

Beginner's Boost

8 Week Resistance Program

START TO UNLEASH YOUR INNER STRENGTH



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JD

JOSHUA DRINKWATER
PERSONAL TRAINING

train well, play well, live well



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INTRODUCTION



My name is Josh Drinkwater and my goal is to change the way people think about their health and wellness. I understand that people, just like you, have a pretty good understanding of what is required to live a healthier lifestyle.... But why is so hard to do it?

WHY I MADE THE BEGINNER BOOSTER PROGRAM

While any movement is good exercise, the fact is everybody should be doing some form of resistance training. Resistance training not only makes you stronger, it helps strengthen bones, regulates your hormones, increases self confidence and helps fight off conditions like arthritis and osteoporosis.

I created this program to give people a safe introduction to resistance training. No over-hyping or promising insane results. A program designed to give you the tools you need to build a resistance training habit that will benefit you for the rest of your life.

Starting Resistance training or weight training can be a daunting experience. The machines look foreign, you're worried about hurting yourself, worried about old injuries then you need to know what exercises you should be doing.

It's a lot, so let's answer some of the more common questions.



Josh Drinkwater

COMMON QUESTIONS

HOW OFTEN SHOULD I BE DOING RESISTANCE TRAINING?

To see the best results you should be doing resistance training 3-4 times a week. This will give you rest days so your body can recover, reducing your risk of injury. Some people train more which is ok to do, as long as your are looking after your training load. While you're starting out aim for 3-4 days a week.

WHAT EXERCISE SHOULD I BE DOING?

There are so many variations to every exercise that it can be hard to work out which ones are best. To put it simply, we want to Push, Pull, Squat and Hinge.

Push = Bench or Shoulder Press

Pull = Pull Ups, Seated Row, Bent Over Row

Squat = Squats and Lunges

Hinge = Deadlifts, Kettlebell Swings

WILL RESISTANCE TRAINING MAKE ME BULKY?

No, you won't end up looking like a body builder just because you lift weights or do resistance training. Some people build muscle faster than others, but to get big and bulky takes years of work in the gym along with a very specific diet. If you're doing resistance training 3-4 days a week, and living your normal life, you have nothing to worry about.



MINDSET & EXPECTATIONS

REMEMBER TO BE THE LEARNER

If you are new to resistance training, you are going to be learning some new skills. Think of each exercise as a new skill that will aid you on your health and wellness journey. These will take time to learn properly, so give yourself that time, don't go chasing fast results, forgive yourself for your mistakes and always keep moving forward.

Remember, this is a life game



CONSISTENCY OVER PERFECTION

Nothing in this world is perfect and that includes you and me. We all make mistakes, cheat on our diet and miss workouts from time to time. That is why I aim to be consistent not perfect. As long as you are doing the right things 80-90% of time, those slip ups along the way are just small bumps in road. Don't let a bad day ruin your week, or a bad interaction/decision ruin your day.



MINDSET & EXPECTATIONS

TRUST THE PROCESS

There will be days when you're sore, you don't feel like doing it and days where you feel like it's useless and the results just aren't there. We just spoke about consistency being an important focus. When these days come up, trust the process, remember why you're doing it. Everybody has these days. the difference between results and not getting them is whether or not you follow the process.



NOTHING REPLACES TIME

This is an important one to remember. When it comes to creating healthier habits and getting physical results, nothing replaces the time doing the work. As we have touched on this is a life game and long lasting results take time to not only to achieve but to maintain. Be patient and build your discipline. Everyday you get it right, is a day you got better.



SOME EFFECTIVE ADVICE

TECNIQUE OVER WEIGHT

- Proper technique and form are essential for both safety and effective results. Begin with lighter weights to focus on mastering the movement patterns without compromising your form.
- Emphasize the importance of maintaining a neutral (straight) spine, engaging core muscles, and using controlled, deliberate movements during exercises.
- Consider starting with bodyweight exercises and resistance bands to build a solid foundation before progressing to heavier weights.

Gradually Progress and Listen to Your Body:

- Progression is key, but it's important to progress gradually to avoid overexertion or injury. Start with manageable weights and increase gradually as you build strength and confidence.
- Pay close attention to your body's signals. Muscle soreness is normal, but severe pain or discomfort could indicate improper form or excessive load. Rest and recover when needed.
- Incorporate rest days between workouts to allow muscles to recover and adapt. Recovery is crucial for avoiding burnout and injury.



SOME EFFECTIVE ADVICE

REST AND RECOVER

- This is will be vital when first starting out to minimise muscle soreness and to make sure you're getting everything from your workout.
- Make sure you're eating enough protein in you're diet and staying hydrated.
- Making sure that you take rest days and recover will help reduce your risk of injury, allows your nervous system to recover and will enable you to get through each workout while feeling good (nobody likes working tired and sore)

SLEEP

Is abosultely vital to recovery and good workouts moving forward.

MUSCLE RESTORE AND GROWTH:

During deep sleep stages, the body releases growth hormone, which is essential for tissue repair and muscle growth. This hormone helps in restoring and building the muscles that you have targeted in your training.



SOME EFFECTIVE ADVICE

NUTRITION FOR RESISTANCE TRAINING

This is a topic where what your goals are will determine which direction you will go in. There are however some fundamental rules that will cover you no matter your goals so lets get through those first.

