

# How To Start Working Out

Whether it be to slim down, bulk up, get healthy, or a combination of these, everyone has fitness aspirations. But there's one thing that you must do to reach these fitness goals: start!

According to the Canadian Society of Exercise Physiology, there are 5 stages of change in relation to exercise:

Precontemplation - no intention to start exercising

Contemplation - thinking about becoming physically active

Preparation - ready to get started and slightly active

Action - has been exercising for <6 months

Maintenance - has been exercising for >6 months

If you're in the Contemplation, Preparation, or even the Action phase, then this guide is for you.

## Included In This Package:

- Anatomical Adaptation
- Types of Equipment
- Muscles and How to Work Them
- Types of Exercises
- Programs & Training Schedule
- Working with a Personal Trainer

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# Anatomical Adaptation

No matter what your fitness goals are, the first step in exercising is getting your body accustomed to the stresses that come with working out. Just as you can't expect to know how to drive a car your first time in it, you can't expect your body to know what to do when it has certain stresses applied to it. Your body has to go through a phase called anatomical adaptation before you can really see changes.

Anatomical adaptation allows your body to adapt to the stresses put on it by exercising. Your central nervous system allows your brain and nerves to connect with your muscles, and it needs to be trained to strengthen those connections.

In the first few weeks of starting a training program, you will notice that your technique will get better and you will feel stronger, but the physical changes will be limited. After your body is able to handle these exercise stresses is when you will start to see the changes you are wanting to see.

## Types of Workouts:

When starting a new workout program, it is ideal to start with full body programs. It's best to use dumbbells and cables over barbells and machine exercises because these allow the muscles to adapt to both the weight and stresses applied to them as well as the balance and stability needed to control the weights.

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# Types of Equipment to Use

There are so many different types of equipment that can be used to exercise; dumbbells, barbells, cables, resistance bands, kettlebells, stability balls, benches, machines, you name it! It is important to know when to use certain equipment, as different equipment can have different effects, even when performing the same exercises.

When starting a workout program and allowing for your body to go through its anatomical adaptation phase, it is important to use equipment that puts emphasis on balance and stability as well as direct muscle activation. This not only allows the primary muscles of an exercise to get used, but also the accessory muscles used in stabilization.

Use dumbbells > barbells because dumbbells incorporate individual muscle activation instead of allowing a stronger side to compensate for a weaker side. Cables are decent to get used to as well. Cables offer constant tension throughout a movement, but they also allow for stability incorporation due to the freedom to pull cables any direction. Stability balls allow for much more instability over a normal bench, putting a larger emphasis on core incorporation.

Overall, when learning how to work out, it is encouraged to avoid using machines. Machines are designed to target one specific muscle (or muscle group), and take out any sort of variability in an exercise so that you can fully utilize the exact muscle you want. These are good for future training, but for beginners, you want to strengthen your stabilizing muscles, so free weights should be your first choice.

# Muscles To Be Worked

The human body has over 650 muscles, which can make it confusing to figure out which ones are the most important to work out. Even if you want a specific body part to be your main objective (ie. nice butt, strong legs, huge biceps, killer sixpack), it is important to start by doing full body workouts so that muscles all over the body are being activated and trained. A solid frame will set you up for better workouts (and better injury prevention) in the future.

When following a workout program, it is fundamental to work the big muscles first, then move down to the smaller muscles. The pectoralis major (chest), latissimus dorsi (back), gluteus maximus (butt), and quads (legs) are some of the biggest muscles in the body and therefore provide the most strength and power. Smaller muscles, such as the biceps (front of the arm), triceps (back of the arm), deltoids (shoulders), and gastroc nemius (calves) are usually worked secondarily when working the bigger muscles, and can be targeted directly as the workout progresses.

The core muscles are some of the most important muscles to be worked, as these muscles are actively used in balance and stabilization. It's not just the rectus abdominus (sixpack) that is involved in a strong core; there are a multitude of other muscles that create a solid torso, like the internal and external obliques and transversus abdominus, which wrap around the midsection. The use of dumbbells, cables, and stability balls incorporate core control in almost every exercise being performed, so the muscles of the core are activated constantly and consistently throughout a workout, building up a strong base for future programs.

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# Types of Exercises

Lastly, with there being so many exercises to work the same muscle groups, it's hard to know which exercises to pick. An easy way to distinguish which exercises should take precedence over other exercises is to look at the amount of joints being used. Compound exercises are those that use 2+ joints (and therefore multiple muscles), whereas isolation exercises only involve one joint (single primary muscle activation).

Compound exercises should be done first, because these will give you the biggest bang for your buck. If the goal is to allow the body to adapt to the stresses of working out, then performing compound exercises offer the most muscle activation and nerve innervation. There are compound exercises for many muscle groups as well, so putting a few compound exercises back-to-back is also welcome.

Exercises such as the bench press, back row, and squats are all compound exercises. The bench press puts emphasis on the pectoralis muscles (chest) while also incorporating the delts (shoulders) and triceps (back of the arm). The back row's primary muscle worked is the latissimus dorsi (back), while also incorporating the rhomboids, traps, scalenes (smaller muscles of the back) and the biceps (front of the arms). Squats are great for the glutes (butt) and quads (legs), as well as the hamstrings (back of the legs) and core muscles.

