FREE GUIDE FOR BEGINNERS

Your First 4 Weeks at the Gym

A simple plan to start training with confidence, without extremes and without the overwhelm.

Welcome

Most people quit the gym in the first weeks because the plan is too hard, too complicated, or too extreme. This guide does the opposite: three short workouts a week, a few simple habits, and a clear way to progress. It is not about being perfect. It is about showing up, learning good technique, and building a routine you can keep.

The 5 rules for your first month

- **Train 3 days a week.** For example Monday, Wednesday, Friday, about 45 to 60 minutes each. Rest days are part of the plan.
- **Stop 2 to 3 reps before you cannot do any more.** You should finish every set feeling you could have done a few more. Good technique first, heavy weights later.
- **Start light.** The first week is for learning the movements. Nobody gets stronger by lifting too heavy with poor form.
- **Add weight slowly.** When you can do the top number of reps on every set with good form, add a small amount of weight next time.
- **Write it down.** Keep a note of exercises, weights and reps. Progress you can see keeps you going.

Before every workout: warm up (5 to 8 minutes)

- 2 to 3 minutes of easy walking, cycling or rowing to raise your temperature.
- 10 arm circles each way, 10 leg swings each leg, 10 bodyweight squats, 10 glute bridges.
- Then do one or two very light sets of your first exercise before the real sets.

YOUR PLAN

Two workouts, three days a week

Alternate Workout A and Workout B. Week 1: A, B, A. Week 2: B, A, B. Keep alternating the same way for four weeks. Rest 60 to 90 seconds between sets (about 2 minutes after squats and deadlifts).

Workout A

Exercise	Sets x reps	Notes
Goblet squat	3 x 8-12	Hold one dumbbell at your chest. Sit down between your hips, keep your chest up.
Chest press (machine or dumbbells)	3 x 8-12	Shoulders back and down. Control the weight on the way down.
Seated cable row	3 x 10-12	Pull your elbows back, squeeze your shoulder blades gently.
Glute bridge	3 x 12-15	Feet flat, push through your heels, pause for one second at the top.
Plank	3 x 20-40 sec	Straight line from head to heels. Stop when your form breaks down.

Workout B

Exercise	Sets x reps	Notes
Romanian deadlift (light dumbbells)	3 x 8-12	Push your hips back, soft knees, flat back. Feel it in the back of your legs.
Lat pulldown	3 x 8-12	Pull the bar to your upper chest. Do not lean back too far.
Dumbbell shoulder press	3 x 8-12	Seated or standing. Do not arch your lower back.
Split squat or step-up	2-3 x 8 each leg	Hold a bench or rack for balance if you need it.
Dead bug	3 x 8 each side	Slow and controlled. Keep your lower back close to the floor.

How to progress over 4 weeks

- **Week 1:** 2 sets of each exercise, light weights. Learn the movements.
- **Weeks 2 to 4:** 3 sets of each exercise. Use the weight that lets you finish the reps with good form.
- **Each time you hit the top number of reps on every set,** add a small amount of weight at your next workout.
- **On your other days:** walk 20 to 30 minutes if you can. Easy movement helps you recover.

HABITS

Small habits that make the plan work

- **Protein with every meal.** Eggs, yogurt, chicken, fish, beans, lentils or tofu. No need to count anything in the first month.
- **Drink water through the day** and have a drink with you during your workout.
- **Sleep.** Aim for a regular bedtime. Most people recover and feel better with seven to nine hours.
- **No crash diets.** Eating too little makes training harder and quitting easier. Eat normal, balanced meals.
- **Measure more than the scale.** Take a photo or measurement every two weeks, and notice your energy, sleep and strength.

Common beginner mistakes

- Lifting too heavy too soon, and skipping the warm-up.
- Changing the plan every week. Stick with it for four weeks before judging it.
- Comparing yourself with other people in the gym. Everyone started somewhere.
- Training through sharp pain. Discomfort from effort is normal; sharp or joint pain is not.
- Skipping rest days and expecting results in two weeks. Real change takes months.

Feeling nervous about the gym?

- Go at a quieter time of day for the first weeks, and bring your plan on your phone.
- Wipe down equipment after you use it, and put weights back. Nobody is watching you as closely as you think.
- It is completely fine to ask the staff or a trainer to show you how a machine works.

When to stop and get advice

Stop the workout and speak to a doctor if you feel chest pain, dizziness, unusual shortness of breath, or sharp pain. If you have a health condition, an injury, or are pregnant, check with your doctor before you begin any new program.

Want a coach beside you?
Train one-on-one with Coach Omer, online or in person at Form Factory Sliačska. Ten sessions to learn technique, build confidence and see if training fits your life.

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