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August 17, 2021 Jenny C. Looking for a 5-day workout routine for beginners like you? Try these training plans that can help improve your fitness, conditioning, and muscle strength. If you're new to the gym and don't know where to begin, here is some help to get you started. We've compiled a list of beginner-friendly gym workouts that may be completed in five days or less. Check out the beginner workout routines below for some motivation, whether you're looking to improve your general strength, target specific muscle parts, or improve your aerobic fitness. Beginner Gym Workout Plan As a beginner, you should keep your workouts simple. You also have to be consistent with your workout routine. Here are a few pointers to make your new training regimen more effective: Assess yourself Be mindful of your physical and health conditions. Always consult a doctor first for professional advice before starting any exercise routine. Plan your workout If you want to lose weight, do cardio after you lift weights, not before; or do it at different times throughout the day. You can also ask for advice from your trainer or gym coach. Consider taking appropriate supplements in consultation with your doctor. Doing so could boost your energy and help you burn more fat while doing your workout. This Centrapeak review, for example, shows that some supplements could also be suitable for vegans and vegetarians. Keep yourself hydrated During your workout, drink plenty of water. Eat a well-balanced diet Have a small, balanced lunch with equal portions of lean protein such as lean chicken, beef, or fish, and complex carbohydrates such as oats and rice, at least 30 minutes before each workout. A large meal is not necessary; just enough protein and carbohydrates to refuel and stimulate bodily repair. Keep track of your progress Keep track of your progress. You may also take progress pictures, keep track of weight loss or increase, and measure all of your body parts once you're on your path to being super fit. 5-Day Workout Routine This 5-day strength training plan allows you to focus on certain exercises each day, effectively targeting all of your weaknesses. On your first day, you can work on your chest and triceps (light). On your second day, do your back and (light) biceps. Day 3 consists of the following exercises: core, forearm, calves, and cardio. On your fourth day, work on your shoulders and triceps (heavy). Day 5 focuses on your legs and (heavy) biceps. Take a rest on your 6th day, or you can do a light core workout. Workout Routines for Beginners Chest and Triceps Low Cable Cross - 3 sets (15 reps) Dumbbell Bench (Incline) - 3 sets (12 reps) Pec Dec - 3 sets (20 reps) Close Grip Bench - 2 sets (as many as possible) Skull Crushers - 2 sets (as many as possible) Back and Triceps Seated Cable Rows - 2 sets (10 reps) Front Lat Pulldown - 2 sets (10 reps) Bent Over Barbell Rows - 2 sets (10 reps) Hammer Curls - 3 sets (12 reps) Deadlift - 2 sets (10 reps) Barbell Curl - 3 sets (10 reps) Straight-Arm Pulldown - 2 sets (10 reps) Concentration Curls - 3 sets (12 reps) Core, Calves, and Cardio Crunches - 3 sets (12 reps) Hanging Leg Raise - 3 sets (12 reps) Seated Russian Twist - 2 sets (15 reps) Bicycle Crunches - 15 to 20 sets (as many as possible) Planks - 3 sets (as long as possible) Palms-Up barbell Wrist Curl - 3 sets (add 2.5 weight after each set) Seated Cal Raise - 3 sets (18 reps) Palm-Down Barbell Wrist Curls Over Bench - 3 sets (add 2.5 weight after each set) Smith Machine Cal raises - 3 sets (15 reps) Cardio Workout - 25 minutes before and after Shoulders, and Triceps Seated Barbell Overhead Press - 4 sets (12 reps) Military Press - 4 sets (10 reps) Shrugs - 3 sets (10 reps) Side Lateral Raise - 4 sets (12 reps) Standing Dumbbell Triceps Extension - 4 sets (12 reps) Front Lateral Raise - 4 sets (12 reps) Triceps Pushdown - 4 sets (12 reps) Rope Attachment Reverse Fly - 4 sets (12 reps) Legs and Biceps Leg Press - 3 sets (10 reps) Spider Curl - 4 sets (10 reps) Wide Grip Standing barbell Curl - 4 sets (12 reps) Smith Machine Cal Raise - 4 sets (12 reps) Lying Leg Curl - 3 sets (12 reps) If you have a prior leg injury, you can skip the split. If you stick to the routine for the full 12 weeks, you'll see amazing results. Always maintain proper form and refrain from developing poor habits that can slow down your progress. Beginner Cardio Workout Exercises that develop cardiovascular