

BEGINNER/MINIMAL/WEIGHT LOSS FITNESS TRAINING

NOTE: These workouts are to be used for Rescue Methods only. They are not to be copied or shared. These are copy written materials by Matt Wenning.

**2x per week lifting
2-3x per week cardio**

The goal of the beginner/minimal training cycle is to receive acceptable level of fitness through weight training and cardio using only the smallest amount of time needed for beginners progress. This cycle will more demanding on the diet than the advanced or intermediate workout for weight loss due to less intensity. Total weekly time to this cycle will be 1.5 hours of cardio per week, as well as 1hour of weight training per week. If you're not conditioned to any type of training this workout will be a good start.

With a semi strict diet and adhesion so the outlined program it is feasible to gain some (2-5lb) muscle and loose 15-20 lbs of fat in the 10-12 weeks. The workouts will rotate different exercises and cardio in order to keep it fun and new.

Weights

MON – FRI weights do not have to be directly on these days but muscles being used in the workouts must be separated between 72 hours. Workouts should only take 25-30 min

Examples

MON (LEGS)

THURS (upper)

Cardio 3 bouts per week of 30min

Some days will not be near as long if we use the kettlebell or walk on the treadmill with it turned off, just depends on the intensity. But the cardio will change constantly to burn as many calories as possible. Remember if you take off on a run in the middle of your cardio; finish it when you get back. It's all about the total time being achieved in the week.

Beginner training cycle

12 weeks

Week 1

Stability Emphasis

Monday (LOWER) 30-40min

Warm-up tread sled (treadmill turned off) 3x40 sec
DB step ups 2x10 use 10-15lb dumbbells 2min rest
Hamstring curl 2x10 50-60lb
Standing cable crunch 3x20 (heavy as you can) 1min rest
Stretching 10min

Tuesday (cardio) 20min

20min fast pace walk 125bpm or anything similar (pre core-etc)

Wednesday (UPPER) 25-35min

DB bench press 1x1.5min with 15-25lb dumbbells (strict) 2min rest
DB bent over rows 2x10 with as much as possible 1min rest
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 40-60lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm
Upper body stretch 10min

Thursday

Stretching and light activity only

Saturday

Sunday

pick a day for 20min cardio (any) preferably walk

Beginner training cycle

12 weeks

Week 2

Strength Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Leg press (single leg) 2x10 each leg progressive 2.5 min rest
Straight leg db deadlifts 3x10w 30-50lb dumbbells 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Stretch lower 10min (hamstring emphasis)

Tuesday (cardio)

Jump rope 2x 1min rest only as much as needed
20min pre core or fast pace walk

Wednesday (UPPER)

75 rep bench with 45lb or bar (strict) narrow grip
Cable Lat pulldowns wide grip 4x12 heavy as you can
Triceps pushdowns 2x failure with wide bar 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

Sunday

pick a day for 20min cardio (any) preferably walk

Beginner training cycle

12 weeks

Week 3

Conditioning Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1.25min

75 box squats in a row with 5-10lb dumbbells

Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest

Stretch lower 10min

6hours post 30min cardio steady walk 115bpm (recovery)

Tuesday (cardio)

Stair walking double step 10min as many flights as you can do in that time
(steady pace rest if needed)

Wednesday (UPPER)

Pushups 1 set as many as you can do

Cable Lat pulldowns narrow grip 4x12 heavy as you can

Triceps pushdowns behind the head 2x failure with rope 1min rest

Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)

External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

Sunday

Light dumbbell conditioning w 5-10lb dumbbells

Curl to press 1x1min

Floor press 1x1min

Squats to bench 2x1min

pick a day for 20min cardio (any) preferably walk

Beginner training cycle

12 weeks

Week 4

Unload Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1.25min

DB step ups 2x6 each leg 15-25lb dumbbell

Standing cable crunch wide stance 3x15 (heavy as you can) 1min rest

Stretch 10min

6hours post 15min cardio steady walk 115bpm (recovery)

Tuesday (cardio)

Stair walking single step 12min as many flights as you can do in that time

Wednesday (UPPER)

Cable Lat pulldowns narrow grip 3x12 heavy as you can

Triceps pushdowns behind the head 2x failure with rope 1min rest

Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)

