



REPUBLIC
— FITNESS —



14-DAY

BEGINNER'S WORKOUT ROUTINE



This two-week beginner workout routine will help you succeed as you set out on a new fitness journey.

Gain strength, confidence and stamina!

WHAT TO EXPECT

- › A straightforward and 100% customizable day-by-day workout template
- › Easy-to-follow videos on how to correctly perform every featured movement and exercise
- › Workout circuits made up of simple and effective compound movements, focusing on major muscle groups
- › High-intensity, fat-blasting, heart-healthy “burnout” workouts to accelerate your goals
- › Scheduled rest and active recovery days
- › Words of inspiration to help you keep going!

SIMPLE BY DESIGN

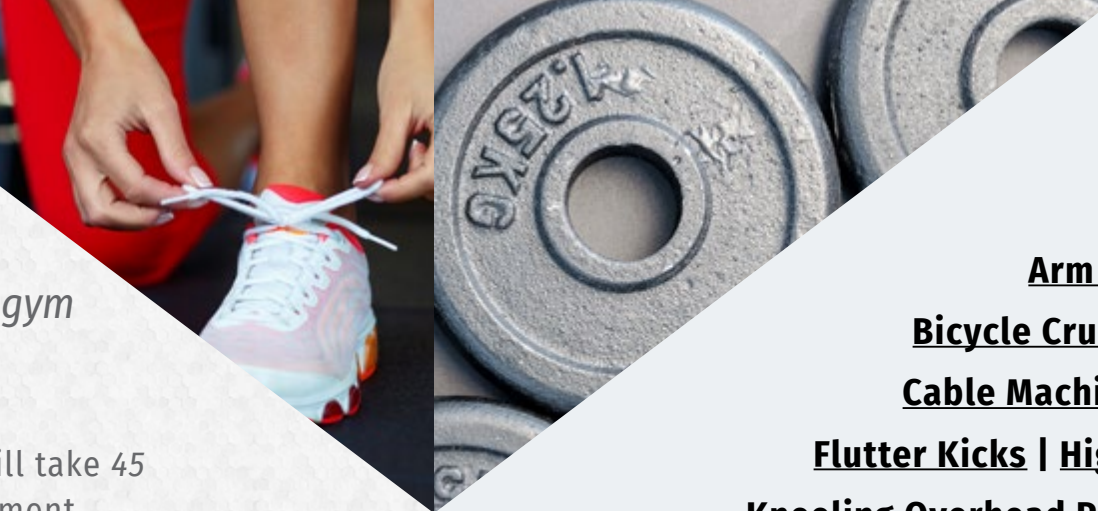
No fancy technical exercises

No expensive gadgets or technology

No 4:00 a.m. workout or hours at the gym

The workouts included in this template will take 45 minutes or less, with minimal or no equipment

HEALTHY TIP: Check out the *Recommended Guidelines for Nutrition and Portion Sizes*.



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WORKOUT GLOSSARY

Arm Circles | Bent Over Rows

Bicycle Crunch | Bodyweight Squats

Cable Machine Rows | Dumbbell Curl

Flutter Kicks | High Knees | Jumping Jacks

Kneeling Overhead Press | Mountain Climbers

Pull Ups | Push Ups | Reverse Lunges

Rowing Machine | Plank | Butt Kickers | Side Lunges

Jumping Rope | Dips | Step Ups | TRX Rows



YOUR NEXT 14 DAYS

Here's a radical idea:

Your journey to better health can start any time.

That is, **you don't have to wait** until "January 1st "/"Monday"/ "Tomorrow"/ "Next Week" to begin taking the steps necessary to get the body and health you want and deserve. This is why your beginner 14-day workout routine is laid out in terms of Day 1-7. This design feature gives you the best of both worlds: flexibility and routine.

Of course, if starting fresh at the beginning of the year, the beginning of the month, or the beginning of the week makes the most sense to you, then go for it. The point is to **plan for and set up your month** so that you'll feel accountable, challenged, and focused.

