



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



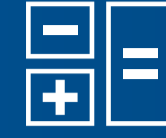
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START FROM SCRATCH: THE COMPLETE BEGINNER PROGRAM

New to the gym scene? This first part of the Start from Scratch program can be used as a road map to help you learn how to build muscle the right way.

Link to Workout: <https://www.muscleandstrength.com/workouts/start-from-scratch-beginner-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 4 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Author: Team SAN

Break-In Routine

Exercise	Sets	Reps
1. Squats	2	10 - 12
2. Leg Curls	1	12
3. Calf Raises	2	12 - 15
4. Bench Press	2	10 - 12
5. Pulldowns	2	10 - 12
6. Cable or Machine Rows	2	10 - 12
7. Overhead Press	2	10 - 12

Workout 1

Exercise	Sets	Reps
1. Squats *	2	10 - 12
2. Leg Extensions	1	12
3. Leg Curls	1	12
4. Standing Calf Raises	2	12 - 15
5. Bench Press *	2	10 - 12
6. Flyes	1	12
7. Pushdowns *	1	12

*These exercises require one light warmup set prior to the work sets listed

Workout 2

Exercise	Sets	Reps
1. Overhead Press *	2	10 - 12
2. Upright Rows	1	12
3. Lateral Raises	1	12
4. Pulldowns *	2	10 - 12
5. Under-grip Pulldowns	1	12
6. Pullovers	1	12
7. Cable or Machine Rows	2	10 - 12
8. Concentration Curls	1	12
9. Crunches	2	12 - 15

*These exercises require one light warmup set prior to the work sets listed