

# Full Body Strength Training Workout

From Shrinkinguy.com

## Day 1 (Chest, Back, Quads, Calves)

Exercise	Sets/Reps	Notes
Chest (Choose 1): <ul style="list-style-type: none"><li>Machine chest fly</li><li>Machine chest press</li><li>Machine incline chest press</li><li>Pushup (kneeling or against the wall if necessary)</li></ul>	2/8-12	Rest 60-90 seconds between sets Use a weight that is challenging but doesn't leave you exhausted. Effort should be about 80% of your maximum. Record your weight, every couple of weeks try to add 5-10 pounds.
Quads (Choose 1): <ul style="list-style-type: none"><li>Exercise ball squat</li><li>Bodyweight squat</li><li>Goblet squat</li></ul>	2/8-12	Rest 60-90 seconds between sets Use a weight that is challenging but doesn't leave you exhausted. Effort should be about 80% of your maximum. Record your weight, every couple of weeks try to add 5-10 pounds.
Back (Choose 1): <ul style="list-style-type: none"><li>Machine row</li><li>Lat pulldown</li></ul>	2/8-12	Rest 60-90 seconds between sets Use a weight that is challenging but doesn't leave you exhausted. Effort should be about 80% of your maximum. Record your weight, every couple of weeks try to add 5-10 pounds.
Quads (Choose 1): <ul style="list-style-type: none"><li>Leg press</li><li>Leg extension</li></ul>	2/8-12	Rest 60-90 seconds between sets Use a weight that is challenging but doesn't leave you exhausted. Effort should be about 80% of your maximum. Record your weight, every couple of weeks try to add 5-10 pounds.
Calves (Choose 1): <ul style="list-style-type: none"><li>Bodyweight calf raises</li><li>Dumb bell calf raises</li></ul>	2/8-12	Rest 60-90 seconds between sets Use a weight that is challenging but doesn't leave you exhausted. Effort should be about 80% of your maximum. Record your weight, every couple of weeks try to add 5-10 pounds.
Cardio (Choose 1): <ul style="list-style-type: none"><li>Incline treadmill walk</li><li>Elliptical</li><li>Walk around track</li><li>Rowing</li><li>Bicycle</li></ul>	20 min	Try to do intervals where you go faster for one minute, then slow down and catch your breath for a minute, then faster again, etc. Your heartrate should be about 60-80% of maximum when you're going faster. Remember to hydrate!

## Day 2 (Shoulders, Abs/Core, Hamstrings)

Exercise	Sets/Reps	Notes
Shoulders (Choose 1): <ul style="list-style-type: none"> <li>• Overhead shoulder press (machine or dumb bell)</li> <li>• Dumb bell lateral raise</li> </ul>	2/8-12	Rest 60-90 seconds between sets Use a weight that is challenging but doesn't leave you exhausted. Effort should be about 80% of your maximum. Record your weight, every couple of weeks try to add 5-10 pounds.
Abs/Core (Choose 1): <ul style="list-style-type: none"> <li>• Crunches               <ul style="list-style-type: none"> <li>○ Normal crunches</li> <li>○ Ab crunch machine</li> <li>○ Exercise ball crunch</li> </ul> </li> <li>• Plank</li> </ul>	2/8-12	Rest 60-90 seconds between sets.  Planks can be full planks or kneeling planks. Instead of doing reps, you just hold the position for a certain amount of time. You can start at like 15 seconds, then move up to 20, 30, 45, 60 as you get stronger.
Hamstrings (Choose 1): <ul style="list-style-type: none"> <li>• Seated leg curl</li> <li>• Lying leg curl</li> </ul>	2/8-12	Rest 60-90 seconds between sets Use a weight that is challenging but doesn't leave you exhausted. Effort should be about 80% of your maximum. Record your weight, every couple of weeks try to add 5-10 pounds.
Cardio (Choose 1): <ul style="list-style-type: none"> <li>• Incline treadmill walk</li> <li>• Elliptical</li> <li>• Walk around track</li> <li>• Rowing</li> <li>• Bicycle</li> </ul>	20 min	Try to do intervals where you go faster for one minute, then slow down and catch your breath for a minute, then faster again, etc. Your heartrate should be about 60-80% of maximum when you're going faster. Remember to hydrate!

## Notes

- This is a beginning to intermediate workout that involves bodyweight and machine-based exercises.
- Each workout shouldn't take longer than an hour to complete. Each time you go to the gym, do the alternate workout. So if you choose to do strength training twice a week, you could do Day 1 on Tuesday and Day 2 on Thursday. On Monday, Wednesday and Friday you would just do 30-60 minutes of cardio (walking outdoors, exercise video, exercise video game, gym-based cardio).
- You need to strength train at least twice a week. You can work up to strength training 3 times a week, like Monday, Wednesday and Friday, and do cardio on Tuesday, Thursday and Saturday. In that case, just alternate between the Day 1 and Day 2 routines each time you go to the gym for strength training.
- If you aren't familiar with an exercise, just go to Youtube and type the name of the exercise and there will be many videos that will show how to do it.
- The way to "progress" is to add weight over time as you get stronger. You can also work up to 3 sets instead of 2. It's also good to vary between fewer reps of higher weights and more reps of lower weights. Like one time you'll do 2 sets of an exercise with a slightly higher weight, but only do 4-6 reps. And the next time you do that exercise you can do 2 sets of 8-12 reps with a lower weight.
- Don't get used to doing the exact same exercise from each group every time, try to choose a different one every time even if it seems scary.
- Questions? Email me at [shrinkinguy@gmail.com](mailto:shrinkinguy@gmail.com)