**This is a guideline that will help you better yourself in the gym for the next 2 months.**

**This will work best for beginners and intermediates**

**Take your mind off of chest day, back day, arm day, and leg day.**

**Let’s get you started on simple workouts.**

**3 days a week minimum, add a day wherever you see fits your schedule best for extra cardio.**

**Abs and Calves 2x25**

**Light-Medium Cardio is to be done after every workout 20 minutes minimum.**

**The days are just guidelines and not set in stone.**

**Work around your schedule**

**AMAP=As many as possible**

**4x5 etc. is 4 sets of 5**

**3x10 is lighter weight**

**3x5 is heavier weight**

**Do 5 reps, put weight on the bar etc until you can’t complete 5 reps**

**1x5 is “how much weight can you get with 5 reps”**

**Light day can be the same weight throughout**

***EVERY 5X5 DAY YOU ADD 5 POUNDS***

***EVERY 1X5 DAY YOU TRY TO BEAT THE LAST 1X5 BY 5 POUNDS***

**Now let’s get you started!**

**Week 1-4**

Monday(medium day)

Squats 5x5

Bench Press 5x5

Barbell Rows 5x5

Wednesday(light day)

Squats 3x10

Overhead Press 3x10

Pullups 3xAMAP

Dumbbell Shoulder Lateral Raises 3xAMAP

Friday(heavy day)

Squats 1x5

Bench Press 1x5

Barbell Rows 1x5

Dips 3xAMAP

**Week 5-8**

Monday(medium day)

Squats 5x5

Overhead Press 5x5

Deadlifts 5x5

Wednesday(light squats, medium bench and rows)

Squats 3x10

Bench 5x5

Barbell Row 5x5

Friday(heavy day)

Squats 1x5

Overhead Press 1x5

Deadlifts 1x5