

## Getting Started Part I-Use this workout if you are just getting started, or have been exercising for less than 6 months

|  |                      |      |                    | Week One    |      |             |      | Week Two    |      |             |      |
|--|----------------------|------|--------------------|-------------|------|-------------|------|-------------|------|-------------|------|
|  |                      |      |                    | Session One |      | Session Two |      | Session One |      | Session Two |      |
| Exercise   | Muscle Group         | Sets | Target Reps        | Weight      | Reps | Weight      | Reps | Weight      | Reps | Weight      | Reps |
| <a href="#">Push-Up or Wall Push-Up</a>                          | Chest, Triceps       | 1    | 8-12               | — *         |      | — *         |      | — *         |      | — *         |      |
| <a href="#">Bent-Over Row or Seated Resistance Band Drawback</a> | Back, Biceps         | 1    | 8-12               |             |      |             |      |             |      |             |      |
| <a href="#">Stationary Lunge</a>                                 | Legs, Hips           | 1    | 8-12†              |             |      |             |      |             |      |             |      |
| <a href="#">Tricep Kickback</a>                                  | Triceps              | 1    | 8-12†              |             |      |             |      |             |      |             |      |
| <a href="#">Bicep Curl</a>                                       | Biceps               | 1    | 8-12†              |             |      |             |      |             |      |             |      |
| <a href="#">Elevated Leg Crunch</a>                              | Abdominals           | 1    | 15                 | —           |      | —           |      | —           |      | —           |      |
| <a href="#">Cat-Camel</a>  | Abdominals, Low Back | 1    | 8-12 reps each way | —           |      | —           |      | —           |      | —           |      |

|  |                      |      |                    | Week Three  |      |             |      | Week Four   |      |             |      |
|--|----------------------|------|--------------------|-------------|------|-------------|------|-------------|------|-------------|------|
|  |                      |      |                    | Session One |      | Session Two |      | Session One |      | Session Two |      |
| Exercise   | Muscle Group         | Sets | Target Reps        | Weight      | Reps | Weight      | Reps | Weight      | Reps | Weight      | Reps |
| <a href="#">Push-Up or Wall Push-Up</a>                          | Chest, Triceps       | 2 ‡  | 8-12               | — *         |      | — *         |      | — *         |      | — *         |      |
| <a href="#">Bent-Over Row or Seated Resistance Band Drawback</a> | Back, Biceps         | 2 ‡  | 8-12               |             |      |             |      |             |      |             |      |
| <a href="#">Stationary Lunge</a>                                 | Legs, Hips           | 2 ‡  | 8-12†              |             |      |             |      |             |      |             |      |
| <a href="#">Tricep Kickback</a>                                  | Triceps              | 2 ‡  | 8-12†              |             |      |             |      |             |      |             |      |
| <a href="#">Bicep Curl</a>                                       | Biceps               | 2 ‡  | 8-12†              |             |      |             |      |             |      |             |      |
| <a href="#">Elevated Leg Crunch</a>                              | Abdominals           | 2 ‡  | 15                 | —           |      | —           |      | —           |      | —           |      |
| <a href="#">Cat-Camel</a>  | Abdominals, Low Back | 2 ‡  | 8-12 reps each way | —           |      | —           |      | —           |      | —           |      |

† Repeat on other side \* Body Weight ‡ Rest 30-60 seconds between sets