

ROS

NUTRITION



Top 10 Exercises for Beginners - 7 Day Plan

[ROSNutrition.com](https://rosnutrition.com)

DAY 1

Exercises	Warm-up Sets	Sets	Reps	1	2	3
Push-ups	1	3	8-12			
Pull-ups	0	3	6-8			
Dumbbell Overhead Press	0	3	10			
Superman Extensions	0	3	8-12			
Glute Bridge	0	3	10			
Plank	0	3	30 Sec			

*Alternative for a Pull-up: Perform a Table Bodyweight Row

DAY 2

Active Rest Day Recovery						
30 Minutes recommended: <ul style="list-style-type: none"> • Brisk Walk • Bike Ride • Yoga • Walk the dog • Trip to the park with your kids Important Note: Choose any activity that you enjoy! You can forget about it as exercise and make it a more enjoyable activity.						

DAY 3

Exercises	Warm-up Sets	Sets	Reps	1	2	3
Squats	2	3	6-8			
Push-ups	0	3	8-10			
Calf-raises	0	3	12-15			
Lunges	0	3	8-10			
Superman Extensions	0	3	10			
Plank	0	3	30 Sec			

DAY 4

Active Rest Day Recovery

30 Minutes recommended:

- Brisk Walk
- Bike Ride
- Yoga
- Walk the dog
- Trip to the park with your kids

Important Note: Choose any activity that you enjoy! You can forget about it as exercise and make it a more enjoyable activity.

DAY 5

Exercises	Warm-up Sets	Sets	Reps	1	2	3
Deadlifts	2	3	6-8			
Pull-ups	0	3	6-8			
Dumbbell Overhead Press	0	3	8-10			
Glute Bridge	0	3	8-12			
Calf-raises	0	3	12-15			
Plank	0	3	30 Sec			

DAY 6

Active Rest Day Recovery

30 Minutes recommended:

- Brisk Walk
- Bike Ride
- Yoga
- Walk the dog
- Trip to the park with your kids

Important Note: Choose any activity that you enjoy! You can forget about it as exercise and make it a more enjoyable activity.

DAY 7

Rest Day

Important Note: Just as it is important to train your muscles, so you can get fitter and healthier. You must also take an adequate amount of rest to repair the muscles after training. So taking a day to rest, you allow your body to rejuvenate itself and allow for recovery.