endurance, often known as cardio workout, should be included in your starting workout regimen. A beginner's cardio workout might be as simple as taking a brisk walk or jumping rope for a few minutes. Use the FITT (frequency, intensity, time, and type) technique to plan your cardio program. To stay motivated and achieve the optimum cardiovascular endurance outcomes, switch up your routine every week or two. Here's all you need to know about creating a well-rounded beginner cardio workout plan. Shorter Cardio Workouts with High Intensity High-intensity cardio workouts help you develop a type of cardiovascular endurance that will help you enhance your overall fitness and your capacity to sprint up a flight of stairs. Burpees, jumping rope, stair climbing, and jumping jacks are all high-intensity exercises that may be customized to fit your fitness level. Because high-intensity exercises greatly increase your heart rate, you should only do them for a few minutes at a time. Several times a week, try introducing five to 10 minutes of high-intensity activity into your routines. Perform this type of workout at a high intensity two to four times a week. For 5-15 minutes, do burpees, box jumps, sprinting, jumping rope, and jumping jacks. Longer Cardio Workouts at a Low Intensity Low-intensity cardio workouts are ideal for beginners who are hesitant to work up a sweat every time they go to the gym. Walking and stationary cycling are low-impact exercises that are accessible to first-time gym members. Longer, low-intensity cardio sessions are a terrific way to get into a steady fitness regimen and are frequently a suitable stepping-stone to higher-intensity workouts later in your health journey. A beginner's fitness workout might include at least one (but no more than three) low-intensity, lengthy cardio workout per week. Aim to accomplish this type of low-intensity workout up to three times each week. For 40-90 minutes, try walking, stationary cycling, elliptical training, steady rowing, and swimming. Beginner CrossFit Workout Plan Whap-Whap is CrossFit? CrossFit is a way of life that emphasizes safe, effective exercise and proper nutrition. CrossFit can be used to achieve any goal, including greater health, weight loss, and better performance. CrossFit workouts and activities have a more specific muscle-stimulant focus, including more heavy lifting and anaerobic training. Everyone can benefit from the program, including beginners and those who have been training for years. Here are two CrossFit Workouts to get you started, although there are many more workout routines to pick from. DT DT is one of the most basic CrossFit routines. Using a variety of explosive motions that are excellent for increasing muscle and power. To complete this DT workout plan you have to do 12 reps of deadlifts, 9 reps of hang power clean, and 6 reps of Push Jerks for 5 rounds. Fran Fran's training program focuses on speed through a variety of complex motions that target all the main muscle groups in a full-body workout. To complete this workout, you have to complete this set of workout routines as fast as you can. The routine consists of 21 reps of thrusters, 21 reps of pull-ups, 15 reps of thrusters, 15 reps of pull-ups, 9 reps of thrusters, and 9 reps of pull-ups. Key Takeaways As a beginner, it's vital to concentrate on developing your form and technique while lifting. Starting with isolation techniques that work only one muscle region at a time won't provide the best results if you've never been to a gym or haven't visited in a long time. It's also essential for recovery. So, depending on your goals, two days of strength training and two days of aerobic conditioning, with a day off in between each strength day, would be ideal. We want to put the body to the test and allow it to adjust to the workout stress. I hope this five-day workout routine for beginners will help you start your journey right. If you're hitting the gym with no plans on which muscle group you will train, you're doing it wrong. Sticking to a proper workout routine is as important as any of the exercises you do while training your muscles. Different people have diverse workout programs. Some people prefer to work out three days a week. Others don't want to take any breaks and tend to train on all seven days of the week. Different training splits have distinct advantages and disadvantages. This is a 5-day workout plan that can help you build muscle and improve your fitness. It is a