Gym Workout for Beginners

Your first weeks in the gym: six machines that train the whole body, each one guided, so you learn to push, pull and squat before free weights.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Full body	Beginner	45 min	Exercise bike, machines

WARM UP

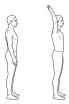
Once through, at an easy pace

Stationary Bike



5 min

Arm Circles



30 s

Bodyweight Squat

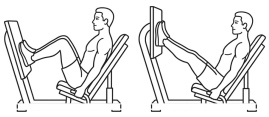


10 reps

MAIN

All sets of a move, then the next

1 Leg Press Machine

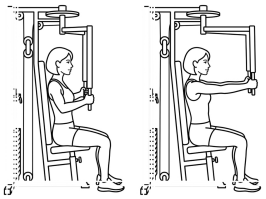


3 × 10-12

rest 90 s

Feet shoulder width; stop before the lower back lifts off the pad

2 Machine Chest Press

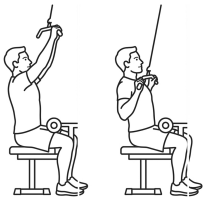


3 × 10-12

rest 90 s

Handles at mid chest; press without locking the elbows hard

3 Lat Pulldown Machine

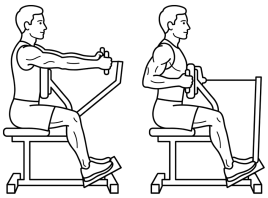


3 × 10-12

rest 90 s

Pull to the top of the chest, not behind the neck

4 Seated Machine Row

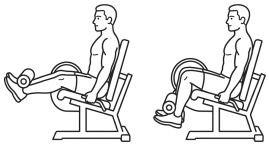


3 × 10-12

rest 90 s

Chest on the pad; squeeze the shoulder blades at the end

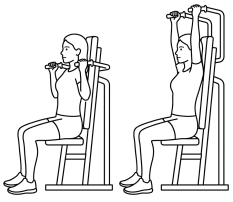
5 Seated Leg Curl Machine



2 × 12

rest 60 s

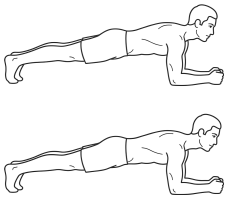
6 Machine Shoulder Press



2 × 10

rest 60 s

7 Front Plank



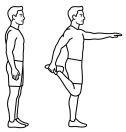
2 × 30 s

rest 45 s

COOL DOWN

Once through, at an easy pace

Standing Quad Stretch



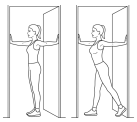
30 s
each side

Standing Hamstring Stretch



30 s
each side

Doorway Chest Stretch



45 s

Kneeling Lat Stretch



30 s
each side