PRIORTISE YOUR PROTEIN INTAKE:

Protein is the building blocks of your body's muscle, without it, you simply will not grow or maintain your muscle mass. The amount you need will be determined by your current body mass.

There isn't a one-size-fits-all equation for determining protein intake for resistance training because individual protein needs can vary based on factors such as age, gender, body weight, muscle mass, training intensity, and goals. However, a common recommendation for protein intake for individuals engaging in resistance training is based on body weight and ranges between 0.8 to 1.2 grams of protein per kilogram of body weight per day.

To determine your protein intake using this range, you can follow these steps:

2. Multiply your body weight in kilograms by the recommended range of protein intake (0.8 to 1.2 grams/kg). For example, if you aim for 1 gram of protein per kilogram of body weight: Protein intake = 68.04 kilograms × 1 gram/kg = 68.04 grams of protein per day



SOME EFFECTIVE ADVICE

NUTRITION FOR RESISTANCE TRAINING CONTINUED

3. You would adjust this number based on your specific goals, preferences, and dietary needs. If you're aiming for muscle growth or are in a calorie deficit, you might opt for the higher end of the range (e.g., 1.0 to 1.2 grams/kg). If your goal is maintenance or you have other dietary considerations, you might choose a lower end of the range.

Now if all this just seems a bit much compared to what you're willing to handle right now then just make sure you are getting a good amount of protein with every meal, if after a 4-6 weeks you aren't recovering any better or you don't seem to be able to increase the amount of weight you are lifting then you can adjust how much you're eating.

CAN I LOSE WEIGHT AND GAIN MUSCLE MASS

If you are overweight or obese and you are looking to build muscle mass while reducing your fat mass then you already have a readily available source of energy stored in their fat tissue. In such cases, you will be able to build muscle while simultaneously losing fat, this is a process known as body recomposition.

To support muscle growth while losing fat, it's important to maintain a balanced diet with sufficient protein intake to support muscle repair and growth, while also controlling overall calorie intake to promote fat loss. This is where you want to aim for a moderate calorie deficit, which means consuming slightly fewer calories than your body needs for maintenance.



Workout Schedule

Before we get started with the workouts themselves I want to give you some tips that will help make your journey a bit easier.

- Feel free to play around with the amount of sets and reps you do, anywhere between 8-25 will help you build muscle. The lower the reps the heavier you should be lifting. The aim for muscle growth is stop 2-3 reps before your failure point.
- You can change out the exercises used here, just make sure that it still targets the same muscle area as best you can. For example if you don't enjoy the Chest/Bench Press then you could do an Incline Press or Chest Fly.
- Yes, you can use the machines if you're not comfortable with free weights, that is why instead of only putting in Bench Press I have written as Chest/Bench press. The goal here is to build a habit so do what you feel comfortable with. While I will encourage you to move to free weights after a few weeks, when starting out, it's not vital to your success.
- Technique comes first, so in the early days focus on that over anything else. This usually means leaving your ego at the door and lifting lighter, however I can assure you that your joints and connective tissue will thank you for it.
- Move as close to your full range of movement as you can, if you have injuries this might limit your range, but go as far into it as you can without hurting yourself. Again, this will mean lifting lighter, but your body will thank you.



Workout Schedule

Day 1

Chest/Bench Press
Seated/Bent Over Row
Shoulder press
Bicep Curl
Leg Press

3xPlanks to Failure

Josh's Tips

Complete 3-4 sets fo each, your rep range can be anywhere from 8-25, do what feels most comfortable. everyone has there own prefrence on how heavy they like to lift, just make sure you are challenging yourself. I usually recommend between 8-15 reps for clients starting out

Day 2

Lat Pull Down
Leg Extension
Squats
Front Shoulder Raise

Active Supine Twist
Heel Taps

Josh's Tips

If you're feeling sore from the previous session take this into account when seecting what weight to lift, if you're really sore maybe give that body part a rest and replace that exercise with something else

Day 3

Leg Curl
Chest/Bench Press
Tricep Pull Down
Shoulder Press
Seated Row

Josh's Tips

Don't forget to add in some cardio work with your weights, cardio doesn't kill your gains like the gym bros will tell you, and for now it's about creating a habit of working out. You can get more specific once you have a solid workout habit.

Day 4

Leg Press
Squats
Lat Pull Down
Bicep Curl
Face Pull

Lying Leg Extension

Josh's Tips

While you're still navigating your way around the gym don't be afraid to try new things. The most important thing when building your habit is to find something you will enjoy, this will help you stay consistent bringing your goals so much closer.



Final Word

Lifting weights or any type of resistance training can be daunting when you first start out. There will be days of sore muscles and periods of your training where you might need to remind yourself why your doing it.

The benefits of building or even just maintaining your muscle mass are worth every bit of the work you put in. Just remember that your journey is yours, some people will naturally build muscle and strength quicker than others for a variety of reasons so don't let that get you down.

If you would like more personalised information to your program then I would invite you to a Habit check and Planning Call which you can book into from the button below, this is not a sales call, it is a free service I offer to everyone. It takes 30-45 minutes and the information we cover could be the difference between reaching your goals or starting again in 6 months.

Happy Lifting and Stay Present

J Drinkwater

[Book your FREE call here](#)

