FREE PLAN · FULL-BODY BEGINNER

Full-Body Beginner

A 3-day full-body split for people new to structured training. Each day targets the same major movement patterns — squat, push, pull, core — through a different mix of exercises, adding a rep or a little weight when every set feels solid.

A ready-made plan for anyone starting structured training.

GOAL	LEVEL	DAYS / WEEK	DURATION
General Fitness	Beginner	3	8 weeks

FREE VS PREMIUM

Go further with AI Coach

FREE · £0

✓ Full exercise library, browsable by muscle group and equipment
✓ Nutrition lookup for common foods
✓ One saved personalised workout plan
✓ No account required to browse

PREMIUM · £11.99/month

✓ Everything in Free
✓ AI Coach: a workout plan built by AI for your goals, equipment and injuries/limitations
✓ Cancel anytime — access continues until the end of your current billing period
✓ Pay by card or Bacs Direct Debit

Browsing the exercise library and nutrition lookup is free, no account needed — sign up to save a plan, and upgrade any time for AI Coach at £11.99/month.

HOW TO USE THIS PLAN

Train each of the 3 days once per week, in any order, with at least one rest day between sessions. Add a rep or a little weight whenever every set feels solid — that's the only progression rule you need for the first 8 weeks.

THIS PLAN AT A GLANCE

Day	Focus	Exercises
1	Full Body A	Dumbbell Goblet Squat, Bench Press, Alternating High Cable Row, Adductor Side Plank
2	Full Body B	Barbell Romanian Deadlift (RDL), Overhead Press, 1-Arm Half-Kneeling Lat Pulldown, Crunches
3	Full Body C	Walking Dumbbell Lunge, Incline Bench Press - Barbell, Dumbbell Bent Over Face Pull, Alternating bicep curls

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Day 1 — Full Body A

DAY 1 OF 3



Dumbbell Goblet Squat

3 sets · 8-12 reps · 90s rest

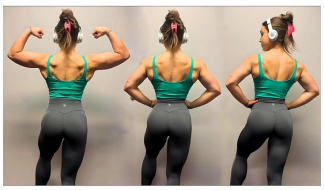
SET 1	SET 2	SET 3



Bench Press

3 sets · 8-12 reps · 90s rest

SET 1	SET 2	SET 3



Alternating High Cable Row

3 sets · 8-12 reps · 90s rest

SET 1	SET 2	SET 3

■ Watch the demo video



Adductor Side Plank

3 sets · 30-45s reps · 60s rest

SET 1	SET 2	SET 3

■ Watch the demo video

Day 2 — Full Body B

DAY 2 OF 3



Barbell Romanian Deadlift (RDL)

3 sets · 6-10 reps · 120s rest

SET 1	SET 2	SET 3



Overhead Press

3 sets · 8-12 reps · 90s rest

SET 1	SET 2	SET 3



1-Arm Half-Kneeling Lat Pulldown

3 sets · 8-12 reps · 90s rest

SET 1	SET 2	SET 3

■ Watch the demo video

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Crunches

3 sets · 12-15 reps · 45s rest

SET 1	SET 2	SET 3

Day 3 — Full Body C

DAY 3 OF 3



Walking Dumbbell Lunge

3 sets · 10-12 each leg reps · 90s rest

SET 1	SET 2	SET 3



Incline Bench Press - Barbell

3 sets · 8-12 reps · 90s rest

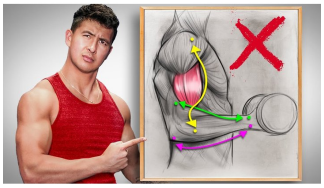
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Dumbbell Bent Over Face Pull

3 sets · 12-15 reps · 60s rest

SET 1	SET 2	SET 3



■ Watch the demo video

Alternating bicep curls

3 sets · 10-12 reps · 60s rest

SET 1	SET 2	SET 3

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