



# **THE BEGINNER WEIGHT TRAINING WORKOUT ROUTINE**



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## ► THE BEGINNER WEIGHT TRAINING WORKOUT ROUTINE

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There's a workout routine that I've been recommending to beginners for years, and I've seen it work amazingly well time and time again. I simply call it **The Beginner Weight Training Workout Routine**.

Why such a definitive name? Because it's almost always the first program that I recommend to beginners with ANY goal, and it's been so successful that I've just never found a reason to replace it or come up with any additional routines.

So, while there are quite a few different programs that I'd recommend to intermediate or advanced trainees, there's really only one that I recommend to beginners. This is that program.

Now, before we get to the details and specifics, I want to make sure that this routine gets used by the people who will benefit from it the most. What I mean is, my definition of "beginner" might be a little different than yours.

To ensure we're on the same page, here's what I consider a beginner to be...

- Anyone who is about to start a weight training routine **for the first time**.
- Anyone who has been weight training for **LESS than 6 months consistently and intelligently**. Read that again. I'm talking at least 6 full months of *consistent and intelligent* training. I don't care if you've been training inconsistently for the last decade (or just in an incorrect way where your results were nonexistent). If you haven't been following some sort of intelligently designed weight training routine for at least the last 6 months that produced some meaningful degree of results, then you are most likely a beginner, at least for a short amount of time.
- Anyone who DID train consistently/intelligently at some point in their life, but **stopped for a significant period of time**. In most cases, you are now considered a beginner all over again.

Do any of these describe you? If so, *this* is the routine for you. Don't seek out anything more advanced. Don't use any of my other routines (yet). Don't wonder if you need something that is better suited for someone more experienced than you. You don't. Right now, if you want to get the best results as fast as possible, this is the routine that will work best for you. Here why...

## THE GUIDELINES OF A BEGINNER WORKOUT ROUTINE

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One thing you'll notice about most *properly designed* beginner routines is that they will almost always have a lot in common.

Why? Because there is a very specific list of weight training guidelines that have been proven to work best for beginners. And, any intelligent beginner program aims to meet as many of them as possible. This routine meets them all.

These guidelines are:

- Higher frequency (usually 3 times per week).
- Full body split.
- Low volume.
- Primarily comprised of basic compound exercises and very little (or nothing) else.
- Very little exercise variety.
- No advanced methods or techniques.
- A huge focus on consistent progression.

And the reason for these very specific guidelines is because all beginner workouts are typically aimed at reaching the same equally specific goals. Here's what I mean...

## THE GENERAL GOALS OF A BEGINNER WORKOUT ROUTINE

Whether you realize it or not, all beginners essentially have the exact same goals.

Sure, someone might be more interested in losing a significant amount of fat, and someone else might be more interested in gaining a significant amount of muscle. Someone else might just want to get stronger, and someone else might just want to be more fit and healthy overall.

These goals are all fine and good, and a properly designed beginner program **WILL** be able to make each of them happen (especially this one).

However, they are NOT the true goals of a beginner.



See, the true goals of a beginner generally involve becoming better at weight training so you can then become better at reaching your other weight training related goals (more muscle, more “tone,” more strength, less fat, etc.).

What I mean is, the perfect beginner workout routine is created with these specific goals in mind:

- Fastest improvement of motor learning, coordination and proper form.
- Fastest improvement of work capacity, volume tolerance and recovery.
- Fastest improvement in building up a base level of strength, muscle and endurance.

At the beginner stage, these are the goals that are truly important. In fact, it’s reaching these goals as a beginner that makes those other goals (increased muscle, strength, tone, fat loss, improved health/fitness level) begin to happen **rapidly** pretty much as a side effect.

Remember that list of guidelines I mentioned before? Well, they are guidelines because they allow these goals to be reached at their fastest and most consistent rate.

And that means, as long as you’re using a routine that puts it all together perfectly, you’ll be guaranteed to get the best results possible.

Of course, that’s EXACTLY what The Beginner Weight Training Workout Routine does, which is why it’s the routine I most often recommend to beginners.