simple and effective way to get started. The plan is designed to be a simple muscle group per day twice a week, which is the recommended standard for maximum muscle gains. The science behind this conclusion is simple enough. When you're finally lifting, there is a window of about 48 hours in which you're building muscle in the triggered region. After this period is over, the muscle-building process will be over. So, if you want to put further growth, you'll need to retrain that muscle group. Thus, exercise frequency is directly proportional to muscle growth. The more you trigger your body to go into a muscle-building state, the sooner you'll see visible results. But even then, you cannot plunge into a 5 day workout routine without prior planning. If you overwork a muscle, it might lead to irreversible injuries or muscle strains. Fortunately, we have the right 5 day workout program to promote hypertrophy, strength, and injury-free training sessions. 5 Day Workout Principles Frequency and good nutrition is the key to effective muscle-building through training. With 5 day workout routines, you can have the perfect balance of training frequency and training intensity to carve out the best results. Usually, a basic 5 day workout plan would focus on once-per-week frequency. This essentially means that you'll be training one body part for each day of the week. Apart from being inefficient, this gym workout routine can promote negative overlapping while exercising, especially during compound movements. To counter this, we'll go with the more effective training split - a combination of push-pull-leg split and upper-lower split. The dichotomy of these training splits can create a wholesome training routine focusing on each part of the body while giving muscle groups sufficient time to recover. For instance, push and pull exercises require entirely different muscle groups, thus preventing overlapping altogether. The 5 day split, therefore, avoids counterproductive training sessions like a "shoulder day" or "arms day" and focuses more on attaining maximum training frequency wherein each muscle group is trained at least twice a week in a balanced manner. Moreover, the inclusion of high-intensity AMRAP (as many reps as possible) sets in the workout routine helps to build muscle and improve your fitness. High volume training and cardiovascular training are also important for building muscle. Both of these muscle-building strategies are excellent for gains. When you hit muscular fatigue, all the muscle fibers grow, resulting in greater hypertrophy. Using the effective high-frequency model, you don't have to lift super heavy weights to achieve growth and strength. 5 Day Workout Schedule Now you know the scientific principles behind 5 day gym split. But the benefits are only applicable if you have the right routine. You must create the perfect blend of movements and exercises to trigger maximum muscle growth. If you mess up your training schedule, it might lead to inefficient workout sessions and even muscular strains. Fortunately, we've developed an effective 5 days a week workout plan to help you in your fitness journey. Without further ado, let's move right into our wholesome 5 day gym workout schedule: Day 1- Legs Day 2- Push Day 3- Pull Day 4- Leg Day 5- Upper Day 6- Off Day 7- Off And that's it - that's our 5 days a week workout schedule for maximum hypertrophy, gains, and strength. While following this routine, it's also vital to note that this is not a simple 5 day weightlifting routine. Instead, it also involves bodyweight movements like crunches to build your core muscles for postural superiority and better stability. We mustn't neglect any muscle group. And that is one of the core principles we've followed in our 5 day gym workout schedule. Most people who are stuck on simple one muscle group per week schedules are overworking themselves for minimal results. In addition, the bro splits that we commonly see in 5 day workout routines are outdated and prevent bodybuilders from exploiting the link between frequency and hypertrophy. There is a limit to how much stimulation your muscles can respond to, and exceeding that limit will lead to ineffective repetitions and sometimes muscle catabolism due to overstimulation. To avoid such issues, it's practical to make effective muscle-group partitions. With a hybrid PPL-UL effective workout plan, you can achieve your goals through shorter workout sessions, having more recovery time, and even lifting lighter weights. 