Days	3 Days Per Week
Workouts	3
Equipment	Barbell Dumbbells Cables Plated loading Machine
Exercises	5 - 6 Exercises Per Workout
Recovery	24 - 48 Hour For Previous Trained Muscle
Level of intensity	1 - 6
Objective	Proper Mechanics General Health Muscular Strength Physique Development

Cardio	
Equipment	Time
Any Cardio Machine	12 - 15 minutes

Stretch
Daily Stretches

Core			
Exercise	Sets	Time	Rest
Side Planks	3	20 - 30 seconds	30 seconds
Front Plank	3	20 - 30 seconds	30 seconds

Workout 1: Full Upper			
Exercises	Sets	Repetitions	Rest
Dumbbell Lateral Raises	3	10 - 12	30 - 45 seconds
Lat. Pull Downs	3	10 - 12	30 - 45 seconds
Dumbbell Bench Press	3	8 - 10	1 minute +
Cable Bar Curls	3	10 - 12	30 - 45 seconds
Machine Chest Flies	3	10 - 12	30 - 45 seconds
Ez Bar Tricep Extensions	3	10 - 12	30 - 45 seconds

Cardio	
Equipment	Time
Any Cardio Machine	12 - 15 minutes

Stretch
Daily Stretches

Abdominal			
Exercise	Sets	Repetitions	Rest
Crunches	3	20 - 25	30 seconds
Crossover Crunch	3	20 - 25	30 seconds
Leg Raises	3	20 - 25	30 seconds

Workout 2: Full Lower			
Exercises	Sets	Repetitions	Rest
Leg Adductors	3	10 - 12	30 - 45 seconds
Leg Press	3	8 - 10	1 minute +
Deadlift	3	8 - 10	1 minute +
Seated Leg Curls	3	10 - 12	30 - 45 seconds
Leg Extensions	3	10 - 12	30 - 45 seconds

Cardio	
Equipment	Time
Any Cardio Machine	12 - 15 minutes

Stretch
Daily Stretches

Core Cardio			
Exercise	Sets	Time	Rest
Russian Twist	3	20 - 30 seconds	30 seconds
Flutter Kicks	3	20 - 30 seconds	30 seconds
Mountain Climbers	3	20 - 30 seconds	30 seconds

Workout 3: Full Body			
Exercises	Sets	Repetitions	Rest
Back Extensions	3	10 - 12	30 - 45 seconds
Machine Rear Flies	3	10 - 12	30 - 45 seconds
Barbell Back Squats	3	8 - 10	1 minute +
Incline Bench Press	3	8 - 10	1 minute +
Dumbbell Lunges	3	10 - 12	30 - 45 seconds

Nutritional Experience

While training for strength your nutritional plan will have a major role for recovery, development and performance.

- Explore Plans
- Standard 2,000 Calorie Plan(recommend)
 - Plan 1
 - Plan 2
 - Plan 3

Nutritional Tips

It is very common as you train to forget the essentials of keeping the body fully functional.

- Explore Tips
- Healthy foods may be junk
- Hidden Sugars
- All Greens Matter
- Nutritional Timing
 - Reducing Body Fat(Lose Weight)???
 - Gaining Muscle Mass???

Supplement Advice

If you are able to get most of the supplements from your foods it is highly encourage. If not, here are some recommendations.

- Supplement Guidance
- Battle Of The Brands
- Protein
 - Whey Protein
 - Casein Protein
- Vitamins
 - All vitamins