



STEFFI CHANNEL FITNESS

BEGINNERS

GUIDE



THE NEW YOU STARTS NOW!

My free beginner workout guide consists of 3 days in the gym.

DAY 1 - Chest, Triceps, Quads

DAY 2 - Back, Biceps, Calves

DAY 3 - Shoulders, Hamstrings, Abs

(Optional)

DAY 4 - Cardio (30 mins)



CHEST , TRIECEPS , QUADS

Bench press 12x3
Incline dumbbell press 12x3
Machine flies 12 x 3
Close grip bench press 12 x 3
Tricep push down 12 x 3
Leg extentions 12x3
Leg press 12x3



BACK, BICEPS,CALVES

Lateral pull down 12 X 3
Seated row 12x3
Single arm dumbbell row 12 x 3
Pull ups (assisted) 12 x 3
Bar curls 12 x 3
Dumbbell curls 12 x3
Standing calve raises 12x3



SHOULDERS,HAMSTRINGS,ABS

Dumbbell shoulder press 12 X 3
Side lateral raises 12x3
Rear deltoid flys 12 x 3
Shrugs 12 x 3
Squats 12 x 3
Leg curls 12 x3
Romanaian dead lift 12x3
Sit - ups 12x3