

Beginner Training



FULLBODY TRAINING + TRAINING PROGRAM



BODY WISDOM

BE YOUR BEST . ANYTIME . ANYWHERE

Please note that the training plans are generalized, i.e., the number of repetitions and the number of sets are kept general. Of course, everyone is different and it may be that your upper body is very good at handling the reps and number of sets, but the leg exercises are too numerous. If so, listen to your body and start with fewer reps/sets. Fight your weaker self, but don't overexert yourself. For all unilateral exercises (single side exercises), i.e., exercises where you use one leg or one arm, the number of sets per leg / arm applies.

This eBook is divided into two training systems, once the normal weekly training plan and once a full body workout, which can be trained at will.

All exercises are interactive, i.e. if you do not know the name of the exercise and do not know how to do it correctly, simply click on the exercise in the training program and you will automatically be guided to the right exercise without having to scroll continuously. When you are at the right exercise, click on the appropriate training program again to get back to the training program.

If you use your smart phone, adobe reader is advised to make the links clickable.

Training Program Beginner

Training Plan Beginner		 BODY WISDOM	
	Day 1 (e.g. Tuesday)	Day 2 (e.g. Thursday)	Day 3 (e.g. Saturday)
Muscle groups	Chest, Abs & Legs	Abs & Back	Back, Chest & Arms
Exercises	1. <u>Squats</u> 2. <u>Reverse Lunge</u> 3. <u>Chest Press</u> 4. <u>Situp + Reverse Fly</u>	1. <u>Lat Pull</u> 2. <u>Hip Bridge</u> 3. <u>Standing Oblique Twists</u> 4. <u>Plank (Loops)</u>	1. <u>Backrow</u> 2. <u>Pushups</u> 3. <u>Triceps Extension</u> 4. <u>Biceps Curls</u> 5. <u>Y's Raises</u>
Repetitions	5-20	5-20	5-20
Sets	2-3	3	3
Remarks	If you are fatigued by Squats, leave out #2.	<u>Plank</u> , 3 sets as long as possible.	If the pushups are too difficult, then do them on your knees

If you don't like weekly training programs or you can't keep to a rhythm, then try to do this full-body workout at least 3 times a week:

Full Body Training Beginner

Here YOU can train with repetition numbers or with time intervals. If you train with time, get a good interval timer or an interval app. The time is then as follows: 20 seconds training and 10 seconds rest (this is one set) and we abbreviate it in the training program like this: 20:10.

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Full Body Training Beginner				
Exercise	Repetitions or Time	Sets for Repetitions	Sets for Time	Remarks
<u>Reverse Lunge</u>	8-10 or 20:10	3 per Leg	4 after 2 sets alternate the leg	
<u>Back Rows</u>	8-10 or 20:10	3	4	
<u>Plank (Loops)</u>	10-30 Seconds	3		If too difficult, then do them without the footloops on the floor
<u>V-Out</u>	8-10 or 20:10	3	4	Don't overextend your back!
<u>Bear Hug</u>	8-10 or 20:10	3	4	
<u>Pushups (knee)</u>	8-10 or 20:10	3	3	If normal Pushups are too difficult, then do them on your knees

Exercises

Squats

Target musculature: quadriceps, hamstrings, glutes



Look towards anchor point. The handles are adjusted to knee height. Keep your back straight and perpendicular to the floor, or lean slightly back and into the straps. The feet are slightly wider than shoulder width apart and the toes (in line with the knees) point slightly outwards. Now let yourself sink to the ground with the help of the straps. You should sink to at least 90 °, but lower is preferred. When your feet lift off the ground, you know you have a mobility problem. Thus, work on your squat mobility.

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Lunge backwards

Target musculature: gluteal muscle, quadriceps



Look to the anchor point. The hands are close to your chest, take a step back into the lunge. Let your body sink to the ground until your knee slightly touches the ground or almost touches it, or as far as you come. The back leg serves only as a support. Your back is always straight and perpendicular to the ground. 80-95% of the weight is on the foreleg. Press your heels into the ground to stand back up. Your active (front) knee should not go (too far) over your toes.

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Chest Press

Target muscles: deltoids, chest muscle (middle), serratus muscles



Look away from the anchor point. The handles are 20 cm above the ground. Your body is always straight and always has a basic tension (tense abdominals, back and gluteal muscles). Your palms face down. Your arms are parallel and then you are sinking away from the anchor point by taking your arms and elbows back sideways until your forearm and upper arm make more or less a 90 ° angle and your upper arm to the body 45 °. The straps do not rub against your shoulders. Now you push yourself back to the starting position.

