



Level One Workout

ROOKIE

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LEVEL ONE ROOKIE WORKOUT

Welcome to basic training, Rookie!

Below, you'll find the workout that's going to get your feet wet in this whole "getting in shape" thing. A few notes before we get started:

Take it easy on your first time through these routines. It's always better to add weight or reps next time than to push yourself too hard this time and have to take a week off.

For some people, four weeks of doing this routine might be enough for them to move onto Level 2, while others might require six or eight weeks (or more) before they feel up to the challenge to level up.

Nobody knows your body better than you, and nobody will have a better estimate of how you're doing than you. Do what you need to do to move up, but make sure you're doing so safely.



If you can't complete all the required reps, do as many as you can, write down your total, and then try to do at least one more rep next time. Record your progress on the attached sheets by printing the PDF or recording in the excel sheet.

IMPORTANT: If there are exercises that you can't do for whatever reason, pick another exercise that works the same muscles. I've included easier variations for some exercises in parentheses on the workouts. Do those if you're just starting out and work your way UP to the exercise listed first.

Each routine will be composed of a combination of a leg exercise or two, a push exercise (working your chest, shoulders, and triceps), a pull exercise (your back, biceps, and forearms), and core exercise (working your abs and lower back). Each workout day will have different variations on which exercises are done, but this will be our formula for success.

If you have only exercise bands (or only have dumbbells), you might need to change a few exercises listed. For example, if it tells you to do dumbbell shoulder presses and you only have exercise bands, then do shoulder presses with exercise bands instead.



If an exercise is too easy – ADD WEIGHT. If you can do two sets of 15 step ups without breaking a sweat, it's not tough enough. Pick up a dumbbell in each hand that will make it difficult to finish the exercise – that's how you will get stronger and burn more calories.

Eat protein after exercising – I try to get some high-quality protein in my system after exercising to help kick-start my muscle building process. A protein shake with approximately 30 grams of protein is my usual meal of choice at this point.

The attached documents have your workouts. On the days with your exercises, you'll see in the LEFT column prescribed sets and reps.

- **Reps** – how many times you should lift the weight or do the exercise in a row. 15 reps = 15 consecutive lunges.
- **Sets** – How many 'groups' of reps you should do, with usually a rest in between. 3 sets of 15 lunges = 15 lunges, rest, 15 lunges, rest, 15 lunges.
- **Rest** – how long you should rest between sets. For level 1, it's all 90 second breaks between sets.



This means if you see Squats 2x15, that means you'll do a set of 15 reps of squats, wait 90 seconds, and then do a second set of 15 squats, wait 90 seconds, and then move onto the next exercise.

Remember, ALWAYS warm up before (doing the recommended warm-up exercises) and **cool down AFTER** (by stretching your sore muscles).

Don't skip your warm up or your cool down... cut your routine short if you have to... but never the warm up or cool down. You don't have to lift heavy weights for your warm up, those exercises are meant just to get the blood flowing and your muscles warmed up.

After you have finished your sets of exercises, it will say "X minutes" of cardio. This cardio can be anything – elliptical, jogging, brisk walk, exercise bike, jumping rope. We'll get into advanced cardio techniques in future levels, so for now just concentrate on moving!

I've made Sunday an off-day, but you can make whatever day you'd like be your off-day. Exercise if you'd like, but no weight training! Try to eat well if you can too, but if you need a day where you pig out it's not the end of the world. Just get right back on track after.



On days when you're not lifting weights, find a way to get 30 minutes of exercise. Wake up early and go for a brisk walk, play with your kids in the back yard, rake some leaves, mow the lawn, toss around a Frisbee, whatever. These days are meant to be fun, so find something that makes you happy; it will also keep your mind on getting in shape, which really helps you stay focused on eating better.

Maintain good tempo and control - When performing any of the exercises listed, your form and tempo are REALLY important. Try lowering the weight (or your body) in two seconds, pause slightly, and then explode back up with the weight (or your body) in one second. If you're doing squats, lower your body for two seconds, and then explode back up in one second. For your breathing, keep it simple. Inhale while lowering the weight and exhale while raising it.

For the workout descriptions, when I say “brace your abs” or your “core,” pretend like you're flexing your stomach because you're about to get punched in the gut. I want to get you in great shape, so if something's not clear please reach out to me and I'll help.

On to the workout!