**Without further ado,
behold your
beginner's template:**



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My 14-Day Workout Routine

DAY #1:	Warm Up	Initial Test/Goals	Stretch	
DAY #2:	Warm Up	Active Recovery	Stretch	
DAY #3:	Warm Up	Full Body Workout	Burnout	Stretch
DAY #4:	REST			
DAY #5:	Warm Up	Cardio + Abs	Burnout	Stretch
DAY #6:	Warm Up	Active Recovery	Stretch	
DAY #7:	REST			
DAY #8:	Warm Up	Full Body Workout	Burnout	Stretch
DAY #9:	Warm Up	Active Recovery	Stretch	
DAY #10:	Warm Up	Cardio + Abs	Burnout	Stretch
DAY #11:	REST			
DAY #12:	Warm Up	Full Body Workout	Burnout	Stretch
DAY #13:	Warm Up	Active Recovery	Stretch	
DAY #14:	Warm Up	Closeout Test	Compare Results	Stretch

Please keep in mind that as a general rule, **you should consult with your doctor before beginning** any new workout routine. If you have any specific questions, feel free to chat with a personal trainer at **Republic Fitness**.

And remember: Your Day 1 doesn't have to be a Monday. It can be today. It can be right now. Why wait?

GETTING STARTED:

Initial Testing & Goal Setting



When you're just starting out on a new fitness routine, things can seem a little overwhelming. Beyond knowing what types of workouts to do (which you'll learn about in this guide), it's important to **understand why you're working out** in the first place.

Is it to lose body fat? Gain muscle and strength? Relieve aches and pains?

Improve your quality of life? Feel better in your own skin?

Whatever your reasons, it's a great act of **self-love** to reflect on your big picture reasons for getting back in shape.

Additionally, having specific fitness-related goals is helpful, because this can help you **stay focused and motivated**, even on those days when skipping a workout just seems way too tempting. So, think about a few ways you could measure your progress, such as the number of pull-ups or squats you can do in one minute or how long it takes you to run a mile. While tracking body weight can be useful, this definitely shouldn't be your only met-

ric, since it's not always a great reflection of the true changes going on in your physical fitness. Instead, **you may want to have a personal trainer test and retest** your body fat percentage vs. lean body mass.

The Benchmark Workout: Initial & Closeout Testing

In addition to setting a goal or two for yourself this month, you're also going to be asked to test and retest yourself with a specific workout. This is called the Initial Test on Day 1 of your calendar, and is a **great benchmark** you can use to track your progress:

Complete the following workout as fast as possible (keeping in mind you should strive to maintain good form on every rep of every movement):

BENCHMARK WORKOUT

- 500** *Meter Row
(or run 1/4 mile)*
- 40** *Squats*
- 30** *Bicycle crunches*
- 20** *Push ups*
- 10** *Pull-ups*

This workout will **feel super challenging**, embrace it! So, you may need to **scale back** certain movements depending on your current ability.

For instance, if you can't do a full range of motion push-up, you may want to put your hands on a box or bench, and/or place your knees on the floor. Can't do a pull-up yet? Try ring rows (or TRX Rows) or an assisted pull up machine.

Be sure to **have a timer handy**, and record and document your time. At the end of the 14 days, you'll retest this same workout. Use the same modifications so the comparison is accurate! This is a great piece of objective data for you to have so you can **see how much strength and endurance you've gained** after all of your hard work!

GET GOING:

Warm Up & Stretching

Now it's time to roll your sleeves up and start getting into the nitty-gritty of your workouts. Over the next 14 days, you're going to do exercises specifically geared to strengthen your upper body, lower body, and core, as well as improve your cardiovascular endurance and stamina.

And hey, if you shed some excess body fat, sleep better, and feel better in the process, then more power to you!

