



12 WEEK BEGINNER WORKOUT PLAN BODY WEIGHT

12 WEEK Workout Plan



POST WORKOUT MEAL 1 pcs Fruit or 1 scoop whey protein

<p>1</p> <p>Day 1 - Body Strength (30 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Cardio Circuit (30 min) Day 4 - Powerwalk/Jog (30 min) Day 5 - Boxing & Jog (30 min)</p> <p><i>Workout time - 2:30 hours</i></p>	<p>2</p> <p>Day 1 - Body Strength (30 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Cardio Circuit (30 min) Day 4 - Powerwalk/Jog (30 min) Day 5 - Boxing & Jog (30 min)</p> <p><i>Workout time - 2:30 hours</i></p>	<p>3</p> <p>Day 1 - Full Impact (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Fitness Combat (60 min) Day 4 - Powerwalk/Jog (30 min)</p> <p><i>Workout time - 3 hours</i></p>	<p>4</p> <p>Day 1 - Strength Y. M. (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Cardio Attack (60 min) Day 4 - Powerwalk/Jog (30 min)</p> <p><i>Workout time - 3 hours</i></p>
<p>5</p> <p>Day 1 - Full Impact (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Fitness Combat (60 min) Day 4 - Core Burn (30 min)</p> <p><i>Workout time - 3 hours</i></p>	<p>6</p> <p>Day 1 - Strength Y. M. (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Cardio Attack (60 min) Day 4 - Core Burn (30 min)</p> <p><i>Workout time - 3 hours</i></p>	<p>7</p> <p>Day 1 - Conditioning (60 min) Day 2 - Powerwalk (60 min) Day 3 - Core Burn (30 min) Day 4 - Strength Y. M. (60 min) Day 5 - Core & Fat Burn (30 min)</p> <p><i>Workout time - 4 hours</i></p>	<p>8</p> <p>Day 1 - Fitness Combat (60 min) Day 2 - Powerwalk (60 min) Day 3 - Core Burn (30 min) Day 4 - Conditioning (60 min) Day 5 - Core & Fat Burn (30 min)</p> <p><i>Workout time - 4 hours</i></p>
<p>9</p> <p>Day 1 - Full Impact (60 min) Day 2 - Powerwalk (60 min) Day 3 - Core & Fat Burn (30 min) Day 4 - Conditioning (60 min) Day 5 - Powerwalk (60 min)</p> <p><i>Workout time - 4:30 hours</i></p>	<p>10</p> <p>Day 1 - Fitness Combat (60 min) Day 2 - Powerwalk (60 min) Day 3 - Core & Fat Burn (30 min) Day 4 - Cardio Attack (60 min) Day 5 - Powerwalk (60 min)</p> <p><i>Workout time - 4:30 hours</i></p>	<p>11</p> <p>Day 1 - Full Impact (60 min) Day 2 - Powerwalk (60 min) Day 3 - Core Burn (30 min) Day 4 - Strength Y. M. (60 min) Day 5 - Powerwalk (60 min) Day 6 - Core & Fat Burn (30 min)</p> <p><i>Workout time - 5 hours</i></p>	<p>12</p> <p>Day 1 - Fitness Combat (60 min) Day 2 - Powerwalk (60 min) Day 3 - Core Burn (30 min) Day 4 - Conditioning (60 min) Day 5 - Powerwalk (60 min) Day 6 - Core & Fat Burn (30 min)</p> <p><i>Workout time - 5 hours</i></p>

