



**Days committed:**

**Name:**

**Date:**

**The mission:**

**Start weight :**

**(take a picture for yourself later)**

**Starting bench:**

**Starting squat/deadlift:**

**Starting Pullup count:**

**Starting curl weight:**

## Fitness Program for Men (Beginner)

### 1. Warm-Up (5-10 minutes)

- **Goal:** Prepare the body and mind for exercise, prevent injuries.
- **Activities:**
  - **Dynamic Stretching:** Include neck rolls, shoulder shrugs, arm swings, hip rotations, and knee raises for a full-body warm-up.
  - **Light Cardio:** Begin with brisk walking, gradually transitioning to a light jog. This increases heart rate and blood flow to muscles.
  - **Joint Rotations:** Focus on gently rotating all major joints – wrists, shoulders, hips, knees, and ankles – to enhance joint mobility.

### 2. Strength Training (30-40 minutes)

- **Goal:** Build muscle strength, improve endurance, and learn proper form.
- **Routine:**

- **Day 1: Upper Body**

- **Push-Ups:** Offer variations like inclined push-ups for beginners, progressing to standard and then decline push-ups as strength improves.
- **Bench Press:** Demonstrate proper grip and breathing techniques. Start with low weights to ensure safety.
- **Bicep Curls:** Emphasize elbow stability and avoiding momentum use.

- **Day 2: Lower Body**

- **Squats:** Highlight the importance of keeping the back straight and not letting knees go past toes.
- **Lunges:** Show proper alignment to avoid strain on the knees.
- **Deadlifts:** Emphasize the importance of a straight back and lifting with the legs, not the back.

- **Day 3: Core & Back**

- **Planks:** Ensure the body is in a straight line from head to heels.

- **Russian Twists:** Keep the back straight to avoid strain.
- **Pull-Ups:** Offer alternatives like lat pull-downs for beginners.

### 3. Cardiovascular Training (20-30 minutes)

- **Goal:** Enhance heart health, improve lung capacity, and burn calories.
- **Variations:**
  - **Interval Training:** Explain how to alternate between bursts of intense activity and periods of lighter activity.
  - **Outdoor Activities:** Encourage connection with nature for mental health benefits.
  - **Swimming:** Offer beginner tips for breath control and basic strokes.

### 4. Cool Down (5-10 minutes)

- **Goal:** Lower heart rate gradually, reduce muscle stiffness, and enhance flexibility.
- **Activities:**
  - **Light Cardio:** A slow walk or gentle cycling to bring the heart rate down.

- **Static Stretching:** Teach proper stretching techniques to target all major muscle groups.

#### Additional Components for a Holistic Approach:

- **Mind-Body Exercises:** Highlight the benefits of yoga or Pilates for stress reduction and core strengthening.
- **Nutrition Tips:** Provide simple, practical nutrition advice for muscle building and recovery.
- **Rest and Active Recovery:** Stress the importance of listening to the body and taking rest days seriously.
- **Progress Tracking:** Encourage the use of a workout log or app for motivation and monitoring progress.

#### Safety and Adaptation:

- **Form and Posture:** Stress the importance of maintaining correct form to prevent injuries.

- **Pacing and Progression:** Remind beginners to pace themselves and gradually increase intensity.
- **Hydration:** Emphasize the importance of staying hydrated before, during, and after workouts.



**Days completed:**

**The result:**

**End weight :**

**(look at the photo you took and see your ROI)**

**End bench:**

**End squat/deadlift:**

**End Pullup count:**

**End curl weight:**