

## Simple Beginners Workout Plan

2 day split, perform each workout twice per week

### Day 1

Exercise	Sets	Reps
Back squat	4	10
Dumbbell bench press	4	10
Walking lunges	3	12
Dips	3	12
Seated row	5	15
Rear delt flye	3	20
Dragon flag (reverse crunch if you can't do a dragon flag)	2	AMRAP*

\*As many reps as possible

### Day 2

Exercise	Sets	Reps
Overhead press	3	8
Deadlift	4	8
Pull ups	4	10
V grip pull downs	4	15
Dumbbell curls	3	12
Dumbbell skull crushers	3	10
Triceps rope push downs	2	10
Hanging leg raises	4	10
Back extensions	2	15