

BEGINNER FULL BODY ROUTINE

Date: _____ | Weight: _____

LEVEL: NOVICE

DONE	EXERCISE	TARGET	SETS/REPS	WEIGHT
	Bodyweight Squats	Legs/Glutes	3 x 12	Bodyweight
	Push-Ups (or Kneeling)	Chest/Triceps	3 x AMRAP	Bodyweight
	Dumbbell Rows	Back/Biceps	3 x 10	_____
	Overhead Press	Shoulders	3 x 10	_____
	Plank Hold	Core	3 x 30s	N/A
	Glute Bridges	Posterior Chain	3 x 15	Bodyweight

Workout Notes:

(Energy levels, difficulty, or adjustments for next session...)