

Hi, I'm Connaugh and I'm here to help you get started in the gym.

In this guide, I'm going to teach you how to plan and execute your beginners program.

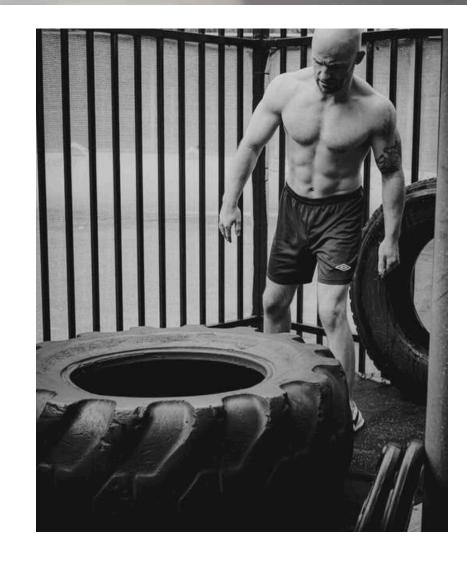
The program can be used for up to 12 weeks.

After that it will be time to adjust the program based on your performance.

I'm not able to give you an individualised plan, but having worked with hundreds of beginners, I have a great system in place, that, providing you don't have any injuries or limitations, will be more than enough to get you started.

First of all, lets get an understanding of the terminology used in the guide.





REPS

Repetitions, the number of times you repeat an exercise.

SETS

A set can be based on a single exercise or a group of exercises and each set is made up of the number of repetitions you are aiming to complete. Sometimes provided as a REP RANGE. E.G. 3 x 12-15 would be 3 lots (sets) of between 12 to 15 repetitions. Each Set may be followed by a set of a different exercise or a rest. The goal is normally that the last 1 or 2 reps are a struggle to complete, if you are completing everything easily it may mean you aren't working hard enough to improve.

SUPERSETS

Supersets are when two exercises are paired together without a break in between

REST

Rest is an important part of training. Without enough rest you may struggle to repeat the next set. With too much rest your session will take up a lot more time and may not provide enough of a workout to get the full benefits of training.

RPE

Rate of Perceived Exertion, a subjective measure of how hard you think you are working, often on a scale of 1-10 with 10 being working so hard you are unable to do anything more and 1 where you are completely chilled.

Knowledge is Power... IF YOU USE IT!!

RIR

Reps in reserve, the number of reps you estimate you have left at the end of a set before you would hit failure.

FAILURE

Means you reach a point where you physically cannot complete any further reps of the exercise and despite the word, working to failure is not a bad thing and can be a valid method of training in some circumstances although often it is safer to use TECHNICAL FAILURE if that is the goal.

TECHNICAL FAILURE

Means you reach the point where you cannot complete any further reps of an exercise with the correct technique.

FLEXION

A movement that reduces the angle at a joint e.g. bending your arm at the elbow.

EXTENSION

A movement that increases the angle at a joint e.g. straightening your arm at the elbow

TEMPO

This is the speed at which an exercise is performed and used to control how long the muscles are working. Sometimes this is shown as a 4 digit number where the first number is the lowering (eccentric) phase of the exercise, the second is the pause or hold at the bottom, the third is the "up" (concentric) phase of the exercise and the last is the pause or hold at the top. E.G. 42X1 would mean lower over 4 seconds, hold for 2 seconds at the bottom, come up as quickly as possible and hold for 1 second before repeating.

TENSION / CONTROL

It is important that we control movements and aim to consciously move the muscles we are aiming to move in order to prevent injury.

PROGRESSIVE OVERLOAD

In order to improve our goal is to push the body to do more over time. There are lots of different ways to do that including an extra rep, a heavier weight, a quicker time, higher resistance, slower movement, a more challenging exercise and less rest. We make these changes to challenge the body and the body adapts making it easier to do the thing we are doing e.g. making us stronger or quicker at running.

