

Fit From Scratch 3 Day Workout Plan for Beginners

Options: **Bodyweight Track** or **Dumbbell Track**

If you are **brand new** to strength training, start with the *Bodyweight Track*.

If you already have **some** experience with strength training and are ready to use dumbbells, start with the *Dumbbell Track*.

How to follow this plan (applies to both Bodyweight and Dumbbell Tracks):

1. **Click on each exercise name to see the demonstrations.** A video will pop up. Watch it before you start your exercise. In these videos, I show you exactly how to do these exercises
2. **Read the *Notes* next to the exercises.** In many cases I offer modifications in case you can't do the full version of the exercise. It's always okay to modify!
3. **3x10** means 3 sets, 10 repetitions in each set. **2x8** means 2 sets, 8 reps in each set etc.
4. **Where the repetitions are given as a range**, for example, 6-8, do the higher end if you are able to but make sure that your form is always good. If your form begins to break down, don't do any more reps
5. **Do the exercises as a *straight set*.** This means, finish all 3 sets (or 2, depending on the plan) of the same exercise before moving on to the next one. In other words, don't your workout as a circuit
6. **Rest at least 45 seconds** after each exercise, but you can rest longer. I know this can be hard sometimes, but please rest. Rest is just as important as the exercises. If you feel like you don't need any rest, this means that you didn't challenge yourself enough or the weights (if you

- are doing the dumbbell version) are simply too light for you
7. **There is no need to do any additional exercises between the sets.** The 45 seconds are meant for recovery, not for doing more things. The better recovered you are for the next set, the more strength you have for it and the better results you'll get
 8. **Move intentionally, do not rush.** Make that mindbody connection and *feel* your muscles working.

Bodyweight Track

Day 1

Exercises	Notes
Dead Bugs , 3x6-8 per side	Keep the lower back in contact with the mat throughout the move
Banded Glute Bridge , 3x10	When you raise your hips, squeeze your glutes. Press the thighs out against the band so that your knees stay in alignment with your toes instead of turning in
Squats , 3x10	Knees should track the toes. It's okay if you can't get as low as shown in the video - go as low as possible for you!
Hands Elevated Push Ups , 3x6-10	Use as high of a bench/table etc as needed. You can even start with your hands against the wall and use lower surfaces as you get stronger. The higher the surface, the easier the exercise
Low Plank , 2x30 sec	Keep the body straight, avoid letting the hips sink down. If you need a modification, drop the knees to the floor.

Day 2

Exercises	Notes
Bird Dogs , 2x6-8 per side	Fully extend the arm and the opposite leg, then bring elbow and knee together before extending again. If extending both the arm and leg is too difficult, only lift the leg and keep the hands down. Don't rush this!!
Walking Lunges , 2x12-16 steps total	The back knee should come very close to the ground. Take the step between as shown in the video if you need to make this easier
Banded Lateral Walks , 3x12 steps	Push the hips back as if trying to reach a chair behind you; stay low as you walk. One set consists of 6 steps to the right and 6 to the left, and you can also do 3 right, 3 right left twice
Inchworms , 3x6-8	Walk out to a plank position, then walk back up to your starting position
Split Leg V-Ups , alternating, 2x12-16 total	Lift the arm and the leg evenly so that they meet in the middle

Day 3

Exercises	Notes
Single Leg Toe Touch , 2x8-10	You can lightly touch your free hand against a wall for some support. Even placing 1-2 fingers against the wall will help. Use as much support as you need, and as little as possible. If you lose your balance, pause for a moment to reset. Do this slowly and stay focused!
Wall Sit , 3x30 sec	Aim to sit so that the thighs are parallel with the floor, so that there's a 90 degree angle in your knees
Opposite Arm & Leg Raise , 2x10 alternating	Lift the opposite arm and leg while keeping your forehead down
Quadruped Shoulder Taps , 3x20 sec	If this is too hard, skip the shoulder taps and simply hold the position where your knees are a few inches off the floor
Side Plank , 2x20 sec per side	If needed, bend and drop the lower leg as shown in the video

Dumbbell Track

DB=Dumbbell

Day 1

Exercises	Notes
DB Squats , 3x10	Hold the dumbbells on shoulders. Make sure that the knees are tracking the toes
Push Ups , if needed do them hands elevated on a bench / table, 3x8-10	Chest as low to the ground (or bench if using) as possible
DB Walking Lunges , 16-20 steps total	Back knee should come very close to the ground but don't rest it down
DB Single Arm Rows , 3x10 per arm	Pull the dumbbell up, leading with your elbow
V-Sit Ups , 3x10 or to make this easier, Split Leg V-Ups , 3x12-14	V-Sit Ups: Lift the legs up together - think ankles "tied" together.

Day 2

Exercises	Notes
DB Deadlifts , 3x10	Hip hinge with back straight and chest up. Knees will bend some but don't go into a squat.
DB Lateral Step Ups with Slow Step Down , 3x8 per side	Take 3 seconds to come back Down – hold the tension!
DB Overhead Press , 3x10	Movement starts low, dumbbells on shoulder height and ends with full arm extension
DB Lateral Raise , 3x10	Keep a slight bend in the elbows
DB Chest Fly , 3x10	Keep a slight bend in the elbows. If you don't have a bench, do them on the floor
Hollow Body Hold , max time (that's usually about 15-30 seconds)	Your back should be flat on the floor and there should be no back arching

Day 3

Exercises	Notes
<p>DB Single Leg Deadlift or DB Kickstand Deadlift 3x8-10</p>	<p>If the Single Leg Deadlift is too hard to balance, do the Kickstand variation which will offer more support</p>
<p>Bodyweight Side Lunges, 3x12-16 (alternating) Add a DB to side lunges only if bodyweight only feels too easy</p>	<p>Push the hips back as if trying to reach a chair far behind you. Go as low as possible – going lower is more important than adding weight</p>
<p>DB Split Stance Hold, 3x30 sec per side If DB is too much, do it with just bodyweight</p>	<p>Back knee 1-2 inches off the floor</p>
<p>DB Bent Over Row, 3x10</p>	<p>Hips shouldn't be higher than shoulders. Arms close to your torso as you row</p>
<p>DB Bent Over Fly, 3x10</p>	<p>Weights should come directly to the side when raising the arms, not go back</p>
<p>Quadruped Shoulder Taps, 3x30-45 sec</p>	<p>Minimize the movement in your hips. If your hips move a lot, skip the tapping part and just hold the position.</p>