So, let’s get down to the details...

## THE BEGINNER WEIGHT TRAINING WORKOUT ROUTINE: THE SPLIT

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The first thing you need to know about this program is what weight training split and weekly schedule it will use.

If you've ever read any article I've ever written about weight training frequency, splits/schedules or just beginners in general, then you definitely know what split we're going to be using.

I'm of course talking about the **3-day full body split**, which is by far the most highly proven and often recommended workout schedule for beginners with *any* goal.

The specific type of full body split that this workout routine uses is commonly referred to as an alternating "ABA BAB" format.

You probably have no idea what that means, but you will when you see it written out...

# THE BEGINNER WORKOUT ROUTINE

Days	Week #1
Monday	Workout A
Tuesday	off
Wednesday	Workout B
Thursday	off
Friday	Workout A
Saturday	off
Sunday	Off
Days	Week #2
Monday	Workout B
Tuesday	off
Wednesday	Workout A
Thursday	off
Friday	Workout B
Saturday	off
Sunday	off

See, even though there are 3 workout days per week, there are just 2 actual workouts.

The first is the “**A**” workout and the second is the “**B**” workout. Then you just alternate between them each workout. Meaning, you end up doing ABA one week, and then BAB the next, and so on.

Makes sense now, right? Good.

I will also mention that the exact days of the week you choose really doesn't matter at all as long as the same every-other-day format is kept intact with 2 consecutive days off at the end.

So, that's the split. Now let's find out what those A and B workouts actually are...



## THE BEGINNER WEIGHT TRAINING WORKOUT ROUTINE: THE WORKOUTS

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Before you see the workouts, let me prepare you in advance by saying that they are probably going to seem a little strange looking to many people. You'll probably think it's WAY too little, or WAY too simple and basic.

Well, if you think any of those things, then it's pretty obvious that any beginner workouts you've seen before this were likely pretty damn horrible.

How do I know? Because some variation of the workouts you are about to see are what's proven to be most ideal (and most often recommended) for beginners with virtually any goal.

Even if you might not think it is, and even if what you've seen before is very different. *Trust me.* This is what works best for beginners. Damn near all real world experience and expert recommendations support some form of what you're about to see.

Having said that, here are the workouts...

THE BEGINNER WEIGHT TRAINING WORKOUT ROUTINE: **VERSION 1****Workout A**

Order	Exercise	Sets	Reps	Rest
1	Squats	3	8-10	2 minutes
2	Bench Press	3	8-10	2 minutes
3	Rows	3	8-10	2 minutes

**Workout B**

Order	Exercise	Sets	Reps	Rest
1	Deadlifts	3	6-8	2 minutes
2	Pull-ups (or lat pull-downs)	3	8-10	2 minutes
3	Shoulder Press	3	8-10	2 minutes

As you can see, these are the most basic and important compound exercises put together in a way that ensures perfect balance, sufficient frequency and recovery, and low volume.

This is all *PERFECTLY* ideal for beginners, and this is what will allow for the fastest progression and the best overall results.

Now to answer any questions you may have about this workout routine...

**DETAILS AND CLARIFICATIONS: **WORKOUT A****

- The “A” workout is made up of a quad dominant leg exercise (squats), a horizontal push (bench press), and a horizontal pull (rows).
- **Squats** are definitely recommended (barbell back squats, that is), but leg presses could be used in their place if necessary.
- For the **bench press**, a flat barbell bench press is recommended, but a flat dumbbell bench press can work too. Use a spotter whenever possible/necessary.
- For the **row**, pick any horizontal back rowing exercise you want. Bent over barbell or dumbbell rows, seated cable rows, chest supported machine rows. They’re all fine. Pick your favorite.

