

BODYVOLVE

GYM BEGINNER TONING PROGRAM

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@bodyvolvefitness

OVERVIEW

What to expect from this plan

This is a 3 day program focused on each muscle group, twice. The repetitions increase from 8 to 10, then 12 and then 15 in the first 4 weeks and then you go back down to 8 week 5 and go up again to 10 to 12 and then 15 your last week of the program.

On the first set of every exercise, it's important to be able to have enough energy to perform 3 additional repetitions so you can perform the following sets, BUT don't actually do the additional reps. If you can do anymore than 3 reps the weight is too light. The second set you should be able to do an additional 2 reps and the third set 1 rep or pushing to failure (it's okay if you don't complete the last 2-3 reps on the very last set). If you can't complete the all repetitions in the first to third set, the weight is too heavy.

As the repetitions increase each week you must keep the same weight throughout the whole 4 weeks. The second 4 weeks you can increase the weight. You will also be doing 4 sets on the last 4 weeks except for when you hit 15 reps you are only doing 2 sets as this is your "deload week". This week is basically a rest week to get you ready for a new block.

Example - DB Bench Press

Week 1 - 3 x 8 at 50lbs,

Week 2 - 3 x 10 at 55lbs,

Week 3 - 3 x 12 at 60lbs,

Week 4 - 3 x 15 at 65lbs,

Week 5 - 4 x 8 at 55lbs (go heavier if you can) and so on

Look at the rest periods in between sets. It's important that you stick to that time. I know it may seem like you are waiting around too long for the next set, but it's crucial for muscle building.

*For best results you should eat a well balanced diet. For more information on nutrition visit my blog at <https://www.bodyvolvefitness.com/blog>.

Week 1

Workout 1 - Upper

Exercise	Sets	Reps	Rest	Weight
Bench Press	3	8	2:00	
Lat Pull Down	3	8	2:00	
DB Bench Press	3	8	2:00	
Cable Rows	3	8	2:00	
DB Shoulder Press	3	8	2:00	
Upright Row	3	8	2:00	

Week 1

Workout 2 - Lower

Exercise	Sets	Reps	Rest	Weight
Leg Press	3	8	2:00	
Lunges	3	8	2:00	
Goblet Squats	3	8	2:00	
Leg Extension	3	10	1:30	

Week 1

Workout 3 - Full Body

Exercise	Sets	Reps	Rest	Weight
Incline DB Bench Press	3	8	2:00	
Decline DB Bench Press	3	8	2:00	
Single Arm Row	3	8	2:00	
Close Grip Pull Down	3	8	2:00	
Overhead Press	3	8	2:00	
Lat Raise	3	10	1:30	
Split Squats	3	8	2:00	
Leg Curls	3	10	1:30	

Week 1 Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Week 2

Workout 1 - Upper

Exercise	Sets	Reps	Rest	Weight
Bench Press	3	10	2:15	
Lat Pull Down	3	10	2:15	
DB Bench Press	3	10	2:15	
Cable Rows	3	10	2:15	
DB Shoulder Press	3	10	2:15	
Upright Row	3	10	2:15	

Week 2

Workout 2 - Lower

Exercise	Sets	Reps	Rest	Weight
Leg Press	3	10	2:15	
Lunges	3	10	2:15	
Goblet Squats	3	10	2:15	
Leg Extension	3	12	1:45	

Week 2

Workout 3 - Full Body

Exercise	Sets	Reps	Rest	Weight
Incline DB Bench Press	3	10	2:15	
Decline DB Bench Press	3	10	2:15	
Single Arm Row	3	10	2:15	
Close Grip Pull Down	3	10	2:15	
Overhead Press	3	10	2:15	
Lat Raise	3	12	1:45	
Split Squats	3	10	2:15	
Leg Curls	3	12	1:45	

Week 2 Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Week 3

Workout 1 - Upper

Exercise	Sets	Reps	Rest	Weight
Bench Press	3	12	2:30	
Lat Pull Down	3	12	2:30	
DB Bench Press	3	12	2:30	
Cable Rows	3	12	2:30	
DB Shoulder Press	3	12	2:30	
Upright Row	3	12	2:30	

Week 3

Workout 2 - Lower

Exercise	Sets	Reps	Rest	Weight
Leg Press	3	12	2:30	
Lunges	3	12	2:30	
Goblet Squats	3	12	2:30	
Leg Extension	3	15	2:00	

Week 3

Workout 3 - Full Body

Exercise	Sets	Reps	Rest	Weight
Incline DB Bench Press	3	12	2:30	
Decline DB Bench Press	3	12	2:30	
Single Arm Row	3	12	2:30	
Close Grip Pull Down	3	12	2:30	
Overhead Press	3	12	2:30	
Lat Raise	3	15	2:00	
Split Squats	3	12	2:30	
Leg Curls	3	15	2:00	

Week 3 Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Week 4

Workout 1 - Upper

Exercise	Sets	Reps	Rest	Weight
Bench Press	3	15	2:45	
Lat Pull Down	3	15	2:45	
DB Bench Press	3	15	2:45	
Cable Rows	3	15	2:45	
DB Shoulder Press	3	15	2:45	
Upright Row	3	15	2:45	

