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2-WEEK WORKOUT PLAN TO JUMPSTART YOUR RETURN TO THE GYM

After an extended break from the weight room, these workouts can help you get reacquainted with the gym so you can start rebuilding your path to success!

Link to Workout: <https://www.muscleandstrength.com/workouts/recommit-to-fit-2-week-plan>

Main Goal: General Fitness
Training Level: Beginner
Program Duration: 2 Weeks
Days Per Week: 4 Day
Time Per Workout: 60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines
Target Gender: Male & Female
Author: Roger "Rock" Lockridge

Week 1: Full-Body Workout A

Exercise	Sets	Reps	Rest
Barbell or Dumbbell Deadlift	2 - 3	8 - 10	1 - 2 min
Leg Press	2 - 3	8 - 10	1 - 2 min
Leg Curl	2 - 3	8 - 10	1 - 2 min
Dumbbell Bench Press	2 - 3	8 - 10	1 - 2 min
Wide Grip Lat Pulldown	2 - 3	8 - 10	1 - 2 min
Dumbbell or Machine Lateral Raise	2 - 3	8 - 10	1 - 2 min
Incline Dumbbell Curl	2 - 3	8 - 10	1 - 2 min
Straight Bar Tricep Extension	2 - 3	8 - 10	1 - 2 min
Crunch	2 - 3	8 - 10	1 - 2 min
Lying Leg Raise	2 - 3	8 - 10	1 - 2 min

Week 1: Full-Body Workout B

Exercise	Sets	Reps	Rest
Dumbbell Bench Press	2 - 3	8 - 10	1 - 2 min
Wide Grip Lat Pulldown	2 - 3	8 - 10	1 - 2 min
Dumbbell or Machine Lateral Raise	2 - 3	8 - 10	1 - 2 min
Incline Dumbbell Curl	2 - 3	8 - 10	1 - 2 min
Straight Bar Tricep Extension	2 - 3	8 - 10	1 - 2 min
Barbell or Dumbbell Deadlift	2 - 3	8 - 10	1 - 2 min
Leg Press	2 - 3	8 - 10	1 - 2 min
Leg Curl	2 - 3	8 - 10	1 - 2 min
Crunch	2 - 3	8 - 10	1 - 2 min
Lying Leg Raise	2 - 3	8 - 10	1 - 2 min

Week 2: Upper Body Workout

Exercise	Sets	Reps	Rest
Incline Barbell Bench Press	2 - 3	8 - 10	1 - 2 min
Low Incline Dumbbell Flys	2 - 3	8 - 10	1 - 2 min
Bent-Over Barbell Row	2 - 3	8 - 10	1 - 2 min
Reverse Grip Lat Pulldown	2 - 3	8 - 10	1 - 2 min
Arnold Press	2 - 3	8 - 10	1 - 2 min
Single Arm Lateral Raise	2 - 3	8 - 10	1 - 2 min
Concentration Curl	2 - 3	8 - 10	1 - 2 min
Lying Tricep Extension	2 - 3	8 - 10	1 - 2 min
Weighted Crunch	2 - 3	8 - 10	1 - 2 min
Hanging Leg Raise	2 - 3	8 - 10	1 - 2 min

Week 2: Lower Body Workout

Exercise	Sets	Reps	Rest
Barbell or Dumbbell Deadlift	2 - 3	8 - 10	1 - 2 min
Walking Lunge	2 - 3	8 - 10	1 - 2 min
Barbell Squat	2 - 3	8 - 10	1 - 2 min
Single-Leg Press	2 - 3	8 - 10	1 - 2 min
Seated Calf Raise	2 - 3	8 - 10	1 - 2 min
Standing Calf Raise	2 - 3	8 - 10	1 - 2 min
Standing Side Bend	2 - 3	8 - 10	1 - 2 min
V-Ups	2 - 3	8 - 10	1 - 2 min
Reverse Crunch	2 - 3	8 - 10	1 - 2 min
Plank	2 - 3	30 - 60 sec	1 - 2 min