



The
FITNESS BUDDY™
Unlock Your Potential

Free Weights Beginner Workout

Web Preview

www.TheFitnessBuddy.com

Blue Striped Pages: Arms / Shoulders

- **Biceps Group:** Brachii, Brachialis, Brachioradialis
- **Deltoid Group:** Anterior, Medial, Posterior
- **Rotator Cuff Group:** Infraspinatus, Subscapularis, Supraspinatus, Teres Minor
- **Triceps Brachii Group:** Lateral Head, Long Head, Medial Head
- **Wrist Extensors Group:** Extensor Carpi Radialis (Brevis and Longus), Extensor Carpi Ulnaris, Extensor Digiti Minimi, Extensor Digitorum
- **Wrist Flexors Group:** Flexor Carpi Ulnaris, Flexor Carpi Radialis, Flexor Digitorum Superficialis and Profundus, Flexor Pollicis Longus, Palmaris Longus

Red Striped Pages: Buttocks / Legs / Thighs

- **Adductor (Inner Thigh) Group:** Adductors (Brevis, Longus, Magnus), Gracilis, Pectineus
- **Gluteus Group:** Maximus, Medius, Minimus
- **Hamstring Group:** Biceps Femoris (Long and Short Head), Semimembranosus, Semitendinosus
- **Quadriceps Group:** Rectus Femoris, Vastus Lateralis, Vastus Medialis
- **Triceps Surae (Calves) Group:** Gastrocnemius Lateral Head, Gastrocnemius Medial Head, Soleus

Green Striped Pages: Abdominals / Back / Chest

- **Abdominal Group:** Rectus Abdominis, Transversus Abdominis
- **Back Group:** Infraspinatus, Latissimus Dorsi, Rhomboid Major, Teres Major, Trapezius
- **Chest Group:** Pectoralis Major, Pectoralis Minor, Serratus Anterior
- **Hip Flexor Group:** Iliopsoas (Iliacus, Psoas Major, Psoas Minor), Pyramidalis
- **Obliques Group:** External, Internal

Week 1 & 4

Day 1:

1. Overhead Press
2. Upright Row
3. Side Deltoid Raise
4. Lying Triceps Extension
5. Barbell Curl
6. Forearm Curl
7. Reverse Forearm Curl
8. Alternating Dumbbell Curl

Day 2:

1. Lateral Lunge w/Barbell
2. Hack Squat
3. Leg Extension w/Dumbbell
4. Heel Raise w/Dumbbells
5. Stationary Lunge w/Dumbbells
6. Squat

Day 6:

1. Bench Press
2. Dumbbell Fly
3. Wide-Grip Row
4. Dumbbell Swing
5. Oblique Torso Rotation w/Plate
6. Leg Raise w/Dumbbell
7. Toe Touch

Upright Row



1. Stand tall holding a barbell in both hands using a narrow overhand grip.
2. Arms should be fully extended with barbell at upper thighs.
3. Slightly relax shoulders, with back straight.
4. Inhale, slowly pulling barbell along body until tucked in under chin.
5. Elbows should be pointing up and out.
6. Hold for one second.
7. Slowly return to start position, while exhaling.
8. Repeat.
 - **Form tip: Keep back rigid, lifting only with arms.**
 - **Weight each set: 10, 20, 30 lbs.**
 - **If unchallenged, increase by 10 lbs.**
 - **Primary group: Deltoid**
 - **Additional group: Back, Biceps**

Wrist Raise



1. Stand tall with arms at side.
 2. Grasp a dumbbell with weight on only one end. The weighted end should be in front of hand.
 3. Slowly raise the weight in a comfortable range.
 4. Slowly lower weight to starting position.
 5. Do not move elbow or shoulder; move only wrist.
 6. Finish set and switch arms.
- **Lift tip:** If there are no single ended dumbbells available, use a regular dumbbell. Hold the dumbbell close to back, as pictured above.
 - **Weight each set:** 5, 10, 15 lbs.
 - **If unchallenged,** increase by 5 lbs.
 - **Primary group:** Wrist Flexor

Alternating Dumbbell Curl



1. Stand tall with feet shoulder-width apart and knees slightly bent.
 2. Hold a dumbbell in each hand, arms at sides and palms facing in.
 3. Inhale; slowly curl the left dumbbell up toward collarbone.
 4. As the curl begins, rotate arm so palm faces up. Keep elbows close to sides.
 5. Hold for one second at the top of the lift and slowly return weight to start position while exhaling.
 6. Repeat with right arm.
- **Form tip: Do not rock or sway back.**
 - **Weight each set: 10, 15, 20 lbs.**
 - **If unchallenged, increase by 5 lbs.**
 - **Primary group: Biceps**
 - **Advanced movement: Perform move with back against wall.**

