

30-DAY BEGINNER PLAN

Full Body · 3 Days a Week

Mon · Wed · Fri — Jul 20 to Aug 18, 2026 · 13 sessions

- ✓ **Warm up first.** 5 minutes easy bike or brisk walk, then 1 very light practice set of the first exercise.
- ✓ **Week 1: 2 sets of 12–15** per exercise, weights that feel easy. It should feel like practice, not a workout.
- ✓ **Weeks 2–4: 3 sets of 10–15.** Stop every set 2–3 reps before you couldn't do another.
- ✓ **Progress:** when all sets reach 15 clean reps, add the smallest step (2.5 kg / one pin) next session.
- ✓ **Rest ~90 seconds** between sets. The whole session is about 40–45 minutes.
- ✓ **Form first.** The suggested weights are starting guesses — in session 1 pick whatever lets you do 15 easy, controlled reps. Muscle soreness is normal; joint pain is not — if something hurts a joint, skip it and tell someone at the gym.

Two alternating workouts: **A — machines** and **B — dumbbells**. Same exercises every time on purpose: repetition is how you learn them.

Fitness
Programmer Cam

1 OF 7

Leg Press

2 × 12–15

≈40 kg

Machine

feet shoulder-width, knees track over toes

Fitness
Programmer Cam

2 OF 7

Machine Chest Press

2 × 12–15

≈20 kg

Machine

shoulder blades back, don't lock elbows

Fitness
Programmer Cam

3 OF 7

Lat Pulldown

2 × 12–15

≈25 kg stack

Cable

pull to upper chest, no leaning back

Fitness
Programmer Cam

4 OF 7

Seated Cable Row

2 × 12–15

≈25 kg stack

Cable

chest tall, squeeze shoulder blades

Fitness
Programmer Cam

5 OF 7

Machine Shoulder Press

2 × 12–15

≈15 kg

Machine

press smooth, don't shrug

Fitness
Programmer Cam

6 OF 7

Seated Leg Curl

2 × 12–15

≈15 kg stack

Machine

slow on the way back

Fitness
Programmer Cam

7 OF 7

Plank

2 × 20–30 s

bodyweight

Body

straight line head to heels, breathe



Fitness
Programmer.com



1 OF 7

Goblet Squat

2 × 12–15

8–10 kg

DB

sit between the heels, chest up

Fitness
Programmer.com



2 OF 7

Flat Dumbbell Press

2 × 12–15

8–10 kg/hand

DB

elbows ~45°, feet planted

Fitness
Programmer.com



3 OF 7

One-Arm Dumbbell Row

2 × 12–15

10–12 kg

DB

flat back, pull to the hip

Fitness
Programmer.com



4 OF 7

Seated DB Shoulder Press

2 × 12–15

6–8 kg/hand

DB

ribs down, press overhead

Fitness
Programmer.com



5 OF 7

Dumbbell Romanian Deadlift

2 × 12–15

8–10 kg/hand

DB

push hips back, soft knees, flat back

Fitness
Programmer.com



6 OF 7

Standing Calf Raise

2 × 12–15

bodyweight

Body

full stretch at the bottom, pause at top

Fitness
Programmer.com



7 OF 7

Dead Bug

2 × 12–15

bodyweight

Body

lower back stays glued to the floor

Fitness
Programmer.com

1 OF 7

Leg Press

2 × 12–15

≈40 kg

Machine

*feet shoulder-width, knees track over toes*Fitness
Programmer.com

2 OF 7

Machine Chest Press

2 × 12–15

≈20 kg

Machine

*shoulder blades back, don't lock elbows*Fitness
Programmer.com

3 OF 7

Lat Pulldown

2 × 12–15

≈25 kg stack

Cable

*pull to upper chest, no leaning back*Fitness
Programmer.com

4 OF 7

Seated Cable Row

2 × 12–15

≈25 kg stack

Cable

*chest tall, squeeze shoulder blades*Fitness
Programmer.com

5 OF 7

Machine Shoulder Press

2 × 12–15

≈15 kg

Machine

*press smooth, don't shrug*Fitness