External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

Sunday

pick a day for 20min cardio (any) preferably walk

Beginner training cycle

12 weeks

Week 5

Stability Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min

DB step ups 2x10 use as heavy of weight as possible 1.5 min rest

DB alternate toe touch 2x10 w 35-40lb Dumbbell 1.5 min rest

Standing cable crunch 3x20 (heavy as you can) 1min rest

Stretch 5min

6hours post 15min cardio steady walk 110bpm (recovery)

Tuesday (cardio)

30min fast pace walk 125bpm

Tread sled 3x1min

Wednesday (UPPER)

DB bench press 1x2min with 20-30lb dumbbells (strict) 2min rest

DB bent over rows 3x10 with as much as possible (strict) 1min rest

Triceps pushdowns 2x failure with rope 1min rest

Rear delt rows standing 4x25 w 70lb wide bar (pull to chin)

External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

20min cardio walk

Sunday

Light dumbbell conditioning w 5-10lb dumbbells

Curl to press 1x1min

Floor press 1x1min

Squats to bench 2x1min

Beginner training cycle

12 weeks

Week 6

Strength Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Leg press (single leg) 3x10 each leg progressive 2.5 min rest
Leg curls w machine or band 2xfail 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats 3x6 each leg 1.5 min rest
Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
15min fast pace walk 120bpm

Wednesday (UPPER)

Floor dumbbell press 1xfail w 20lb dumbbells strict
Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

20min cardio walk

Sunday

Light dumbbell conditioning w 5-10lb dumbbells
Curl to press 1x1min
Floor press 1x1min
Squats to bench 2x1min

Beginner training cycle

12 weeks

Week 7

Endurance Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
100 squats with 1-20lb dumbbells all in one set
Leg curls w machine or band 2xfail 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats 3x6 each leg 1.5 min rest
Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
15min fast pace walk 120bpm

Wednesday (UPPER)

100 rep bench with bar all in one set
Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

KB swings 3x40sec with light weights

Sunday

Light dumbbell conditioning w 5-10lb dumbbells
Curl to press 1x1min
Floor press 1x1min
Squats to bench 2x1min

pick a day for 20min cardio (any) preferably walk

Beginner training cycle

12 weeks

Week 8

Speed Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Jumps to 12in box with bodyweight or light dumbbells 8x2 reps 45sec rest
Leg curls w machine or band 2xfail 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats 3x6 each leg 1.5 min rest
Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
15min fast pace walk 120bpm

Wednesday (UPPER)

Speed bench 8x3 with the bar 45sec rest
Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

KB swings 3x40sec with light weights

Sunday

Light dumbbell conditioning w 5-10lb dumbbells
Curl to press 1x1min
Floor press 1x1min
Squats to bench 2x1min

Beginner training cycle

12 weeks

Week 9

Endurance Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
100 squats with 1-20lb dumbbells all in one set
Leg curls w machine or band 2xfail 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats 3x6 each leg 1.5 min rest
Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
15min fast pace walk 120bpm

Wednesday (UPPER)

100 rep bench with bar all in one set
Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

KB swings 3x40sec with light weights
20min cardio walk

Sunday

Light dumbbell conditioning w 5-10lb dumbbells
Curl to press 1x1min
Floor press 1x1min
Squats to bench 2x1min

pick a day for 20min cardio (any) preferably walk

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Week 10

Speed Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Jumps to 12in box with bodyweight or light dumbbells 8x2 reps 45sec rest
Leg curls w machine or band 2xfail 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats 3x6 each leg 1.5 min rest
Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
15min fast pace walk 120bpm

Wednesday (UPPER)

Speed bench 8x3 with the bar 45sec rest
Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

KB swings 3x40sec with light weights
20min cardio walk

Sunday

Light dumbbell conditioning w 5-10lb dumbbells
Curl to press 1x1min
Floor press 1x1min
Squats to bench 2x1min

pick a day for 20min cardio (any) preferably walk

Beginner training cycle

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Week 11

Strength Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Leg press 3x6 progressive
Leg curls w machine or band 2xfail 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats 3x6 each leg 1.5 min rest
Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
15min fast pace walk 120bpm

Wednesday (UPPER)

Speed bench 8x3 with the bar 45sec rest
Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