5 Day Workout Routine Now that you know the rough outline of your workout routine, we can move to the next part - a detail-oriented exercise plan for your training session. Before you get too excited and hit the gym right after memorizing this schedule, it's essential to remember that mental strength is also a primary requisite for any successful training sessions. Especially if you're going to complete AMRAP and drop sets, you'll need to be ready to deal with the intensity. The goal is to avoid exhausting your muscles too much at the start. Play around with weights, but don't go overboard on the first attempt. In this gym workout routine, the key is achieving maximum hypertrophy through increased training frequency and lifting moderate-heavy weights. Now, you can move on to this carefully devised workout plan to maximize your gains: Day 1: Legs Squat- 3 sets of 10 reps Lunges- 3 sets of 10 reps Cable kickdowns- 3 sets of 10 reps Lying leg curl- 3 sets of 10 reps Cal raises- 3 AMRAP sets Decline crunches- 3 AMRAP sets Lying leg raises- 3 AMRAP sets Day 2: Push Push ups- 3 sets of 20 reps Bench press- 3 sets of 10 reps Overhead press- 3 sets of 10 reps Incline dumbbell press- 3 sets of 10 reps Front/Lateral raises- 3 sets of 10 reps Cable triceps pushdowns- 3 sets of 10 reps + 1 drop set Skull crushers- 3 sets of 10 reps Day 3: Pull Pull ups- 3 sets of 10-15 reps Deadlift- 3 sets of 6-8 reps Seated cable rows- 3 sets of 10 reps Dumbbell curls- 3 sets of 10 reps Preacher curls- 3 sets of 10 reps Dumbbell shrugs- 3 sets of 10 reps Reverse Curl- 3 sets of 10 reps Day 4: Lower Squat- 3 sets of 10 reps Leg extension - 3 sets of 10 reps Lying leg curl- 3 sets of 10 reps Leg press- 3 sets of 10 reps Cal raises- 3 AMRAP sets Lying leg raises- 3 AMRAP sets Russian twist- 3 AMRAP sets Day 5: Upper Parallel bar dips- 3 sets of 10-15 reps Flat dumbbell presses- 3 sets of 10-15 reps Seated dumbbell shoulder presses- 3 sets of 10-15 reps Dumbbell lateral raises- 3 sets of 10-15 reps Cable rows- 3 sets of 10-15 reps Dumbbell rows- 3 sets of 10-15 reps Cable behind head tricep extension- 3 sets of 10 reps + 1 drop set Cable Curls- 3 sets of 10 reps + 1 drop set Day 6 & Day 7: Rest And that's it; you've completed the weekly plan successfully! Going through this 5 day workout routine is not going to be an easy task. The exercises will be intense. Even if you're not lifting as per your potential, you will still suffer through muscular failures several times because the routine is designed to profit exercise frequencies. Don't miss: 3 Day Full Body Workout Routine2 Day Split Workout Plan4 Day Workout Routine7 Day Workout Plan It's also crucial to remember that you're not going to see any visible results in one week. Instead, you'll have to follow this plan strictly for many months to see changes in your hypertrophy and strength capabilities. Moreover, for sustained progression, you'll have to play around with weights and repetitions sometimes. So don't make the schedule too monotonous. You can take your rest days between two consecutive training sessions to avoid overload or complacency. Eventually, working out successfully is all about staying motivated by yourself. 5 Day Workout Plan PDF Are you excited to work out using our 5 day workout plan but can't seem to memorize all the exercises? Don't worry; we've got your back. You don't have to check your phone after every set to see what's next. Instead, you can get our printable 5 day workout plan PDF and keep the schedule in a hardcopy format. Otherwise, you can simply keep the printable PDF with you on your phone. Don't miss: Two Body Parts 4 Day Workout Routine5 Day Dumbbell Workout PlanAdvanced Upper Lower Split Workout Plan4 Day Advanced Full Body Workout Routine for Mass Wrapping Up Scientists and researchers have already confirmed that training your muscle groups at least twice a week is most effective for achieving greater muscle hypertrophy. In such a case, 5 day workout routines are the best for getting significant muscle gains while also having sufficient time for recovery. Incorporating a push-pull-leg and upper-lower split combination in your schedule might be the final ingredient to an effective workout plan. Supercharge Your Fitness Journey! Join our NEW WhatsApp and Telegram channels for daily workout challenges. WhatsApp Channel Join Now Telegram Channel Join Now Traditional body part splits have been around for a long time. And there's a lot