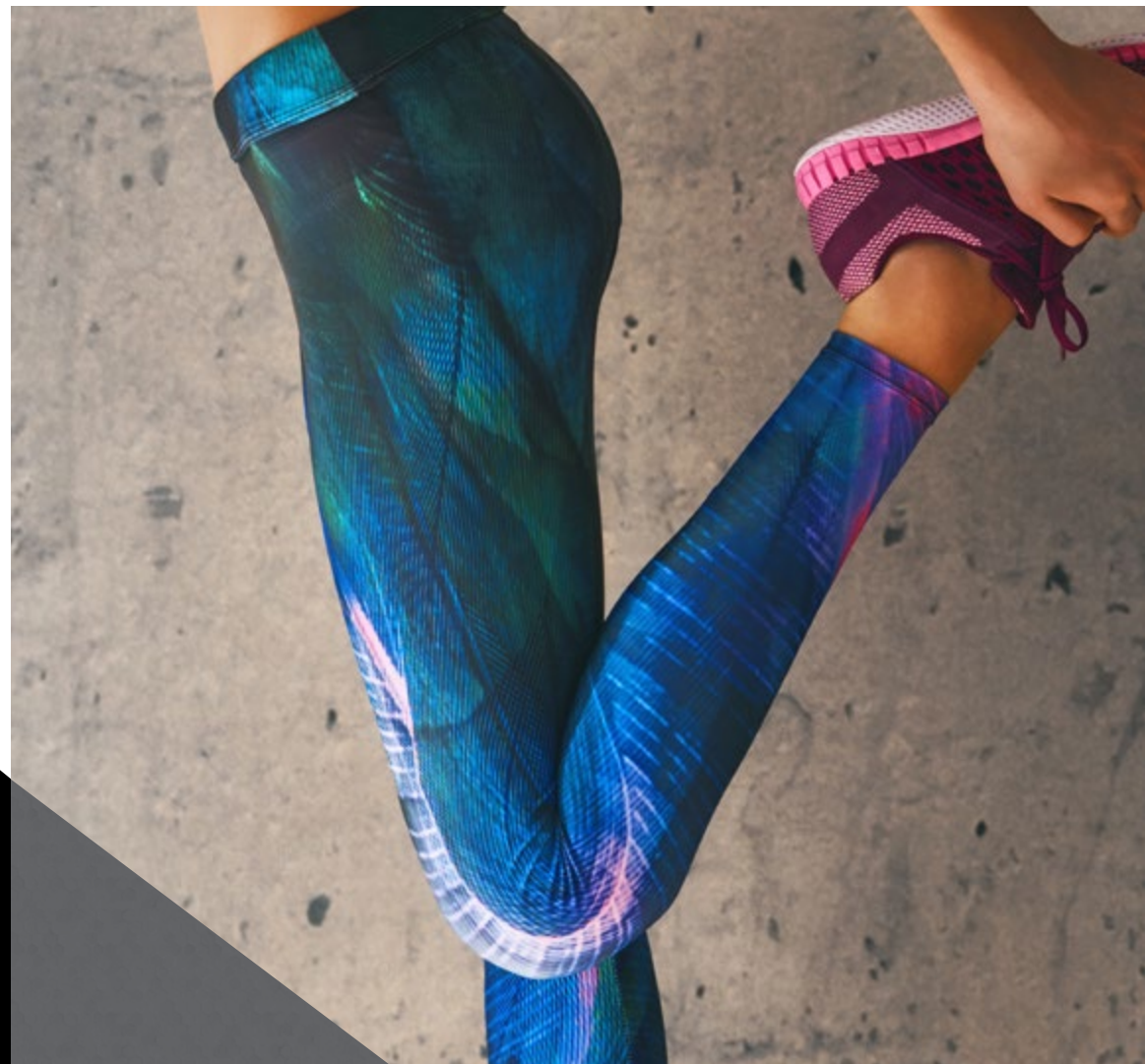
FIRST ORDER OF BUSINESS:

Warm ups, mobility, and cool downs.



