

FREE **1** WEEK WORKOUT PROGRAM

YOUR FIRST WEEK AT THE GYM

FOR BEGINNERS

3 WORKOUT DAYS

SIMPLE & EASY

NEVER BEEN TO THE GYM BEFORE?

Don't know which machines to use or where to start?

Don't worry. This guide will help you take your first step, learn the basics, and build confidence. I'm here to help you the whole way.

COACH RODY HASHASH

@coach.rody
Here to help you start right

1 DAY 1 FULL BODY

Your first day. Simple machines. You got this.

#	EXERCISE	SETS × REPS / TIME
1	Treadmill walking	5 min slow pace
2	Leg press machine	2 sets × 10 reps
3	Chest press machine	2 sets × 10 reps
4	Lat pulldown machine	2 sets × 10 reps
5	Leg curl machine	2 sets × 10 reps
6	Treadmill walking	10 min cool down

DM

Need help? Not sure how to use a machine? Send me a photo of it. Just DM me @coach.rody, I reply fast.

2 DAY 2 ACTIVE RECOVERY

Move a little, rest a lot.

- Walk for **20** minutes if you feel good.
- Stretch lightly, drink water, and sleep well.
- This day gets your body ready for Day 3.

DM

Stuck? Ask me how to stretch or recover better. DM @coach.rody

3 DAY 3 FULL BODY

Same idea, different machines. You're learning fast.

#	EXERCISE	SETS × REPS / TIME
1	Treadmill walking	5 min warm up
2	Leg press machine	2 sets × 10 reps
3	Seated row machine	2 sets × 10 reps
4	Shoulder press machine	2 sets × 10 reps
5	Leg extension machine	2 sets × 10 reps
6	Treadmill walking	10 min cool down

DM

Need help? Feel the exercise in the wrong place? Message me a short video and I'll fix your form. Just DM me [@coach.rody](#), I reply fast.

4 DAY 4 REST

Your body gets stronger while you rest. Take a break today, no gym. Eat well, drink water, and sleep. Recovery is part of training.

5 DAY 5 FULL BODY

Last workout of the week. Finish strong!

#	EXERCISE	SETS × REPS / TIME
1	Treadmill walking	5 min
2	Leg press machine	2 sets × 10 reps
3	Chest press machine	2 sets × 10 reps
4	Lat pulldown machine	2 sets × 10 reps
5	Leg curl machine	2 sets × 10 reps
6	Treadmill walking	10 min



Proud of you for reaching Day 5. Want feedback on your week? Just DM me @coach.rody, I reply fast.

6 DAY 6 & 7 RECOVER

Rest, enjoy your weekend, and get ready for next week. You earned it.

YOUR FIRST WEEK RULES

1 START LIGHT

Choose a weight you can control. No need to lift heavy. Control matters more.

2 LEARN FIRST

Ask a trainer to show you how to adjust each machine. Or send me a video and I'll guide you.

3 TAKE YOUR TIME

Rest **60 to 120** seconds between sets, or longer if you need it. No rush.

4 STAY CONSISTENT

You don't need to be perfect. You just need to show up. **3** days is enough.

5 LISTEN TO YOUR BODY

Stop if you feel sharp pain, dizziness, or anything unusual. Safety first.

END OF WEEK ONE

YOU'VE TAKEN THE FIRST STEP!

Everyone starts somewhere. You don't need experience. You just need to begin.

This week you learned the basics. But real change happens when you have a plan that fits YOU: your body, your time, your goals.

You don't have to figure it out alone. I'm here to help you with form, with machines, with what to eat, and with how to stay consistent.

WANT TO TAKE IT TO THE NEXT LEVEL?

DM me on Instagram [@coach.rody](#)

START

Let's talk about your goals and build a training plan that actually works for you.

YOUR JOURNEY STARTS TODAY.

Coach Rody

Questions during your workout? Don't guess, message me. I'll answer quickly and help you stay safe.