



# THE BASICS PROGRAMME

Beginner

The 'Basics Programme' is specifically for those who are new to the gym or returning to the gym after a long time out.

The programme runs over the course of 8 weeks and is designed to help you to:

- Build Strength
- Build Confidence
- Build a Strong Foundation

With just two recommended sessions a week, it's easy to get started and to build a routine around your lifestyle.

Try to keep a record of the weight you are lifting for weeks 1-4 on the programme. The programme will repeat in weeks 5-8 and ideally you should be looking to increase your weight on your main lifts to build strength and show progress.

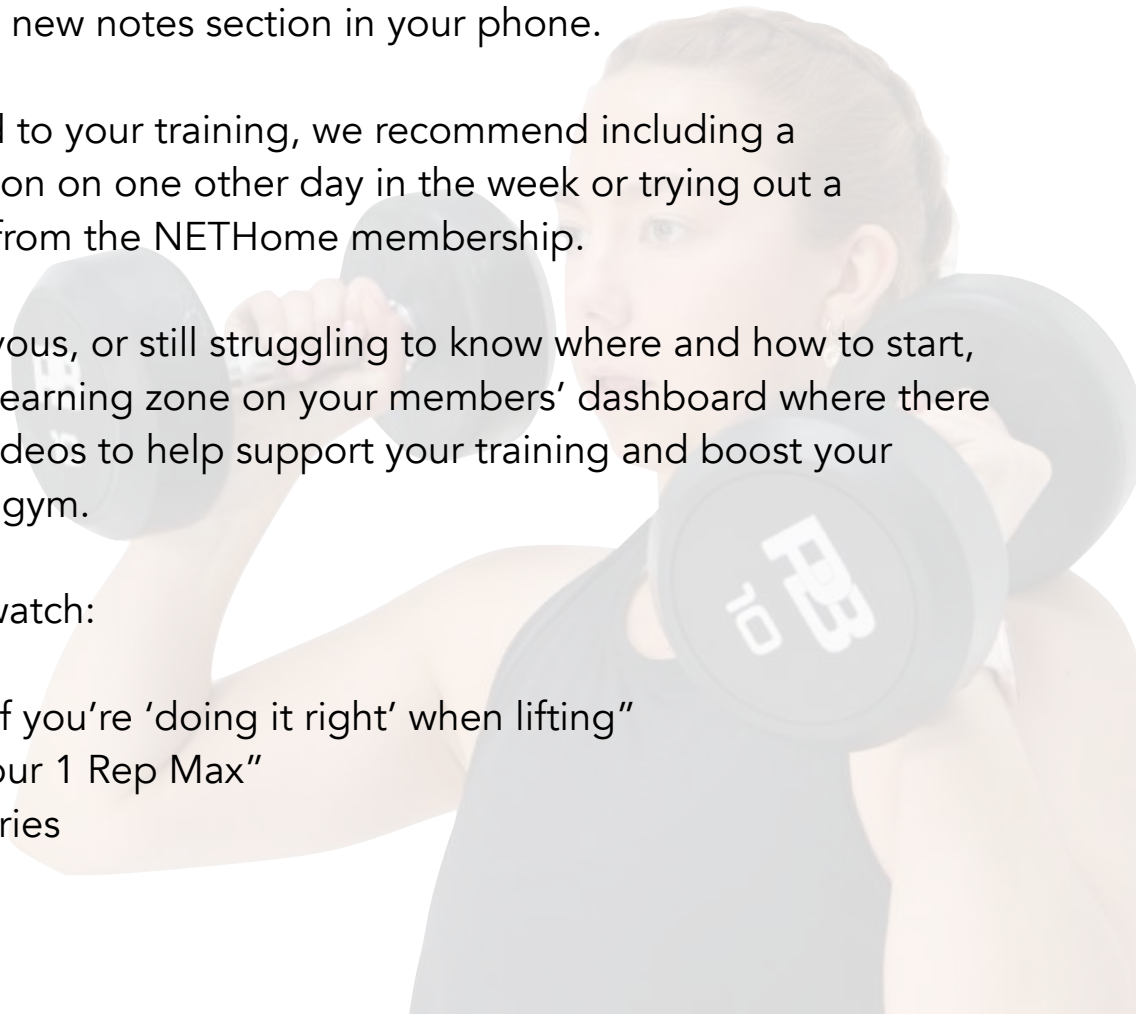
We have included a downloadable tracker in the programme that you can use or just open a new notes section in your phone.