On most of the days each week, you'll be asked to dedicate about 10 minutes of your workout to stretching and mobility. 5 minutes will be performed before your workout, and 5 minutes will be done at the end of your workout. BOTH are crucial, as working on your flexibility and mobility can prevent injury, help you get the most out of your training sessions, and minimize the amount of delayed onset muscle soreness common after tough workouts (thus accelerating your recovery time). Properly ramping up and slowing down your heart rate will also help reduce your risk of problems such as lightheadedness, cramps, and impaired circulation.

Before Your Workout: Dynamic Warm Up & Mobility



Any stretching and mobility you do before your workout (otherwise known as your warm-up) should involve movement to loosen up your connective tissues, get the blood flowing, and get the heart rate up.

The following 5 dynamic movements are a few great starting points:

- | | |
|----------------------------------|----------|
| 1. Jumping Jacks | 1 Minute |
| 2. Arm Circles | 1 Minute |
| 3. Lunge + Torso Rotation | 1 Minute |
| 4. Butt Kickers | 1 Minute |
| 5. Skipping in Place | 1 Minute |

5
MINUTES
TOTAL

Every training day (except rest days), **choose one or two** of the above dynamic warm-up exercises. Perform each for about 1 minute with a 1 minute break in the middle to total 5 minutes.

Here's a helpful rule of thumb: by the end of a good warm-up, you should feel a little bit sweaty and your heart rate should be elevated slightly.

After Your Workout: Cool Down & Static Stretching

Static stretching should always be done after a workout when your joints, muscles, and tendons are loose and warm. You should also ensure your heart rate has returned to a normal level (try easy walking or light cycling) prior to getting on the floor and stretching to avoid issues with blood pressure and other potential problems.

Here are 5 cool-down suggestions to get you started:

1. **Quad Stretch**
2. **Butterfly Stretch**
3. **Hamstring Stretch**
4. **Triceps Stretch**
5. **Shoulder Stretch**

After every workout, go through the sequence above and hold each for 60-seconds to total 5 minutes. You can also [CLICK HERE](#) for a video routine to follow along with.



THE “BURNOUT” WORKOUTS

Here's why short duration, high-intensity workouts are so important:

- › They can show you just how far you can push yourself, helping you gain confidence and mental toughness
- › They can help you burn more calories even long after your workout is over thanks to a “thermogenic” effect on your body
- › They can help you lose more body fat due to their ability to increase insulin sensitivity (helping you regulate blood sugar and metabolism)

These burnout workouts should be done as fast and as hard as possible. If any movement hurts or causes pain, stop. There is a difference between the pain of working hard and the pain that signifies an actual injury. If you're not totally sure how to do a certain movement correctly, or if you need help modifying

Warm ups and cool downs should be done every workout day during your training routine as well as a burnout workout!

the movement to accommodate your current ability level, ask a personal trainer for guidance.

For inspiration, check out the following movements below broken down into body parts:

BURNOUT OPTIONS: UPPER BODY

- › [Dips](#)
- › [Pull-ups](#)
- › [Kneeling Overhead Press](#)
- › [TRX Rows \(or Cable Machine Rows\)](#)

