

**TESTO
FUEL**

Beginner Workout Plan

This is a good base guide for those just starting out with lifting weights. It covers basic exercises and nutrition. The plan is for 7 days which would be repeated. Not a complete beginner? Well, you can add extra sets and exercises as you see fit to create something that is more of a challenge. Lets make some gains.



PRO TIP

Live healthy. Easy right? Good. By cutting out unhealthy habits and actually starting to live like an athlete you are going to see loads more results!

If you can, get a lifting partner and you will have a great source of motivation and someone who can ensure you don't slip up!

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Beginner Bodybuilding Plan



This workout guide is a great base for those starting out in the gym. If you don't know how to perform exercises, ask a personal trainer or clued-up friend. Or even just take a look online. We've kept the number of sets at a minimum to get results. If you want to add more, then 4-5 sets of exercises in fine. But don't overdo it! Keep rest periods at 2 minutes. As ever, focus on getting the movements and form right, not lifting heavy weights.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Dips x 3 (12,10,10)</p> <p>DB* Press x 3 (12,10,8)</p> <p>Incline DB Flies x 3 (12,10,8)</p> <p>Barbell Bench Press x 4 (12,10,8,8)</p> <p>Skull Crushers x 3 (12,10,8)</p> <p>Tricep Push Downs x 3 (12,10,8)</p> <p>Diamond Push Ups x 4 (15,15,15,15)</p>	<p>Pull Ups x 3 (12,10,10)</p> <p>Seated Row x 3 (12,10,8)</p> <p>Lat Pull Down x 3 (12,10,8)</p> <p>Bent Over Barbell Rows x 3 (12,10,8)</p> <p>Barbell Bicep Curls x 4 (12,10,8,8)</p> <p>Machine Preacher Curls x 4 (12,10,8,8)</p> <p>Plank x 5 (As long as possible)</p>	<p><u>Rest day</u></p> <p>Perform stretches</p> <p>Benefits:</p> <ul style="list-style-type: none"> - Reduces Muscle Tension - Increase Range of Motion - Improves circulation, nutrient flow and recovery <p>Additional Support: 20 mins slow jog.</p>	<p>DB Front Raise x 3 (12,10,8)</p> <p>DB Military Press x 3 (12,10,8)</p> <p>Machine Lateral Raise x 3 (12,10,8)</p> <p>DB Shoulder Shrugs x 3 (12,10,8)</p> <p>Machine Shoulder Press x 3 (12,10,8)</p> <p>Decline Push Ups x 5 (10,10,10,10,10)</p>	<p>Leg Press x 3 (10,12,15)</p> <p>Leg Extension x 3 (10,12,15)</p> <p>Lying Leg Curl x 3 (10,12,15)</p> <p>Seated Leg Curl x 3 (10,12,15)</p> <p>Standing Calf Raise x3 (10,12,15)</p> <p>Bodyweight Squats x 5 (20,20,20,20,20)</p>	<p>Crunches x 4 (15,15,15,15)</p> <p>Hanging Leg Raises x 3 (10,10,10)</p> <p>Plank x 5 (20 secs)</p> <p>Decline Weighted Crunches x 3 (10,10,10)</p> <p>Treadmill Full Incline - Slow Speed (15 minutes)</p>	<p><u>Rest Day</u></p> <p>Try a Foam Roll Massage</p> <p>Benefits:</p> <ul style="list-style-type: none"> - Increases Blood Flow - Reduces Muscle Tension - Cuts down recovery time

Nutrition

Building up new muscle isn't just about the sessions in the gym, it's about diet too. In order for those muscles to grow you've got to ensure your body is properly fuelled. Because you are building muscle you will need to be taking on extra calories in your diet. This doesn't mean you can just eat anything though, each meal should be thought out and meal times planned around when you workout.

Eating 5-6 small meals and snacks a day ensures you keep your blood sugar levels in check. But also, crucially, it keeps your metabolism steady, aiding the production of that important new muscle tissue.

Start to cut all the crap. Avoid fast food, soda and processed meals. These will literally undo all that hard work in the gym. Sugar is also now your enemy - it's full of empty calories and has no nutritional value.

Start to think of starchy carbs (brown rice, wraps, brown bread, oats) as post workout fuel and energy source at breakfast. Try and keep meals inbetween full of high antioxidant rich foods, proteins and vegetables. Below is an example meal plan. You would change when meals are depending on when you train. Remember this is a guide, if you are serious about nutrition, it's well worth speaking to a fitness professional and getting a tailored meal plan drawn up.

Meal 1: Starchy carbs - Oats, Blueberries and Greek Yoghurt

Meal 2: Little or no carbs - Almonds with Banana and Blackberries

Meal 3: Little or no carbs - Turkey Breast with Red onion and Tomato salad

Meal 4: Post Workout - Beef Jerky and Grapes or Greek Yoghurt and Dried Fruit

Meal 5: Brown Rice with White Fish or Chicken Breast and Broccoli and Mushrooms (Marinara sauce optional)

Training Tips

- 1) Always perform stretches after workouts. Aim for 5-10 minutes as a minimum. It's also important to properly warm up to avoid injury
- 2) Listen to your body, if you need to take a rest day after each workout day, do it. This can help with motivation and also ensure you stick to the program.
- 3) Perfect form. Bad habits are hard to break. It's important you start with perfect form to avoid injury and maximise results. A lifting partner/personal trainer can help greatly at these early stages.
- 4) Get plenty of sleep. Sleep is when your muscles get chance to fully recover. Try and get a minimum of 8 hours.

Useful Links

Best beginner supplement stack:

www.testofuel.com/tf/supplement-stack-testofuel

Full body home workout for when you can't make the gym:

www.testofuel.com/uk/tf/full-body-plyometric-workout-for-beginners

Foods to eat to build lean muscle and burn fat:

www.testofuel.com/uk/tf/best-foods-eat-build-muscle-burn-fat/