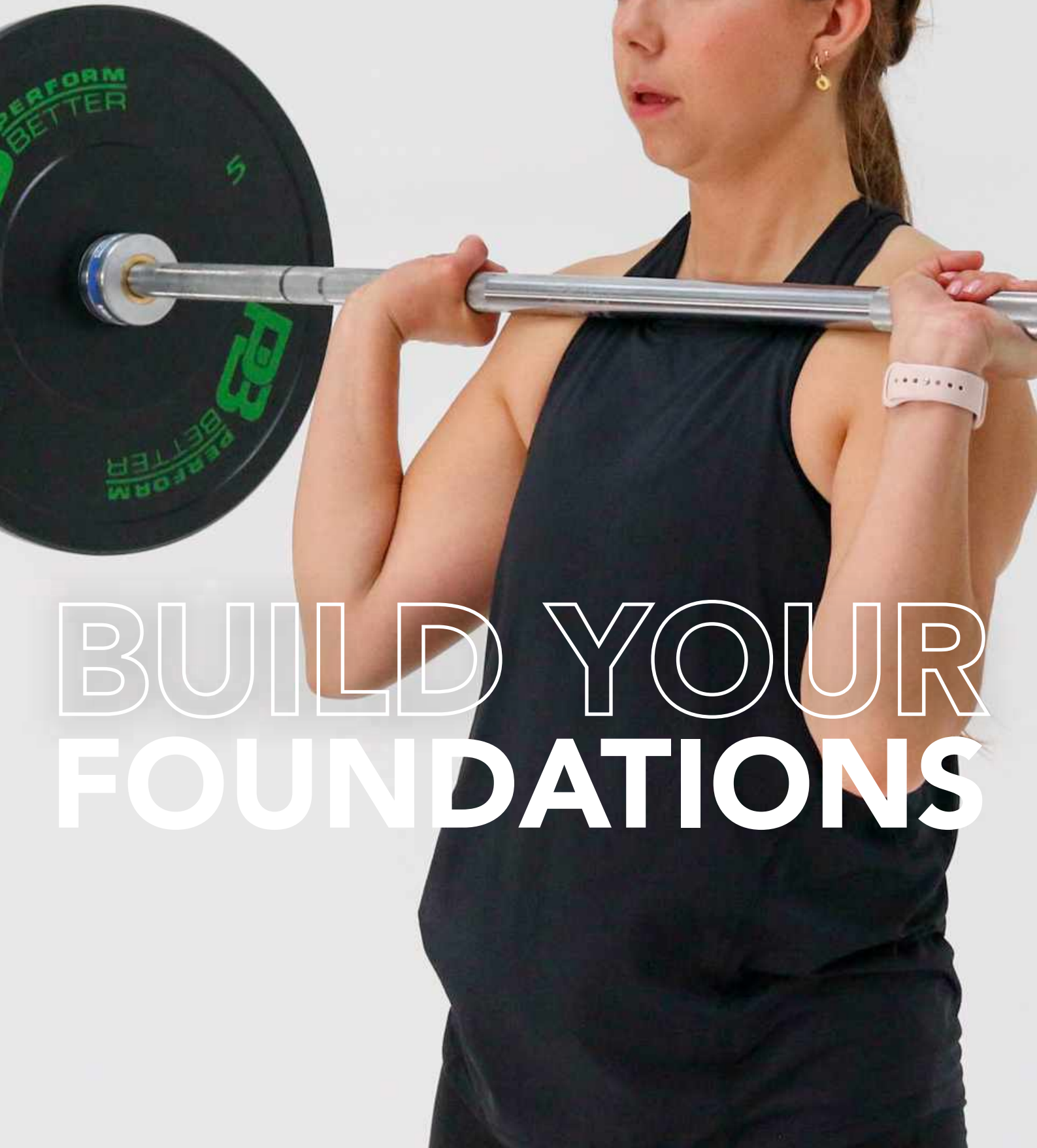
If you want to add to your training, we recommend including a conditioning session on one other day in the week or trying out a footwork session from the NETHome membership.