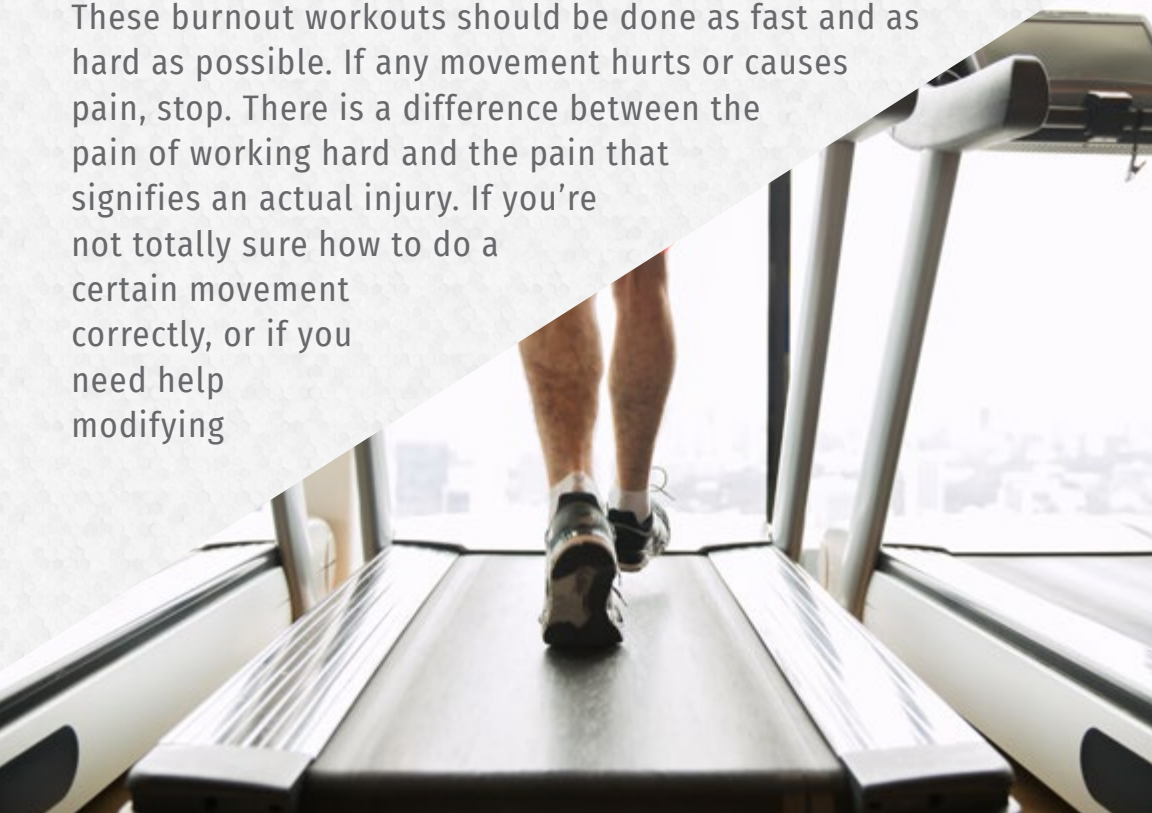


BURNOUT OPTIONS: LOWER BODY

- › [Step Ups](#)
- › [Side Lunge](#)
- › [Bodyweight Lunge](#)
- › [Bodyweight Squats](#)

BURNOUT OPTIONS: CARDIO & CORE

- › [Rowing](#)
- › [Jump Rope](#)
- › [Bicycle Crunch](#)
- › [Mountain Climbers](#)



Here are some great ideas for creating your burnout workouts (feel free to repeat your favorites, but be sure to try something new from week to week, too!):

- › 5 minutes perform 5 reps of 2-3 movements minimizing the amount you rest... if you can, do it without resting at all! (e.g., 5 pull ups, 5 dips, 5 bicycle crunches)
- › 5 rounds of 5 different exercises, 1 minute of each workout
- › 8 rounds of 20 seconds on/10 seconds off any movement

Feel free to play around with the number of reps or rounds performed, or even the length of time the burnout time. Just remember that the goal is fast, quick, and hard. Simple is best, so don't over-complicate anything.



LET'S GET STARTED!

YOUR WORKOUTS DAY-BY-DAY

This section gives you a general guideline for every workout on Day 1 through 14. Remember, this is a guideline. This means you should modify the movements and workouts as needed to meet your current needs and ability levels.

