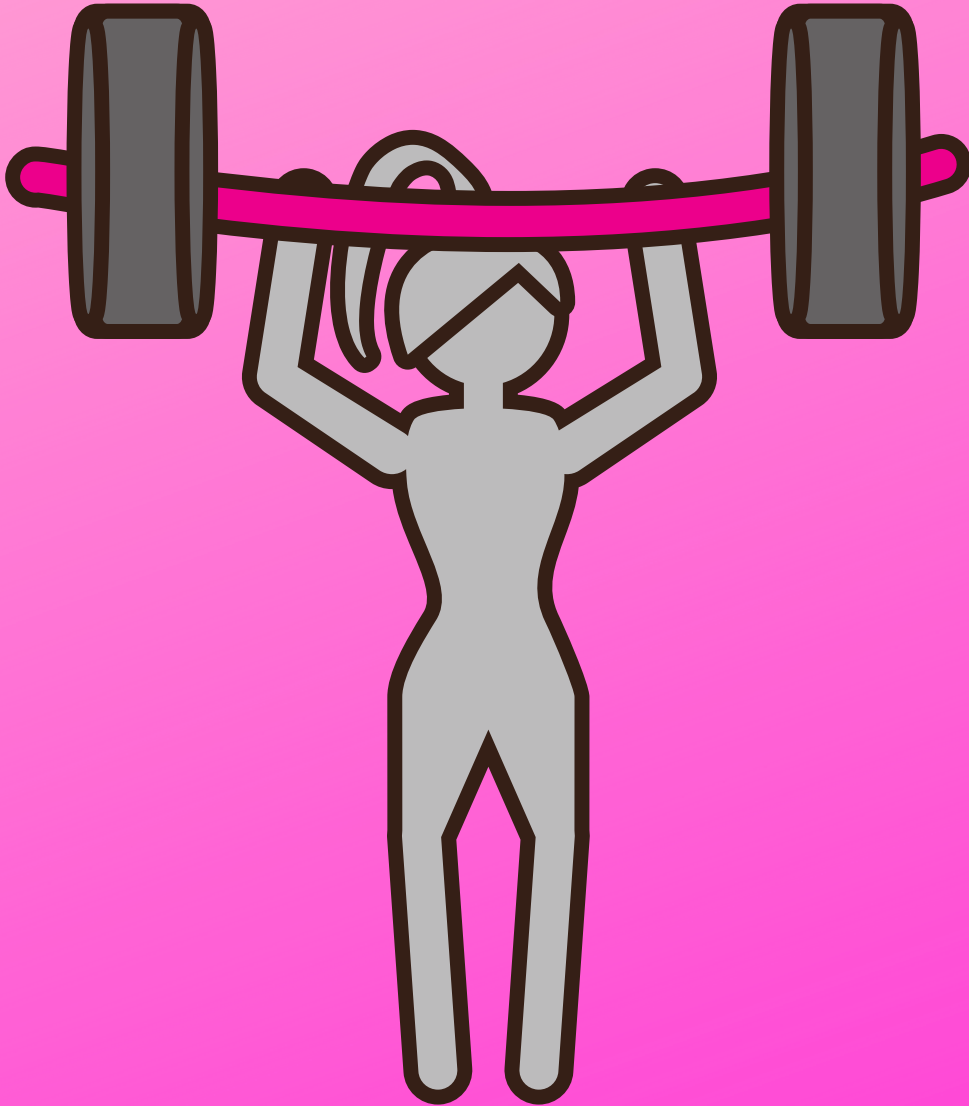


*Laura's*  
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# Beginner Gym Plan



# Beginner Basics

Start off with just three days a week for the first two weeks, once you feel comfortable you can add a fourth day and repeat one of the days twice. You can also start doing 4 sets instead of 3.

## Warm Up:

Before you do your weights you always want to do a good warmup beforehand. This prevents injury and you definitely will feel best/have a better workout if you do so!

Start off with some light cardio. I do 5-10 minutes on the treadmill or elliptical. It should feel like a light jog that's slightly getting your heart rate up, but it shouldn't feel too strenuous.



After you do this, you will then do a few light working sets of your first exercise.

For example, let's say you're doing squats with 60 pounds. You wouldn't finish your cardio warmup and go right into the 60 pounds squats. You'd do some light sets first to get your muscles ready for the movement. If you're just starting out, there's a chance you might feel challenged enough doing your squats with no weight at all or very light weight. If that's the case, you wouldn't need to do lighter sets before (since you can't) so you would just do your cardio warm up and then go right into your squats.



## How To Pick A Weight

Lifting heavy should be your ultimate goal, but when starting out focus on getting the form down pat. Pick a weight that is comfortable at first. Keep track of the weights you are using and the next time you do the workout aim to add an extra rep or go up slightly in weight. If you were only doing 10 reps, try to go up to 12. If you were doing 12 reps, add some weight so that 10 reps feel challenging. How do you know when you should add weight? If you have the form down pat and the exercise isn't feeling challenging enough- add some weight! You always want to be striving to improve.

## FOCUS!

### (Follow One Course Until Successful)

When getting into weight training, it can be tempting to want to try out every single exercise you see on Instagram and keep switching things up. DON'T! That's going to be detrimental to your progress. Consistently work on building on these exercises for at least 4-6 weeks and then you can move on to something more complex. This will help you build muscle which will speed up your metabolism and make it easier to reach your goals!

When you feel like you're ready to move on to something more challenging and complex, the **Knockout Body Program** will be the logical step to take. It will take your workouts to the next level!

# DAY #1 - LEGS

1. Warmup – your choice of cardio (5 minutes)

2. Squats

3 sets of 10-12 reps

rest 1 minute-1:30 between sets

3. Hip Thrust

3 sets of 10- 12 reps

rest 1 minute-1:30 between sets

4. Leg Press

3 sets of 10-12 reps

rest 1 minute-1:30 between sets

5. Leg Extension

3 sets of 10-12 reps

rest 1 minute- 1:30 between sets

6. Leg Curl

3 sets of 10-12 reps

rest 1 minute- 1:30 between sets

## DAY #2 - SHOULDERS/TRICEPS/CHEST

1. Warmup – your choice of cardio (5 min)
2. Dumbbell Shoulder Press  
3 sets of 10-12 reps  
rest 1 minute-1:30 between sets
3. Dumbbell Chest Press  
3 sets of 10-12 reps  
rest 1 minute-1:30 between sets
4. Lateral Raise  
3 sets of 10-12 reps  
rest 1 minute- 1:30 between sets
5. Front Raise  
3 sets of 10-12 reps  
rest 1 minute-1:30 between sets
6. Rope Pulldowns  
3 sets of 10-12 reps  
rest 1 minute-1:30 between sets

## DAY #3 - BACK/BICEPS

1. Warmup – your choice of cardio (5 min)
2. Lat Pulldown  
3 sets of 10-12 reps  
rest 1 minute-1:30 between sets
3. Close Grip Pulldown  
3 sets of 10-12 reps  
rest 1 minute- 1:30 between sets
4. Cable Row  
3 sets of 10-12 reps  
rest 1 minute- 1:30 between sets
5. Machine Row (any type of back machine)  
3 sets of 10-12 reps  
rest 1 minute- 1:30 between sets
6. Bar Bicep Curl  
3 sets of 10-12 reps  
rest 1 minute- 1:30 between sets