



**Beginner Resistance Training Program**

| Skipping warm up | Foot strikes | Comments  |
|------------------|--------------|---|
| Boxers Skip      | 100          | This program is done in a circuit format – do 1 set of each exercise before returning for the second set. Do three sets in total. |
| Left foot hop    | 25           |   |
| Right foot hop   | 25           |   |
| Jump hop         | 50           |   |

| Exercise                     | Reps  | Sets | Comments                               |
|------------------------------|-------|------|--|
| MB Squat Push Press          | 10    | 3    | Keep a straight back                   |
| WP Overhead Step Ups         | 10 ES | 3    | Hold the weight plate close to chest   |
| WP Step Lunges - Alternating | 10 ES | 3    | Hold the weight plate close to chest   |
| WP or BB Hip Thrust          | 8     | 3    | Squeeze your glutes                    |
| Handcuffed Romanian Deadlift | 10    | 3    | Keep low back in dish position         |
| Push ups                     | 10    | 3    | Place your feet on a step for push ups |
| WP Bent Over Row             | 10    | 3    | Start on knees and progress to toes.   |
| Swiss Ball DB Y's            | 8     | 3    | Keep nose to ground                    |

**Once this program becomes less challenging and you are achieving all reps and sets without undue fatigue, progress to the Intermediate Program.**

**Notes:**

**WP** = Weight Plate; **MB** = Med ball **BB** = Barbell; **ES** = Each Side; **FREE** = No weight, just bodyweight used.

**Reps** = Choose a weight that creates momentary fatigue on the last 1 to 2 reps. Eg: If the program states 10 reps then you should not be able to perform 11, If you can then you need to increase the weight.