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## HOW TO USE THIS WORKOUT GUIDE

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Using this sample, you can create a professional workout plan. Here's how:

- 1 . Insert your exercises** in place of these suggested exercises, using and/or re-arranging the preset samples and items.
- 2 . Substitute** the actual sets for whatever is more realistic for you.
- 3 . Always include a heavy basic movement** there is no substitute for squats, bench press, barbell curls, shoulder presses, etc. Studies have shown that including compound movements improves overall fitness.

## WHAT ELSE SHOULD I KNOW?

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Please consult with your physician before beginning any exercise and nutrition program. These statements have not been evaluated by the FDA. Products on this site and representative sites are not intended to diagnose, treat, cure or prevent any disease.

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FREEDOMFLY.NET

SAMPLE BEGINNING  
WORKOUT PLAN

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*Version 1.0*

*The fitness network*

# SAMPLE BEGINNING WORKOUT PLAN

**Monday** (10-15 minutes of some type of cardio before workout)

Body Part	Exercise	Sets	Reps
Upper Abs	<a href="#">Crunches</a>	3 sets	10-20 reps
Chest	Bench Press	1 set	12-15 reps
	Bench Press	3 sets	10-12 reps
	<a href="#">Incline Press</a>	3 sets	10-12 reps
	Machine Flys	3 sets	10-12 reps
Triceps	Triceps Pushdowns	3 sets	10-12 reps
	Dips	3 sets	8-10 reps

**Tuesday** (10-15 minutes of some type of cardio before workout)

Body Part	Exercise	Sets	Reps
Lower Abs	Leg Raises	3 sets	10-20 reps
Back	Cable Rows	1 set	12-15 reps

Cable Rows	3 sets	10-12 reps
<a href="#">Lat Pull Downs</a> (front)	3 sets	10-12 reps
T-Bar Rows	3 sets	10-12 reps

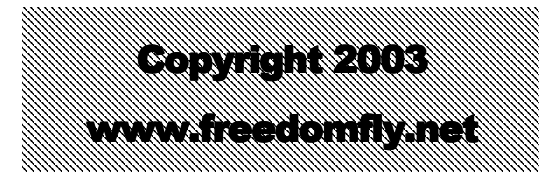
Biceps	Barbell Curls	1 set	10-12 reps
	Barbell Curls	3 sets	8-10 reps

**Wednesday** Day Off  
**Thursday** (10-15 minutes of some type of cardio before workout)

Body Part	Exercise	Sets	Reps
Upper Abs	<a href="#">Crunches</a>	3 sets	10-20 reps
Quads/Hams	<a href="#">Squats</a>	1 set	12-15 reps
	<a href="#">Squats</a>	3 sets	10-12 reps
	Leg Press	3 sets	10-12 reps
	Leg Extension	3 sets	10-12 reps
	<a href="#">Leg Curls</a>	3 sets	10-12 reps

**Friday** (10-15 minutes of some type of cardio before workout)

Body Part	Exercise	Sets	Reps
Lower Abs	Leg Raises	3 sets	10-20 reps
Shoulders	Military Shoulder Press	1 set	12-15 reps



Do you have suggestions? Your own recommendations for a good basic workout foundation? If so, contact us at [mrcd@freedomfly.net](mailto:mrcd@freedomfly.net). We'd very much like to know if we can improve this guide.