

## Getting Started Part I-Use this workout if you are just getting started, or have been exercising for less than 6 months

				Week One				Week Two			
				Session One		Session Two		Session One		Session Two	
Exercise	Muscle Group	Sets	Target Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
<a href="#">Push-Up or Wall Push-Up</a>	Chest, Triceps	1	8-12	— *		— *		— *		— *	
<a href="#">Bent-Over Row or Seated Resistance Band Drawback</a>	Back, Biceps	1	8-12								
<a href="#">Stationary Lunge</a>	Legs, Hips	1	8-12†								
<a href="#">Tricep Kickback</a>	Triceps	1	8-12†								
<a href="#">Bicep Curl</a>	Biceps	1	8-12†								
<a href="#">Elevated Leg Crunch</a>	Abdominals	1	15	—		—		—		—	
<a href="#">Cat-Camel</a>	Abdominals, Low Back	1	8-12 reps each way	—		—		—		—	

				Week Three				Week Four			
				Session One		Session Two		Session One		Session Two	
Exercise	Muscle Group	Sets	Target Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
<a href="#">Push-Up or Wall Push-Up</a>	Chest, Triceps	2 ‡	8-12	— *		— *		— *		— *	
<a href="#">Bent-Over Row or Seated Resistance Band Drawback</a>	Back, Biceps	2 ‡	8-12								
<a href="#">Stationary Lunge</a>	Legs, Hips	2 ‡	8-12†								
<a href="#">Tricep Kickback</a>	Triceps	2 ‡	8-12†								
<a href="#">Bicep Curl</a>	Biceps	2 ‡	8-12†								
<a href="#">Elevated Leg Crunch</a>	Abdominals	2 ‡	15	—		—		—		—	
<a href="#">Cat-Camel</a>	Abdominals, Low Back	2 ‡	8-12 reps each way	—		—		—		—	

† Repeat on other side \* Body Weight ‡ Rest 30-60 seconds between sets