of reasons why. They clearly work in promoting muscle growth. They've been promoted by some of the industry's top athletes. Who doesn't like a good pump? But probably the biggest reason of them all - they fit in nicely with the work week schedule. With all the hoopla about making sure to hit each body part twice a week, we've been committed in reminding you guys that you're really on your own somewhere. Now it's your turn. The route to a perfect physique isn't easy. It takes time, dedication and effort to craft out something you can be proud of. With this 5-day workout plan designed by our expert panel of coaches and trainers, you'll springboard at rapid speed towards your goal. Goal:Muscle building and fat loss Aimed at:Beginner Program duration:5-days Workout duration:45-60 minutes Equipment needed:barbell, dumbbell, resistance machines 5-Day Workout Routines for Beginners This beginner program uses cutting edge training techniques to craft out a leaner, stronger physique. As a beginner to strength training it's important you find the right program. If you don't push yourself hard enough, you'll not see the results to motivate you. Rush things and you'll end up burnt out or injured - there's a reason why advanced programs use such brutal techniques. Balance is key. You want to be challenged, but you don't want to run yourself into the ground so early in your lifting career. You need a program that suits your current goals and fitness level. It's important you appreciate your start position; because the right program gets the best results - that's where this 5-day workout routine for beginners comes in. Full-body training to smash your physique goals The best thing about being a beginner is you'll notice a huge difference to your physiques in just a few days. Your physique is primed and ready to soak up the strength training you're about to offer it - and it'll reward you with muscle tone, improved stamina and significantly lower body fat. Ask most bodybuilders what kind of training they follow, and chances are they'll tell you prefer a split approach. Choosing one or two muscles to annihilate each workout might work if you're a hardened lifter or assisted with anabolic drugs... but if you're new to strength training there's a better way to get strong and lean - full body workouts. Modern research shows that full-body workouts result in better progress for several reasons. These include: Less stressful on muscles, joints and connective tissue - spreading out the number of sets you complete over a few sessions helps to give your joints extra more time to recover. Higher weekly volume per muscle group - more sets lifted per week is a key determinant of muscle growth. Whether you complete them all in one workout or spread them out doesn't really matter - it's the total that's important. Less soreness in the days after a workout - because you're completing fewer total sets per individual workout, you're much less likely to get sore. Added cardio effect - when you train multiple muscles in one workout, your body increases its heart rate to feed them all with oxygen and nutrients. Elevated metabolism - full-body training burns more calories and elevates metabolic rate post-workout too. Less boring and more variety - there's plenty of room for changing up the exercises when you're hitting muscles more than once-per-week. Undertaking a full-body workout such as this 5-day workout routine for beginners gives you your best opportunity yet to transform your physique in a safe, effective and fast way. Where next? Follow this program consistently for 6-8 weeks. It's important to build healthy habits and a positive relationship with the gym. If you skip sessions in the early days, you're setting yourself up to fail - so do all you can to build momentum. Following this 5-day workout routine for beginners will help you build the foundation of strength and muscular fitness you need to progress. Once you've completed your 6-8 weeks you can access one of our intermediate levels programs that'll further challenge your physique. Day 1 Let's kick the week off with some challenging, strength-building lifts. In this first workout of the week you'll be hitting your major muscle groups with multi-muscle exercises. It's a hard start to the week, but it sets the tone for what's to come. The upper body exercises in today's workout are all in the 'horizontal plane'. They focus primarily on your chest and upper back. There are also several supporting