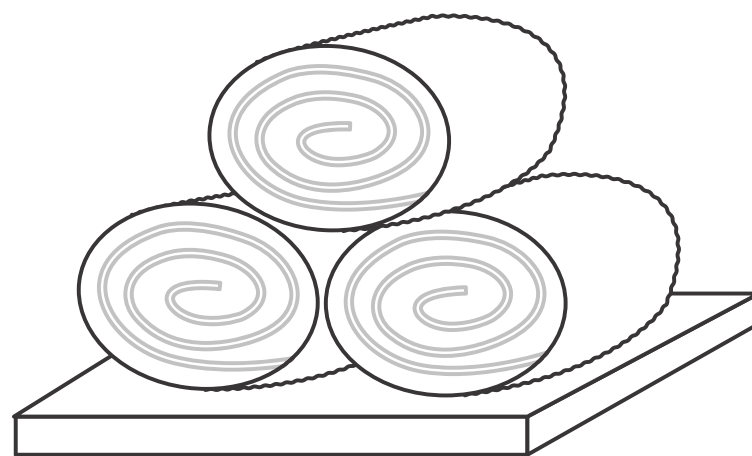
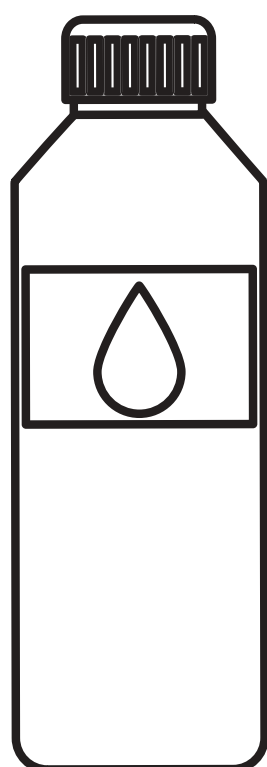
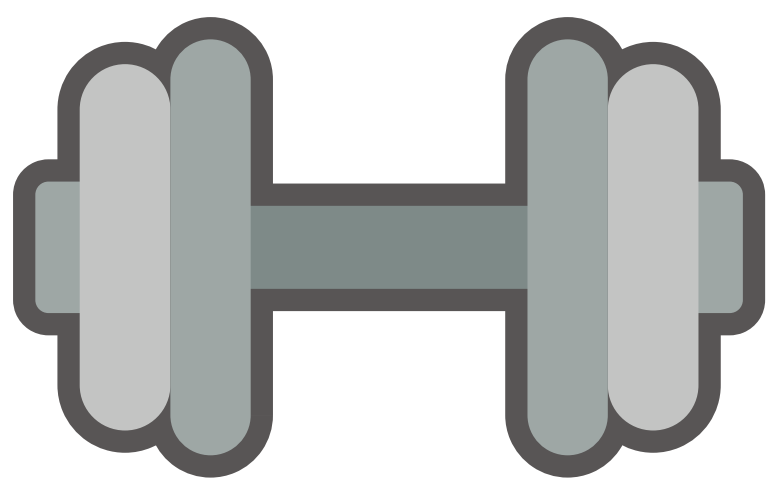


# SO NOW WHAT?

A simple first day  
approach to your  
workout in the gym.

570FIT



# ABOUT ME



Hey everyone! My name is Marcus Watson. I am a personal trainer and educator with 10 years of experience. Im certified as a trainer, womens fitness coach, and a host of others. My aim is always to provide health and fitness to those who want sustainability and lifelong health. Through education we believe people from all walks of life and abilities can get to their goals.

## **SO NOW WHAT?**

You've built up the courage to finally go to the gym. This is a huge step. We know the stigma of it being a scary place and being intimidated by all of the ultra "fit" bodies. That's not what this is about. This is about longevity, strength, building muscle, losing fat, increasing heart health, and all the wonderful benefits of strength training.

So now what?

This ebook breaks down 5 starter movements.

These moves are some of the basic building blocks to a program. Each move can be modified, regressed, and progressed. Each move has been researched and studied as optimal for strength gain. So hit the gym and lets get busy.

# SQUAT

Ahh the squat,. This highly popularized exercise has been linked to building a booty. Actually it works the thighs first but does hit the back of the legs and butt too.

Complete 3 sets of 12.



**Progressions:** Goblet squat, single leg squat, back squat, front squat, kettlebell racked squats.

**Regression:** Squatting to a flat surface

# **INCLINE PUSHUP**

The incline pushup is great for chest, shoulders, tricep, and core. We use the incline modification because they are hard to do from the ground for starters. Find a flat surface and crank out 3 sets of 6. If the surface is easy and you can do all of them with your chest getting close to touching the surface, use a lower surface!



Progressions: Pushups from the ground, decline pushups, single arm pushups, rotating pushups

Regression: Wall pushups

# DUMBBELL RDL

The Romanian Deadlift(RDL) is a hinge movement. It starts by pushing your hips back and hinging forward. Complete 3 sets of 10.



Progressions: Single arm RDL, barbell RDL, Deadlift, kettlebell swing.

Regressions: Bodweight Hinge, wall hinge

# DUMBBELL ROW

This is a classic pull movement and great for the back muscles. Complete 2 sets of 15 reps on each arm,



Progressions: Bent over dumbbell row, bent over barbell row

Regressions: Chest support rows



# ALTERNATING LUNGE

The lunge is an example of an effective single leg movement for strength. Complete 3 sets of 8 on each leg.



Progressions: Weighted lunge, walking dumbbell lunge, one arm dumbbell lunge, rear elevated split squat

Regressions: Split squat, arm supported lunge



# **You're Finished**

Now that you've finished your first day of the gym do you feel like puking? Was it tough? You should have completed push ups, squats, romanian deadlifts, lunges, and rows. Each of these movements should be challenging but doable. As you continue on your journey be sure to challenge yourself. Up your intensity, increase the weight, increase the time, challenge your balance and stability, this is called progressive overload.

The more we challenge ourselves the more our bodies adjust. Over time, you will be amazed at the strength you've gained and all of the benefits associated with it. Keep doing it, Its a marathon not a sprint!