

A graphic featuring a muscular arm holding a gold medal with a green, white, and red ribbon. The text "Fit Magic" is in large orange 3D letters, "CHAMPION" is in white serif letters, "MUSCLE" is in large blue 3D letters, and "Building Course" is in smaller blue 3D letters.

Fit Magic **CHAMPION** **MUSCLE** **Building Course**



WORKOUT LOGS

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BEGINNER WORKOUT



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The information presented here is no way intended as medical advice. This information should be used in conjunction and guidance of your primary physician.

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BEGINNER TRAINING LOG

Workout tips before you get started

- Always consult with a physician before starting any training program.
- This workout is for beginner lifters and as a good 1-2 week warmup before starting either the 4 or 3 day per week workout routine. Beginners should do this complete 4 week program before moving to the 3 day per week workout.
- New lifters should focus more on their form rather than on the weight used.
- Sets listed below are working sets that do not include warm-up sets. For example on squats it states 4 sets. So you would do 2 or more warm-up sets with light weight (50% of max) and then the 4 sets.
- All working sets are done at constant weight.
- Rest between sets is 90-120 seconds on the compound lifts. You should be well rested so you can have the same intensity on the next set.
- **Add Volume each week!** Add more weight or more reps than your previous workout.
- Adding weight example: Once you are able to do 8 reps for the 4 sets with perfect form, you should increase the weight. You might only do 4 sets of 7 your next time (it happens), but work your way back up to 4 sets of 10 and increase the weight again.
- DB=Dumbbell



TRAINING LOG



WEEK ONE

DAY 1

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	2x8								
Stiff Legged Deadlift	2x10								
Overhead Press	2x8								
DB Side Laterals	2x10								
Leg Extensions	2x10								

DAY 2 - OFF

DAY 3

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	2x8								
Barbell Incline Press	2x10								
Dips	1 x MAX								
Skull Crushers	2x8								
Tricep Pulldowns	2x10								



TRAINING LOG



DAY 4 - OFF

DAY 5

BACK AND BICEPS

		Set 1		Set 2		Set 3		Set 4	
Exercise	Goal	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	1x6								
Barbell Rows	2x10								
Pullups	2x MAX								
Standing Barbell Curls	2x10								

DAY 6 - OFF DAY

DAY 7 - OFF DAY



TRAINING LOG



WEEK TWO

DAY 8

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	2x8								
Stiff Legged Deadlift	2x10								
Overhead Press	2x8								
DB Side Laterals	2x10								
Leg Extensions	2x10								

DAY 9 - OFF

DAY 10

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	2x8								
Barbell Incline Press	2x10								
Dips	1 x MAX								
Skull Crushers	2x8								
Tricep Pulldowns	2x10								



TRAINING LOG



DAY 11 - OFF

DAY 12

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	1x6								
Barbell Rows	2x10								
Pullups	2x MAX								
Standing Barbell Curls	2x10								

DAY 13 - OFF DAY

DAY 14 - OFF DAY



TRAINING LOG



WEEK THREE

DAY 15

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	2x8								
Stiff Legged Deadlift	2x10								
Overhead Press	2x8								
DB Side Laterals	2x10								
Leg Extensions	2x10								

DAY 16 - OFF

DAY 17

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	2x8								
Barbell Incline Press	2x10								
Dips	1 x MAX								
Skull Crushers	2x8								
Tricep Pulldowns	2x10								



TRAINING LOG



DAY 18 - OFF

DAY 19

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	1x6								
Barbell Rows	2x10								
Pullups	2x MAX								
Standing Barbell Curls	2x10								
Deadlift	1x6								

DAY 20 - OFF DAY

DAY 21 - OFF DAY



TRAINING LOG



WEEK FOUR

DAY 22

LEGS AND SHOULDERS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	2x8								
Stiff Legged Deadlift	2x10								
Overhead Press	2x8								
DB Side Laterals	2x10								
Leg Extensions	2x10								

DAY 23 - OFF

DAY 24

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	2x8								
Barbell Incline Press	2x10								
Dips	1 x MAX								
Skull Crushers	2x8								
Tricep Pulldowns	2x10								



TRAINING LOG



DAY 25 - OFF

DAY 26

BACK AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	1x6								
Barbell Rows	2x10								
Pullups	2x MAX								
Standing Barbell Curls	2x10								

DAY 27 - OFF DAY

DAY 28 - OFF DAY