Notice that many of the movements seen during the main part of your workouts can also be used during your burnout workouts. The difference is that while your burnouts at the end are meant to be done as fast as possible, it's more important to move slow and use heavier weights during the main portion of your session, or, in the case of cardio days, to move at a steady low- to moderate-intensity (you're sweating, but you can still hold a conversation). This is to help you build well-rounded fitness and tap into multiple energy systems (e.g., aerobic, anaerobic, and strength endurance).

Each workout should take up to 45 minutes, including a 5 minute warm up and 5 minute cool down. This adds up to a whopping 1% of your entire week: but don't let the minor time commitment fool you:

By spending just 1% of your week working out, you can impact 100% of your mental, physical, and emotional health!

The Workouts

***Remember: Do a 5 minute warm up and 5 minute cool down before and after every workout, using the exercises or stretches of your choosing.**

DAY 1:

Perform the Benchmark Initial Test described earlier. Be sure to write down your time!

DAY 2:

Active recovery! This is a day to move slowly and easily, stretch, mobilize, and relax. Your body is repairing itself and building strength. Go for a long walk or easy hike and enjoy yourself. You may also want to try doing some focused stretching for 10-15 minutes.

DAY 3:

Your first full body workout! Note that most workouts include 1 or 2 circuits. A circuit means you perform the prescribed repetitions of each movement one time through, before going back to repeat the first movement.

***Unless otherwise noted, rest 60 seconds between each movement in every workout!**

- › Circuit 1: 3 sets of Pull Ups (10 reps), Kneeling Overhead Press (10 reps), and Push Ups (10 reps)
- › Circuit 2: 3 sets of Bodyweight Squats (10 reps), Reverse Lunges (10 reps each side), and Side Lunges (10 reps each side)
- › Burnout
- › Stretch

DAY 4:

REST. Be sure you're hydrating yourself adequately: you'll need it as you start ramping up your activity. Aim to drink at least 1/3 to 1/2 your bodyweight in fluid ounces.

DAY 5:

Your first cardio day. Wahoo! Do any cardio movement you enjoy, but feel free to switch it up, too! Some fan favorites include Stair Climber (stepmill), elliptical, upright bike, rowing machine, swimming, or a treadmill.

- › Cardio: 20 minutes moderate intensity
- › Core Circuit: 3 sets of 1 minute forearm plank, Bicycle Crunches (10 reps each side) and 30 seconds of Flutter Kicks
- › Burnout
- › Stretch



DAY 6:

Have you ever tried the sauna before? Sitting in 180 degree dry heat for 20-30 minutes after a workout can prolong your workout's calorie-burning benefits! It's great on active recovery days like today, since it helps you sweat out toxins and warm up your muscles for some stretching.

Important disclaimer: consult with your doctor before trying a sauna, drink lots of water, and use common sense.

DAY 7:

REST. End of week 1! Try spending 5-10 minutes reflecting on your experience so far. Many people find results by keeping a journal. It reminds them why they are working so hard and to celebrate their successes and commitment to their health.

DAY 8:

Second full body session.

- › Circuit 1: 3 sets of Bent Over Rows (10 reps) and Dumbbell Curls (10 reps), and Dips (10 reps)
- › Circuit 2: 3 sets of Reverse Lunges (10 reps each side), Dumbbell Squats (10 reps), and Side Lunges (10 reps each side)
- › Burnout
- › Stretch

DAY 9:

Another active recovery day. Try going for a long walk at a low intensity pace then 15 minutes of your favorite stretching: choose whatever you feel your body needs.

DAY 10:

- › Cardio: 25 minutes moderate intensity
- › Core Circuit: 3 sets of 1 minute forearm plank, Bicycle Crunches (10 reps each side) and 30 seconds of Flutter Kicks
- › Burnout
- › Stretch

DAY 11:

REST. How's your sleep? Here are a few ways to get better Zzz's (which are super important for recovery, fat loss, and muscle

growth): go to sleep and wake up at the same time every day, sleep in a pitch dark room, and only use your bedroom for sleeping (NO TV, social media, or work!).

