

# Beginner Workout A (Upper Body)

EXERCISE	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6
<b>Superset 1</b>						
<b>Barbell Bent-Over Row</b> Barbell: Same/Dumbbell: Dumbbell Bent-Over Row						
Set 1						
Set 2						
Set 3						
<b>Dumbbell Incline Press</b> Barbell: Incline Barbell Bench Press/Dumbbell: Same						
Set 1						
Set 2						
Set 3						
<b>Superset 2</b>						
<b>Neutral-Grip Negative Pullup</b> Barbell: Barbell Pullover/Dumbbell: Dumbbell Pullover						
Set 1						
Set 2						
Set 3						
<b>Dumbbell Shoulder Press</b> Barbell: Barbell Shoulder Press/Dumbbell: Same						
Set 1						
Set 2						
Set 3						
<b>Superset 3</b>						
<b>Dip</b> Barbell: Barbell Close-Grip Bench Press/Dumbbell: Dumbbell Close-Grip Bench Press						
Set 1						

Set 2						
Set 3						
Situp Barbell/Dumbbell: Same						
Set 1						
Set 2						
Set 3						

## Related Products:

Alternate between Workout A (upper body) and Workout B (lower body) each workout, 3 days a week. So you'll perform Workout A twice the first week (on Monday and Friday, for instance) and Workout B once (on Wednesday). The following week, you'll do Workout B on Monday and Friday and Workout A on Wednesday. Do eight to 12 repetitions of each exercise in a superset -- a pair of exercises that work opposite muscle groups -- with no rest between exercises. After completing both exercises, rest 90 seconds, and repeat one or two times, for a total of two or three sets of each exercise. Then rest for 90 seconds and begin the exercises in the next superset.

# Beginner Workout B (Lower Body)

<b>Superset 1</b>	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6
<b>Barbell Squat</b> Barbell: Same/Dumbbell: Dumbbell Squat						
Set 1						
Set 2						
Set 3						
<b>Swiss-Ball Hip Extension and Leg Curl</b> Barbell/Dumbbell: Lying Hip Extension						
Set 1						
Set 2						
Set 3						
<b>Superset 2</b>						
<b>Leg Press</b> Barbell: Barbell Hack Squat/Dumbbell: Dumbbell Hack Squat						
Set 1						
Set 2						
Set 3						
<b>Good Morning</b> Barbell: Same/Dumbbell: Dumbbell Good Morning						
Set 1						
Set 2						
Set 3						
<b>Superset 3</b>						
<b>Standing Calf Raise</b> Barbell: Same/Dumbbell: Standing Dumbbell Calf Raise						
Set 1						
Set 2						

Set 3						
Incline Reverse Crunch						
Barbell: Same/Dumbbell: Same						
Set 1						
Set 2						
Set 3						

## Intermediate/Advanced Workout A (Upper Body)

<b>Compound Set 1</b>	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6
<b>Barbell Bent-Over Row</b> Barbell: Same/Dumbbell: Dumbbell Bent-Over Row						
Set 1						
Set 2						
Set 3						
<b>Neutral-Grip Pullup</b> Barbell: Barbell Pullover/Dumbbell: Dumbbell Pullover						
Set 1						
Set 2						
Set 3						
<b>Compound Set 2</b>						
<b>Swiss-Ball Dumbbell Incline Press</b> Barbell: Barbell Incline Bench Press/Dumbbell: Same						
Set 1						
Set 2						
Set 3						
<b>Dip</b> Barbell: Barbell Decline Bench Press/Dumbbell Decline Bench Press						
Set 1						
Set 2						
Set 3						
<b>Compound Set 3</b>						
<b>Barbell Shoulder Press</b> Barbell: Same/Dumbbell: Dumbbell Shoulder Press						
Set 1						
Set 2						

Set 3						
<b>Cable Upright Row</b> Barbell: Barbell Upright Row/Dumbbell: Dumbbell Upright Row						
Set 1						
Set 2						
Set 3						

## Intermediate/Advanced Workout B (Lower Body)

<b>Compound Set 1</b>	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6
Barbell Squat Barbell: Same/Dumbbell: Dumbbell Squat						
Set 1						
Set 2						
Set 3						
Leg Press Barbell: Barbell Lunge/Dumbbell: Dumbbell Lunge						
Set 1						
Set 2						
Set 3						
<b>Compound Set 2</b>						
Good Morning Barbell: Same/Dumbbell: Dumbbell Good Morning						
Set 1						
Set 2						
Set 3						
Swiss-Ball Hip Extension and Leg Curl Barbell/Dumbbell: Single-Leg Lying Hip Extension						
Set 1						
Set 2						
Set 3						
<b>Compound Set 3</b>						
Seated Calf Raise Barbell: Barbell Seated Calf Raise/Dumbbell: Same						
Set 1						
Set 2						

Set 3						
Weighted Situp Barbell/Dumbbell: Same						
Set 1						
Set 2						
Set 3						