

GYM CORE

12-Week Beginner Workout Program

Burn Fat. Build Strength. Begin Your Journey.



WELCOME

This program is designed for beginners who want to **lose fat, build strength, and stay consistent at home.**

You don't need a gym. You don't need complicated routines.
You just need **commitment for 12 weeks.**

Follow the workouts, stay consistent with cardio, and focus on improving a little each week — that's where real results come from.



HOW TO USE THIS PROGRAM

- Train **4 days per week**
 - Combine **strength + cardio (run)**
 - Focus on **good form over heavy weight**
 - Rest **60–90 sec unless stated**
 - Progress by:
 - Increasing reps
 - Increasing weight
 - Improving control
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WARM-UP (DO BEFORE EVERY WORKOUT)

Perform 1–2 rounds:

- Jumping Jacks – 30 sec
- Arm Circles – 30 sec
- Bodyweight Squats – 15 reps
- Hip Circles – 30 sec
- High Knees – 30 sec



COOL-DOWN (AFTER WORKOUT)

- Hamstring Stretch – 30 sec
 - Quad Stretch – 30 sec
 - Chest Stretch – 30 sec
 - Child's Pose – 30 sec
 - Deep Breathing – 1 min
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PROGRAM STRUCTURE

Phase 1 (Weeks 1–4): Foundation

→ Learn form, build consistency

Phase 2 (Weeks 5–8): Build & Burn

→ Increase intensity & volume

Phase 3 (Weeks 9–12): Fat Loss Accelerator

→ Circuits + higher calorie burn



WEEKLY SPLIT

- Day 1: Upper Body
 - Day 2: Lower Body
 - Day 3: Rest / Cardio
 - Day 4: Upper Body
 - Day 5: Lower Body
 - Day 6: Rest / Cardio
 - Day 7: Rest
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PHASE 1: WEEKS 1–4 (FOUNDATION)

◆ Progression Rules

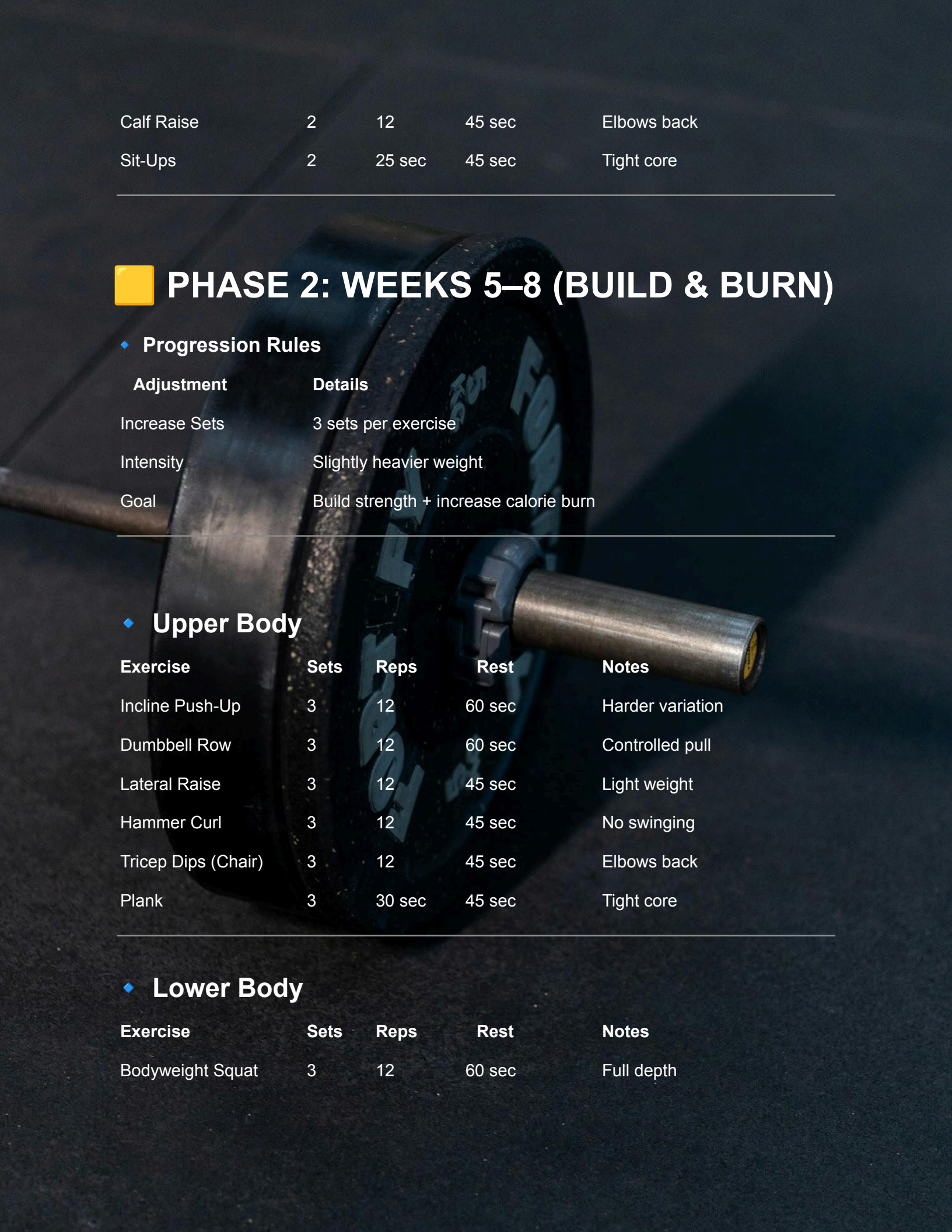
Adjustment	Details
Training Style	Basic strength training
Intensity	Light to moderate
Goal	Learn form + build consistency
Rest	Full rest between sets

