



Beginner's program

Contact me on
or email me at

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Name: _____ Date: / / .



Follow this drill:

1. Warm up on the treadmill for 3-4 minutes.
2. Ensure you do a whole body stretch at the end of every session to reduce your chance of injury, leave 5 minutes for this.
3. Complete the program 3 times per week unless you are also doing classes. Have fun, and see me if you have any questions!

Monthly workouts are also available at www.jjellispersonaltrainer.com

Exercise	Repetitions	Weight		
		Date		
Push-ups	3 X 10			
Squats holding a dumbbell	3 X 15			
Seated row machine	3 X 15			
Bicep curls	3 X 15			
Tricep pushdowns on cable machine	3 X 15			
Lunges holding kettlebells	3 X 16			
Crunches	3 X 20			
Plank	2 X 30 seconds			
Run or walk on treadmill	15 minutes			



Prosper