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Reverse Fly + Situp

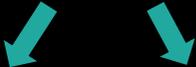
Target musculature: Straight abdominal muscle



Look to the anchor point. The handles are 20cm above the ground. You sit down on a mat / floor. In the starting position, you've bent your knees and your arms are in a backwards fly, so you stretch your arms laterally to give you stability and to pull you up. You are sitting about your leg length away from the anchor point. Now you lower your body to the ground, your legs are stretched out and just above the ground and your arms come together to the middle of the body. Then you go back to the starting position. At no time is your back overstretched, meaning there must be no hand-width between lumbar spine and floor, the lumbar spine has always contact to the ground.

**BODY WISDOM**

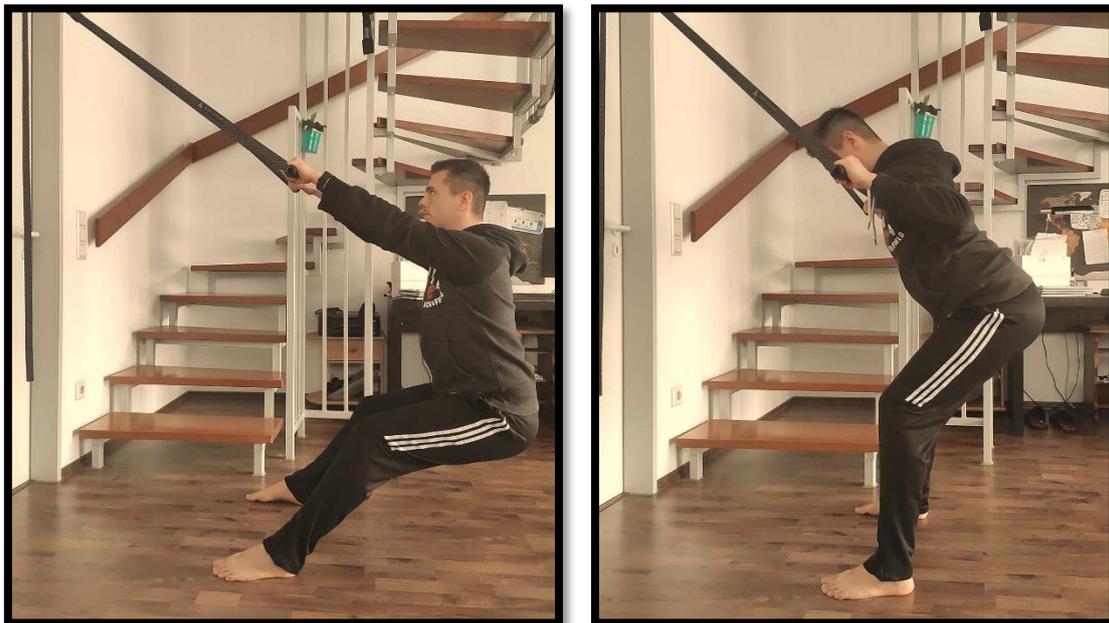
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Lat Pulldown

Target musculature: latissimus, trapezius muscle, teres major muscles



This is a good exercise to prepare you for the right pull-ups or to power you out if you have already done the normal pull-ups. Look towards the anchor point. The handles are at knee height. Your knees are bent, your arms stretched out and you lean in the straps. Your elbows are slightly bent. You pull yourself towards the anchor point, with your elbows pulling towards your hip. In the end position, the straps are in line with your back. Now you can slowly and in a controlled manner sink back to the starting position.

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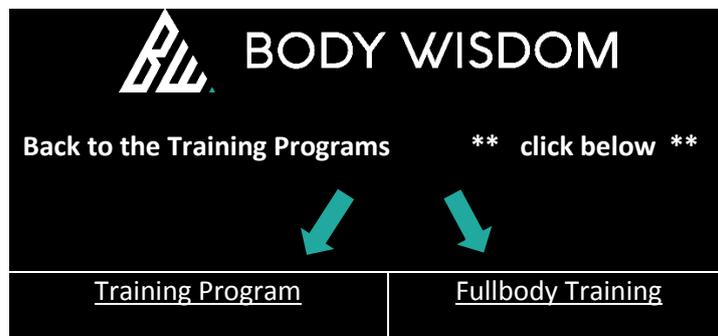
Back Row

Target muscles: hand flexor, hand extensor, latissimus, teres major muscles, trapezius muscle



Look to the anchor point. The handles are 20 cm above the ground. In the starting position your arms are close to the body and your hands are at chest-height and the palms face each other. You choose the resistance according to your level. The shoulder blades are compressed.

Now you slowly lower yourself down, until your arms are stretched out, parallel to each other. Your body is always straight, which means it is under tension (abdominals, back and buttocks are tense). Now you can pull yourself back to the starting position.



