

12 Week Strength Exercise Plan For Beginner's



AB WORKOUT ROUTINE FOR YOUR ABILITY

Perform all **5 exercises** one after the other with **5 seconds** rest in between each exercise. Once you have finished all five exercises rest for the time stated for your ability level.

Beginner	Exercise		Reps	Sets	Rest
	ANKLE TOUCHES		10	3	45
	BICYCLE ABS		10	3	45
	DORSAL RAISED		10	3	45
	PLANK CRUNCHES		10	3	45
	SIDE PLANK		15	3	45

INTERMEDIATE	Exercise		Reps	Sets	Rest
	ANKLE TOUCHES		15	4	30
	BICYCLE ABS		15	4	30
	DORSAL RAISED		15	4	30
	PLANK CRUNCHES		15	4	30
	SIDE PLANK		30	4	30

ADVANCED	Exercise		Reps	Sets	Rest
	ANKLE TOUCHES		20	5	15
	BICYCLE ABS		20	5	15
	DORSAL RAISED		20	5	15
	PLANK CRUNCHES		20	5	15
	SIDE PLANK		60	5	15

HIIT WORK & REST PERIODS ACCORDING TO ABILITY LEVEL

The HIIT routine consists of a **5 exercise** circuit that you will repeat **4 times**. Perform one exercise and rest, before moving onto the next exercise. The amount of rest and work period is shown in the chart according to your ability.

Beginner	Exercise		Work (Seconds)	Rest (Seconds)	Repeat
	LUNGES		15	45	4
	PLANK		15	45	4
	SQUATS		15	45	4
	PUSH UPS		15	45	4
	STAR JUMPS		15	45	4

INTERMEDIATE	Exercise		Work (Seconds)	Rest (Seconds)	Repeat
	LUNGES		20	40	4
	PLANK		20	40	4
	SQUATS		20	40	4
	PUSH UPS		20	40	4
	STAR JUMPS		20	40	4

ADVANCED	Exercise		Work (Seconds)	Rest (Seconds)	Repeat
	LUNGES		30	30	4
	PLANK		30	30	4
	SQUATS		30	30	4
	PUSH UPS		30	30	4
	STAR JUMPS		30	30	4

Strength Training For Beginners

L Cohen



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