◆ Upper Body

Exercise	Sets	Reps	Rest	Notes
Incline Push-Up	2	12	60 sec	Beginner-friendly
Dumbbell Row	2	12	60 sec	Controlled pull
Lateral Raise	2	12	45 sec	Light weight
Hammer Curl	2	12	45 sec	No swinging
Tricep Dips (Chair)	2	12	45 sec	Elbows back
Plank	2	25 sec	45 sec	Tight core

◆ Lower Body

Exercise	Sets	Reps	Rest	Notes
Bodyweight Squat	2	12	60 sec	Beginner-friendly
Hip Thrust	2	12	60 sec	Controlled pull
Step-Ups	2	12	60 sec	Light weight
Leg Curl (Band)	2	12	45 sec	No swinging



Calf Raise	2	12	45 sec	Elbows back
Sit-Ups	2	25 sec	45 sec	Tight core

■ PHASE 2: WEEKS 5–8 (BUILD & BURN)

◆ Progression Rules

Adjustment	Details
Increase Sets	3 sets per exercise
Intensity	Slightly heavier weight
Goal	Build strength + increase calorie burn

◆ Upper Body

Exercise	Sets	Reps	Rest	Notes
Incline Push-Up	3	12	60 sec	Harder variation
Dumbbell Row	3	12	60 sec	Controlled pull
Lateral Raise	3	12	45 sec	Light weight
Hammer Curl	3	12	45 sec	No swinging
Tricep Dips (Chair)	3	12	45 sec	Elbows back
Plank	3	30 sec	45 sec	Tight core

◆ Lower Body

Exercise	Sets	Reps	Rest	Notes
Bodyweight Squat	3	12	60 sec	Full depth

Hip Thrust	3	12	60 sec	Pause at top
Step-Ups	3	12	60 sec	Controlled
Leg Curl (Band)	3	12	45 sec	Slow tempo
Calf Raise	3	12	45 sec	Full stretch
Jump Squats	2	10	60 sec	Light, explosive

PHASE 3: WEEKS 9–12 (FAT LOSS ACCELERATOR)

◆ Progression Rules

Adjustment	Details
Training Style	Circuit training
Sets	3 rounds per workout
Intensity	High (elevated heart rate)
Goal	Maximize fat loss + conditioning

◆ Upper Body

Exercise	Sets	Reps	Rest	Notes
Push-Up	3	12	60 sec	Harder variation
Dumbbell Row	3	12	60 sec	Controlled pull
Shoulder Press	3	12	45 sec	Core tight
Dumbbell Curl	3	12	45 sec	No swinging
Tricep Dips	3	12	45 sec	Elbows back


Optional: Simple Home Workout Setup

You can follow the plan with just your bodyweight, but if you want to make your workouts to be More effective, Easier to progress, Less repetitive; A few simple tools can help.


Here's a beginner-friendly setup:

◆ Adjustable Dumbbells

Perfect for:


 [Get it here](#)

- Squats
- Lunges
- Upper body exercises


 If you want to increase intensity over time, a simple adjustable set is more than enough.

◆ Resistance Bands

Perfect for:


 [Get it here](#)

- Joint-friendly exercises
- Stretching


 Especially useful if you're just starting out or want lighter resistance options.

◆ Push-Up Board

Perfect for:

 [Get it here](#)

- Chest workouts
- Shoulder activation
- Improving push-up form


 If regular push-ups feel awkward or inconsistent, a push-up board helps guide your positioning and makes upper body training more effective.

◆ Treadmill

Perfect for:

 [Get it here](#)

- Walking, Running workouts
- Daily calorie burn

 If you prefer staying indoors or struggle to stay consistent with outdoor walking, a treadmill makes it much easier to stay active every day.

Why Home Workouts Sometimes Don't Work (At First)

If you went through the 12 weeks challenge, you probably will see some changes but not drastically. Home workouts are actually very effective—but only when the basics are aligned.

The issue is, many beginners unknowingly:

- Do too much too soon
- Focus only on workouts (and ignore recovery & energy)
- Expect fast results instead of consistent progress

This creates a frustrating cycle:

👉 You work hard → don't see results → lose motivation

The Missing Piece Most People Ignore

Your body needs to be in a state where it can actually *use energy efficiently*.

If not, progress will always feel:

- Slower than expected
- Harder than it should be
- Difficult to maintain

That's why many beginners start by **supporting their system first**, instead of just pushing harder with workouts.

When your body is working *with you*, not against you—everything becomes easier.

A Simple Way to Get Started

If you feel like your progress has been slower than it should be, it might be worth focusing on that missing piece first, which is your physical ability: metabolism.

👉 **Start here:** [Our recommended supplement to boost metabolism](#)

This is a simple starting point that supports your body while you build consistency with your workouts.

Keep It Simple (This Is What Actually Works)

You don't need:

- Extreme diets
- Long, exhausting workouts
- Complicated routines

What works is:

- A simple plan
- A consistent routine
- And giving your body the support it needs

That's how beginners start seeing real progress.

“Remember, it isn't about being perfect—it's about not giving up. Progress may feel slow at first, but that's exactly how real, sustainable transformation happens. Stay consistent, trust the process, and give your body time to adapt. The effort you put in today will pay off more than you think”

- GYM CORE

