



WORKOUT LOGS

BEGINNER WORKOUT

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TRAINING LOGS



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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