ABOUT THE WORKOUTS

I've designed the different workouts in the Rebel Fitness Guide to be scalable for people all ages, sizes, strengths, and levels of experience.

Many exercises on each routine will have less challenging exercises listed in parentheses next to them. These lesser exercises will still give you a great workout and allow you to finish the whole routine.

For example, if the routine calls for 2 sets of 10 incline push ups, and you can only do 2 sets of 5 push ups on your knees, THAT'S OKAY. Do your three sets on your knees, and then next week aim for 3 sets of 6 push ups, and so on. I've included all the excel sheets that you can edit.

The increasing levels of the routines are based on experience and your tolerance for complexity, not strength. They get tougher due to their complexity, not how much weight you have to lift!

If you feel good while doing level 1, and you want more of a challenge, try level 2, and scale the tougher exercises down to ones that you can complete. Don't be scared of the higher levels, you can get there!



Below, you'll see two workouts: Level 1 Rookie Workout A, and Level 1 Rookie Workout B.

You're going to alternate between doing Workout A and Workout B, for a total of 3 total workouts in a week. Don't do them two days in a row.

Week 1 would be this:

- **Monday** – Workout A
- **Tuesday** – 30 minutes of exercise
- **Wednesday** – Workout B
- **Thursday** – 30 minutes of exercise
- **Friday** – Workout A
- **Saturday** – Fun exercise

Week 2 would be:

- **Monday** – Workout B
- **Tuesday** – 30 minutes of exercise
- **Wednesday** – Workout A
- **Thursday** – 30 minutes of exercise
- **Friday** – Workout B
- **Saturday** – Fun Exercise



BEFORE each workout, start with a warm-up:

- 10 jumping jacks
- 1 set of 15 reps of **chops**
- 1 set of 5 **hip raises**
- 1 set of 10 reps of **rotational chops** (5 out to each side)
- 1 set of 5 **incline push ups**

If jumping jacks are too tough on your knees, do 5 kicks and punches with each fist and leg. Channel your inner Karate Kid!

After you're done with your weight training, you need to do 10 minutes of cardio, any type you like: walk outside, ride a bicycle, use the rowing machine, jump rope, use the elliptical, whatever you want.

AFTER doing your 10 minutes of cardio , you're going to stretch out your sore muscles by doing this routine. Hold each stretch for 3 seconds for each rep, then relax:

- 10 **titanic stretches**
- 10 **back stretches**
- 5 **ballet stretches** for each side
- 5 **full body stretches** for each side.



LEVEL ONE ROOKIE WORKOUT A

WARM UP FIRST

- 1) **Squats** – 2 sets of 15 reps, 90 second rests between sets
- 2) **Incline Push Ups** (Or On Your Knees) – 2 sets of 8 reps, 90 second rests between sets
- 3) **Step Ups** – 2 sets of 10 reps for each leg, 90 second rests between sets
- 4) **Lat Pulldown** (or **One-Arm Dumbbell Row**) - 2 sets of 15 reps, 90 second rests between sets. *(For one-arm rows, do 15 reps for one arm, immediately do the other arm, THEN rest.)*
- 5) **Hip Raises** – 2 sets of 10 reps, 90 second rests between sets
- 6) **Plank** - 2 sets of 20 seconds each, 90 second rests between sets
- 7) **10 minutes of cardio** – your choice

STRETCH AFTER



LEVEL ONE ROOKIE WORKOUT B

WARM UP FIRST

- 1) **Straight Leg Deadlift** – 2 sets of 15 reps, 90 second rests between sets
- 2) **Overhead Dumbbell Press** – 2 sets of 15 reps, 90 second rests between sets
- 3) **Back Lunge** (or **Split Squat**) – 2 sets of 10 reps for each leg, 90 second rests between sets
- 4) **One-Arm Dumbbell Row** – 2 sets of 15 reps for each arm, 90 second rests between sets (do one arm, then the other, arm, THEN rest!)
- 5) **Bird Dog** – 2 sets of 8 reps per side, 90 second rests between sets
- 6) **10 minutes of cardio** – your choice

STRETCH AFTER



SQUAT

Muscles worked: quads, hamstrings, glutes (butt)

The Exercise:

- 1) Stand with your heels shoulder width apart, toes pointed slightly outward (30 degree angle off of straight, if you're a numbers person).
- 2) Abs braced, sit WAY back with your butt as if you were going to sit into a chair.
- 3) Keep your lower back tight, no rounding. You should feel like you're sticking out your butt like CRAZY.
- 4) As you sit down, make sure you are pushing your knees OUTWARD.
- 5) Drop until the **top** of your thighs are parallel to the ground or lower.
- 6) Explode back up and bring your butt and hips back forward.