What You'll Need to Bring to the Gym

1. WORKOUT CLOTHES

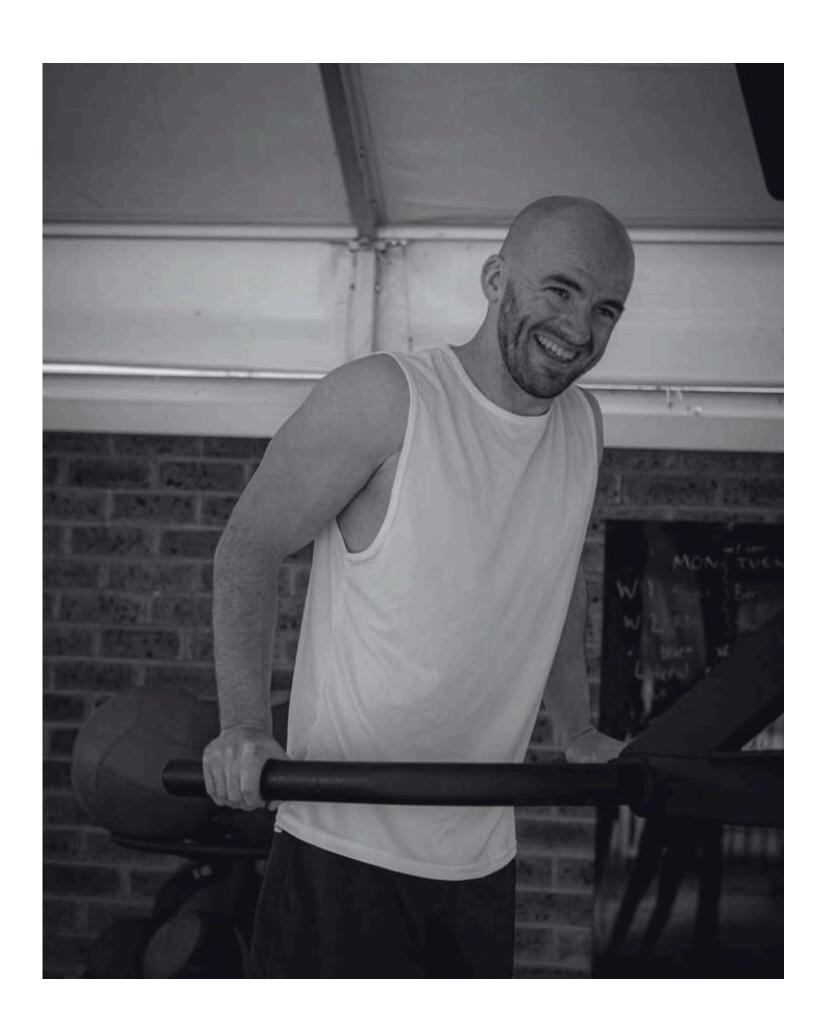
- Comfortable Clothing: Wear breathable, moisture-wicking fabrics to keep you cool and dry.
- Proper Footwear: Choose supportive, well-fitting shoes suitable for your workout type.

2. HYDRATION AND NUTRITION

- Water Bottle: Stay hydrated throughout your workout.
- Healthy Snacks: Pack a small snack like a protein bar or fruit for postworkout recovery.

3. PERSONAL CARE ITEMS

- Towel: A small towel for wiping sweat during your workout.
- Shower Essentials: If you plan to shower at the gym, bring travel-sized shampoo, conditioner, body wash, and a towel.
- Deodorant: Stay fresh before and after your workout.
- Hair Ties/Headbands: Keep your hair out of your face.





4. FITNESS ACCESSORIES

- Lock: Secure your belongings in a locker.
- Resistance Bands: Great for warm-ups or additional exercises.
- Weightlifting Gloves: Protect your hands and improve grip.

5. TECH AND ENTERTAINMENT

- Headphones: Listen to music or podcasts to stay motivated.
- Fitness Tracker: Monitor your progress and track your workouts.
- Phone/MP3 Player: For music, fitness apps, or tracking workouts.

