



# GYM STARTER GUIDE

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# AGENDA

## WHAT IS IN THIS GUIDE?

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### DISCLAIMERS

Background on my journey and this guide

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### MY 5 BEGINNER TIPS

5 tips that helped me get started

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### GYM STARTER GUIDE

The basics i learnt at the beginning of my gym journey

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### EXAMPLE WEEKLY PLAN

An example of what a weekly gym plan looks like

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### EXAMPLE WORKOUT PLAN

An example of a 45min workout

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### TEMPLATES

Templates you can use to start your journey

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# DISCLAIMERS

## \*DISCLAIMER: Important Note\*

Hey there! Thanks for downloading this guide and I hope it helps you to start your journey. Feel free to reach out to me on IG or on @girlgainsclub if you have any questions.

Just a heads up, I'm not a certified personal trainer or nutritionist. Everything I'm sharing here is based on my own experiences and what's worked for me so far. Gotta be real with you though, I'm still working on reaching my own fitness goals, and my gym journey has had its ups and downs. I've picked up most of what I know from chatting with gym friends, browsing online, and following other fitness influencers.

But hey, my goal is to pass on what I've learned in the hopes that it might kickstart your own gym journey or keep you going on the one you're already on. Adding more movement into your life can do wonders for your confidence, energy levels, and overall health. So, fingers crossed, this guide will be a helpful tool to help you achieve that and anyone looking to start their fitness journey. And a shoutout to [@girlgainsclub](#) for being part of the journey too!

Let's face it, staying consistent with exercise will most likely be the biggest challenge. But acknowledging that hurdle can actually make the other aspects of going gym feel a lot less intimidating, don't you think?

Good luck and I hope this guide helps you!

Preeya xx

# BEGINNER TIPS

1

## LEARN AS YOU GO

Remember that learning is part of the journey. Don't feel pressured to know everything before stepping into the gym for the first time. Understand that everyone's training journey is unique, and what works for one person may not work for another. It's essential to choose exercises that you feel comfortable with, especially when starting out. Take your time to explore and find what suits you best.

2

## JUST START

The most important thing is to take that initial leap and start. Consistency can seem daunting, but the crucial part is to simply begin. Remember, it's not about speed; take it at your own pace and gradually progress.

3

## DON'T LISTEN TO THE EXCUSES

it's crucial to tune into your body rather than letting your mind make excuses. Often, your mind might try to talk you out of going to the gym, but reminding yourself of your “Why” and goals will help you stay focused and motivated.

4

## GYM BUDDY & REPUTABLE SOURCES

Consider finding a gym buddy if possible (check out @girlgainsclub). Look for fitness influencers who resonate with you, inspire you or help you to learn exercises. Use them as a source of motivation to help you reach your goals, but remember not to compare yourself to them. Instead, let their journey inspire and guide you on your own fitness path.

5

## FOOD = FUEL

Remember that food is both your fuel and your friend. Everyone's dietary needs and goals are unique, so there's no one-size-fits-all approach. Start by making simple switches that tend to benefit most people, such as drinking at least 1 litre of water daily, increasing your protein intake, and incorporating more whole foods into your meals. These small changes can make a big difference as you ease into a healthier lifestyle.



# Gym starter guide

## Sign up to a gym

Find a gym nearby, within a short walking distance or a quick drive, to enhance your consistency.

If you're unsure about which gym to choose from several options in your area, consider obtaining a day pass to try them out before making a decision.

## Get a gym induction

Most gyms offer inductions upon signup, although they may not actively promote it.

Be sure to request an induction, as it provides an opportunity to ask questions about equipment usage and familiarise yourself with different areas of the gym while a personal trainer guides you through.

## Observe

During your first few days, focus on using the treadmill and take some time to observe how others use the equipment and navigate the gym.

This will help you become accustomed to the environment and feel more comfortable in the space.

## Create a workout plan

Develop a workout tailored to your goals, or seek guidance from a coach or personal trainer if necessary.

Commit to this plan for a minimum of 1-2 months. By then, you'll have not only increased your strength but also gained the confidence to explore additional exercises.

## Practice form with low weights

Avoiding injury is paramount, so start each exercise with light weights and focus on perfecting your form. Gradually increase the weight as you become more proficient.

Consider recording yourself performing the exercises to compare your form with instructional videos available online.



# 4 TYPICAL AREAS OF THE GYM

## Cardiovascular area

Starting here is as easy as it gets. Chances are, you're familiar with fitness equipment like treadmills and ellipticals. They're both reliable gym essentials—just switch them on, choose your setting, and you're good to go. Obviously this area won't help you to build muscle but great for your cardiovascular system.



