



# WORKOUT LOGS

**BEGINNER WORKOUT**

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## BEGINNER TRAINING LOG

### Workout tips before you get started

- Always consult with a physician before starting any training program.
- This workout is for beginner lifters and as a good 1-2 week warmup before starting either the 4 or 3 day per week workout routine. Beginners should do this complete 4 week program before moving to the 3 day per week workout.
- New lifters should focus more on their form rather than on the weight used.
- Sets listed below are working sets that do not include warm-up sets. For example on squats it states 4 sets. So you would do 2 or more warm-up sets with light weight (50% of max) and then the 4 sets.
- All working sets are done at constant weight.
- Rest between sets is 90-120 seconds on the compound lifts. You should be well rested so you can have the same intensity on the next set.
- **Add Volume each week!** Add more weight or more reps than your previous workout.
- Adding weight example: Once you are able to do 8 reps for the 4 sets with perfect form, you should increase the weight. You might only do 4 sets of 7 your next time (it happens), but work your way back up to 4 sets of 10 and increase the weight again.
- DB=Dumbbell



# TRAINING LOGS



## WEEK ONE

### DAY 1

#### LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	2x8								
Stiff Legged Deadlift	2x10								
Overhead Press	2x8								
DB Side Laterals	2x10								
Leg Extensions	2x10								

### DAY 2 - OFF

### DAY 3

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	2x8								
Barbell Incline Press	2x10								
Dips	1 x MAX								
Skull Crushers	2x8								
Tricep Pulldowns	2x10								



# TRAINING LOGS



## DAY 4 - OFF

## DAY 5

### BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	1x6								
Barbell Rows	2x10								
Pullups	2x MAX								
Standing Barbell Curls	2x10								

## DAY 6 - OFF DAY

## DAY 7 - OFF DAY



# TRAINING LOGS



## WEEK TWO

### DAY 8

#### LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	2x8								
Stiff Legged Deadlift	2x10								
Overhead Press	2x8								
DB Side Laterals	2x10								
Leg Extensions	2x10								

### DAY 9 - OFF

### DAY 10

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	2x8								
Barbell Incline Press	2x10								
Dips	1 x MAX								
Skull Crushers	2x8								
Tricep Pulldowns	2x10								



# TRAINING LOGS



## DAY 11 - OFF

## DAY 12

### BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	1x6								
Barbell Rows	2x10								
Pullups	2x MAX								
Standing Barbell Curls	2x10								

## DAY 13 - OFF DAY

## DAY 14 - OFF DAY



# TRAINING LOGS



## WEEK THREE

### DAY 15

#### LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	2x8								
Stiff Legged Deadlift	2x10								
Overhead Press	2x8								
DB Side Laterals	2x10								
Leg Extensions	2x10								

### DAY 16 - OFF

### DAY 17

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	2x8								
Barbell Incline Press	2x10								
Dips	1 x MAX								
Skull Crushers	2x8								
Tricep Pulldowns	2x10								



# TRAINING LOGS



## DAY 18 - OFF

## DAY 19

### BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	1x6								
Barbell Rows	2x10								
Pullups	2x MAX								
Standing Barbell Curls	2x10								
Deadlift	1x6								

## DAY 20 - OFF DAY

## DAY 21 - OFF DAY



# TRAINING LOGS



## WEEK FOUR

### DAY 22

#### LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	2x8								
Stiff Legged Deadlift	2x10								
Overhead Press	2x8								
DB Side Laterals	2x10								
Leg Extensions	2x10								

### DAY 23 - OFF

### DAY 24

#### CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	2x8								
Barbell Incline Press	2x10								
Dips	1 x MAX								
Skull Crushers	2x8								
Tricep Pulldowns	2x10								



# TRAINING LOGS



## DAY 25 - OFF

## DAY 26

### BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	1x6								
Barbell Rows	2x10								
Pullups	2x MAX								
Standing Barbell Curls	2x10								

## DAY 27 - OFF DAY

## DAY 28 - OFF DAY