

BUILDING YOUR ROUTINE

(WEEKS 3-6)

INTRO

By now the gym should be starting to feel a little more familiar. Phase 2 is where you settle into a proper routine: three sessions a week, slightly more volume, and your first taste of real progression. You'll start to notice things getting easier, which is your body adapting, and it's exactly what's supposed to happen.

WORKOUT SUMMARY

Start each session with 5 minutes of cardio and some mobility exercises to warm up. Your main workout builds on Phase 1 with added exercises and increased training volume. You'll finish each session with 10 minutes of steady-pace cardio. When the weights begin to feel comfortable, increase them slightly. Small, regular increases are how progress is made.

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	
Bird dog cross, right	2	20s	0s	
Bird dog cross, left	2	20s	0s	
Hip stretch, right	2	20s	0s	
Hip stretch, left	2	20s	0s	
Sumo squat stretch rotation	2	30s	0s	
WORKOUT				
Seated leg press machine	3	10	60s	
Bench press - DBs	3	10	60s	
Lat pulldown wide grip front	3	10	60s	
Deadlift half range - DBs	2	10	60s	
Shoulder press seated - DBs	2	10	60s	
Plank	3	30s	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 2'.