

# GETTING COMFORTABLE

## (WEEKS 1-2)

### INTRO

Every Buzz Gym member starts somewhere, and this is your somewhere. Phase 1 involves entering the gym, learning how the equipment works, and building good habits. Two to three sessions a week is all it takes. Learn the movements, be consistent, and build your confidence.

### WORKOUT SUMMARY

Your workout covers six main movements, as well as a warm up and mobility routine to ensure you're adequately warmed up. Finish with an optional 5-10 minutes on the bike if you're feeling good. Focus on learning the movements, not just the numbers on the stack.

WARM UP				
Exercise	Sets	Reps / Time (mins / secs)	Rest (secs)	Notes / Instructions
Elliptical Trainer, low intensity	1	5m	60s	
Upper back roll - FR	2	30s	0s	
Hip drive kneeling, right	2	20s	0s	
Hip drive kneeling, left	2	20s	0 s	
Chest stretch standing, right	2	20s	0 s	
Chest stretch standing, left	2	20s	0 s	
WORKOUT				
Seated leg press machine	2	10	60s	
Seated chest press	2	10	60s	
Lat pulldown wide grip front	2	10	60s	
Shoulder press machine	2	10	60s	
Lying leg curl machine	2	10	60s	
Plank	2	20s	30s	
Stationary Bike, high intensity	1	10m	60s	



### APP INSTRUCTIONS

You can log this workout on the Buzz Gym app. Open the app, click on 'Calendar', press the '+' button, and scan this QR code! Alternatively, click on 'Workouts', and type in 'Beginners Workout - Phase 1'.