

*Home*  
WORKOUT  
*for*  
**BEGINNERS**

*Supplementary Audio pack*

*Motivational quotes*



**THINK  
ABOUT  
WHY YOU  
STARTED**





**YOU DON'T HAVE  
TO BE GREAT  
TO START**

**BUT YOU DO  
HAVE TO START  
TO BE GREAT**





THE #1 REASON PEOPLE  
GIVE UP SO FAST IS THAT  
THEY LOOK AT HOW FAR  
THEY HAVE TO GO  
INSTEAD OF LOOKING  
AT HOW FAR THEY'VE  
GONE ALREADY...

**KEEP GOING**





**THE ONLY  
BAD WORKOUT  
IS THE ONE  
THAT DIDN'T  
HAPPEN**





LIFE BEGINS  
AT THE END  
OF YOUR  
**COMFORT  
ZONE**





**ONE HOUR OF  
WORKOUT**

**IS 4% OF  
YOUR DAY**







**DISCIPLINE  
IS THE BRIDGE  
BETWEEN  
GOALS AND  
ACCOMPLISHMENT**





IF YOU WAIT  
FOR PERFECT  
CONDITIONS,  
YOU WILL NEVER  
**GET STARTED**



WEEK1-6  
EXERCISE PLAN

# WEEK1

*“LET’S GET STARTED”*

## CARDIO

**Cardio should be done at least 5 out of 7 days per week**

MON	TUES	WED	THUR	FRI	SAT	SUN

Normal walk – Find a route that is a 0.5 – 1 mile circuit. Don’t worry about the time that this takes at first, just make sure you get in to the habit of walking this route every day. Pick a land mark on this route that you believe to be around half way.

Be aware of this every time that you pass it on your sessions. We will need this later.

Time how long this walk takes you. Don’t try to do it quickly, just walk and make a note of how long this takes you.

This part of the routine is working to get you fitter and burn fat. It is giving you a strong foundation and helping with one of the most important factors in any fitness routine i.e. getting you in to a routine!

It is very important that you do this circuit every training day.

## RESISTANCE

**Resistance should be done 3 out of 7 days per week**

MON	TUES	WED	THUR	FRI	SAT	SUN

- Seated exercise band chest press  
2 sets of 12 reps
- Leg extensions with exercise band  
2 sets of 12 reps
- Bicep curls with exercise band  
2 sets of 12 reps
- Lateral raises with exercise band  
2 sets of 12 reps
- Tricep kickbacks with exercise band  
2 sets of 12 reps
- Crunches on floor wrists to knees  
2 sets of 12 reps
- Dorsal raises hands on floor  
2 sets of 12 reps

## WEEK2

*"KEEP IT UP!"*

### CARDIO

**Cardio should be done at least 5 out of 7 days per week.**

MON	TUES	WED	THUR	FRI	SAT	SUN

Brisk walk around your route-Up the pace, try to keep a steady pace, make a conscious effort to walk faster than you would normally. This is where the time keeping comes in. see if you can beat your previous time. You will be surprised how much faster you can do this route. Every day, try to beat your time without jogging. Don't worry if you don't make it or you were faster the previous day. This is not our aim, as long as you have kept a brisk walk up all the way round, that's what we are after.

## RESISTANCE

**Resistance should be done 3 out of 7 days per week**

MON	TUES	WED	THUR	FRI	SAT	SUN

- Seated exercise band chest press  
3 sets of 12 reps
- Leg extensions with exercise band  
3 sets of 12 reps
- Bicep curls with exercise band  
3 sets of 12 reps
- Lateral raises with exercise band  
3 sets of 12 reps
- Tricep kickbacks with exercise band  
3 sets of 12 reps
- Crunches on floor wrists to knees  
3 sets of 12 reps
- Dorsal raises hands on floor  
3 sets of 12 reps

# WEEK3

## *“GETTING INTO ROUTINE”*

### CARDIO

**Cardio should be done at least 5 out of 7 days per week**

MON	TUES	WED	THUR	FRI	SAT	SUN

Interval training – By now, you will be familiar with your route and will have been doing a brisk walk around it.

