



BEGINNER

Full Body Day 1

Exercise	Sets	Reps	Equipment
• Hip Thrust Variation	3	12-15	Machine/ BB/ DB
• Lat Pull Down	3	12-15	Cable Machine
• Goblet Squat	3	12-15	DB
• DB Bench Press	3	12-15	x2 DB
• DB Romainian Deadlift	3	12-15	x2 DB

If you need any further assistance reach out :) @activewithash



BEGINNER

Full Body Day 2

Exercise	Sets	Reps	Equipment
• Seated Row	3	12-15	Cable Machine
• Walking Lunges	3	12-15	DB/ Sandbag
• DB Shoulder Press	3	12-15	x2 DB
• Assist Pull Up Machine	3	12-15	Pull Up Machine
• Dead Bugs	3	12-15	Mat

If you need any further assistance reach out :) @activewithash



BEGINNER

Full Body Day 3

Exercise	Sets	Reps	Equipment
• Leg press	3	12-15	Leg press Machine
• Hip Abdcution	3	12-15	Abduction Machine
• Smith Machine Push ups	3	12-15	Smith Machine
• Lateral Raises	3	12-15	x2 DBs
• Russian Twists	3	12-15	Mat + Weight

If you need any further assistance reach out :) @activewithash