



4 RULES FOR A HEALTHY WORKOUT:

- WARMING UP**
- STRETCHING**
- COOL DOWN AFTER A WORKOUT**
- DRINK A LOT OF WATER!**

1) WARM UP



A warm up is the act of preparing for an athletic event or workout by exercising or practicing for a short time beforehand. Warming up helps reduce your risk of injury and the aches and pains that come with exercise. The physiological reason to warm up is to assist your circulatory system in pumping oxygen-rich blood to your working muscles. The idea is to increase circulation throughout the body, in a gradual manner. A proper warm up safely prepares the body for the increased demands of exercise.

2) STRETCHING



Stretching is very important for flexibility, range of motion and injury prevention. Incorporating stretching into your daily workouts is a given but including it in your day routine is just as important to health and body functioning as regular exercise. It relaxes your muscles and increases blood flow and nutrients to your cartilage and muscles.

3) COOL DOWN!



Your goal during a cool down is to gradually bring your heart rate back down to its resting level. When your workout ends, keep up your activity but move at a slower pace; keep reducing your pace every minute or two. Your cool down should last for at least five minutes, but you may need to keep moving longer if your heart rate is still elevated. Once you've cooled down, gently stretch every muscle.

3) DRINK A LOT OF WATER!



If you want to have a better workout, you should make sure you are drinking enough water before and during your workout. If you avoid drinking water because you are afraid of getting a side-ache, you should learn about why drinking water can actually lead to a better workout.

Water is important for all of your cells to function properly. Because you are approximately 70 percent water, you have to continue to replace the water you lose for your body to keep working.



ATTENTION:



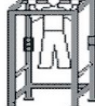











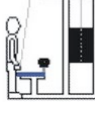



PLEASE START EVERY EXERCISE WITH LIGHT WEIGHTS. THEN INCREASE IT STEP BY STEP. IT IS IMPORTANT THAT YOU DO THOSE EXERCISES RIGHT, THATS WHY DO NOT START WITH HEAVY WEIGHTS.

3 SET / 12 REP MEANS, THAT YOU CAN INCREASE THE WEIGHT EVERY SET SLIGHTLY UP.

- Full Body Workout Plan for Beginners / Men and Women -

MO	TUE	WED	THU	FR	SA	SO
Upper Body	Rest	Lower Boddy	Rest	Lower Body	Rest	Rest

Full Body Workout Plan / For Beginners

Mo	MI	FR
<p>Dumbbell Bench Press: 2 Set of 8 - 10 reps</p> 	<p>Leg Press: 2 Set of 8 - 10 reps</p> 	<p>Chinups: 2 Sets of 8 -10 reps</p> 
<p>Incline Dumbbell Press: 2 Sets of 8- 10 reps</p> 	<p>Leg Extension: 2 Set of 8 -10 reps</p> 	<p>Lat Pull Downs: 2 Set of 8 - 10 reps</p> 
<p>Preaching Curls: 2 Set of 8 - 10 reps</p> 	<p>Lying Leg Curls: 2 Set of 8 -10 reps</p> 	<p>Seated Cable Rows: 2 Set of 8 - 10 reps</p> 
<p>Seated Dumbbell Curls: 2 Set of 8 -10 reps</p> 	<p>Standing Calves Raises: 2 set of 8 - 10 reps</p> 	<p>One Arm Dumbbell Rows: 2 Sets of 8 - 10 reps</p> 
<p>Crunches: 3 Set of 15 - 20 Reps</p> 	<p>Seated Calves Raises: 2 sets of 8 - 10 reps</p> 	<p>Tricep Pushdowns: 2 Sets of 8 - 10 reps</p> 
<p>Crunches: 3 Set of 15 - 20 Reps</p> 	<p>Crunches: 3 Set of 15 - 20 Reps</p> 	<p>Dips: 2 Set of 8 - 10 reps</p> 
		<p>Crunches: 3 Set of 15 - 20 Reps</p> 