What we need to do now is to throw in a 30 second jog. Now I have heard people say “I have never jogged in my life”. If this is you, get that out of your head it is a barrier that is holding you back, it’s going to happen. We are going to hit a slow jog for 30 seconds. (That’s only half of a minute.) Once you have done this you can carry on with your brisk walk to the end of your circuit.



## RESISTANCE

**Resistance should be done 4 out of 7 days per week**

MON	TUES	WED	THUR	FRI	SAT	SUN

- Pushups on knees  
3 sets of 12 reps
- Swiss ball squats  
3 sets of 12 reps
- Bicep curls with exercise band  
3 sets of 12reps
- Shoulder press  
3 sets of 12reps
- Tricep dips feet on floor  
3 sets of 12 reps
- Crunches on floor hands on side of head  
3 sets of 12 reps
- Dorsal raises hands on side of head  
3 sets of 12 reps

# WEEK4

## *"CEMENTING THE ROUTINE"*

### CARDIO

**Cardio should be done at least 5 out of 7 days per week**

MON	TUES	WED	THUR	FRI	SAT	SUN

Start your brisk walk as normal for 2 minutes, then do a 30 second slow jog, carry on your brisk walk to your half way point and do your second 30 second jog, carry on with your brisk walk to the end. You will notice that this has not taken you as long as before to do your cardio.

# RESISTANCE

**Resistance should be done 4 out of 7 days per week**

MON	TUES	WED	THUR	FRI	SAT	SUN

- Pushups on knees  
3 sets of 15 reps
- Swiss ball squats  
3 sets of 15 reps
- Bicep curls with exercise band  
3 sets of 15 reps
- Lateral raises with exercise band  
3 sets of 15 reps
- Tricep kickbacks with exercise band  
3 sets of 15 reps
- Crunches on floor wrists to knees  
3 sets of 15 reps
- Dorsal raises hands on side of head  
3 sets of 15 reps

# WEEK5

*“WELL DONE! KEEP GOING!”*

## CARDIO

**Cardio should be done at least 6 out of 7 days per week**

MON	TUES	WED	THUR	FRI	SAT	SUN

Start your brisk walk for 5 minutes, then for the rest of the circuit, do a 30 second jog followed by 1 minute brisk walk followed by another 30 second jog followed by a brisk walk for 1 minute.

Repeat this pattern until the end of the circuit.

## RESISTANCE

**Resistance should be done 4 out of 7 days per week**

MON	TUES	WED	THUR	FRI	SAT	SUN

- Full push ups  
3 sets of 15-30 reps
- Bodyweight squats  
3 sets of 12 reps
- Bicep curls with exercise band  
3 sets of 12 reps
- Shoulder press  
3 sets of 12 reps
- Tricep dips feet on floor  
3 sets of 12 reps
- Swiss ball crunches  
3 sets of 12 reps
- Bent over rows  
3 sets of 12 reps

# WEEK 6

*“CONGRATULATIONS! FIRST 6 WEEK ‘S OF FITNESS DOWN”*

## CARDIO

**Cardio should be done at least 6 out of 7 days per week**

MON	TUES	WED	THUR	FRI	SAT	SUN

Double your circuit doing a 30 second jog and a 1 minute brisk walk all of the way round. You may notice that this takes you nearly the same amount of time to do the circuit this way as it did right at the beginning.

This cardio session will be a 2 mile course with a 30 second jog every 1 minute. It will be good enough for a sustainable fitness plan for the long-term.

If this does get too easy, you can look at reducing the brisk walk phase to 30 seconds so it becomes a 30 second jog and a 30 second brisk walk. You could also look at jogging and 30 second sprints in the future. There are many different progression options.