## DETAILS AND CLARIFICATIONS: **WORKOUT B**

- The “B” workout contains a hip/ham dominant leg exercise (deadlifts), a vertical pull (pull-ups/pull-downs), and a vertical push (shoulder press).
- For the **deadlift**, a conventional deadlift would probably be recommended for beginners most often, but a Romanian deadlift (or stiff-legged deadlift) could be used instead if necessary or preferred.
- **Pull-ups** are recommended for the vertical pull, but if you can’t do them yet, lat pull-downs or some form of assisted pull-up would be a suitable replacement.
- For the **shoulder press**, any type of seated overhead shoulder press is fine (seated barbell press, seated dumbbell press, whatever).

## FOCUS ON PROPER FORM FIRST

It is typically recommended that all beginners spend their first few weeks on a weight training routine focusing primarily on learning proper form. I recommend you do the same with this program.

Don’t worry about anything else during those first couple of weeks. Just pick a weight for each exercise that is definitely a little too light and easy for you, and focus on learning and using perfect form with it.

Getting exercise technique right at this beginner stage is extremely important, so make sure you do.

Once those few weeks are up and you feel like your form is what it needs to be on every exercise, then it’s time to focus on consistent progression while keeping that perfect form intact. Let me explain...

## SETS, REPS, WEIGHT AND PROGRESSION

For each individual exercise, you should use the same weight during each set.

So, for example, let’s say you’ve been learning proper form on the bench press these last few weeks and found 50 lbs to be pretty close to the right weight for you at this point (that’s just a completely made up example amount, by the way). You should use that same 50 lbs during all 3 sets of bench presses.

Then, when you are capable of doing those 3 sets with 50 lbs (again, just an example) for the prescribed 8-10 reps each set with perfect form, you'd increase the weight by the smallest possible increment (usually 5 lbs) the next time you bench press.

You'd then aim to do 3 sets of 8-10 reps again with this new slightly heavier weight (55 lbs in this example). And when you are capable of doing that, you'd increase the weight again by about 5 lbs (60 lbs in this example) the next time you bench press and then keep repeating this process over and over.

Progression for the other exercises would go the same way. You would use whatever weight is appropriate for you on that specific exercise during all 3 sets, meet the prescribed set/rep goal **with perfect form**, and then increase the weight by the smallest possible increment the next time you do that exercise.

As a beginner, you should be able to progress like this consistently for quite a while, partly because you are starting a little lighter to master proper form, and partly because beginners are just more capable of progressing at a more consistent rate than anyone else.

So, make sure you do. The more advanced you get, the slower the progression will be. Take advantage of it while you can.

Once again I'd like to remind you to make sure the weight you start off using leans a lot more toward being a little too light/easy for you rather than a little too heavy/hard.

To ensure the fastest and most consistent rate of progression, the weight you start off using for each exercise needs to be a bit lighter than you are truly capable of lifting.

## DON'T SCREW WITH IT!

And finally, when looking at this beginner program, the thing you need to remember is that the goal of a beginner is NOT to try to blast every muscle with all kinds of exercises and do various advanced things with a bunch of isolation movements and a high amount of volume and other things a beginner has no business doing (hell, that sort of nonsense doesn't even work well for advanced people).

Like I was saying before, the primary goal of a beginner (besides learning perfect form on all of their exercises) is to take advantage of a borderline super power that all beginners possess for a short period of time that allows them to progress and improve FASTER at all things weight training related than any intermediate or advanced trainee ever could.

That's right beginners, you can get stronger and build muscle faster than everyone else.

However, the key to using this beginner “super power” of yours is using a workout routine that follows the guidelines that best allow it to be taken advantage of. That typically means higher frequency, lower volume, small and basic exercise selection, nothing fancy.

Hey, what a coincidence... The Beginner Weight Training Workout Routine fits that description perfectly.

So please, beginners, I beg of you. Don't try to do something more advanced, and don't try to add additional advanced stuff to the program laid out above. If you want the best results possible, do it exactly as is and **focus on perfect form and consistent progression**.

## THE BEGINNER WEIGHT TRAINING WORKOUT ROUTINE: **VERSION 2**

The weight training program laid out above is a pretty damn perfect beginner workout routine.

But, you see, I know that no matter how many times I explain that this routine is totally ideal for beginners as is, many people are just going to ignore me and add more to it as they please. You were already thinking about doing it, weren't you? Don't lie. Admit it.

