



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

| | | | | Week 9 | | | | | | | | | Week 10 | | | | | | | | | | | | | | |
|----------------------------------|----------------|------|-----------------------------|-------------|------|------------|--------|-------------|------------|--------|------|---------------|---------|------|------------|-------------|------|------------|--------|-------------|------------|--------|------|---------------|--|--|--|
| | | | | Session One | | | | Session Two | | | | Session Three | | | | Session One | | | | Session Two | | | | Session Three | | | |
| Exercise | Muscle Group | Sets | Target Reps | Weight | Reps | How I Felt | Weight | Reps | How I Felt | Weight | Reps | How I Felt | Weight | Reps | How I Felt | Weight | Reps | How I Felt | Weight | Reps | How I Felt | Weight | Reps | How I Felt | | | |
| Push-Up with Row | Chest, Triceps | 3 | 8-12 | * | | | * | | | * | | | * | | | * | | | * | | | * | | | | | |
| | Back, Biceps | 3 | 8-12 | | | | | | | | | | | | | | | | | | | | | | | | |
| | Legs, Hips | 3 | 8-12 | | | | | | | | | | | | | | | | | | | | | | | | |
| | Shoulders | 3 | 8-12 | | | | | | | | | | | | | | | | | | | | | | | | |
| | Triceps | 3 | 8-12 | * | | | * | | | * | | | * | | | * | | | * | | | * | | | | | |
| | Biceps | 3 | 8-12† | | | | | | | | | | | | | | | | | | | | | | | | |
| | Abs | 3 | 15 | * | | | * | | | * | | | * | | | * | | | * | | | * | | | | | |
| | Abds, Low Back | 3 | 30 Second hold on each side | * | | | * | | | * | | | * | | | * | | | * | | | * | | | | | |

† Repeat on other side * Body Weight For all: Rest 30-60 seconds between sets



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

| | | | | Week 11 | | | | | | | | | Week 12 | | | | | | | | | | | | | | |
|--|----------------|------|--------------------------|-------------|------|------------|--------|-------------|------------|--------|------|---------------|---------|------|------------|-------------|------|------------|--------|-------------|------------|--------|------|---------------|--|--|--|
| | | | | Session One | | | | Session Two | | | | Session Three | | | | Session One | | | | Session Two | | | | Session Three | | | |
| Exercise | Muscle Group | Sets | Target Reps | Weight | Reps | How I Felt | Weight | Reps | How I Felt | Weight | Reps | How I Felt | Weight | Reps | How I Felt | Weight | Reps | How I Felt | Weight | Reps | How I Felt | Weight | Reps | How I Felt | | | |
| Push-Up or Ball Push-Up | Chest, Triceps | 3 | 8-12 | * | | | * | | | | | | * | | | * | | | * | | | | | | | | |
| Bent-Over Row | Back, Biceps | 3 | 8-12 | | | | | | | | | | | | | | | | | | | | | | | | |
| Chair Squat | Legs, Hips | 3 | 8-12 | | | | | | | | | | | | | | | | | | | | | | | | |
| Shoulder Lateral Raise | Shoulders | 3 | 8-12 | | | | | | | | | | | | | | | | | | | | | | | | |
| Tricep Dips | Triceps | 3 | 8-12 | * | | | * | | | * | | | * | | | * | | | * | | | * | | | | | |
| Bicep Concentration | Biceps | 3 | 8-12† | | | | | | | | | | | | | | | | | | | | | | | | |
| Crunch on Ball | Abs | 3 | 15 | * | | | * | | | * | | | * | | | * | | | * | | | * | | | | | |
| Bird-Dog (Alternate Arm-Leg Extension) | Abs, Low Back | 3 | Second hold on each side | * | | | * | | | * | | | * | | | * | | | * | | | * | | | | | |

† Repeat on other side * Body Weight For all: Rest 30-60 seconds between sets