# RESISTANCE

Resistance should be done 4 out of 7 days per week

MON	TUES	WED	THUR	FRI	SAT	SUN

- Full pushups  
3 sets of 15-50 reps
- Bodyweight squats  
3 sets of 25-50 reps
- Bicep curls with exercise band  
3 sets of 25-50 reps
- Shoulder press  
3 sets of 25-50 reps
- Tricep dips feet on floor  
3 sets of 25-50 reps
- Swiss ball crunches  
3 sets of 25-50 reps
- Bent over rows  
3 sets of 25-50 reps

## EXERCISE DESCRIPTIONS



## SEATED CHEST PRESS (CHAPTER 18)

Start/Finish Position    Top Of Movement



Target muscle group is shown below:



## LEG EXTENSIONS (CHAPTER 19)

### Start/Finish Position.. Top Of Movement



Target muscle group is shown below:



## BICEP CURL (CHAPTER 20)

Start/Finish Position    Top Of Movement



Target muscle group is shown below:



## LATERAL RAISES (CHAPTER 21)

Start/Finish Position      Top Of Movement



Target muscle group is shown below:



## TRICEP KICKBACKS (CHAPTER 22)

Start/Finish Position      Top Of Movement



Target muscle group is shown below:



# CRUNCHES WRISTS TO KNEES (CHAPTER 23)

Start/Finish Position

Top Of Movement



Target muscle group is shown below:



# DORSAL RAISES HANDS ON FLOOR (CHAPTER 24)

Start/Finish Position    Top Of Movement



Target muscle group is shown below:



## PUSHUPS ON KNEES (CHAPTER 25)

Start/Finish Position    Top Of Movement



Target muscle group is shown below:





## SWISS BALL SQUATS (CHAPTER 26)

Start/Finish Position    Top Of Movement



Target muscle group is shown below:



## SHOULDER PRESS (CHAPTER 27)

Start/Finish Position

Top Of Movement



Target muscle group is shown below:



*\*note; please skip this exercise or check with your doctor if you have a known heart condition.*

## TRICEP DIPS FEET ON FLOOR (CHAPTER 28)

Start/Finish Position    Top Of Movement



Target muscle group is shown below:



# CRUNCHES HANDS ON SIDE OF HEAD

## (CHAPTER 29)

Start/Finish Position    Top Of Movement



Target muscle group is shown below:



# FULL PUSH UPS (CHAPTER 30)

Start/Finish Position    Top Of Movement



Target muscle group is shown below:



# BODYWEIGHT SQUATS (CHAPTER 31)

Start/Finish Position    Top Of Movement



Target muscle group is shown below:



# TRICEP DIPS HEELS ON FLOOR (CHAPTER 32)

Start/Finish Position Top Of Movement



Target muscle group is shown below:



## SWISS BALL CRUNCHES (CHAPTER 33)

Start/Finish Position    Top Of Movement



Target muscle group is shown below:





## BENT OVER ROWS (CHAPTER 34)

Start/Finish Position    Top Of Movement



Target muscle group is shown below:



**MORE INFORMATION**

## MORE INFO: CHEST PRESS (CHAPTER 35)



### DESCRIPTION

Attach the stirrups to both ends of the band

**Position 1 :** Loop the band around the back of the chair

**Position 2:** Cross the exercise band over at the back of the chair

## MORE INFO: LEG EXTENSIONS



### DESCRIPTION

Attach a stirrup to one end of the band and an ankle strap to the other.

**Position 1 :** Place the stirrup through the front chair leg.

**Position2:** Pass the exercise band around the opposite front leg and continue to wrap around the rear chair legs until the ankle strap meets the front stirrup.

(Note that this example shows the set up for right leg training only)

## MORE INFO: BENT OVER ROWS



## DESCRIPTION

Attach the stirrups to both ends of the band, loop through the door attachment.

Before you start the exercise, ensure that you have even lengths of exercise band on each side of the door attachment.

This shows the door attachment that came with my exercise band kit. Different kits will have varying attachments.

When using these attachments, ensure that you are using against a closed door that opens outwards to your working position. This will give extra stability.

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