Well, if you are one of those people (shame on you, silly beginner!), this second version of the program is my attempt at helping you not listen to me in a way that doesn't completely screw things up.

So, using the same 3-day full body split from before (in the same "ABA BAB" format), here is another extremely similar version of the original workouts with a few **very** small additions made to them...

### Workout A

Order	Exercise	Sets	Reps	Rest
1	Squats	3	8-10	2 minutes
2	Bench Press	3	8-10	2 minutes
3	Rows	3	8-10	2 minutes
4	Triceps Pushdowns	1	10-15	-
5	Calf Raises	2	8-12	1 minute

### Workout B

Order	Exercise	Sets	Reps	Rest
1	Deadlifts	3	6-8	2 minutes
2	Pull-ups (or lat pull-downs)	3	8-10	2 minutes
3	Shoulder Press	3	8-10	2 minutes
4	Dumbbell Curls	1	10-15	-
5	Abs	2	8-15	1 minute



Everything else remains just like before (see the notes from earlier if you need additional details/clarifications), except now we've added some direct biceps and triceps work along with a little bit of calves and abs as well. (For abs, do 2 sets of whatever ab exercise you want.)

So, the program is still ideal for beginners, AND you got some extra stuff added to it. Are you happy now?

I hope so, because the more you try to add on top of Version 1, the more it starts to become an intermediate program. And the more that happens, the less and less effective it's going to be for a beginner like you.

## THE BEGINNER WEIGHT TRAINING WORKOUT ROUTINE: **VERSION 3**

Even though Version 1 (or 2) of the workouts I just described is what I would recommend *most* often to *most* beginners, that doesn't mean it's absolutely perfect for everyone.

See, I don't know who's reading this. I don't know your background or your current condition. I don't know your age or weight. I don't know your specific goals and situation.

What I'm getting at here is that the problem with designing workout routines for "all beginners" is that some older men and women, some very overweight men and women, and/or some very out of shape men and women sometimes have significantly different training needs than other people.

This is especially true in the case of beginners. With intermediate or advanced trainees, everyone is typically within some sane range and level of fitness and will be capable of doing similar workouts.

But with beginners, you get ALL kinds of people in ALL kinds of different situations and conditions who are NOT all capable of the same things.

For example, should an overweight 50-year-old woman who sometimes has trouble getting up a flight of stairs do the exact same beginner workout as a fit and athletic 20-year-old guy or girl?

Even if their goals are exactly the same (which, as I mentioned before, is essentially true with beginners), and even if they could both benefit most from the exact same workout, they probably aren't anywhere near capable of the same things at this beginning point.

And this, of course, is the problem with creating programs for beginners. The guidelines and principles and fundamentals of the program will always be perfect, but sometimes it's the minor details (which usually don't matter) that end up causing problems based on the specific person using the program.

This, of course, is something I have no control over. So, here's what I'm going to do.

## **THE BEST POSSIBLE SOLUTION**

I'm going to lay out the textbook definition of a generic "full body workout" **template**. It will contain one exercise for each major movement pattern and/or muscle group. For each exercise, I will list a suitable (usually machine based) exercise that can be done in its place below it.

# THE BEGINNER WORKOUT ROUTINE

I will then give you a range of sets and reps that can be done depending on how much volume you can handle, and a suggested rest interval will be listed as well.

And then from there... it's up to you to use everything you know about yourself and YOUR situation and YOUR needs to try to design a beginner program that's tailored to YOU.

Here is the basic template of a generic full body workout...

