



**THE PERFECT
BEGINNER WORKOUT**



What you have here is a blueprint for functional hypertrophy and kinetic chain integration. We aren't just "working out" — we're teaching your body how to move through the foundational patterns that every elite athlete must master.

From the Dumbbell Drop Squat, which utilizes an external load to find your true center of gravity, to the 1-Arm Overhead Press, which demands shoulder stability and core control, we are addressing the "leaks" in your strength that most gym-goers ignore.

While this free routine will absolutely kickstart your progress and get you building muscle, don't mistake a solid foundation for the finished skyscraper.



THE EXERCISES

THE PERFECT BEGINNER WORKOUT

DUMBBELL DROP SQUAT



Since our end goal is the Barbell Squat, we want to start with an easier variation. I recommend the Dumbbell Drop Squat.

The thing I like about this exercise is that it will teach any beginner the exact placement of their body as they perform the squat. This happens because the dumbbell will drop right down through the center of gravity and take your body into the right squat position.

Hold the top of a dumbbell with both hands. Place your feet shoulder width apart. Watch the angles of the toes and turn them out. Kick your hips back as you lower yourself straight down. Pause at the bottom, then focus the contraction in your quads as you stand up.

1-ARM DUMBBELL OVERHEAD PRESS



Hold a dumbbell in one hand and place the other hand on your hip or at shoulder level. Bring the dumbbell to shoulder height, then press it straight up as you favor toward the front just a bit.

In other words, don't put your shoulder in a position where it's moving backward. Make sure the shoulder is favoring a forward movement. Press the dumbbell overhead until your arm is straight. Finally, lower the dumbbell back to the starting position and repeat. Then switch to the other side when you've completed all of your repetitions.

CHEST SUPPORTED ROW



From this position, we don't have any demands on our low back strength. Instead, we can focus on our ability level to get stronger and develop those pulling muscles.

Place a pair of dumbbells on the floor in front of an incline bench. Lay on the bench, reach down and pick up the dumbbells. Focus the contraction in your back as you pull the dumbbells up. Once your upper arms are parallel with the floor, pause and slowly return to the starting position.

DUMBBELL/BODYWEIGHT SPLIT SQUAT



As an athletic strength coach, I can tell you that the Lunge is one of the most overlooked yet incredibly beneficial movement patterns that you need to master. And the best exercise for this movement pattern is a basic body weight Split Squat. Put your feet shoulder width apart. The goal is to move your body up and down in space, similar to a squat, but with one leg out in front of the other. Start with the left knee out in front then, switch sides after you get through your reps. you stand up.

ROLLUPS



The flexion of the spine and the rotation of the pelvis are crucial to learning how to contract your abs properly. This is a Pilates movement that teaches you not only how to get up off the ground, but how to control your core movements segment by segment as you lower yourself back down to the ground.

PULLTHROUGHS



The Cable Pull Through is great for beginners. Hold both ends of a rope attached to a cable machine with both hands. Step out until the weight has lifted from the stack. From here, you're simply focusing on hinging back at the hips and then using powerful hip extension to drive yourself back to a vertical position.

BODYWEIGHT / DUMBBELL REVERSE LUNGE



I like the Reverse Lunge because it's more forgiving on the knees if you have any current knee issues. A Walking Lunge is great but only if your knees are strong and solid.

Start with your feet together and your hands on your hips. Move your feet about hip-width apart; maybe a little more depending on your size and build. Step backward with your right leg, keeping your left leg in place.

As you step backward, lower your hips until your legs are bent at about a 90-degree angle. Your front knee should be directly over your ankle, and your back knee should be close to the ground. Keep your torso upright and engage your core.

Return to the starting position by pressing through your front heel to straighten your left leg and bringing your right leg forward to meet it. Repeat on the other side.

PUSHUPS



I like the Standard Pushup because it demands that you build some scapular control as you place your hands firmly on the ground.

Get in a plank position with your palms flat on the ground and shoulder-width apart. Your feet should be hip width apart.

From this push-up position, you can either keep your legs straight or bend your knees to perform a Modified Knee Pushup. The latter is best for anyone who can't do a Pushup with perfect form. Bend your elbows and lower your chest to the ground, then press back up to the starting position.

Remember to keep your core tight the entire time!

LAT / BAND PULLDOWNS



Sit down on a Lat Pulldown machine with your knees bent and feet flat on the floor. Grab the bar with an overhand grip, hands shoulder-width apart.

Lean back slightly then bring the bar down to your chest leading with your elbow. Remember to focus that contraction on your lats.

If you don't have access to a Lat Pulldown machine, you can simply use a band over a pullup bar and do a banded version of a Pulldown.

You'll use the same movement cues as above, but you'll use a resistance band that is secured over a Pull-Up bar or a similar stable surface.

DUMBBELL SUITCASE CARRY



I'd argue that this is another one of those incredibly important but often overlooked movement patterns. Why? It helps you learn how to build your grip and hand strength and to be able to dynamically move it in space.

Holding a single dumbbell at one side, you will walk a set distance before switching the dumbbell to the other side of the body. Light dumbbells are okay here. Eventually you'll progress to a heavier dumbbell.

As always, keep perfect posture. Don't allow yourself to slouch. Stand up straight and walk. If you notice your posture going south or if your grip starts to fail, the set is over.

TIME TO TAKE IT TO THE NEXT LEVEL

TOTAL
BEAXST
TOTAL BODY SPLIT TRAINING

WHAT CAN BEAXST DO FOR YOU?

- **GET JACKED WITH A COMPLETE 12-WEEK PLAN**
- **STAY INTERESTED WITH DOZENS OF UNIQUE EXERCISES**
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- **GUARANTEE PROGRESS WITH CHALLENGES AND TRACKING**

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THE WORKOUT

THE PERFECT BEGINNER WORKOUT

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WORKOUT

A

1. DB DROP SQUAT - 3 x 12-15 FF* (Squat Pattern)
2. 1-ARM DB OHP - 3 x 12-15 FF* each arm (Vertical Push)
3. CHEST SUPPORTED ROW - 3 x 12-15 FF* (Horizontal Pull)
4. BW/DB SPLIT SQUAT - 3 x FF* each leg (Static Lunge)
5. ROLLUPS - 3 x FF* (Core)

WORKOUT

B

1. PULLTHROUGHS - 3 x 12-15 FF* (Hinge Pattern)
2. BW/DB REV. LUNGE - 3 x FF* each leg (Dynamic Lunge)
3. PUSHUPS - 3 x FF* (Horizontal Push)
4. LAT/BAND PULLDOWNS - 3 x 12-15 FF* (Vertical Pull)
5. DB SUITCASE CARRY - 3 x FF* (Carry)

KEY & DEFINITION



*FF - FORM FAILURE: Take the set to the point where proper technique can no longer be maintained.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	1	2 A WORKOUT A	3	4 B WORKOUT B	5	6	7
WEEK 2	8	9 A WORKOUT A	10	11 B WORKOUT B	12	13	14
WEEK 3	15	16 A WORKOUT A	17	18 B WORKOUT B	19	20	21
WEEK 4	22	23 A WORKOUT A	24	25 B WORKOUT B	26	27	28