6. SAFETY AND COMFORT

- First Aid Kit: Basic supplies like band-aids, antiseptic wipes, and pain relievers.
- Hand Sanitizer: Keep your hands clean, especially after using shared equipment.
- Face Mask: Depending on local guidelines and personal preference.

7. EXTRAS

- Notebook and Pen: Track your workouts and progress.
- Gym Membership Card/ID: Ensure you have access to the gym.
- Spare Clothes: A change of clothes for after your workout.

Packing these essentials will help you stay organized and make the most of your gym sessions.

WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION A	CARDIOVASCULAR CONDITIONING	SESSION B	CARDIOVASCULAR CONDITIONING	SESSION C	CARDIOVASCULAR CONDITIONING	ACTIVE RECOVERY

CARDIOVASCULAR CONDITIONING

Choose a piece of low impact cardio equipment for this activity, such as the elliptical, cycling or the treadmill walking on an incline.

30-60 minutes – Average Heart Rate 120-160bpm

Aim to keep HR as high a possible (within that range) whilst maintaining nasal breathing.

Nasal Breathing requires you to breath in and out through your nose only (close your mouth).

You will need to warm up and get your heart rate into the 'zone' before commencing the timer.

For progression, you may start off closer to the lower limit, and this will take time to be able to maintain nasal breathing whilst working towards the 160bpm.

Try to keep your average heart rate as close to the upper limit as possible whilst maintaining nasal breathing for 30 minutes.

Once you can to this, add 5 minutes on to the time, and keep doing so until you can do 60 minutes.

If your level of cardiovascular conditioning is particularly poor, start off with an Average Heart Rate of 110-130bpm, and when that feels easy, progress onto the Average Heart Rate 120-160bpm .

WARM UP

Warming up for a resistance training session is crucial to prepare your body and prevent injuries. Start with 5-10 minutes of light cardio, such as jogging or cycling, to increase your heart rate and blood flow. Follow this with dynamic stretches like leg swings, arm circles, and torso twists to enhance flexibility and range of motion.

Session A

ORDER	EXERCISE	SETS	REPS	TEMPO	RPE	REST	MOVEMENT TYPE
A1	GOBLET SQUAT	4	10-12	31X1	8	30 seconds	Lower Body Push - Quads
A2	INCLINE DUMBBELL BENCH ROW	4	10-12	31X2	8	60 seconds	Upper Body Horizontal Pull - Back and Biceps
B1	MACHINE HIP THRUST	4	10-12	31X2	8	30 seconds	Lower Body Pull - Glutes
B2	INCLINE DUMBBELL BENCH PRESS	4	10-12	31X1	8	60 seconds	Upper Body Horizontal Push - Chest and Triceps
C1	PLANK	2	1 x 30 seconds	ISO	8	Nil	Abs
C2	SIDE PLANK	2	1 x 30 seconds	ISO	8	45 seconds	Obliquies

Adjust the weight so the last couple of reps feel TOUGH!! You need to go close to failure.

Work in a pain free range of motion.

Remember to BREATHE!!

You can search for the exercises on YouTube to find a reference video.

Make sure that you are aiming to build tension in the target muscle. Don't get frustrated if you don't feel it at first, you need to build neural a connection first.

Session B

ORDER	EXERCISE	SETS	REPS	TEMPO	RPE	REST	MOVEMENT TYPE + TARGET MUSCLE
A1	STEP UP	4	10-12	30X1	8	30 seconds	Lower Body Push - Quads
A2	NEUTRAL GRIP LAT- PULLDOWN	4	10-12	31X2	8	60 seconds	Upper Body Vertical Pull - Back and Biceps
B1	SEATED LEG CURL	4	10-12	31X2	8	30 seconds	Lower Body Pull - Hamstrings
B2	HALF KNEELING KETTLEBELL ARNOLD PRESS	4	10-12	3031	8	60 seconds	Upper Body Vertical Push - Shoulders and Triceps
C1	PLANK	2	1 x 30 seconds	ISO	8	Nil	Abs
C2	SIDE PLANK	2	1 x 30 seconds	ISO	8	45 seconds	Obliquies