Programmer.com

6 OF 7

Seated Leg Curl

2 × 12–15

≈15 kg stack

Machine

*slow on the way back*Fitness
Programmer.com

7 OF 7

Plank

2 × 20–30 s

bodyweight

Body

straight line head to heels, breathe

DAY 4

Full Body B

Dumbbells · whole body

Fitness
Programmer.com



1 OF 7

Goblet Squat

3 × 10–15

8–10 kg

DB

sit between the heels, chest up

Fitness
Programmer.com



2 OF 7

Flat Dumbbell Press

3 × 10–15

8–10 kg/hand

DB

elbows ~45°, feet planted

Fitness
Programmer.com



3 OF 7

One-Arm Dumbbell Row

3 × 10–15

10–12 kg

DB

flat back, pull to the hip

Fitness
Programmer.com



4 OF 7

Seated DB Shoulder Press

3 × 10–15

6–8 kg/hand

DB

ribs down, press overhead

Fitness
Programmer.com



5 OF 7

Dumbbell Romanian Deadlift

3 × 10–15

8–10 kg/hand

DB

push hips back, soft knees, flat back

Fitness
Programmer.com



6 OF 7

Standing Calf Raise

3 × 10–15

bodyweight

Body

full stretch at the bottom, pause at top

Fitness
Programmer.com



7 OF 7

Dead Bug

3 × 10–15

bodyweight

Body

lower back stays glued to the floor

DAY 5

Full Body A

Machines · whole body



1 OF 7

Leg Press

3 × 10–15

≈40 kg

Machine

feet shoulder-width, knees track over toes



2 OF 7

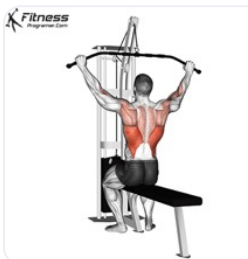
Machine Chest Press

3 × 10–15

≈20 kg

Machine

shoulder blades back, don't lock elbows



3 OF 7

Lat Pulldown

3 × 10–15

≈25 kg stack

Cable

pull to upper chest, no leaning back



4 OF 7

Seated Cable Row

3 × 10–15

≈25 kg stack

Cable

chest tall, squeeze shoulder blades



5 OF 7

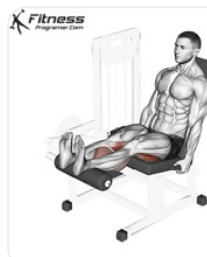
Machine Shoulder Press

3 × 10–15

≈15 kg

Machine

press smooth, don't shrug



6 OF 7

Seated Leg Curl

3 × 10–15

≈15 kg stack

Machine

slow on the way back



7 OF 7

Plank

3 × 30–40 s

bodyweight

Body

straight line head to heels, breathe

DAY 6

Full Body B

Dumbbells · whole body

Fitness
Programmer.com



1 OF 7

Goblet Squat

3 × 10–15

8–10 kg

DB

sit between the heels, chest up

Fitness
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2 OF 7

Flat Dumbbell Press

3 × 10–15

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elbows ~45°, feet planted

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3 OF 7

One-Arm Dumbbell Row

3 × 10–15

10–12 kg

DB

flat back, pull to the hip

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Programmer.com



4 OF 7

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3 × 10–15

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Machine

shoulder blades back, don't lock elbows



3 OF 7

Lat Pulldown

3 × 10–15

≈25 kg stack

Cable

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4 OF 7

Seated Cable Row

3 × 10–15

≈25 kg stack

Cable

chest tall, squeeze shoulder blades



5 OF 7

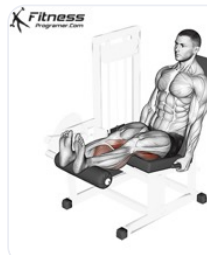
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Machine

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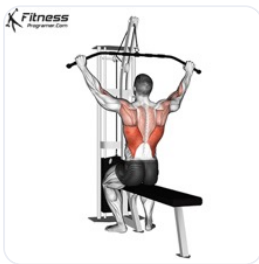
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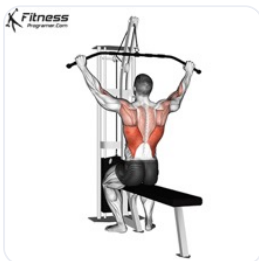
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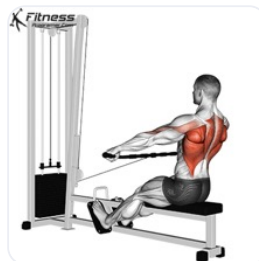
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