FIRST STEP INTO THE GYM

A practical beginner’s guide to exercise technique, workouts and nutrition — without complicated calculations.

TECHNIQUE

Step-by-step guidance

TRAINING PLAN

A clear weekly structure

NUTRITION

Simple targets and examples

PROGRESS

Build consistency, not ego

Roldugin S.I.

How to organize your week

A sample structure for beginners

This is an example, not a rigid rule. Adjust the plan to your health, experience and recovery.

DAY	SESSION	FOCUS
Mon	Strength workout	Learn the technique; take your time
Tue	Easy cardio	20–30 minutes at a comfortable pace
Wed	Strength workout	Controlled reps and adequate rest
Thu	Rest	Sleep, walk and recover
Fri	Strength workout	Gradually reinforce movement patterns
Sat	Cardio as you feel able	Easy activity; avoid exhaustion
Sun	Rest	Get ready for the next week

Three rules to get started

1. Start with a weight you can control.

2. Rest long enough to perform the next set well.

3. Increase the load gradually once your technique is consistent.

WORKOUT A • A1

Barbell Bench Press



3 × 8–12

MUSCLES WORKED

Chest, front deltoids, triceps

HOW TO PERFORM

Keep your shoulder blades retracted and in contact with the bench. Lower the bar under control toward the lower chest.

AVOID

Do not bounce the bar off your chest or lift your shoulders from the bench.

WORKOUT A • A2

Incline Dumbbell Press



3 × 8–12

MUSCLES WORKED

Upper chest, front deltoids, triceps

HOW TO PERFORM

Set the bench to a moderate incline. Lower the dumbbells beside your chest, then press up.

AVOID

Do not bang the dumbbells together or overarch your lower back.

WORKOUT A • A3

Dumbbell Fly on Bench



3 × 10–15

MUSCLES WORKED

Chest muscles

HOW TO PERFORM

Keep a slight bend in your elbows. Lower your arms until you feel a comfortable chest stretch, then bring them together above your chest.

AVOID

Do not lower your arms too far or turn the movement into a press.