

# Beginner full body workout

## TRX - kuntopiiri / Testi

- This workout is for beginners and I recommend you do this 1-3 times per week.
- Use weights that are easy and after each set you should be able to continue quite quickly (don't use too much load in the beginning)
- Warmup 10 minutes
- Perform 2-3 sets per exercise
- Cooldown for 5 minutes after the workout in a cardio equipment, this will start your recovery
- Start with this for 6-12 weeks and after that move on to new workouts :)
- Have fun!
- Sarja = set
- Toistot = reps
- Lepo = rest



### 1. Warmup

- Warmup with the aerobic equipment of your choice

Sarja	Aika	Vastus	Lepo	Ohjeet					
1	10min								



### 2. Warmup stretch

- Stand in a wide position
- Cross your fingers but keep them straight
- Reach your hands down and back
- Come back up and reach back above your head (elbows straight)
- Brace your core to stabilize your back

Sarja	Toistot	Painot	Lepo	Ohjeet					
1	8 reps								



### 3. Lat pulldown machine

- Use the triangle or wide handle
- Pull your shoulder blades down
- Pull your shoulders down and take your elbows close to your ribs
- Keep your chest up and neck straight
- Keep the control and slowly bring your arms up
- Repeat

Sarja	Toistot	Painot	Lepo	Ohjeet					

1	15		30s	15 reps. 3 sets. 30sec pause between sets					
2	15		30s						
3	15		30s						



#### 4. Chest fly

- Take the dumbbells over your shoulders, arms straight
- Pull your shoulders down to keep the shoulderblades stable
- Keep your chest open and lower your hands down wide to the sides
- Take your arms back up, but don't let the dumbbells touch each other (squeeze your chest)

Sarja	Toistot	Painot	Lepo	Ohjeet					
1	15		30s						
2	15		30s						
3	15		30s						



#### 5. Leg press

- Sit down and the the range of motion from the handle on the side of the bench
- Put your feet higher than your hips, hip-width apart
- Brace your core and push the platform away with your heels and forefoot
- Your heels should remain flat on the footplate
- While exhaling, extend your legs and keep your head and back flat against the seat pad
- Extend with slow control rather than with an explosive movement
- Do not lock out your knees and ensure that they are not bowing out or in

Sarja	Toistot	Painot	Lepo	Ohjeet					
1	15		30s						
2	15		30s						
3	15		30s						



#### 6. Hamstrings

- Set the bench a bit lower from your hip-height
- Cross your arms to your shoulders
- Keep your back straight and lower your upper body down until you feel a small stretch in your hamstrings
- Lift yourself up again using your hamstrings and glutes

Sarja	Toistot	Painot	Lepo	Ohjeet					
1	10-15		30s						
2	10-15		30s						
3	10-15		30s						

#### 7. Shoulder press

- Stand up and hold two dumbbells close to your shoulders
- Palms facing forward
- Raise the dumbbells straight up until your elbows come close to locking
- Lower them back after a short pause



- Brace your core -->
- be careful NOT to jerk your back in an effort to help you raise the dumbbells

Sarja	Toistot	Painot	Lepo	Ohjeet					
1	12-15		30s						
2	12-15		30s						
3	12-15		30s						



## 8. Russian twist

- Sit on the floor
- Keep your knees bent
- Lean back slightly so your torso and legs form a V-like shape
- Brace your abdominal wall to engage your core
- Balancing here, twist your torso from side to side without moving your legs
- Start without any equipment, later on (6-12 weeks) keep a dumbbell in your hands

Sarja	Toistot	Painot	Lepo	Ohjeet					
1	10-15 / side		30s						
2	10-15 / side		30s						
3	10-15 / side		30s						