## Free-weights area

In this section, you'll find essential workout tools such as dumbbells, barbells, benches, power racks, and press stations. Probably, one of the most intimidating areas of the gym because there's mainly men there using heavy weights.



## Stretching and mobility area

The stretching and mobility area in the gym is equipped with mats, foam rollers, and stretching stations for improving flexibility and muscle recovery. It's a dedicated space for pre- and post-workout stretching to enhance joint mobility and reduce muscle tightness.



## Functional machines area

The functional machine area in a gym features equipment like cable machines, Smith machines, and suspension trainers. It's designed for exercises focusing on natural movements and full-body engagement, promoting functional strength, stability, and coordination.





# Beginner Gym Terminology

## **Rep (Repetition):**

A single complete movement of an exercise, such as lifting a weight up and then lowering it back down. I.e 5 reps in 1 set

## **Set:**

A group of consecutive repetitions of an exercise, typically followed by a rest period.

## **Compound Exercises:**

Exercises that target multiple muscle groups at once, such as squats, deadlifts, and bench presses. People generally start their workout with these exercises.

## **Isolation Exercises:**

Exercises that target a specific muscle or muscle group, such as bicep curls or leg extensions. People generally finish with these exercises.

## **Superset:**

Performing two different exercises back-to-back with little to no rest in between.

## **Spotter:**

Someone who assists during weightlifting exercises to ensure safety and help with lifting heavier weights.

## **DOMS (Delayed Onset Muscle Soreness):\***

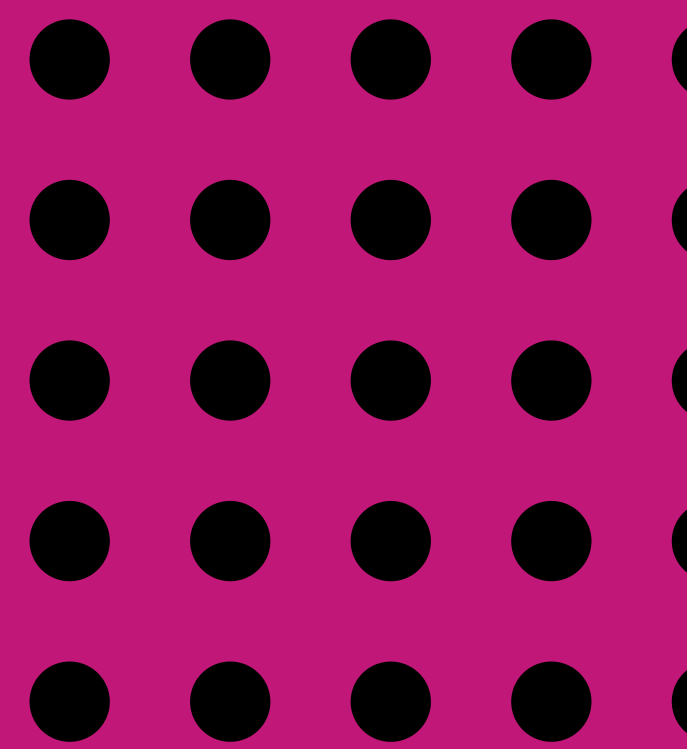
Muscle soreness that occurs 24 to 48 hours after intense exercise, typically a result of micro-tears in muscle fibers.

## **PR (Personal Record):**

The highest weight lifted or best performance achieved in a particular exercise.

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# EX. WORKOUT PLAN SCHEDULE



## TIPS WHEN WRITING YOUR WORKOUT PLAN :

1. Experiment with different times throughout the day—morning, afternoon, and evening—to find the best fit for your gym sessions.
2. Start by aiming for 3-4 workouts per week to kickstart your routine. You can always increase it over time if you want to.
3. Depending on your goals, try to also explore other movement activities such as swimming, yoga, or pilates. Finding activities you enjoy and love will help you maintain your fitness journey.

