



FREE TRAINING PROGRAMME

Excellent start up program for everyone who is new in the gym. The purpose of this plan is to strengthen your full body including your core, it consists 3 workouts for you to perform each week for 4 to 6 weeks.

Each exercise is linked to a demo video.

For best results, please consider:

- Execute the exercise with full range of motion under control.
- Start with light weight and keep on increasing it until you can maintain your form.
- Follow the recommended time for rest between the sets.
- Make sure you drink enough water during the workout.
- Don't skip the "Core" section.
- Never skip stretching!

Good Luck!

DAY 1



<u>Exercise Name</u>	<u>Body part</u>	<u>Weights / Equipment</u>	<u>Reps/ Duration</u>	<u>Rest Sets</u>	<u>b. sets</u>
Day 1 - Legs					
<u>Warm up</u>	Full Body	Body	5 min	1	
<u>Stretching for lower Body</u>	Lower	Body	2 min	1	
Main Workout					
<u>Seated leg extension</u>	Lower	Cables machine.....kg	8	4	120 sec
<u>Prone leg curl (RES-C)</u>	Lower	Cables machine.....kg	8	4	120 sec
<u>Leg Press</u>	Lower	Leg presskg	8	4	120 sec
<u>Calf rise (strength machine)</u>	Lower	Calf raisekg	16-20	4	120 sec
<u>Walking lunges Barbell</u>	Lower	Barbell.....kg	2x 10 steps	3	120 sec
Core					
<u>Plank</u>	Core	Body	2 min	4	60 sec
<u>Leg rise</u>	Core	body/stand legs)	leg raise (straight)	20	4 120 sec
<u>Heel Touches</u>	Core	Body	30	4	120 sec
<u>Stretching for lower Body</u>			10 Min	1	

DAY 2



<u>Exercise Name</u>	<u>Body part</u>	<u>Weights / Equipment</u>	<u>Reps/ Duration</u>	<u>Rest Sets b. sets</u>
Day 2 - Pull (Back; Biceps)				
<u>Warm up</u>	Full Body	Body	5 min	1
<u>Stretching for back arms shoulders</u>	Lower	Body	2 min	1
Main Workout				
<u>Dumbbell Biceps Curl</u>	Upper	Dumbbell.....kg	8	4 120 sec
<u>Bent over row BB</u>	Upper	Barbell.....kg	8	4 120 sec
<u>Hammer Curl</u>	Upper	Dumbbell.....kg	8	4 120 sec
<u>Rear Delt</u>		Cables Machine.....kg	8	4 120 sec
<u>Lateral pull down (wide overhand grip; cables)</u>	Upper	Lat. Pull down.....kg	8	3 120 sec
Core				
<u>Russian twist</u>	Core	Body	20	4 1 min
<u>Hip Thrust (Core bag)</u>	Core	Body	20	4 1 min
<u>Standing back extension</u>	Core/back	Hyperextension stand	10	4 1 min
<u>Stretching for arms and shoulders</u>	Chest	Body	10 Min	1

DAY 3



<u>Exercise Name</u>	<u>Body part</u>	<u>Weights / Equipment</u>	<u>Reps/ Duration</u>	<u>Rest Sets</u> <u>b.</u> <u>sets</u>
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Day 3 Push (Chest, Triceps)

<u>Warm up</u>	Full Body	Body	5 min	1
<u>Stretching for chest</u>	Body	Body	2 min	1

Main Wokrount

<u>Barbell Bench Chest Press</u>	Upper	Barbell.....kg	8	4	120 sec
<u>Standing overhead DB triceps extension</u>	Upper	DB.....kg	8	4	120 sec
<u>Dumbbell Flys On A Flat Bench</u>	Upper	Dumbbell.....kg	8	4	120 sec
<u>Skull crushers with Ez bar</u>	Upper	EZ bar.....kg	8	4	120 sec
<u>Pec Fly</u>	Upper	Cables Machine.....kg	8	4	120 sec

Core

<u>Bycicle crunch</u>	Core	Body	20	4	1 min
<u>Prone Lay back extension</u>	Core	Body	20	4	1 min
<u>Streatching for arms and shoulders</u>	Chest	Body			
<u>Stretching for chest</u>	Chest	Body			



BECOME THE BEST VERSION OF YOURSELF

Book your free taster session with me by filling my [online form](#) and start your fitness journey!

For any questions and enquiries you can contact me at:

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