12 WEEK BEGINNER WORKOUT PLAN TRX

12 WEEK Workout Plan

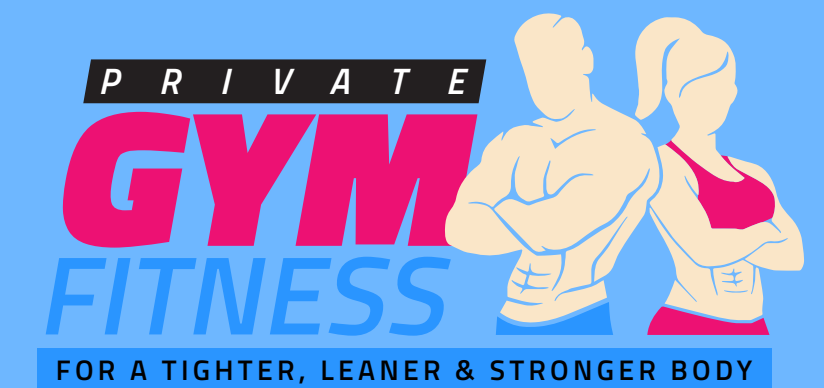


POST WORKOUT MEAL 1 pcs Fruit or 1 scoop whey protein

<p>1</p> <p>Day 1 - Fat Burn Cardio (30 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Tabata Circuit (30 min) Day 4 - Powerwalk/Jog (30 min) Day 5 - HIIT Energy (30 min) <i>Workout time - 2:30 hours</i></p>	<p>2</p> <p>Day 1 - Fat Burn Cardio (30 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Tabata Circuit (30 min) Day 4 - Powerwalk/Jog (30 min) Day 5 - HIIT Energy (30 min) <i>Workout time - 2:30 hours</i></p>	<p>3</p> <p>Day 1 - Complete Body Attack (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - EMOM CrossFit Training (60 min) Day 4 - Powerwalk/Jog (30 min) <i>Workout time - 3 hours</i></p>	<p>4</p> <p>Day 1 - Cardio 1 (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Superset Challenge (60 min) Day 4 - Powerwalk/Jog (30 min) <i>Workout time - 3 hours</i></p>
<p>5</p> <p>Day 1 - Complete Body Attack (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - EMOM CrossFit Training (60 min) Day 4 - Core & Cardio (30 min) <i>Workout time - 3 hours</i></p>	<p>6</p> <p>Day 1 - Cardio 1 (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Superset Challenge (60 min) Day 4 - Core & Cardio (30 min) <i>Workout time - 3 hours</i></p>	<p>7</p> <p>Day 1 - Bodybuilding (60 min) Day 2 - Powerwalk (60 min) Day 3 - Core & Cardio (30 min) Day 4 - Cardio 1 (60 min) Day 5 - Strength & Stability (30 min) <i>Workout time - 4 hours</i></p>	<p>8</p> <p>Day 1 - EMOM CrossFit Training (60 min) Day 2 - Powerwalk (60 min) Day 3 - Core & Cardio (30 min) Day 4 - Bodybuilding (60 min) Day 5 - Strength & Stability (30 min) <i>Workout time - 4 hours</i></p>
<p>9</p> <p>Day 1 - Complete Body Attack (60 min) Day 2 - Powerwalk (60 min) Day 3 - Strength & Stability (30 min) Day 4 - Bodybuilding (60 min) Day 5 - Powerwalk (60 min) <i>Workout time - 4:30 hours</i></p>	<p>10</p> <p>Day 1 - EMOM CrossFit Training (60 min) Day 2 - Powerwalk (60 min) Day 3 - Strength & Stability (30 min) Day 4 - Superset Challenge (60 min) Day 5 - Powerwalk (60 min) <i>Workout time - 4:30 hours</i></p>	<p>11</p> <p>Day 1 - Complete Body Attack (60 min) Day 2 - Powerwalk (60 min) Day 3 - Core & Cardio (30 min) Day 4 - Cardio 1 (60 min) Day 5 - Powerwalk (60 min) Day 6 - Strength & Stability (30 min) <i>Workout time - 5 hours</i></p>	<p>12</p> <p>Day 1 - EMOM CrossFit Training (60 min) Day 2 - Powerwalk (60 min) Day 3 - Core & Cardio (30 min) Day 4 - Bodybuilding (60 min) Day 5 - Powerwalk (60 min) Day 6 - Strength & Stability (30 min) <i>Workout time - 5 hours</i></p>