Tip: if you're doing this right, try sitting in a chair, and then standing back up without having to rock or lean forward at all. That's how you squat!

Squat Video

Return to Routine



INCLINE PUSH UP

Muscles worked: chest, shoulders, triceps

The Exercise:

- 1) Stand in front of a bench, your stairs, some flat platform, and place your hands slightly wider than shoulder-width apart on it, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the platform you're using.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.

If a bench is too tough, you can do these by leaning forward into a wall instead. The lower the object that you're leaning on, the tougher the push ups are.

Incline Push Up

Return to Routine



STEP UP

Muscles worked: quads, hamstrings, glutes (butt)

The Exercise:

- 1) Stand with your feet side by side, toes pointed straight, in front of a stair, box, bench, or chair.
- 2) Keep your upper body upright, step up with your right foot onto the platform, and then step up with your left foot so that you're standing up on the platform.
- 3) Pause, and then step back down with your right foot, and then your left foot.
- 4) Step up with your left foot now, and repeat the process.

Step Up Video

Return to Routine



OVERHAND LAT PULLDOWN

Muscles worked: upper back, traps, biceps, forearms

The Exercise:

- 1) Throw an exercise band up over a tree branch above your head, or use the lat pull down machine at the gym.
- 2) Grab both handles so your palms are facing away from you.
- 3) Take a squat stance, brace your abs, stick your butt out, lower the handles from above your head down to your sides, pinching your shoulder blades together at the bottom of the movement.
- 4) Pause, then return the handles up above you.
- 5) Repeat!

Overhand Lat Pulldown Video

[Return to Routine](#)



ONE-ARM DUMBBELL ROW

Muscles worked: upper back, biceps, forearm

The Exercise:

- 1) Kneel on a bench with your left knee, and place your left hand on the bench as well.
- 2) Your right foot should be firmly on the ground, and you should grab a dumbbell with your right hand and let it hang down loosely.
- 3) Brace your abs, tighten your grip with your right hand on the weight, and pull the weight up towards you, keeping your elbow tight against your side.
- 4) Pinch your shoulder blade behind you.
- 5) Complete the total number of reps for that side, then repeat with your left arm IMMEDIATELY, and then you can take your break :)

One Arm Dumbbell Row Video

Return to Routine



HIP RAISES

Muscles worked: abs, lower back, butt, hamstrings

The Exercise:

- 1) Lie on your back with your knees bent and your feet flat on the ground.
- 2) Place your hands on the ground on either side of you with your palms down.
- 3) Bracing your abs, raise your butt off the ground so that your torso forms a straight line with your thighs.
- 4) Squeeze your butt (seriously) at the top of the movement.
- 5) Hold for a three count, then lower your butt back down to the ground.
- 6) Repeat.
- 7) If these get too easy, you can up the challenge by doing **weighted hip raises.**

Hip Raises Video

Return to Routine



PLANK

Muscles worked: abs, lower back, core

The Exercise:

- 1) Lie flat on your stomach on the ground/grass/mat.
- 2) Get up on your elbows and your toes, and brace your abs.
- 3) Your body should form a completely straight line, from your head to your back to your butt to your legs to your feet.
- 4) HOLD!

If this is too tough, you can start with Elevated planks. Like elevated push ups, start with your arms/upper body on a higher surface. Your body won't have to support as much weight this way. As you progress, you can lower the angle you start at until your arms are on the ground.

Plank Video

Return to Routine



STRAIGHT LEG DEADLIFT

Muscles worked: abs, lower back, butt, hamstrings

The Exercise:

- 1) Stand up with your chest out, have a slight bend in your knees, brace your abs, and stick your butt out.
- 2) Grab dumbbells and hold them in each hand with your palms facing you and the weights hanging down on top of your thighs.
- 3) Without bending your knees any more or rolling your back, lower the weights down your thigh, over your knees, and down your shins.
- 4) Remember, no bending your legs or bending your back. It's okay to stick your butt back as you drop down.
- 5) You should feel this in your hamstrings (back of your legs).
- 6) Once you've stretched as far down as you can go, stand back up slowly.
- 7) If holding dumbbells is too tough, just work on stretching without weight.

