



PFG 3-5 DAY BEGINNER HYBRID 8-WEEK RESISTANCE PROGRAM

Name: _____

Mesocycle Start Date: _____

Activity	Day 1	Day 2	Day 3	Day 4 (OPTIONAL)	Day 5 (OPTIONAL)	Day 6 - REST	Day 7 - REST
Warmup	Treadmill: 5mins - walking Rowing machine: 250m 1 set of push-ups to fatigue	Treadmill: 5mins - walking Rowing machine: 250m 1 set of push-ups to fatigue	Treadmill: 5mins - walking Rowing machine: 250m 1 set of push-ups to fatigue	Treadmill: 5mins - walking Rowing machine: 250m 1 set of push-ups to fatigue	Treadmill: 5mins - walking Rowing machine: 250m 1 set of push-ups to fatigue	REST	REST
Dynamic Stretching	Shoulder circles x8 ED Elbow circles x8 ED Wrist circles x8 ED Ankle circles x8 ED Leg swings - front/back, side/side x8 ED	Shoulder circles x8 ED Elbow circles x8 ED Wrist circles x8 ED Ankle circles x8 ED Leg swings - front/back, side/side x8 ED	Shoulder circles x8 ED Elbow circles x8 ED Wrist circles x8 ED Ankle circles x8 ED Leg swings - front/back, side/side x8 ED	Shoulder circles x8 ED Elbow circles x8 ED Wrist circles x8 ED Ankle circles x8 ED Leg swings - front/back, side/side x8 ED	Shoulder circles x8 ED Elbow circles x8 ED Wrist circles x8 ED Ankle circles x8 ED Leg swings - front/back, side/side x8 ED		
Circuit 1 - Perform 3 revolutions of a set "to failure" of EACH exercise in this section, in order from top to bottom	(Upstairs) [GLUTES - CMP] Glute Drive Machine [GLUTE MEDIUS] Hip Abduction Machine (Legs push apart) [ADDUCTORS] Hip Adduction Machine (Legs pull together) [CHEST - CMP] Pec Flye Machine	(Downstairs) [QUADS - CMP] Smith Machine - Squats (or) BB Back Squat [HIP FLEXORS] (Back flat against wall) Leg/knee raises [LATS, BICEPS - CMP] Lat Pull Down Machine [TRICEPS] Large Cable Machine "Tricep push-downs"	(Downstairs) [FRONT DELTS - CMP] DB front raises (Keep hands rotated so thumbs are towards the ceiling) [MID DELTS - CMP] DB side raises (Keep hands rotated so thumbs are facing forwards) [POSTERIOR CHAIN - CMP] (Box, KB / DBs) Jefferson curls, starting at the thoracic spine and curling down to max ROM.	(Downstairs) [GLUTES - CMP] (Rack) BB Deadlift (or) DB Single Leg Deadlift [CHEST - CMP] (Bench) DB bench press (or) Chest Press Machine [CHEST - CMP, SS] (Bench) DB flyes	(Upstairs) [LATS, BICEPS - CMP] Assisted Pull-Up Machine [QUADS] Leg Extension Machine [GLUTE MEDIUS] Hip Abduction Machine (Legs push apart) [ADDUCTORS] Hip Adduction Machine (Legs pull together)		
Circuit 2 - Perform 3 revolutions of a set "to failure" of EACH exercise in this section, in order from top to bottom	(Downstairs) [HAMSTRINGS] Knee Curl Machine [LOWER BACK] Back Extension Machine (+holding plate / DB, as needed) [LOWER CORE - CMP] (Floor, laying supinated) - Knees bent, crossover crunches (right hand to left knee and vice versa)	(Downstairs) [LATS, REAR DELTS - CMP] Seated Cable Row Machine [MID TRAPS - CMP] (Small Cable Machine) "Reverse cable flye" Crossed-over grip (left hand on right pulley, right hand on left pulley, set one pulley 2 clicks lower, to match your arm x- over) Pull your elbows apart at shoulder height and extend elbows away from you [BICEPS - BI] (Short Bar / DBs) Standing bicep curls	(Downstairs) [SUPRASPINATUS] Floor - laying supinated, elbows at shoulder height, internal rotations [INFRASPINATUS] Floor - laying supinated, elbows at shoulder height, external DB rotations [OBLIQUES - CMP] (Floor) Laying sideways, knees bent at 90 degs, side crunches (+DB, as needed) [CALVES] Calf Raise Machine	(Downstairs) [HAMSTRINGS] Laying Knee Curl Machine [LOWER BACK] Back Extension Machine (+holding plate / DB, as needed) [LOWER CORE - CMP] Leg Raise Machine Knee raises / leg raises (Suspended - posterior pelvic tilt)	(Downstairs) [BICEPS - BI] (Short Bar / DBs) Standing bicep curls [TRICEPS] (Large Cable Machine) Tricep push-downs [MID TRAPS - CMP] (Small Cable Machine) "Reverse cable flye" Crossed-over grip (left hand on right pulley, right hand on left pulley, set one pulley 2 clicks lower, to match your arm x- over) Pull your elbows apart at shoulder height and extend elbows away from you	Have you outgrown this gym program and need something more comprehensive or nutrition-integrated to achieve your goals? SCAN THIS QR CODE AND USE COUPON CODE: PFG20 FOR A 20% DISCOUNT	
Cardio	X-Trainer 20 mins+ (OR EXISTING CARDIO PROGRAM)	Spin Bike 20 mins+ (OR EXISTING CARDIO PROGRAM)	Treadmill: 20 mins+ (OR EXISTING CARDIO PROGRAM)	X-Trainer 20 mins+ (OR EXISTING CARDIO PROGRAM)	Spin Bike 20mins+ (OR EXISTING CARDIO PROGRAM)	Walking / Rest	Walking / Rest
Static Stretching	[ALL USED MUSCLES] 3 mins per muscle group	[ALL USED MUSCLES] 3 mins per muscle group	[ALL USED MUSCLES] 3 mins per muscle group	[ALL USED MUSCLES] 3 mins per muscle group	[ALL USED MUSCLES] 3 mins per muscle group	[ALL]	[NONE]