**The Generic Full Body Workout Template**

Order	Exercise	Sets	Reps	Rest
1	Squats (or leg press)	1-3	8-10	1-2 minutes
2	Romanian Deadlifts (or leg curls)	1-3	8-10	1-2 minutes
3	Bench Press (or chest press machine)	1-3	8-10	1-2 minutes
4	Row (or row machine)	1-3	8-10	1-2 minutes
5	Overhead Press (or shoulder press machine)	1-3	8-10	1-2 minutes
6	Pull-ups (or lat pull-down machine)	1-3	8-10	1-2 minutes
7	Biceps Curl (bar, dumbbell or machine)	0-1	10-15	-
8	Triceps Extension (or triceps pushdowns)	0-1	10-15	-
9	Calf Raises (seated or standing)	0-2	8-12	1-2 minutes
10	Abs (any ab exercise you want)	0-2	8-15	1-2 minutes

## MY GENERAL SUGGESTIONS

- I'd recommend using either the lower range of sets, OR the higher range of sets but not doing all of the exercises listed in each workout.

- If you want to do the same full body workout each time, that's fine. If not, splitting the exercises up into an A and B workout and then doing them in the ABA BAB format is fine too.
- You should aim to do most of the first 6 exercises 2 or 3 times per week. The others can be done 0-3 times per week.

## THE REST IS UP TO YOU

Some people would say that putting program design in the hands of a beginner is usually a very bad idea. *I agree with this.* But, at the same time, I think it's an even worse idea to put a beginner program out there and say it's perfect for ALL beginners to use.

So, I've included this generic beginner template version because I just didn't feel comfortable putting this out there for anyone and everyone to use without giving you some kind of option to personalize it to your needs and preferences.

**Yes, for most of the people reading this, I definitely recommend Version 1 (or Version 2) of The Beginner Weight Training Workout Routine I laid out earlier.**

But, for that smaller group of people who need a program that is more geared toward their specific needs at this beginning stage, do your best to use the template and suggestions I just provided to put something together that is right for you.

But wait! There's more...

(Seriously... keep scrolling...)

# HELLO THERE... IT'S ME... JAY.

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Thanks for downloading this PDF version of my beginner routine. I hope you liked it. Even more so, **I hope you actually put it into action.** In case you didn't already know, the "putting it into action" part is sort of the biggest key to your success with this (or any) workout.

So... you know... *be sure to actually do that.*

## WHAT'S NEXT?

If you're like most of the people who have downloaded this, you probably want to either **lose fat**, **build muscle** or **do both**.

And not only that, but you probably want to do it as quickly and easily as possible, using the best methods and the most effective overall approach. This way, you can reach your goal of having a body that looks and feels the way you want it to as soon as possible.

Sound about right? I thought so.

And that brings me to 2 quick things...

## FIRST, THE GOOD NEWS

Most of what you will need in order to get the results you seek can actually be found on [AWorkoutRoutine.com](http://AWorkoutRoutine.com) right now... *for free*.

If you're not sure of exactly where to start... [start here](#).

## SECOND, THE BETTER NEWS

The hundreds of articles and guides that I've put out on the website since 2010 (and will continue to regularly put out) is all highly useful, extremely comprehensive and as clear, direct and easy-to-understand as can be. Chances are you've already noticed this. ;)

But in addition to all of that, I wanted to also let you know that I've spent years (literally) creating two programs that are, in my opinion, **the best and most complete sources of information I have ever put out.**

They are:

- **[Superior Fat Loss](#)**

If you want to lose fat as quickly and easily as realistically possible, and you want to do it WITHOUT losing muscle, feeling hungry all the time, giving up the foods you love, doing tons of cardio, being forced to follow annoying diet rules and restrictions, experiencing excessive metabolic slowdown, hormonal issues, plateaus and everything else that sucks about losing fat... then this is the program for you. Check it out here: [Superior Fat Loss](#)

- **[Superior Muscle Growth](#)**

If you want to build lean muscle as fast as realistically possible, and you want to do it WITHOUT gaining excess body fat, spending all of your time at the gym, or using a diet and workout that isn't customized to your age, schedule, body type, gender, and exact goals... then this is the program for you. It also includes ALL of my best intermediate workouts for when you're done with the beginner routine. Check it out here: [Superior Muscle Growth](#)

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And that's about it. I hope you enjoyed this PDF. Be sure to keep an eye on your inbox, because I'm going to have more awesome (free) content to share with you in the future. See ya soon.