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FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

TOTAL BODY BEGINNER: 1		SET	1	SET	2	NOTES
LEVEL: 1 ALARM FIRE/BEGINNER		REPS	LBS	REPS	LBS	
WARM UP:		5 MIN				
A1	LEG PRESS/SQUATS:	10 REPS		10 REPS		
A2	CHEST PRESS/PUSH UPS:	10 REPS		10 REPS		
A3	AB CRUNCHES:	10 REPS		10 REPS		
B1	LEG EXTENSION/STEP UPS:	10 REPS		10 REPS		
B2	LAT PULL DOWN/ONE ARM ROW:	10 REPS		10 REPS		
B3	REVERSE CRUNCHES – KNEE TUCKS:	10 REPS		10 REPS		
C1	HAMSTRING CURL/CALF RAISES:	10 REPS		10 REPS		
C2	TRICEPS EXTENSION/SEATED DIPS:	10 REPS		10 REPS		
C3	BACK EXTENSION/SUPERMANS:	10 REPS		10 REPS		
D1	DEADLIFTS:	10 REPS		10 REPS		
D2	BICEP CURLS:	10 REPS		10 REPS		
D3	BICYCLES:	10 REPS		10 REPS		
E1	SWIMMERS:	10 REPS		10 REPS		
E2	MILITARY PRESS:	10 REPS		10 REPS		
E3	PLANK:	10 REPS		10 REPS		

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Muscle Inferno's "Let's Get it Started" Beginner Introduction to Weights and Circuit Training

Let's Get it Started Circuit is geared for Beginners or those that are starting back into an exercise program. This program will lay down the foundation to build upon. It takes 6-8 weeks to build muscle although You are neurologically stronger within 1-2 weeks. This Circuit is composed of mini circuits of 3 exercises, 3 different exercises/muscle groups. Due to the non-stop pace, the target heart rate can range between 60-90% of maximum heart rate. The sets and reps (2 sets of 10 reps) are designed to prepare the body for more intense programs in 2 weeks.

Goal: Lay foundation to build strength upon.

Warm up: 5 minutes: Treadmill, a bike, an elliptical trainer or exercises that use large body movements

Start with Circuit A. Perform exercises A1-A3 consecutively. Repeat 2nd set (Circuit A) with minimal rest.

Circuit A:

- A1: LEG PRESS/SQUATS – 10 reps, minimal rest
- A2: CHEST PRESS/PUSH UPS -- 10 reps, minimal rest
- A3: AB CRUNCHES – 10 reps, minimal rest

Repeat Circuit A (A1-A3)

Continue with Circuit B. Perform exercises B1-B3 consecutively. Repeat 2nd set (Circuit B) with minimal rest.

Continue with Circuit C. Perform exercises C1-C3 consecutively. Repeat 2nd set (Circuit C) with minimal rest.

Continue for the time allotted (30-60 minutes).

Cool down: 5 minutes: Treadmill, bike, elliptical trainer (keep heart rate below 60% of max. heart rate), Or Core exercises (abdominals or low back)

Back to back workout days of differing programs are allowed.

Tips:

Select a resistance that will burn/fatigue the muscle the last 3-5 reps of each set, each exercise. Proper form is crucial to target the right muscle(s) and to reduce the risk of injury. If the weight is too light or too heavy, adjust it immediately and finish the reps of that set.

Make sure that the right muscle is firing at the right time for every rep, every set. Refer to the instructions and illustrations to ensure the right technique, tempo, muscles, etc.