Legend:
BI = Bilateral
BB = Bar-Bell
CMP = Compound
DB = Dumb-Bell
DS = Drop-Set
ED = Each Direction
ISM = Isometric Max Hold
KB = Kettle Bell
PRN = Pronated
RM = Rep Max
SUP = Supinated
SS = Super-Set
UNI = Unilateral

Beginner phase:
3 revolutions of each circuit,
no rest between stations,
unless out of breath. Mentally
focus on the eccentric
movement as the 'rep' to
count.

**Rep cadence (speed of each
movement) is:**
2 sec eccentric (allowing the
load to slowly reach the
bottom)
0 sec pause at bottom of ROM
2 sec concentric (push against
the load)
1 sec squeeze at top of ROM

1st set @ 60% of 8-12 RM
2nd set @ 75% of 8-12 RM
3rd set @ 100% of 8-12 RM

***Choose an appropriate
weight that allows you to
perform 8-12 reps at the
specified rep cadence,
before reaching technical
failure at your maximum
perceived rate of exertion on
the 3rd set. Most people
initially hold >25% of their
energy / effort in reserve,
sacrificing progress & gains.**



Disclaimer: This is a general-purpose gym program that is not personalised for any specific fitness goals. The use of this program is entirely at your own risk. Any/all exercise and movement carries a risk of inducing or aggravating injuries. Please seek advice from your doctor and obtain medical clearance before using this program, if you have any pre-existing medical conditions or concerns. The author(s), affiliates and any other representatives assume no responsibility or liability for any errors or omissions in the contents of this program. All information is provided on an "as is" basis with no guarantees of completeness, accuracy, usefulness, performance or timeliness.