Beginner Gym Plan
shy girl edition

Simple workout guide for women who want to live a long & healthy life

Goals are reached by repeating small steps daily



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Welcome

If you've ever walked into the gym and had no idea what to do or if you're too scared to even walk into a gym, this is for YOU!

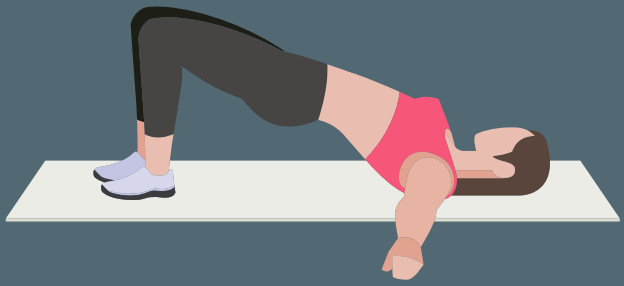
I created this because I know how intimidating it can feel to start. For a long time, I would go to the gym without a plan, stick to what felt comfortable, and leave feeling like I didn't really do much. Having a simple structure changed everything for me. This isn't a perfect or advanced program, just something to help you walk in with a plan and start building confidence.



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How to use the plan

- Keep it simple and practical
- Aim for 2-3 workouts per week
- Don't worry about being perfect, just be consistent
- Start with light weights (or use your body weight)
- It's okay to skip or modify exercises
- Rest when your body needs it
- DONE is better than perfect!
- Just start! Even if you only commit to walking for now



The goal is not to do
everything perfectly,
the goal is to show up.

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Weekly Plan



- Day 1: Lower Body
- Day 2: Upper Body
- Day 3: Rest or Walk
- Day 4: Full Body
- Day 5: Cardio (optional)

You can move days around depending on your energy level

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Day 1: Lower Body

- **Squats: 3 sets of 10**
- **Glute Bridges: 3 sets of 10**
- **Side Leg Lifts: 3 sets of 10**
- **Kickbacks: 3 sets of 10 (per leg)**
- **Romanian Deadlifts: 3 sets of 10**
- **Cardio: 15 mins**

Start light.
Don't worry about heavy weight yet.
If something feels confusing,
look up a video on social media.
It's okay to feel unsure, the more you
practice, the more comfortable you'll get.







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Day 2: Upper Body

- **Dumbbell Shoulder Press: 3 sets of 10**
- **Tricep Pushdown: 3 sets of 10**
- **Lat Pulldown: 3 sets of 10**
- **Seated Row: 3 sets of 10**
- **Bicep Curls: 3 sets of 10**
- **Cardio: 15 mins**

Don't rush, focus on control
Take breaks when needed



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Day 4: Full Body

- Squats: 3 sets of 10
- Chest Press: 3 sets of 10
- Glute Bridges: 3 sets of 10
- Plank: 3 sets of 30 seconds
- Dumbbell Rows: 3 sets of 10
- Cardio: 15 mins



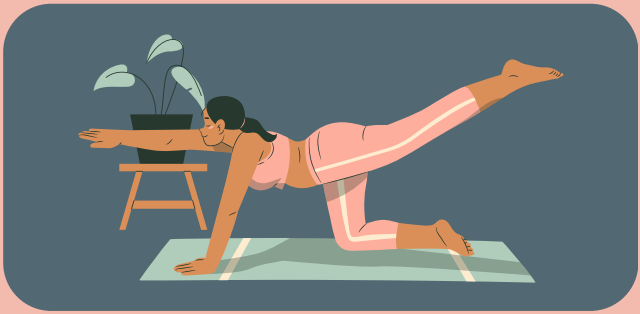
SLOW AND STEADY

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If you feel intimidated, read this



- **Go in with this plan so you don't have to think**
- **Most people are focused on themselves, not on you**
- **It's okay to not know what you're doing at first**
- **Start in quieter areas if that helps**
- **You belong there just as much as anyone else**
- **If any of these exercises are too hard for you, contact me for alternatives**



Confidence doesn't come before you start,
it comes from showing up.

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You don't need to feel ready
You don't need to be perfect
You don't need a cute outfit
You don't need a gym partner
You don't need a gym membership
You don't need to look a certain way
You don't need to wait until Monday
You just need to start and keep going

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Things that I've tried on my journey

- Group classes such as yoga, meditation, bootcamps and zumba
- At home workouts (YouTube)
- Having a gym partner
- Workout apps
- Personal trainer
- Group walks
- Bike riding
- Gym



Things that have worked for ME

- Realizing that I prefer to workout alone
- Having a good playlist is a must!
- Finding a small room or corner of the gym to exercise when I was a beginner
- Going to a small gym and going at times that it's not too busy
- Finding my favorite cardio (zumba, elliptical and walking)
- Started lifting weights (still learning)

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Non scale victories that I'm proud of

- No longer having to hide at the gym
- Not giving up even when I don't see results
- Starting over no matter how many times I fail
- Noticing my progress when lifting weights
- Recording and sharing my journey on social media



Things that I'm still struggling with

- My eating habits!!!
- Being disciplined enough to not allow other things get in the way of my workout (if something fun comes up, ill leave the gym for later and never get around to it)
- Feeling discouraged because I don't see physical changes YET

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Tips and Tricks

- If you're new to the gym, walk on the treadmill while scoping out where everything is
- Start with light weight and focus on form
- Pick a weight that allows you to complete the reps but the last 2 should be challenging, once it becomes easy, increase the weight
- Learn about mind/muscle connection to know exactly what muscle you're working out
- If the weight you need is unavailable, go heavier and do less reps
- Focus on doing it right, not about how heavy you can go
- If you're not feeling challenged or sore the next day, go heavier
- Start w left arm/leg (non dominant)
- Push yourself but don't overdo it at the beginning (if you go too heavy you'll be really sore and won't want to continue your journey)
- Do cardio after lifting
- Don't look at an exercise and automatically assume that you can't do it, try it!
- Become obsessed with learning
- The process is slow and boring but the results will come as long as you don't give up!
- If a machine is busy do some cardio, stretches or try a new machine while you wait
- Starting is hard but once you start seeing progress, you'll be excited instead of dreading your workouts
- You will build strength and confidence before you see physical results
- Only weigh yourself in the morning (before you eat), once a week
- If you're lifting weights, it's VERY likely that the scale won't be moving much. Trust the process, you're burning fat and building muscle!
- I don't recommend having a gym partner (unless they are committed and reliable)
- For best results, work on improving your eating habits



From Me to YOU

I'm still on this journey too.
I'm still learning, growing and figuring things out
but I've come a long way from where I started.
My goal is not to have a perfect body,
my goal is to live a long and healthy life!
And to motivate others to do the same!



If this plan helps you feel even a little
more confident to start (or restart) your
wellness journey, then it did its job.
Feel free to reach out to me if you
need additional help.
You got this!

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