



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



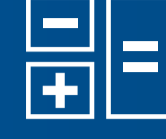
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8 WEEK NOVICE QUICK START WORKOUT PLAN

New to lifting? Start here. This is a novice quick start guide that will move you from day 1 to day 60, providing you with specific advice and workouts.

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-novice-quick-start-workout-plan>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 8 Weeks
Days Per Week: 3 Days

Time Per Workout: 30-45 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines
Author: Steve Shaw

Weeks 1 - 4

Exercise	Sets	Reps
Squat	2	12
Bench Press	2	12
Deadlift	2	12
Military Press	2	12
Barbell Row	2	12
Cable Tricep Extension	2	12
Lat Pull Down to Chest	2	12
Barbell Curl	2	12
Seated Calf Raise	2	12
Sit Ups	2	12

Weeks 1 & 2 Workout Schedule: M/Th. Weeks 3 & 4 Workout Schedule: M/W/F.

Weeks 5 - 8

Exercise	Sets	Reps
Squat	2	12
Bench Press	2	12
Deadlift	2	12
Military Press	2	12
Barbell Row	2	12
Dips	2	12
Pull Ups	2	12
Barbell Curl	2	12
Seated Calf Raise	2	12
Sit Ups	2	12

Weeks 5 - 8 Workout Schedule: M/W/F. Slowly add weights to each exercise until you feel like you can barely complete a set. See the [article](#) for recommended weight additions. If you can't perform any [Dips](#) or [Pull Ups](#), continue to use the [Cable Tricep Extensions](#) and [Lat Pull Downs](#) as performed in the previous 4 weeks.