DAY 12:

Last full body workout... let's get after it!

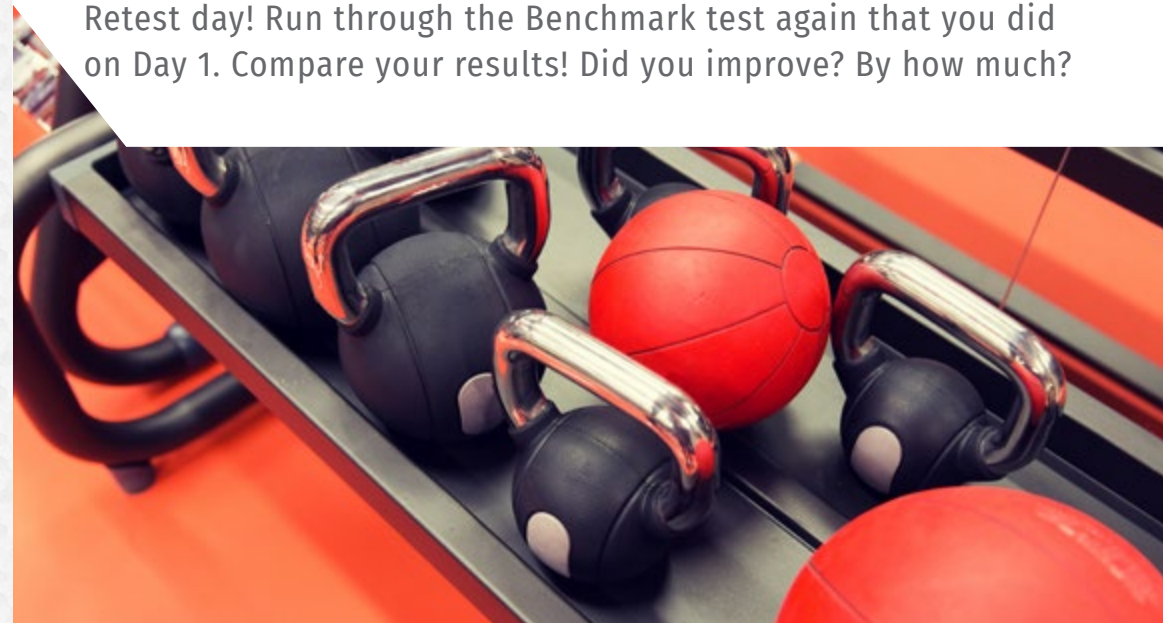
- › Circuit 1: 3 sets of Pull Ups (10 reps), Side Squats (10 reps each side) and Bicep Curls (10 reps each side)
- › Circuit 2: 3 sets of Dumbbell Squats (10 reps), Dips (10 reps), Reverse Lunges (10 reps each side)
- › Burnout
- › Stretch

DAY 13:

For active recovery today, why not try a yoga class? You can attend one at the club or simply load up a free routine on YouTube.

DAY 14:

Retest day! Run through the Benchmark test again that you did on Day 1. Compare your results! Did you improve? By how much?



In Conclusion: You Crushed It!

So, there you have it:

Be proud of yourself for accomplishing this beginner routine! Reward yourself with a massage, a favorite book, or a healthy dinner in with loved ones. Cheers to your health, and may you keep pushing yourself and seeing just how much you're capable of!



Glossary:

Active recovery: a lower intensity type of exercise meant to aid with recovery and prevent muscle soreness or stiffness

Compound movements: exercises that utilize multiple joints and muscle groups at once

Dynamic stretching: Instead of holding a position at an end range, dynamic stretching involves movement with the main goal of increasing circulation and loosening up connective tissue in preparation for exercise

Static stretching: holding a stretch near the end range of motion to increase connective tissue flexibility

Thermogenic: produce heat in the body (which literally helps "burn" calories)



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