KB swings 3x40sec with light weights
20min cardio walk

Sunday

Light dumbbell conditioning w 5-10lb dumbbells
Curl to press 1x1min
Floor press 1x1min
Squats to bench 2x1min

Beginner training cycle

12 weeks

Week 12

Endurance Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
100 squats with 1-20lb dumbbells all in one set
Leg curls w machine or band 2xfail 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats 3x6 each leg 1.5 min rest
Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
15min fast pace walk 120bpm

Wednesday (UPPER)

100 rep bench with bar all in one set
Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

KB swings 3x40sec with light weights
20min cardio walk

Sunday

Light dumbbell conditioning w 5-10lb dumbbells
Curl to press 1x1min
Floor press 1x1min
Squats to bench 2x1min

Beginner training cycle

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Week 13

Endurance Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Squats with a bottle and some tools (firefighter specific) 2x2min
Leg curls w machine or band 2xfail 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats 3x6 each leg 1.5 min rest
Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
15min fast pace walk 120bpm

Wednesday (UPPER)

100 rep bench with bar all in one set
Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

KB swings 3x40sec with light weights

Sunday

Light dumbbell conditioning w 5-10lb dumbbells
Curl to press 1x1min
Floor press 1x1min
Squats to bench 2x1min

pick a day for 20min cardio (any) preferably walk

Beginner training cycle

12 weeks

Week 14

Speed Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Speed squats to a bench with 20lb dumbbells 10x3
Leg curls w machine or band 2xfail 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats 3x6 each leg 1.5 min rest
Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
15min fast pace walk 120bpm

Wednesday (UPPER)

Speed bench 8x3 with 55lb 45sec rest
Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

KB swings 3x40sec with light weights

Sunday

Light dumbbell conditioning w 5-10lb dumbbells
Curl to press 1x1min
Floor press 1x1min
Squats to bench 2x1min

Beginner training cycle

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Week 15

Endurance Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Stair walking with bottle and tools as long as you can 1 set, then rest 7min
Leg curls w machine or band 2xfail 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats 3x6 each leg 1.5 min rest
Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
15min fast pace walk 120bpm

Wednesday (UPPER)

100 rep bench with bar all in one set
Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

KB swings 3x40sec with light weights
20min cardio walk

Sunday

Light dumbbell conditioning w 5-10lb dumbbells
Curl to press 1x1min
Floor press 1x1min
Squats to bench 2x1min

pick a day for 20min cardio (any) preferably walk

Beginner training cycle

12 weeks

Week 16

Speed Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Object granny toss in grass (find a 25lb object and throw as far as possible)
Leg curls w machine or band 2xfail 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats 3x6 each leg 1.5 min rest
Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
15min fast pace walk 120bpm

Wednesday (UPPER)

Speed bench 8x3 with 60lb 45sec rest
Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

KB swings 3x40sec with light weights
20min cardio walk

Sunday

Light dumbbell conditioning w 5-10lb dumbbells
Curl to press 1x1min
Floor press 1x1min
Squats to bench 2x1min

pick a day for 20min cardio (any) preferably walk

Beginner training cycle

12 weeks

Week 17

Strength Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min

Leg press 3x6 progressive

Leg curls w machine or band 2xfail 2min rest

Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest

Single leg squats 3x6 each leg 1.5 min rest

Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed

15min fast pace walk 120bpm

Wednesday (UPPER)

Speed bench 8x3 with the bar 45sec rest

Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)

Triceps pushdowns 2x failure with rope 1min rest

Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)

External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

KB swings 3x40sec with light weights

20min cardio walk

Sunday

Light dumbbell conditioning w 5-10lb dumbbells

Curl to press 1x1min

Floor press 1x1min

Squats to bench 2x1min

Beginner training cycle

12 weeks

Week 18

Endurance Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
100 squats with 1-20lb dumbbells all in one set
Leg curls w machine or band 2xfail 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats 3x6 each leg 1.5 min rest
Stretch 5min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
15min fast pace walk 120bpm

Wednesday (UPPER)

100 rep bench with bar all in one set
Cable Lat pulldowns wide grip 4x12 heavy as you can (strict)
Triceps pushdowns 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Saturday

KB swings 3x40sec with light weights
20min cardio walk

Sunday

Light dumbbell conditioning w 5-10lb dumbbells
Curl to press 1x1min
Floor press 1x1min
Squats to bench 2x1min