12 WEEK BEGINNER WORKOUT PLAN KETTLEBELL

12 WEEK Workout Plan



POST WORKOUT MEAL 1 pcs Fruit or 1 scoop whey protein

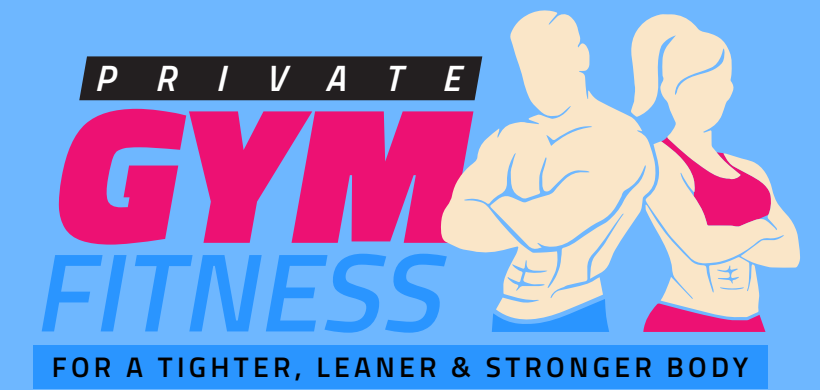
<p>1</p> <p>Day 1 - Total Body (30 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Core & Cardio (30 min) Day 4 - Powerwalk/Jog (30 min) Day 5 - Strength & Stability (30 min) <i>Workout time - 2:30 hours</i></p>	<p>2</p> <p>Day 1 - Total Body (30 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Core & Cardio (30 min) Day 4 - Powerwalk/Jog (30 min) Day 5 - Strength & Stability (30 min) <i>Workout time - 2:30 hours</i></p>	<p>3</p> <p>Day 1 - Total Body W. (40 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - T. B. Fat Burn (40 min) Day 4 - Powerwalk/Jog (30 min) <i>Workout time - 2:20 hours</i></p>	<p>4</p> <p>Day 1 - T.B. Fat Burn 2 (40 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Total Body Core (40 min) Day 4 - Powerwalk/Jog (30 min) <i>Workout time - 2:20 hours</i></p>
<p>5</p> <p>Day 1 - Total Body W. (40 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - T. B. Fat Burn (40 min) Day 4 - Cardio 1 (30 min) <i>Workout time - 2:20 hours</i></p>	<p>6</p> <p>Day 1 - T.B. Fat Burn 2 (40 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Total Body Core (40 min) Day 4 - Cardio 1 (30 min) <i>Workout time - 2:20 hours</i></p>	<p>7</p> <p>Day 1 - T.B. Workout 2 (40 min) Day 2 - Powerwalk (60 min) Day 3 - Cardio 1 (30 min) Day 4 - T.B. Fat Burn 2 (40 min) Day 5 - Cardio 2 (30 min) <i>Workout time - 3:20 hours</i></p>	<p>8</p> <p>Day 1 - T. B. Fat Burn (40 min) Day 2 - Powerwalk (60 min) Day 3 - Cardio 1 (30 min) Day 4 - T.B. Workout 2 (40 min) Day 5 - Cardio 2 (30 min) <i>Workout time - 3:20 hours</i></p>
<p>9</p> <p>Day 1 - Total Body W. (40 min) Day 2 - Powerwalk (60 min) Day 3 - Cardio 2 (30 min) Day 4 - T.B. Workout 2 (40 min) Day 5 - Powerwalk (60 min) <i>Workout time - 3:50 hours</i></p>	<p>10</p> <p>Day 1 - T. B. Fat Burn (40 min) Day 2 - Powerwalk (60 min) Day 3 - Cardio 2 (30 min) Day 4 - Total Body Core (40 min) Day 5 - Powerwalk (60 min) <i>Workout time - 3:50 hours</i></p>	<p>11</p> <p>Day 1 - Total Body W. (40 min) Day 2 - Powerwalk (60 min) Day 3 - Cardio 1 (30 min) Day 4 - T.B. Fat Burn 2 (40 min) Day 5 - Powerwalk (60 min) Day 6 - Cardio 2 (30 min) <i>Workout time - 4:20 hours</i></p>	<p>12</p> <p>Day 1 - T. B. Fat Burn (40 min) Day 2 - Powerwalk (60 min) Day 3 - Cardio 1 (30 min) Day 4 - T.B. Workout 2 (40 min) Day 5 - Powerwalk (60 min) Day 6 - Cardio 2 (30 min) <i>Workout time - 4:20 hours</i></p>