	MORNING	AFTERNOON	EVENING
MON			Upper Body Gym session
TUE	Lower body Gym session		
WED	Rest Day/Yoga		
THU		Upper Body Gym session	
FRI			Lower Body Gym session
SAT	Rest Day/Swimming		
SUN		Rest day	



# EX. LOWER BODY WORKOUT

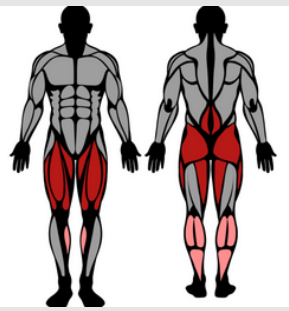
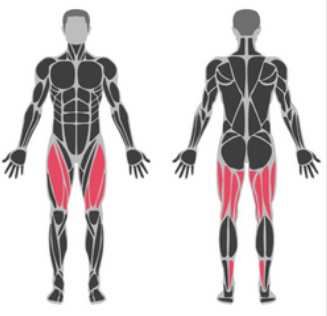




Here's a sample 45-minute workout routine, but remember, feel free to modify it with exercises that you feel comfortable trying. The important thing is to start, and over time, you'll discover what works best for you. Select 4-5 exercises that target the muscles you want to work on and make a note of them (feel free to use the template below). You can find plenty of exercises online to help you choose the ones that suit you best.

For instance, when it comes to squats, there are numerous variations to explore. Find one that feels right for you. Personally, I found goblet squats more comfortable than using a Smith Machine for squats.

Once you decide on the exercises, you can increase the number of reps and/or weight over time. Here's an example of how you can do that -

Gym Session 1 - 5 reps per set with 10kg weight  
Gym Session 2 - 7 reps per set with 10kg weight  
Gym Session 3 - 9 reps per set with 10kg weight  
Gym Session 4 - 5 reps per set with 12kg weight

Exercise	What does it target?	Repetition (Reps)	Sets	Weight
SQUATS		10	4	10kg
WALKING LUNGES		24	3	10kg (5kg in each hand)
LEG PRESS		5	4	20kg
HIP THRUST		10	4	20kg

# EX. UPPER BODY WORKOUT



Exercise	What does it target?	Repetition (Reps)	Sets	Weight
BICEP CURL		10	4	10kg
SHOULDER PRESS		24	3	10kg (5kg in each hand)
LEG PRESS		5	4	20kg
HIP THRUST		10	4	20kg

**TEMPLATES**





# High level Goals

## What's my "Why"

Examples -

- I want to alleviate my stress
- I want to feel more confident
- I want to improve my sleep
- I want to improve my health so that I can.....

## Measurements/aesthetic goals

Measurement examples -

- Body fat%
- Body measurements
- Muscle mass
- Protein

They have scales on Amazon you can buy to track the above

## Goals for month one -

Examples of goals:

- Go to the gym 4x a week
- Drink 1 litre of water every day
- Be able to squat Xkg
- Eat Xg protein a day\*
- Only have one cheat meal a week

To calculate how much protein you need you can use a calculator on google  
Ex -

## Apps that might help you

- MyFitnessPal App - track your foods
- Drink Water Reminder App
- Fitdays - track your body measurements
- Six Pack in 30 days App - for core exercises

## Accountability methods

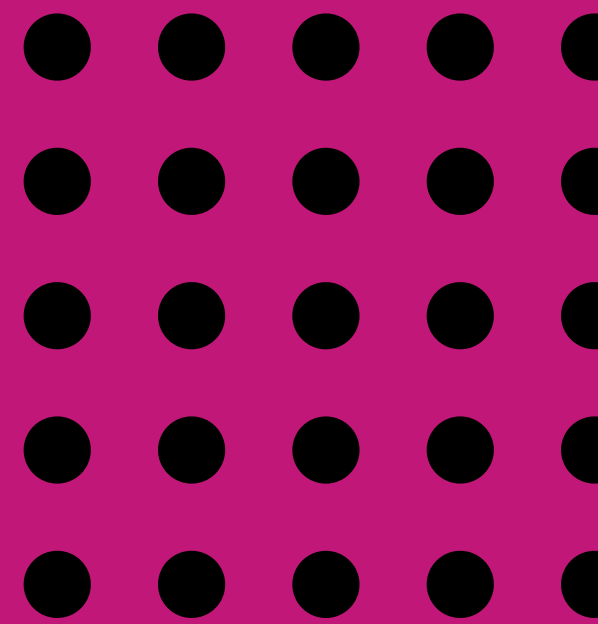
- Print a calendar to track your gym attendance. It'll help you to keep accountable.
- Post a body progress/gym pic to your IG

A promise to myself:

**I promise to stick to this above plan to demonstrate my commitment to my health and my "Why"**

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# WORKOUT PLAN SCHEDULE



	MORNING	AFTERNOON	EVENING
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

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# STARTER WORKOUT



## UPPER BODY WORKOUT

Exercise	What does it target?	Repetition (Reps)	Sets	Weight

## LOWER BODY WORKOUT

Exercise	What does it target?	Repetition (Reps)	Sets	Weight

Increase weight over time to increase strength/muscle.

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