If you are still nervous, or still struggling to know where and how to start, head over to the learning zone on your members' dashboard where there are lots of short videos to help support your training and boost your confidence in the gym.

We suggest you watch:

- 📺 "How to know if you're 'doing it right' when lifting"
- 📺 "How to find your 1 Rep Max"
- 📺 The 'Basics' Series

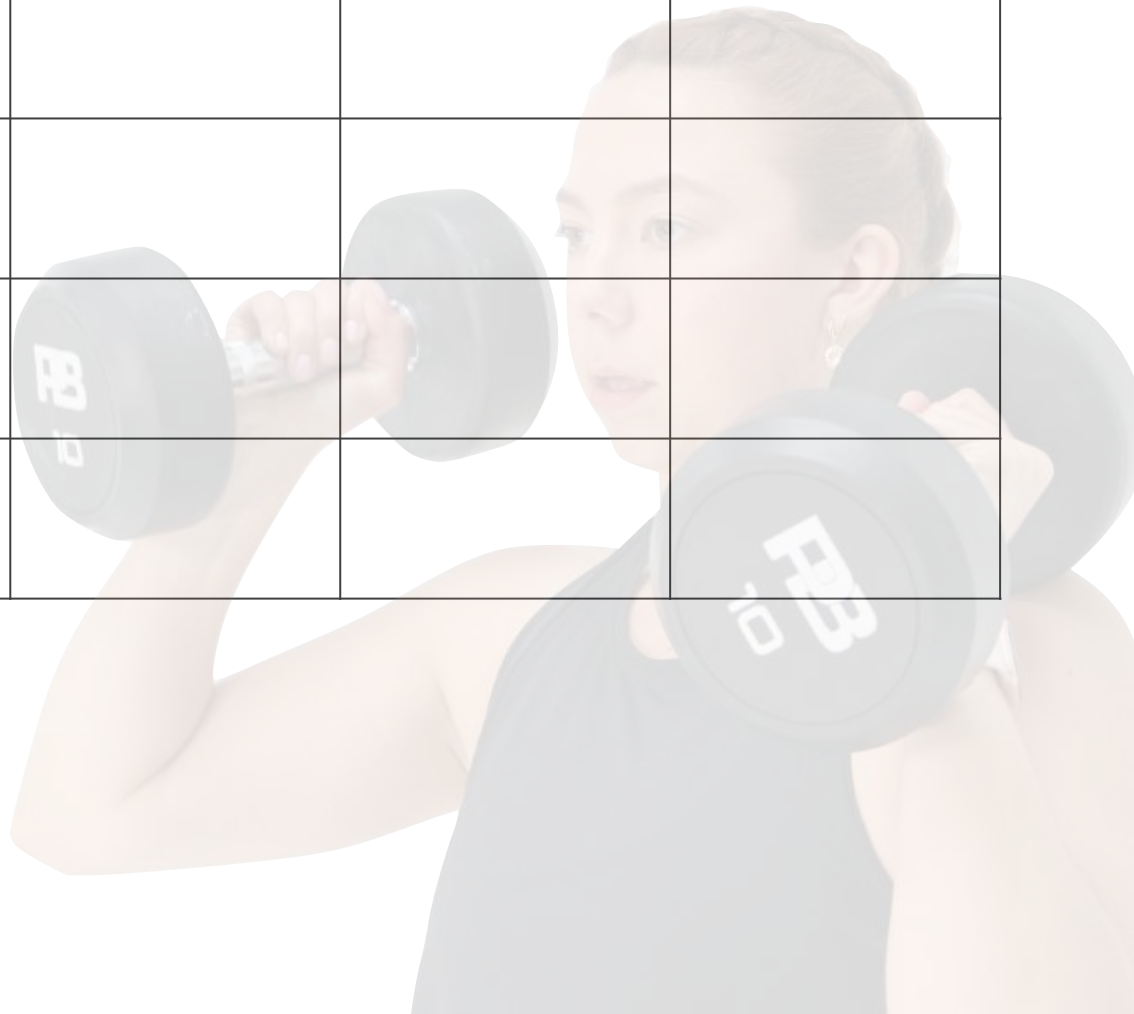




# BUILD YOUR FOUNDATIONS

# Exercise Tracker

Exercise	Weight Week 1-4	Weight Week 5-8	Notes (How did it feel? Did you use BB or DB? etc)
Chest Press			
Squat			
Bent Over Row			
Deadlift			
Shoulder Press			
Lunges			
High Pull			
Glute Bridge			



# PERFECT THE BASICS





# Weeks 1-4

Use these weeks to find your comfort zone with lifting weight and build a routine.

## WEEK 1

Session 1	Plyometrics #1	Upper #1	Core #1
Session 2	Plyometrics #2	Lower #1	Core #2

## WEEK 2

Session 1	Plyometrics #3	Upper #2	Core #3
Session 2	Plyometrics #4	Lower #2	Core #4

## WEEK 3

Session 1	Plyometrics #5	Upper #3	Core #5
Session 2	Plyometrics #6	Lower #3	Core #6

## WEEK 4

Session 1	Plyometrics #7	Upper #4	Core #7
Session 2	Plyometrics #8	Lower #4	Core #8

## Weeks 5-8

Now aim to increase your weights by 10% or more so you can start to see progress.

### WEEK 5

Session 1	Plyometrics #1	Upper #1	Core #1
Session 2	Plyometrics #2	Lower #1	Core #2

### WEEK 6

Session 1	Plyometrics #3	Upper #2	Core #3
Session 2	Plyometrics #4	Lower #2	Core #4

### WEEK 7

Session 1	Plyometrics #5	Upper #3	Core #5
Session 2	Plyometrics #6	Lower #3	Core #6

### WEEK 8

Session 1	Plyometrics #7	Upper #4	Core #7
Session 2	Plyometrics #8	Lower #4	Core #8

# JUST THE BEGINNING





YOU DID IT! Congratulations on completing your first programme on the NETGym membership. Hopefully you have enjoyed the sessions and you are starting to feel stronger and more confident in the gym.

So what next?

The beauty of this programme is that it can be repeated again and again and you can still see results. If you continue to review and increase your weights every 4 weeks, you will continue to build strength - this is called progressive overload.

Perhaps you can start to move away from free weights like dumbbells and kettlebells and start using the bar? Make sure to check the 'how to' videos in the learning zone again to help you with your form.