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Hip Bridge

Target musculature: glutes, hamstrings



Look to the anchor point. The foot loop is 50 cm above the ground. Put your heels in it. Lie down on the floor, relax your neck, do not strain it. Press your heels into the foot straps so that your buttock comes off the ground and your upper legs and shins form a 90 ° angle. Your body is straight (abdominal muscles, buttocks and back are tense). Now you can lower your buttocks back to the ground in a controlled manner. You can put your arms next to you to support yourself.

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Standing Oblique Twist

Target musculature: obliques



Look to the anchor point. The handle is 30 cm above the ground. The handle is in the one-hand grip mode. You take the handle with both hands in the hand. Now you go back until the straps are under tension. You choose the resistance according to your level. Your hands are at shoulder level and stretched away from the body. Now you rotate from side to side using your lateral abdominal muscles and **keeping your arms stretched out**. Try to get the required strength as little as possible from your arms, but rather from your obliques.

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Plank (feet loops)

Target musculature: deltoid, straight abdominal muscles, back extensors



Look away from the anchor point. The handles are 20cm above the ground. Your feet are both in the foot straps. Straight body, your back and buttocks are tight. Your hands are shoulder width apart. The arms are stretched out or you support your forearms on the ground (easier). If both modes are too heavy, then you can also support your feet on the ground, meaning you can do the normal Plank (forearm support). You keep the plank as long as possible or for a certain time (trainings plan), without overstretching your back.

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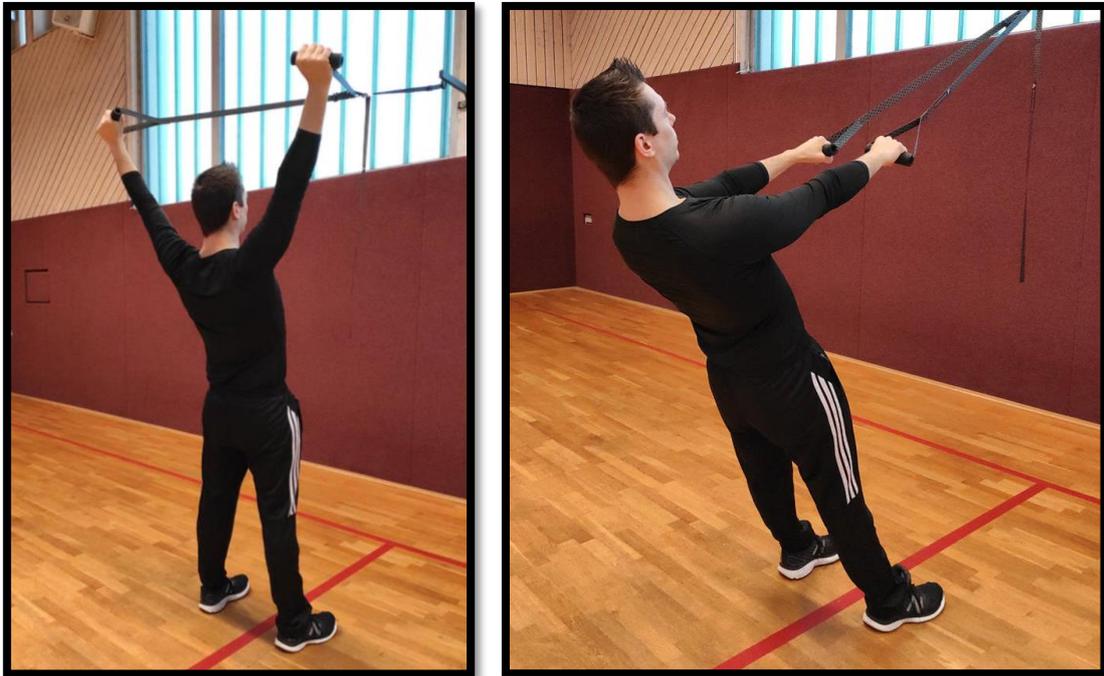
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The image shows a black rectangular menu with the Body Wisdom logo (a stylized 'BW' in a triangle) and the text 'BODY WISDOM'. Below the logo, it says 'Back to the Training Programs' followed by '** click below **'. Two teal arrows point downwards from the text to two buttons: 'Training Program' and 'Fullbody Training', both of which are underlined.

Y's raises

Target musculature: anterior deltoid muscle, lateral deltoid muscle, trapezius muscle, posterior deltoid muscle



Look to the anchor point. Go to the starting position. Choose the angle to match your level. Your arms are in a Y-shape over your head. Your abs and back muscles are tight and straight. You lower your arms until they are 90 ° to your body and parallel to each other. Then you bring your arms in the opposite motion back over your head into the Y-shape.