Week 4

Workout 2 - Lower

Exercise	Sets	Reps	Rest	Weight
Leg Press	3	15	2:45	
Lunges	3	15	2:45	
Goblet Squats	3	15	2:45	
Leg Extension	3	20	2:15	

Week 4

Workout 3 - Full Body

Exercise	Sets	Reps	Rest	Weight
Incline DB Bench Press	3	15	2:45	
Decline DB Bench Press	3	15	2:45	
Single Arm Row	3	15	2:45	
Close Grip Pull Down	3	15	2:45	
Overhead Press	3	15	2:45	
Lat Raise	3	20	2:15	
Split Squats	3	15	2:45	
Leg Curls	3	20	2:15	

End of Month Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Week 5

Workout 1 - Upper

Exercise	Sets	Reps	Rest	Weight
Bench Press	4	8	2:00	
Lat Pull Down	4	8	2:00	
DB Bench Press	4	8	2:00	
Cable Rows	4	8	2:00	
DB Shoulder Press	4	8	2:00	
Upright Row	4	8	2:00	

Week 5

Workout 2 - Lower

Exercise	Sets	Reps	Rest	Weight
Leg Press	4	8	2:00	
Lunges	4	8	2:00	
Goblet Squats	4	8	2:00	
Leg Extension	4	10	1:30	

Week 5

Workout 3 - Full Body

Exercise	Sets	Reps	Rest	Weight
Incline DB Bench Press	4	8	2:00	
Decline DB Bench Press	4	8	2:00	
Single Arm Row	4	8	2:00	
Close Grip Pull Down	4	8	2:00	
Overhead Press	4	8	2:00	
Lat Raise	4	10	1:30	
Split Squats	4	8	2:00	
Leg Curls	4	10	1:30	

Week 5 Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Week 6

Workout 1 - Upper

Exercise	Sets	Reps	Rest	Weight
Bench Press	4	10	2:15	
Lat Pull Down	4	10	2:15	
DB Bench Press	4	10	2:15	
Cable Rows	4	10	2:15	
DB Shoulder Press	4	10	2:15	
Upright Row	4	10	2:15	

Week 6

Workout 2 - Lower

Exercise	Sets	Reps	Rest	Weight
Leg Press	4	10	2:15	
Lunges	4	10	2:15	
Goblet Squats	4	10	2:15	
Leg Extension	4	12	1:45	

Week 6

Workout 3 - Full Body

Exercise	Sets	Reps	Rest	Weight
Incline DB Bench Press	4	10	2:15	
Decline DB Bench Press	4	10	2:15	
Single Arm Row	4	10	2:15	
Close Grip Pull Down	4	10	2:15	
Overhead Press	4	10	2:15	
Lat Raise	4	12	1:45	
Split Squats	4	10	2:15	
Leg Curls	4	12	1:45	

Week 6 Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Week 7

Workout 1 - Upper

Exercise	Sets	Reps	Rest	Weight
Bench Press	4	12	2:30	
Lat Pull Down	4	12	2:30	
DB Bench Press	4	12	2:30	
Cable Rows	4	12	2:30	
DB Shoulder Press	4	12	2:30	
Upright Row	4	12	2:30	

Week 7

Workout 2 - Lower

Exercise	Sets	Reps	Rest	Weight
Leg Press	4	12	2:30	
Lunges	4	12	2:30	
Goblet Squats	4	12	2:30	
Leg Extension	4	15	2:00	

Week 7

Workout 3 - Full Body

Exercise	Sets	Reps	Rest	Weight
Incline DB Bench Press	4	12	2:30	
Decline DB Bench Press	4	12	2:30	
Single Arm Row	4	12	2:30	
Close Grip Pull Down	4	12	2:30	
Overhead Press	4	12	2:30	
Lat Raise	4	15	2:00	
Split Squats	4	12	2:30	
Leg Curls	4	15	2:00	

Week 7 Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you eat this week?

Previous Weight:

Current Weight:

Week 8

Workout 1 - Upper

Exercise	Sets	Reps	Rest	Weight
Bench Press	2	15	2:45	
Lat Pull Down	2	15	2:45	
DB Bench Press	2	15	2:45	
Cable Rows	2	15	2:45	
DB Shoulder Press	2	15	2:45	
Upright Row	2	15	2:45	

Week 8

Workout 2 - Lower

Exercise	Sets	Reps	Rest	Weight
Leg Press	2	15	2:45	
Lunges	2	15	2:45	
Goblet Squats	2	15	2:45	
Leg Extension	2	20	2:00	

Week 8

Workout 3 - Full Body

Exercise	Sets	Reps	Rest	Weight
Incline DB Bench Press	2	15	2:45	
Decline DB Bench Press	2	15	2:45	
Single Arm Row	2	15	2:45	
Close Grip Pull Down	2	15	2:45	
Overhead Press	2	15	2:45	
Lat Raise	2	20	2:00	
Split Squats	2	15	2:45	
Leg Curls	2	20	2:00	

End of Program Check-In

Nutrition

On a scale of 1 to 10 (1 being the best 10 being the worst), how well did you stick to this program?

Previous Weight:

Current Weight:

Congratulations for finishing the Beginner Toning Program!
You can repeat the program again or check out my website
(<https://www.bodyvolvefitness.com/>) for more services.

Follow me on instagram for nutrition and training tips!



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