

FREE BEGINNER TRAINING GUIDE



THE BEGINNER'S MUSCLE-BUILDING BLUEPRINT

A simple, effective 3-day full-body programme to help you start building muscle and strength.

3 DAYS / WEEK

Train consistently

2 WORKING SETS

Start manageable

A + B

Alternate sessions

01 / THE PLAN

START STRONG

Three non-consecutive training days per week. Start light, practise the movements and build consistency.

YOUR FIRST TWO WEEKS

WEEK	MON	WED	FRI
1	Workout A	Workout B	Workout A
2	Workout B	Workout A	Workout B

BEFORE YOU LIFT

5-8 minutes of comfortable movement. Then perform 1-3 lighter warm-up sets for the first big exercise. Warm-ups do not count as working sets.

HOW HARD?

Finish most sets with around 2-3 good reps left. Keep your technique controlled. Do not force repetitions when your form breaks down.

REST AND REP RANGES

2 x 8-12 means two working sets of 8 to 12 reps. Rest roughly 2-3 minutes after demanding compound lifts and 60-120 seconds after smaller movements. Take longer when needed to maintain technique.

This is a general plan for healthy adults. If you are unsure how to perform an exercise, ask a qualified gym professional for a demonstration.

02 / THE WORKOUTS

YOUR TRAINING PLAN

Alternate A and B across the week. Most sessions take around 45-60 minutes, depending on rest and equipment.

WORKOUT A

EXERCISE	SETS	REPS
Squat OR leg press	2	6-10
Machine chest press OR bench press	2	8-12
Seated cable row	2	8-12
Leg curl	2	10-15
Dumbbell lateral raise	2	10-15
Plank	2	20-40 sec

WORKOUT B

EXERCISE	SETS	REPS
Romanian deadlift OR hip hinge machine	2	8-10
Lat pulldown	2	8-12
Incline DB OR machine press	2	8-12
Split squat OR leg extension	2	8-12
Cable triceps pushdown	2	10-15
Dumbbell OR cable curl	2	10-15

These are example exercise choices, not mandatory. Choose safe, comfortable variations that suit your equipment. Two sets per exercise is a starting point, not a universal optimum.

03 / TECHNIQUE

EXERCISE QUICK GUIDE

Simple cues to get started. Ask a qualified trainer to check your technique if you are unsure.

SQUAT / LEG PRESS

Use a comfortable depth, keep your feet planted and move smoothly.

CHEST / INCLINE PRESS

Keep shoulders stable; lower under control and press without bouncing.

SEATED ROW / PULLDOWN

Keep your torso steady and pull with your elbows rather than swinging.

ROMANIAN DEADLIFT

Push hips back with a neutral spine; keep the weight close to your legs.

SPLIT SQUAT / LEG EXTENSION

Move through a comfortable range; avoid rushing the lowering phase.

LEG CURL / LATERAL RAISE

Control both directions; avoid using momentum to move the weight.

CURL / TRICEPS PUSHDOWN

Keep upper arms relatively steady and use a controlled range.

PLANK

Brace your midsection and breathe; stop before your hips sag.

If an exercise hurts, stop and seek an appropriate alternative. Muscle effort is normal; sharp pain is not.

04 / GET STRONGER

PROGRESS WITHOUT GUESSWORK

Use the same exercises long enough to measure improvement. Record your sets each session.

DOUBLE PROGRESSION

Choose a weight you can lift at the lower end of the rep range with about 2-3 good reps left. Keep the weight until you reach the top of the range on both sets with good form. Then increase by the smallest available increment.

EXAMPLE: CHEST PRESS / 2 x 8-12

WEEK	SET 1	SET 2	NEXT STEP
1	30 kg x 9	30 kg x 8	Keep weight
2	30 kg x 11	30 kg x 10	Keep weight
3	30 kg x 12	30 kg x 12	Increase slightly
4	32.5 kg x 9	32.5 kg x 8	Build back up

WHEN TO ADD MORE SETS

Two working sets is a manageable starting point. If your technique, recovery and consistency are good but progress stalls over time, consider gradually adding volume instead of changing everything at once.

Progress is rarely perfectly linear. Sleep, stress and nutrition affect performance. Judge trends across several weeks, not a single workout.

05 / OUTSIDE THE GYM

EAT. RECOVER. REPEAT.

Training provides the stimulus. Recovery and nutrition help you adapt.

PROTEIN

A practical general target is around 1.4-2.0 g of protein per kilogram of body weight daily. Individual needs vary; seek medical advice if you have a condition requiring dietary restrictions.

FOOD AND ENERGY

Eat enough to support your activity. A modest calorie surplus may help if gaining weight and muscle is the goal, but it is not essential for every beginner.

SLEEP AND RECOVERY

Aim for roughly 7-9 hours of sleep when possible. Leave recovery time between full-body workouts and keep other activity at a sustainable level.

CONSISTENCY

Follow the plan for 6-8 weeks while tracking performance. Learn the exercises, keep sessions repeatable and focus on gradual improvements.

06 / PRINTABLE TRACKER

WORKOUT LOG

Print or duplicate this page for each training session. Record the load and reps for every working set.

DATE: _____

WORKOUT: A / B

EXERCISE	WEIGHT	SET 1 REPS	SET 2 REPS
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
NOTES / NEXT SESSION			

Log your actual reps. When both sets reach the top of the prescribed rep range with solid technique, increase the weight slightly next time.

WHAT COMES NEXT?

READY FOR A PLAN BUILT FOR YOU?

This free blueprint gives you a starting point. When you want a programme tailored to your goals, schedule, equipment and experience, Silverback Muscle can help.

6-WEEK PERSONALISED ONLINE COACHING

- A training programme built around you
- Weekly progress check-ins
- Workout delivery and support via Everfit

EXPLORE SILVERBACK MUSCLE COACHING

silverbackmuscle.com/coaching

Start with the basics. Train consistently. Build strength that lasts.

General information only, not individual medical advice. If you have health concerns or symptoms during exercise, consult a qualified healthcare professional.