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Triceps Extension

Target musculature: triceps



Look away from the anchor point. The handles are 30cm from the floor. Choose an angle that matches your desired resistance. Your arms are parallel to each other and also your elbows. The **upper arms do not move** and you stretch only over the elbows. Pull your shoulder blades back and down to put less strain on your elbows. Your body is always straight and always has a basic tension (tense abdominals, back and gluteal muscles). Now you lower yourself until your hands reach your forehead, are next to the ears or above your head. Make sure that you do not move your upper arms, the entire movement happens through your elbows and forearms. In order to facilitate the exercise, you can have one leg bent in front of you, so to distribute the weight on this front leg and push yourself up slightly, with your leg, if you cannot generate the movement from the strength of triceps.



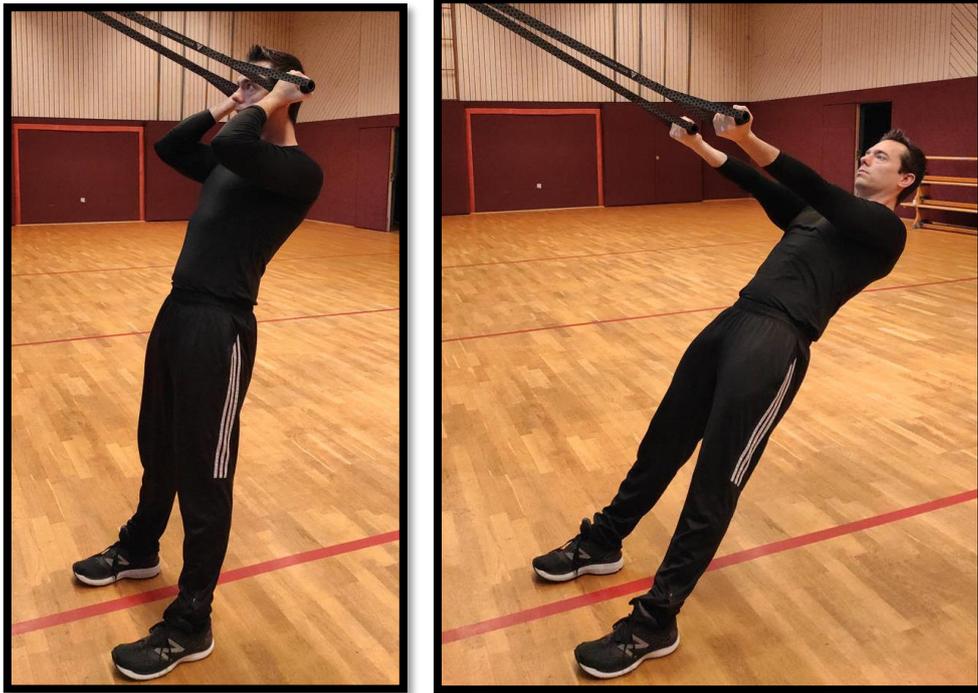
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Biceps Curls

Target musculature: biceps



Look to the anchor point. Choose the angle that suits you. Raise your arms so that your upper arm forms a 90 ° angle to your body. Your arms are parallel. Now, bent your forearms until your wrists are close to your ears. **The upper arm does not move at all.** The forearm only bends over the elbows. Now let your body sink in a controlled manner. Your body is always straight and always has a basic tension (tense abdominals, back and gluteal muscles).

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Bear Hug

Target musculature: chest muscle (upper), serratus muscles, biceps



Look to the anchor point. Choose the angle that suits you. Raise your arms so that your upper arm forms a 90 ° angle to your body. Palms facing each other and the arms are in a parallel position to each other. You try to keep your arms as straight as possible, with a slight bend in the elbow. Imagine hugging a big, thick tree trunk. Now you are crossing your forearms until one hand is under your shoulder and one is over your shoulder. Lower yourself back into the starting position. Now you change your arms, for example: the left hand under your right shoulder and your right hand over the left shoulder and then the next repetition is your left hand over your right shoulder and your right hand under your left shoulder. The upper arm moves only minimally. The forearm only bents over the elbows. Abdominal muscles, back and gluteal muscles are tensed at all times.



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V-Out

Target musculature: Straight abdominal muscle, triceps



Look away from the anchor point. The handles are at ground level. You are with your body below or close to the anchor point. The further away you are looking, the easier the exercise becomes. You look in the direction of the ground and your upper body is bent over. Now you stretch your body and at the same time you lean forward in the bands until your arms are parallel to the floor, in this position you stay for 2-4 seconds. In this end position, you get up your tiptoes. Make sure your back, stomach, and buttocks are tight and you do not overstretch your back. Now you go back to the starting position.

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Final Words

We hope you enjoyed the training plan and the full body workout.

If all the exercises seem too easy for you and you want to improve, then simply download the advanced training plan for free from our website.

If you want more training plans and over 100 exercises, you can download our exercise catalog [here](#) (it's free with the purchase of a Body Wisdom Sling 😊).

Sporty greetings,

Your Body Wisdom Team