12 WEEK BEGINNER WORKOUT PLAN

DUMBBELL

12 WEEK Workout Plan



POST WORKOUT MEAL 1 pcs Fruit or 1 scoop whey protein

1 Day 1 - Full Body & Fat Burn (30 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Total Body PUMP (30 min) Day 4 - Powerwalk/Jog (30 min) Day 5 - Body PUMP HIIT (60 min)	2 Day 1 - Full Body & Fat Burn (30 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Total Body PUMP (30 min) Day 4 - Powerwalk/Jog (30 min) Day 5 - Body PUMP HIIT (60 min)	3 Day 1 - CrossFit Attack (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Fullbody Workout (40 min) Day 4 - Powerwalk/Jog (30 min)	4 Day 1 - Upper Body & Cardio Day 2 - Powerwalk/Jog (30 min) Day 3 - Booty Burner (60 min) Day 4 - Powerwalk/Jog (30 min)
5 Day 1 - CrossFit Attack(60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Fullbody Workout (40 min) Day 4 - Energy 2 (30 min)	6 Day 1 - Upper Body & Cardio Day 2 - Powerwalk/Jog (30 min) Day 3 - Booty Burner (60 min) Day 4 - Energy 2 (30 min)	7 Day 1 - Complete Body Attack Day 2 - Powerwalk (60 min) Day 3 - Energy 2 (30 min) Day 4 - Upper Body & Cardio Day 5 -Fullbody & Cardio (30 min)	8 Day 1 - Fullbody Workout (40 min) Day 2 - Powerwalk (60 min) Day 3 - Energy 2 (30 min) Day 4 - Complete Body Attack Day 5 -Fullbody & Cardio (30 min)
9 Day 1 - CrossFit Attack(60 min) Day 2 - Powerwalk (60 min) Day 3 -Fullbody & Cardio (30 min) Day 4 - Complete Body Attack Day 5 - Powerwalk (60 min)	10 Day 1 - Fullbody Workout (40 min) Day 2 - Powerwalk (60 min) Day 3 -Fullbody & Cardio (30 min) Day 4 - Booty Burner (60 min) Day 5 - Powerwalk (60 min)	11 Day 1 - CrossFit Attack(60 min) Day 2 - Powerwalk (60 min) Day 3 - Energy 2 (30 min) Day 4 - Upper Body & Cardio Day 5 - Powerwalk (60 min) Day 6 -Fullbody & Cardio (30 min)	12 Day 1 - Fullbody Workout (40 min) Day 2 - Powerwalk (60 min) Day 3 - Energy 2 (30 min) Day 4 - Complete Body Attack Day 5 - Powerwalk (60 min) Day 6 -Fullbody & Cardio (30 min)



12 WEEK BEGINNER WORKOUT PLAN BARBELL

12 WEEK Workout Plan



POST WORKOUT MEAL 1 pcs Fruit or 1 scoop whey protein

<p>1</p> <p>Day 1 - Full Body & Fat Burn (30 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Total Body PUMP (30 min) Day 4 - Powerwalk/Jog (30 min) Day 5 - Body PUMP HIIT (60 min)</p>	<p>2</p> <p>Day 1 - Full Body & Fat Burn (30 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Total Body PUMP (30 min) Day 4 - Powerwalk/Jog (30 min) Day 5 - Body PUMP HIIT (60 min)</p>	<p>3</p> <p>Day 1 - CrossFit (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Jump & Pump (60 min) Day 4 - Powerwalk/Jog (30 min)</p>	<p>4</p> <p>Day 1 - Fat Melting Tabata (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Step & PUMP (60 min) Day 4 - Powerwalk/Jog (30 min)</p>
<p>5</p> <p>Day 1 - CrossFit (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Jump & Pump (60 min) Day 4 - Strength & Cardio (30 min)</p>	<p>6</p> <p>Day 1 - Fat Melting Tabata (60 min) Day 2 - Powerwalk/Jog (30 min) Day 3 - Step & PUMP (60 min) Day 4 - Strength & Cardio (30 min)</p>	<p>7</p> <p>Day 1 - HIIT Run & PUMP (60 min) Day 2 - Powerwalk (60 min) Day 3 - Strength & Cardio (30 min) Day 4 - Fat Melting Tabata (60 min) Day 5 - Full Body Strength (30 min)</p>	<p>8</p> <p>Day 1 - Jump & Pump (60 min) Day 2 - Powerwalk (60 min) Day 3 - Strength & Cardio (30 min) Day 4 - HIIT Run & PUMP (60 min) Day 5 - Full Body Strength (30 min)</p>
<p>9</p> <p>Day 1 - CrossFit (60 min) Day 2 - Powerwalk (60 min) Day 3 - Full Body Strength (30 min) Day 4 - HIIT Run & PUMP (60 min) Day 5 - Powerwalk (60 min)</p>	<p>10</p> <p>Day 1 - Jump & Pump (60 min) Day 2 - Powerwalk (60 min) Day 3 - Full Body Strength (30 min) Day 4 - Step & PUMP (60 min) Day 5 - Powerwalk (60 min)</p>	<p>11</p> <p>Day 1 - CrossFit (60 min) Day 2 - Powerwalk (60 min) Day 3 - Strength & Cardio (30 min) Day 4 - Fat Melting Tabata (60 min) Day 5 - Powerwalk (60 min) Day 6 - Full Body Strength (30 min)</p>	<p>12</p> <p>Day 1 - Jump & Pump (60 min) Day 2 - Powerwalk (60 min) Day 3 - Strength & Cardio (30 min) Day 4 - HIIT Run & PUMP (60 min) Day 5 - Powerwalk (60 min) Day 6 - Full Body Strength (30 min)</p>