



# NU BODY FITNESS + WELLNESS

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## 6 WEEK BEGINNER FRIENDLY STRENGTH TRAINING PLAN

### **General Guidelines**

- Warm-up: 5-10 minutes of light cardio (e.g., jogging, jumping jacks).
- Cool-down: 5-10 minutes of stretching.
- Rest: Ensure at least one rest day between strength training sessions.
- Progression: Start with a weight that allows you to complete all sets with proper form. Gradually increase the weight as you get stronger

## Week 1-2: Building a Foundation

Goals: Learn proper form, build basic strength, and get accustomed to a workout routine.

DAY ONE	DAY TWO	DAY THREE
<input type="checkbox"/> <b>Squats</b> 3 sets of 12 reps	<input type="checkbox"/> <b>Lunges</b> 3 sets of 12 reps per leg	<input type="checkbox"/> <b>Leg Press</b> 3 sets of 12 reps
<input type="checkbox"/> <b>Push-ups</b> 3 sets of 10 reps (modify to knee push-ups if necessary)	<input type="checkbox"/> <b>Bench Press (barbell or dumbbell)</b> 3 sets of 10 reps	<input type="checkbox"/> <b>Pull-ups/Assisted Pull-ups:</b> 3 sets of 8-10 reps (use a resistance band if necessary)
<input type="checkbox"/> <b>Bent-over Rows</b> 3 sets of 12 reps (use dumbbells or a resistance band)	<input type="checkbox"/> <b>Deadlifts:</b> 3 sets of 12 reps (use light weights to focus on form)	<input type="checkbox"/> <b>Seated Cable Row</b> 3 sets of 12 reps
<input type="checkbox"/> <b>Planks:</b> 3 sets of 20 seconds	<input type="checkbox"/> <b>Russian Twists</b> 3 sets of 20 reps (10 per side)	<input type="checkbox"/> <b>Bicycle Crunches:</b> 3 sets of 20 reps (10 per side)
<input type="checkbox"/> <b>Dumbbell Shoulder Press</b> 3 sets of 12 reps	<input type="checkbox"/> <b>Dumbbell Bicep Curls:</b> 3 sets of 12 reps	<input type="checkbox"/> <b>Lateral Raises:</b> 3 sets of 12 reps
<input type="checkbox"/> <b>Standing Calf Raises</b> 3 sets of 15 reps	<input type="checkbox"/> <b>Tricep Dips:</b> 3 sets of 10 reps (use a bench or chair)	<input type="checkbox"/> <b>Hyperextensions:</b> 3 sets of 15 reps (use a hyperextension bench)

### Week 3-4: Increasing Intensity

**\*\*Goals:\*\*** Start adding more weight and slightly increase intensity while maintaining good form

DAY ONE	DAY TWO	DAY THREE
<input type="checkbox"/> <b>Squats</b> 3 sets of 10 reps (increase weight slightly)	<input type="checkbox"/> <b>Lunges:</b> 3 sets of 15 reps per leg (increase weight)	<input type="checkbox"/> <b>Leg Press:</b> 3 sets of 10 reps (increase weight)
<input type="checkbox"/> <b>Push-ups</b> 3 sets of 12 reps	<input type="checkbox"/> <b>Bench Press:</b> 3 sets of 12 reps (increase weight)	<input type="checkbox"/> <b>Pull-ups/Assisted Pull-ups:</b> 3 sets of 10 reps
<input type="checkbox"/> <b>Bent-over Rows</b> 3 sets of 10 reps (increase weight)	<input type="checkbox"/> <b>Deadlifts</b> 3 sets of 10 reps (increase weight)	<input type="checkbox"/> <b>Seated Rows:</b> 3 sets of 10 reps (increase weight)
<input type="checkbox"/> <b>Planks</b> 3 sets of 30 seconds	<input type="checkbox"/> <b>Russian Twists:</b> 3 sets of 30 reps (15 per side)	<input type="checkbox"/> <b>Bicycle Crunches</b> 3 sets of 30 reps (15 per side)
<input type="checkbox"/> <b>Dumbbell Shoulder Press</b> 3 sets of 10 reps (increase weight)	<input type="checkbox"/> <b>Dumbbell Bicep Curls:</b> 3 sets of 10 reps (increase weight)	<input type="checkbox"/> <b>Lateral Raises:</b> 3 sets of 10 reps (increase weight)
<input type="checkbox"/> <b>Standing Calf Raises</b> 3 sets of 20 reps	<input type="checkbox"/> <b>Tricep Dips:</b> 3 sets of 12 reps	<input type="checkbox"/> <b>Hyperextensions:</b> 3 sets of 20 reps

## Week 5-6: Progressive Overload

Goals: Continue to increase weight, improve endurance, and enhance strength gains.

DAY ONE	DAY TWO	DAY THREE
<input type="checkbox"/> <b>Squats</b> 3 sets of 8 reps (increase weight)	<input type="checkbox"/> <b>Lunges:</b> 3 sets of 20 reps per leg (increase weight)	<input type="checkbox"/> <b>Leg Press:</b> 3 sets of 8 reps (increase weight)
<input type="checkbox"/> <b>Push-ups</b> 3 sets of 15 reps	<input type="checkbox"/> <b>Bench Press:</b> 3 sets of 8 reps (increase weight)	<input type="checkbox"/> <b>Pull-ups/Assisted Pull-ups:</b> 3 sets of 10 reps (increase weight)
<input type="checkbox"/> <b>Bent-over Rows</b> 3 sets of 8 reps (increase weight)	<input type="checkbox"/> <b>Deadlifts</b> 3 sets of 8 reps (increase weight)	<input type="checkbox"/> <b>Seated Rows:</b> 3 sets of 8 reps (increase weight)
<input type="checkbox"/> <b>Planks</b> 3 sets of 40 seconds	<input type="checkbox"/> <b>Russian Twists:</b> 3 sets of 40 reps (20 per side)	<input type="checkbox"/> <b>Bicycle Crunches</b> 3 sets of 40 reps (20 per side)
<input type="checkbox"/> <b>Dumbbell Shoulder Press</b> 3 sets of 8 reps (increase weight)	<b>Dumbbell Bicep Curls:</b> 3 sets of 8 reps (increase weight)	<input type="checkbox"/> <b>Lateral Raises:</b> 3 sets of 8 reps (increase weight)
<input type="checkbox"/> <b>Standing Calf Raises</b> 3 sets of 25 reps	<input type="checkbox"/> <b>Tricep Dips:</b> 3 sets of 15 reps	<input type="checkbox"/> <b>Hyperextensions:</b> 3 sets of 25 reps

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Disclaimer: This workout plan is not intended to prevent or cure diseases. Please consult with your healthcare provider before starting any new exercise regimen.