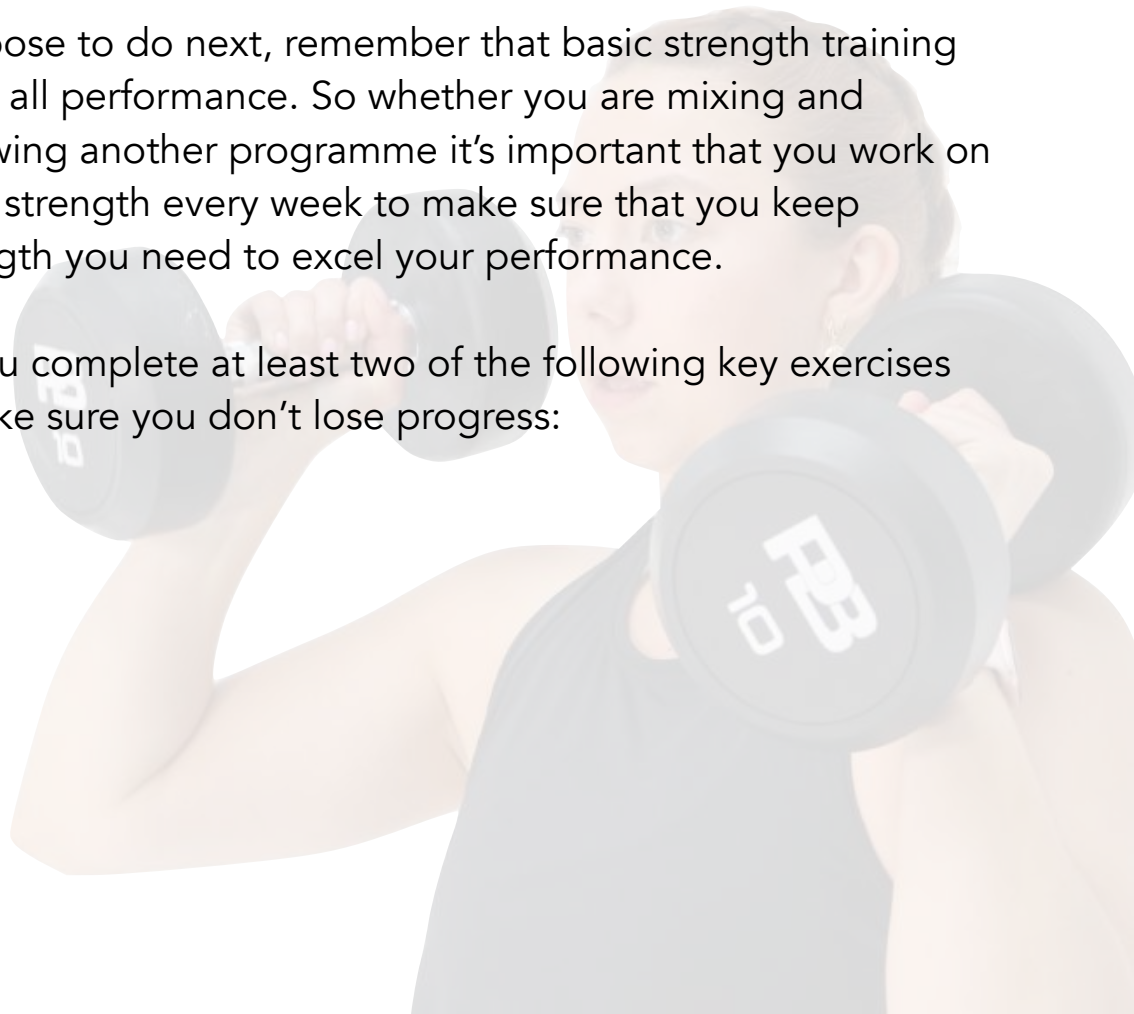
Or maybe now you are wanting to try something a little different? Why not head over to the Programming page on the dashboard and see what other programmes there are in store for you, or create your own.

Whatever you choose to do next, remember that basic strength training builds the base of all performance. So whether you are mixing and matching or following another programme it's important that you work on your fundamental strength every week to make sure that you keep building the strength you need to excel your performance.

Make sure that you complete at least two of the following key exercises every week to make sure you don't lose progress:

- Squat
- Deadlift
- Shoulder Press
- Chest Press
- Bent Over Row

GOOD LUCK!





# THE BASICS PROGRAMME

**CONGRATULATIONS!  
YOU SMASHED IT!**