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Session C

ORDER	EXERCISE	SETS	REPS	TEMPO	RPE	REST	MOVEMENT TYPE + TARGET MUSCLE
A1	LEG EXTENSION	4	10-12	31X2	8	30 seconds	Lower Body Push - Quads
A2	HAMMER HIGH ROW	4	10-12	31X2	8	60 seconds	Upper Body Vertical Pull - Back and Biceps
B 1	SINGLE LEG KETTLEBELL DEADLIFT	4	10-12	31X1	8	30 seconds	Lower Body Pull - Glutes and Hamstrings
B2	SEATED DUMBBELL SHOULDER PRESS	4	10-12	3111	8	60 seconds	Upper Body Vertical Push - Shoulders and Triceps
C1	PLANK	2	1 x 30 seconds	ISO	8	Nil	Abs
C2	SIDE PLANK	2	1 x 30 seconds	ISO	8	45 seconds	Obliquies

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PROGRESSION

Start with a Manageable Weight

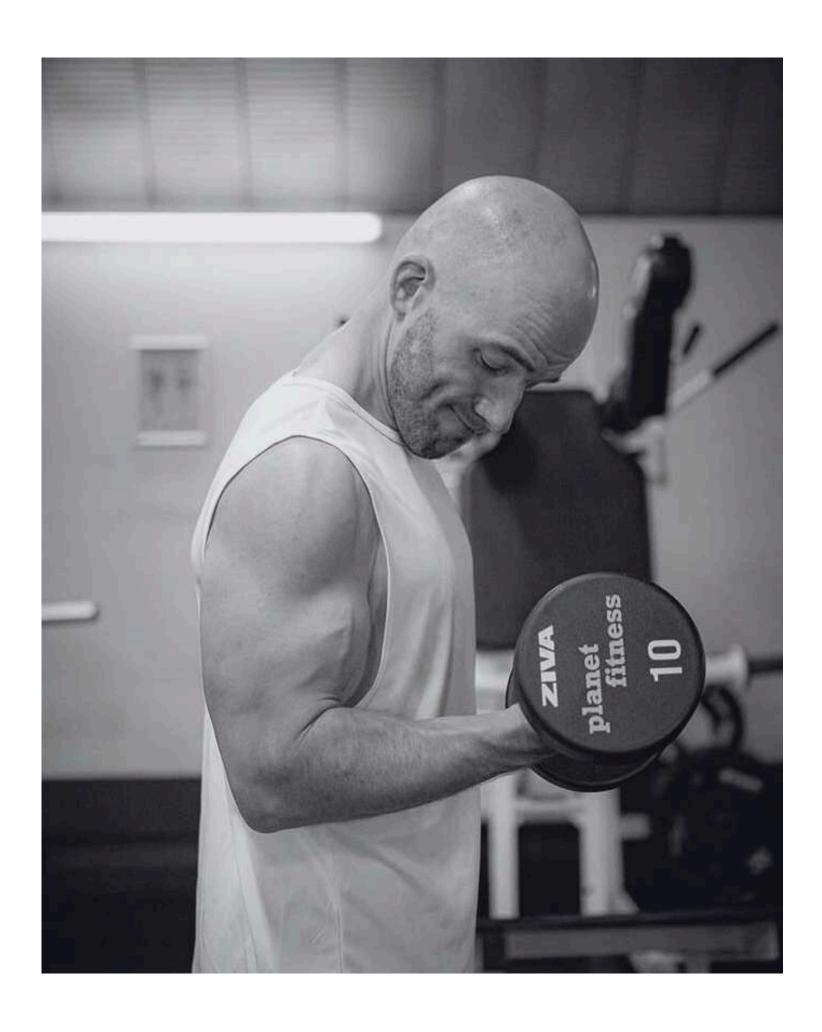
Begin with a weight that allows you to complete 10-12 reps with good form. The last few reps should be challenging but achievable without compromising technique.

