

Free Free-weight Training Schedule for Beginners

Mon. (A) Lower-body

<i>Warm-up (3-5 min.)</i>
Barbell Squat /10 /5 /5 /5 /5
Dumbbell Calf Raises /10 /5 /5 /5 /5
Forward Lunges /10 /8 /8 /8 /8
Knees Bent Crunches <i>Body-weight</i> /15 /15 /15 /15
Ad Bicycles 15 15 15 15
<i>Stretching (5-10 min.)</i>

Tue. (B) Upper-body

<i>Warm-up (3-5 min.)</i>
Barbell Bench Press /10 /5 /5 /5 /5
High Pull /10 /5 /5 /5 /5
Deadlift /10 /8 /5 /5
Farmer's Walk /4
Wrist Roller /2 /2 /2
<i>Stretching (5-10 min.)</i>

Rest Wed.

Thu. (A) Lower-body

<i>Warm-up (3-5 min.)</i>
Barbell Squat /10 /5 /5 /5 /5
Dumbbell Calf Raises /10 /5 /5 /5 /5
Forward Lunges /10 /8 /8 /8 /8
Knees Bent Crunches <i>Body-weight</i> /15 /15 /15 /15
Ad Bicycles 15 15 15 15
<i>Stretching (5-10 min.)</i>

Fri. (B) Upper-body

<i>Warm-up (3-5 min.)</i>
Barbell Bench Press /10 /5 /5 /5 /5
High Pull /10 /5 /5 /5 /5
Deadlift /10 /8 /5 /5
Farmer's Walk /4
Wrist Roller /2 /2 /2
<i>Stretching (5-10 min.)</i>

Take the weekend off!