

TRAINING PLAN

Full Body Foundations

LEVEL

Beginner

DURATION

8 weeks

FREQUENCY

3 days / week

Three sessions a week covering every major movement pattern. The place to start if you are new to lifting.

SESSION A Full body A

Squat pattern, horizontal push and pull

EXERCISE	SETS	REPS	NOTES
Goblet or back squat	3	8-10	Sit between your hips and keep your chest tall
Dumbbell bench press	3	8-10	
Seated cable row	3	10-12	
Romanian deadlift	2	10-12	
Plank	3	30-45 sec	

SESSION B Full body B

Hinge pattern, vertical push and pull

EXERCISE	SETS	REPS	NOTES
Trap bar or conventional deadlift	3	5-8	
Seated dumbbell shoulder press	3	8-10	
Lat pulldown	3	8-12	
Split squat	2	10 per leg	
Cable crunch	3	12-15	

SESSION C Full body C

Legs, upper body, core

EXERCISE	SETS	REPS	NOTES
Leg press	3	10-12	
Incline dumbbell press	3	8-10	
Chest-supported row	3	10-12	
Hip thrust	2	10-12	
Farmer carry	3	30 m	

NOTES

Train three non-consecutive days, for example Monday, Wednesday and Friday, and rotate A, B and C.

Start every lift lighter than you think you need to, and learn the movement before you chase weight.

Natural, no fat burners: consistent training, enough protein and patience do the work.

General information only, not medical advice. Stop if something hurts, and check with a qualified professional if you have a health condition or injury.