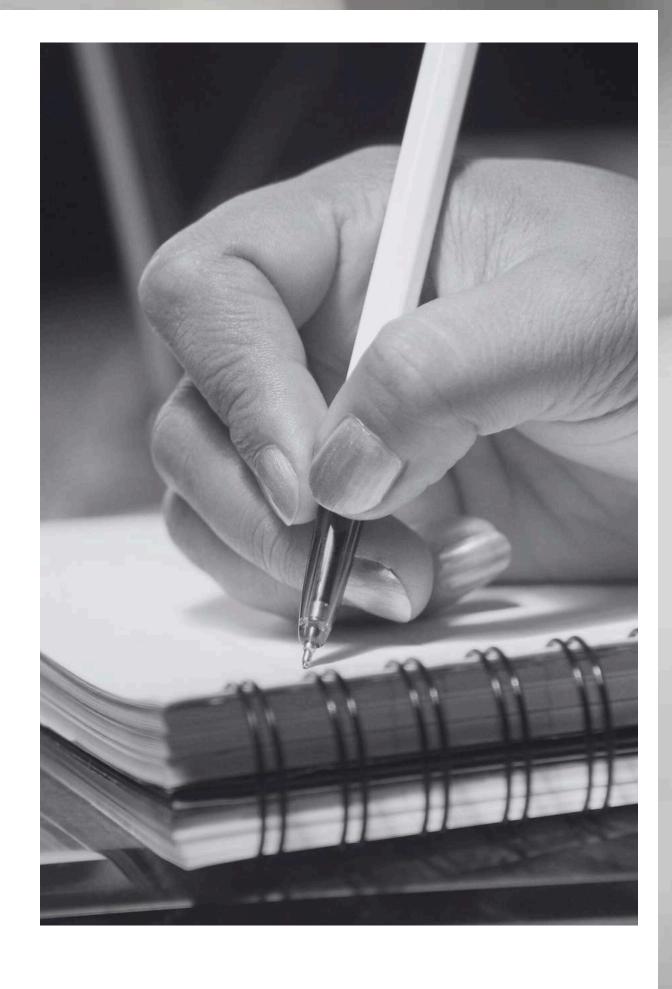
Increase Weight Gradually

Once you can comfortably complete 12 reps for all sets, it's time to increase the weight. A good rule of thumb is to increase the weight by 5-10% depending on the exercise and your strength level. For example, if you're lifting 10 kg for 12 reps, you might increase to 11 or 12 kg.

Adjust Reps Accordingly

After increasing the weight, you might find that you can only complete 10 reps instead of 12. This is normal. Continue working with the new weight until you can again complete 12 reps with good form, then increase the weight again.





Track Your Progress

Keep a detailed log of your workouts, noting the weight used, the number of sets and reps completed, and any other relevant details. This helps you monitor your progress and ensures you're consistently challenging yourself.

Listen to Your Body:

While progressive overload is important, it's equally crucial to listen to your body. Ensure you're not overtraining and give yourself adequate rest and recovery time to prevent injuries.

By following these steps and consistently tracking your progress, you'll be able to effectively implement progressive overload in your workouts, leading to continuous strength gains and improved fitness.



Summary

Will your progress be as quick compared to working with a coach, probably not.

However, if you follow this program for the next 12 weeks and train consistently with intent, you WILL see great progress.

I really hope this guide helps you become confident in the gym.

If you feel like you need more support:

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DISCLAIMER

Before starting any exercise program, it is essential to seek clearance from your doctor, especially if you have any pre-existing medical conditions, injuries, or concerns.

This guide is intended to provide general advice and a structured program for beginners. It is not a substitute for professional medical advice, diagnosis, or treatment. The exercises and routines outlined in this guide are designed for individuals without any injuries or limitations.

By following this guide, you acknowledge that you are participating at your own risk. The author and publisher are not responsible for any injuries or health issues that may result from following the exercises or advice provided in this guide. Always listen to your body and modify exercises as needed to suit your individual capabilities and limitations.