muscles involved too - such as your biceps and triceps. Each lower body exercise targets your quads and glutes, with a sneaky calf exercise in to finish. Barbell back squat Barbell bench press Cable seated row Dumbbell lunges Dumbbell flies Barbell upright row Leg extension Cal raises Complete 4 sets of 12-20 reps for each exercise. Day 5 You're back on vertical plane movements for day 6... with changes to some of the exercises. This workout is similar to the one from day 2. Again, the movement patterns are the same, but we've changed the equipment to push you even further. Lat pulldown Dumbbell Romanian deadlift Dumbbell shoulder press Lying leg curl Lateral raise Reverse grip pulldown Dumbbell triceps extension Dumbbell seated bicep curl Complete 4 sets of 12-20 reps for each exercise. Day 6 Rest Day 7 Finish the week off with a solid arm pump program There's nothing finer than strutting into the weekend with thick, vascular arms. It builds authority, dominance and confidence. Dips Dumbbell hammer curl Rope triceps extension EZ bar curl EZ bar skullcrusher Barbell reverse grip curl Workout & Nutrition Tips Follow these gym hacks to supercharge your results. Progressive overload When you start a workout plan it can be difficult to know which weights to use. To help, we suggest a weight that pushes you to fatigue without causing complete muscle failure (where your muscles just switch off due to excessive overloading). For example, if the rep range is 8-15 you should shoot for a weight that lets you squeeze out 16 reps at an absolute maximum... but still stop at rep 15 while you've got one rep left in the tank. However... as soon as that weight feels easy you need to increase it. It's only by using progressive overload that you'll continue to improve. Rest and recovery Taking time off the gym is really important. Without time to repair the microscopic damage to your muscles caused by exercise, you'll eventually suffer extreme soreness. A little stiffness is fine; but debilitating muscle soreness is horrible - and not necessary. When you're motivated by a new program it can be tough to take time off. But it's away from the gym when you're resting that your body adapts and improves. So, use those couple of days off to repair, restore and improve. Nutrition The trigger for a better body is a great workout program. But it's nutrition that can truly transform how you look and feel. As a beginner, you don't need to over-complicate things. Follow these simple recommendations to optimize your diet for both health and performance. Reduce calorie intake for fat loss and increase it slightly for muscle gain Increase vegetables and fruit intake Stay hydrated throughout the day Opt for wholesome carb sources such as brown rice Track and log foods to stay on point Use meal planning to stick to the plan Check out this comprehensive guide to nutrition for a more comprehensive article on bodybuilding diet: eating for muscle mass. The Final Word This 5-day workout routine for beginners has been specifically designed to help you shred newbie status and build a solid foundation of strength and muscular fitness you need to progress. Once you've completed your 6-8 weeks you can access one of our intermediate levels programs that'll further challenge your physique. Day 1 Let's kick the week off with some challenging, strength-building lifts. In this first workout of the week you'll be hitting your major muscle groups with multi-muscle exercises. It's a hard start to the week, but it sets the tone for what's to come. 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Leg press Barbell bench press Cable seated row Dumbbell lunges Dumbbell flies Barbell upright row Leg extension Cal raises Complete 4 sets of 12-20 reps for each exercise. Day 5 You're back on vertical plane movements for day 6... with changes to some of the exercises. This workout is similar to the one from day 2. Again, the movement patterns are the same, but we've changed the equipment to push you even further. Lat pulldown Dumbbell Romanian deadlift Dumbbell shoulder press Lying leg curl Lateral raise Reverse grip pulldown Dumbbell triceps extension Dumbbell seated bicep curl Complete 4 sets of 12-20 reps for each exercise. Day 6 Rest Day 7 Finish the week off with a solid arm pump program There's nothing finer than strutting into the weekend with thick, vascular arms. It builds authority, dominance and confidence. 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