Barbell Curl



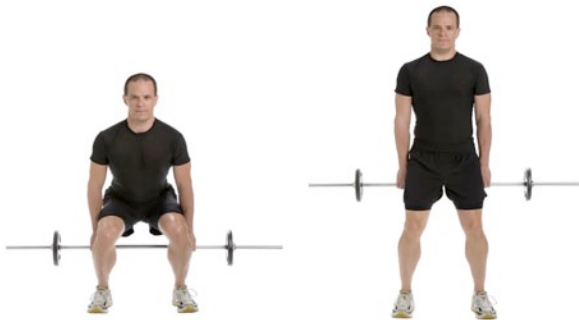
1. Stand tall with feet shoulder-width apart and knees slightly bent.
2. Hands shoulder-width apart; hold barbell with underhand grip (palms-up).
3. Arms extended down with barbell resting at thighs.
4. Keep elbows close to body through out lift.
5. Inhale; while slowly raising bar toward shoulders.
6. Do not curl wrists during lift.
7. Hold for one second.
8. Slowly lower to start position while exhaling.
9. Repeat.
 - **Form tip: Keep back straight, do not use momentum or rock back and forth.**
 - **Weight each set: 20, 30, 40 lbs.**
 - **If unchallenged, increase by 10 lbs.**
 - **Primary group: Biceps**
 - **Advanced movement: Perform move with back against wall.**

Good Morning



1. Stand with legs shoulder-width apart and knees unlocked.
2. Hold a 45 lb. Olympic Barbell across shoulders, with hands slightly farther than shoulder-width apart, palms facing forward.
3. Keep upper body straight, shoulders back and chest out. Lean forward slightly at waist.
4. Inhale; slowly bend at waist, keeping back straight, until upper body is close to parallel to the floor.
5. Look forward, not down.
6. Hold for one second and slowly return to start position while exhaling.
7. Repeat.
 - **Form tip: Pivot at hips with a slight bend in upper legs.**
 - **Weight each set: 0, 10, 20 lbs (0 lb. means the bar itself, no weighted plates)**
 - **If unchallenged, increase by 10 lbs.**
 - **Safety tip: Stay away from the heavy weights.**
 - **Primary group: Hamstrings**
 - **Additional groups: Back, Glutes**

Hack Squat



1. Stand with feet hip-width apart and barbell directly behind heels.
2. Squat down, grip bar with palms facing away and hands slightly wider than shoulder-width apart.
3. Stand up keeping bar at arm's length.
4. Keep looking forward during lift.
5. Inhale; slowly squat until upper legs are close to parallel with the floor, do not allow knees to extend over toes.
6. Hold for one second, slowly rise to starting position, keeping arms fully extended and exhaling.
7. Repeat.
 - **Form tip: Using slow and controlled movements with the back remaining straight throughout the lift.**
 - **Weight each set: 10, 20, 30 lbs.**
 - **If unchallenged, increase by 10 lbs.**
 - **Primary group: Quadriceps**

Barbell Overhead Pull



1. Lie flat on a weight bench with one foot on each side of bench.
2. With the palms facing feet, lift the barbell above chest until the arms are perpendicular to floor, keeping elbows unlocked and slightly bent.
3. Inhale; slowly lower barbell behind head in a semicircular motion until upper arms are $\frac{1}{2}$ to $\frac{3}{4}$ of the way to the bench.
4. Hold for one second.
5. Slowly pull the barbell back over the head to start position, while exhaling.
6. Repeat.
 - **Form tip: Other than a slight bend in the elbow, arms stay rigid throughout lift.**
 - **Weight each set: 10, 20, 30 lbs.**
 - **If unchallenged, increase by 10 lbs.**
 - **Reminder: This lift is never intended to be a heavy weighted lift.**
 - **Beginners: Start with no weights on barbell.**
 - **Primary group: Chest**
 - **Additional groups: Back, Rotator Cuff, Triceps**

Bench Press



1. Lie on a horizontal weight bench with a 45 lb. Olympic Barbell above chest. Grasp bar about shoulder-width apart or slightly more.
2. With palms facing legs, keep feet flat on the floor, back straight and against bench.
3. Inhale; slowly lower barbell to chest line.
4. Keep the bar, wrists, elbows and shoulders working on the same line of axis (everything moves straight up and down).
5. Do not arch back or bounce bar off chest.
6. Hold for one second and then slowly rise back to start position, while exhaling.
7. Repeat.
 - **Form tip: Keep lower back and buttocks in contact with bench.**
 - **Safety tip: It is recommended that you use a spotter.**
 - **Weight each set: 20, 30, 40 lbs.**
 - **If unchallenged, increase by 10 lbs.**
 - **Primary group: Chest**
 - **Additional groups: Deltoid, Triceps**

A list of other programs available at www.thefitnessbuddy.com

- Free Weights Program

Additional programs coming soon

- Strength and Core Program
- Runner's Program
- Triathletes Program
- Swimmer's Program
- Cyclist's Program
- Golfer's Program
- Baseball Program
- Basketball Program
- Football Program
- Soccer Program
- Walker's Program
- Dog Walker's Program
- Office Worker's Program
- Cable Machine Program
- Eating Program

If we missed a program that you would like us to develop please let us know at our website www.thefitnessbuddy.com. If we create it you will receive a free *The Fitness Buddy* of your program and credit for the idea.