
TRAIN WITH A PLAN. BUILD AT YOUR PACE.

BlueRep Workout Plan

Your beginner workout plan

THE ADULT BEGINNER WORKOUT PLAN

Gym first.
Home options.
A plan you can repeat.

Choose one of three schedules. Follow exact sets and reps. Learn technique, progress gradually, and record the work.

Choose loads and exercise variations for your experience, recovery and goals. Progress varies; consistent practice comes first.



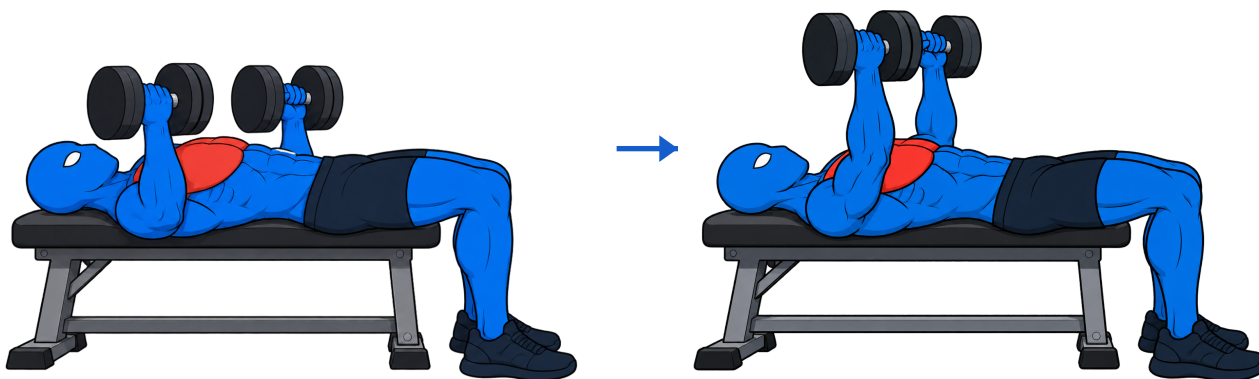
Understand the movement. Control the repetition. Build at your pace.

Chest

Dumbbell bench press

01 / START

02 / FINISH



DOSE

2-3 × 8-12

REST

About 2 minutes

EFFORT

2-3 reps in reserve

01

Keep feet stable.

02

Stack wrists over forearms.

03

Lower to a comfortable depth.

Control the movement

- Sit with light dumbbells on your thighs, then lie back under control.
- Keep feet stable and shoulder blades supported.
- Hold forearms roughly vertical with elbows about 30-60° from your torso.
- Press above your chest; lower slowly to a comfortable depth.
- Ask for help with setup before increasing weight.

COMMON MISTAKES

Avoid dropping dumbbells into position, bouncing at the bottom, pushing through shoulder pain, or using a load you cannot safely set down.

Static positions show the sequence schematically. Red indicates the main target region; other muscles contribute. Use a comfortable, controlled range.

PUT IT INTO PRACTICE

Plan 1 · Two gym days

Use the same full-body session on Monday and Thursday, or any two non-consecutive days. Complete exercises in order, with the rest and effort rules from the opening section.

EXAMPLE WEEK / NON-CONSECUTIVE TRAINING

MON	TUE	WED	THU	FRI	SAT	SUN
TRAIN	RECOVER	RECOVER	TRAIN	RECOVER	RECOVER	RECOVER

EXERCISE	WORKING SETS x REPS
Leg press	3 × 8-12
Machine chest press	3 × 8-12
Lat pulldown	3 × 8-12
Dumbbell Romanian deadlift	2 × 8-12
Seated cable row	2 × 8-12
Lateral raise	2 × 12-20
Dumbbell curl	2 × 10-15
Cable pressdown	2 × 10-15
Calf raise	2 × 12-20
Front plank	2 × 15-40 seconds

Allow roughly 60-75 minutes, depending on rest and equipment. In weeks 1-2, do two sets for every exercise. If time is limited, split curls, pressdowns, and calves across the two sessions; preserve the main presses, pulls, and lower-body movements.