Isolation exercises can be used as finishers for certain muscles. A dumbbell bicep curl or tricep kickback are great for targeting strictly the biceps or the triceps, giving these muscles a direct workout over just being used secondarily in compound exercises.

# Workout Programs & Schedule

Pages 7 & 8 are two workouts that can be done at the gym. If you have a friend to work out with, bring them along, and then you can have a spotter as well!

Here are some terms used in the workouts:

**Reps** - how many times an exercise is to be performed

**Sets** - how many cycles of reps that are to be performed

**Superset** - alternating exercises back-to-back with minimal rest between them

If you are unsure of what an exercise is, use Google or YouTube for a quick demo!

These program will take approx. 1 hr to complete. Pay close attention to the rest times between sets and between exercises, and stay on track. Make sure to do a 5 min warm-up (brisk walk/ light jog/ jumping jacks/ high knees/ etc) to get the heart rate up. Once you're done, make sure to stretch!

Here is a rough weekly schedule you can follow:

Monday: Weight Program 1

Tuesday: Rest

Wednesday: Cardio (30 min brisk walk or jog)

Thursday: Rest

Friday: Weight Program 2

Saturday: Rest

Sunday: Rest

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# Weight Program 1

Exercises not separated by a REST should be performed as a superset.

Do 3 sets of each superset before moving on to the next superset.

Aim for 8-12 reps of each exercise each set.

EXERCISE	SET 1	SET 2	SET 3
Dumbbell Bench Press	_____ lbs	_____ lbs	_____ lbs
Dumbbell Squat	_____ lbs	_____ lbs	_____ lbs
Dumbbell Standing Back Row	_____ lbs	_____ lbs	_____ lbs
<b>REST</b>	<b>1 min</b>	<b>1 min</b>	<b>2 min</b>
Dumbbell Chest Fly	_____ lbs	_____ lbs	_____ lbs
Dumbbell Lunge	_____ lbs	_____ lbs	_____ lbs
Dumbbell Back Fly	_____ lbs	_____ lbs	_____ lbs
<b>REST</b>	<b>1 min</b>	<b>1 min</b>	<b>2 min</b>
Dumbbell Bicep Curl to Shoulder Press	_____ lbs	_____ lbs	_____ lbs
Dumbbell Overhead Tricep Extension	_____ lbs	_____ lbs	_____ lbs
<b>REST</b>	<b>1 min</b>	<b>1 min</b>	<b>2 min</b>
Ab Crunch	_____ lbs	_____ lbs	_____ lbs
Russian Twist	_____ lbs	_____ lbs	_____ lbs
<b>REST</b>	<b>1 min</b>	<b>1 min</b>	<b>2 min</b>



# Weight Program 2

*Design Yourself*

Exercises not separated by a REST should be performed as a superset.

Do 3 sets of each superset before moving on to the next superset.

Aim for 8-12 reps of each exercise each set.

EXERCISE	SET 1	SET 2	SET 3
Dumbbell Incline Bench Press	_____ lbs	_____ lbs	_____ lbs
Dumbbell Tricep Kickback	_____ lbs	_____ lbs	_____ lbs
<b>REST</b>	<b>1 min</b>	<b>1 min</b>	<b>2 min</b>
Dumbbell Single Arm Bent Over Row	_____ lbs	_____ lbs	_____ lbs
Dumbbell Bicep Curl	_____ lbs	_____ lbs	_____ lbs
<b>REST</b>	<b>1 min</b>	<b>1 min</b>	<b>2 min</b>
Dumbbell Goblet Squat	_____ lbs	_____ lbs	_____ lbs
Dumbbell Seated Shoulder Press	_____ lbs	_____ lbs	_____ lbs
<b>REST</b>	<b>1 min</b>	<b>1 min</b>	<b>2 min</b>
Cable Chest Fly	_____ lbs	_____ lbs	_____ lbs
Cable Reverse Fly	_____ lbs	_____ lbs	_____ lbs
<b>REST</b>	<b>1 min</b>	<b>1 min</b>	<b>2 min</b>
Cable Bicep Curl	_____ lbs	_____ lbs	_____ lbs
Cable Tricep Pushdown	_____ lbs	_____ lbs	_____ lbs
<b>REST</b>	<b>1 min</b>	<b>1 min</b>	<b>2 min</b>



# Working With A Trainer

Now that you have the general rundown of how to start working out, what would be the point of hiring a trainer?

A personal trainer is a professional that can do all this work for you. We are trained in exercise protocol and how the body works and adapts to different exercises and stimuli. Hiring a trainer helps to ensure that you are doing the proper workouts to reach your personal fitness goals.

Some people find it beneficial to hire a personal trainer right from the get-go, whereas others like to start on their own and then use a trainer for more specialized training. Even if you have the knowledge regarding *how* to reach your goals, hiring a trainer can help create a program for you to follow and help motivate you to reach your goals. Even trainers hire trainers/ coaches to help them reach their own specific goals. There is so much work that needs to be done behind the scenes that having someone else look after it so that you can just focus on performing the exercises can be extremely beneficial in your training.

If you're ever in need of extra help in creating, updating, or manipulating a training program, feel free to hit us up via any of our contact methods at the bottom of the page. We would be happy to help!

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