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Workouts



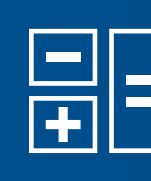
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CHARLES GLASS'S BEGINNER'S ESSENTIALS BODYBUILDING WORKOUT

Charles Glass is an iron legend and his coaching style is coveted by some of the greatest in the business. This workout is inspired by his coaching style.

Link to Workout: <https://www.muscleandstrength.com/workouts/charles-glass-beginners-essentials-body-building-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 5 Days

Time Per Workout: 30 - 60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Medicine Ball

Target Gender: Male & Female

Author: M&S Team

Day 1: Charles Glass's Beginner Shoulder Workout

Exercise	Sets	Reps
Dumbbell Lateral Raise	3 - 4	12 - 15
Rear Delt Cable Fly	3 - 4	12 - 15
Seated Dumbbell Press	4 - 5	10 - 12
Upright Barbell Row	3 - 4	10 - 12
Seated Machine Lateral Raise	3	15

Day 2: Charles Glass's Beginner Leg Workout

Exercise	Sets	Reps
Leg Press	5	10 - 15
Machine Hack Squat	3 - 5	10 - 15
Elevated Stiff Legged Deadlift	3 - 4	12 - 15
Lying Leg Curls	3	12 - 15
Seated Calf Raise	4 - 5	15 - 20

Day 3: Charles Glass's Beginner Chest Workout

Exercise	Sets	Reps
Barbell Bench Press	3 - 4	10 - 12
Incline Bench Press	3 - 4	10 - 15
Decline Bench Press	4 - 5	10 - 12
Incline Dumbbell Fly	3	12 - 15
Dumbbell Pullover	3 - 4	12 - 15

Day 4: Charles Glass's Beginner Back Workout

Exercise	Sets	Reps
Behind Neck Lat Pulldown	3 - 4	12 - 15
Seated Cable Row	3 - 4	12 - 15
Deadlift	4 - 5	8 - 12
Hammer Strength Lat Pulldown	3 - 4	10 - 15
Cable Face Pull	3	15

Day 5: Charles Glass's Beginner Arm Workout

Exercise	Sets	Reps
Tricep Cable Pushdown	3 - 4	12 - 15
Alternating Dumbbell Curls	3 - 4	12 - 15 Each
Barbell Curl	4 - 5	10 - 15
Seated Overhead Cable Tricep Extension	3 - 4	12 - 15
Wrist Curls	3	15
Reverse Wrist Curls	3	15

Optional Charles Glass's Beginner Ab Workout

Exercise	Sets	Reps
Cable Crunch	3 - 5	15 - 20
Ab Crunch Machine	3 - 5	20 - 25
Russian Twist	3 - 5	15 - 20 Each