Straight Leg Deadlift Video

[Return to Workout](#)



OVERHEAD DUMBBELL PRESS

ALSO CALLED MILITARY PRESS

Muscles worked: shoulders, upper chest, triceps

The Exercise:

- 1) Stand straight with your abs braced, glutes tight, shoulders back and butt slightly out..
- 2) Hold the dumbbells with your palms facing straight ahead, at the height of your ears.
- 3) Press the weights forcefully up and bring them together at the top of the movement, where they'll almost touch.
- 4) Return them to the starting position.
- 5) Try not to squirm or use the rest of your body to push the weight up, instead concentrating on just using your shoulders and arms.

Military Press Video

Return to Workout



BACK LUNGE

Muscles worked: quads, hamstrings, glutes (butt)

The Exercise

- 1) Stand with your feet hip-width apart, toes pointed straight.
- 2) Abs braced, step straight back with your left leg and lower your body until the top of your RIGHT thigh is parallel or lower.
- 3) Don't plant your left knee on the ground, keep it just off of it.
- 4) Make sure you've stepped back far enough so that your right knee doesn't extend out beyond your right toes.
- 5) Keep your upper body upright, and make sure your right knee doesn't go beyond your toes.
- 6) Explode back up using the power in your left leg to return to the start.
- 7) Step straight back with your right foot and repeat!

Back Lunge Video

Return to Routine



SPLIT SQUAT

Muscles worked: quads, hamstrings, glutes (butt)

The Exercise

- 1) Stand with your feet hip-width apart, toes pointed straight.
- 2) Step forward with your right foot, taking a larger than normal step, and step back slightly with your left foot.
- 3) Anchor your left foot in place (just the toes though, your heel will be coming off the ground).
- 4) Keeping your abs braced, place your hands on your hips or hold dumbbells and lower your left knee until the top of your RIGHT thigh is parallel to the floor. Your right knee shouldn't extend beyond your right toes if you've stepped out far enough.
- 5) Explode back up using the power in your left leg to return to the start.
- 6) Stay in that position, and do all required reps for that side, THEN step out with your left leg and do all reps for that side, then rest.

If these are too difficult, you can brace yourself with one hand until you build up the strength to do them unassisted. See the video.

[Split Squat Video](#)

[Return to Routine](#)



ONE-ARM DUMBBELL ROW

Muscles worked: upper back, biceps, forearm

The Exercise:

- 1) Kneel on a bench with your left knee, and place your left hand on the bench as well.
- 2) Your right foot should be firmly on the ground, and you should grab a dumbbell with your right hand and let it hang down loosely.
- 3) Brace your abs, tighten your grip with your right hand on the weight, and pull the weight up towards you, keeping your elbow tight against your side.
- 4) Pinch your shoulder blade behind you.
- 5) Complete the total number of reps for that side, then repeat with your left arm.

[One Arm Dumbbell Row Video](#)

[Return to Routine](#)



BIRD DOG

Muscles worked: abs, lower back, core

The Exercise:

- 1) Kneel on a mat and get up on your hands. You should be on all fours... like a dog.
- 2) Keeping your hips and shoulders LEVEL, raise your right hand and left leg simultaneously, slowly. This is NOT A RACE.
- 3) Your right arm should be straight out, and your left leg should be straight out. Don't lift your left leg above parallel to the ground.
- 4) Pause, then return to the starting position.
- 5) No rotating your hips your shoulders, keep your core (abs) tight so that doesn't happen.
- 6) Repeat, with your left arm and right leg.

Bird Dog Video

Return to Routine



CHOPS

Muscles worked: legs, abs, core, chest, shoulders, triceps, back

The Exercise:

- 1) Stand tall with a stance wider than shoulder-width apart.
- 2) Grab a dumbbell with both hands and hold it in front of you.
- 3) Take a squat position with your butt sticking way back out, bring the weight down between your legs (keeping your arms extended).
- 4) Bring your hips forward with force and use that momentum to propel the weight out and upwards with your arms
- 5) Bring the weight in an arc up in front of you and then above your head. As it gets to the high point above your head, keep your upper arms straight, and lower your forearms so the weight drops behind your head.
- 6) Raise it back up, then swing your arms back down and between your legs and repeat.

Chops Video

Return to Routine



HIP RAISES

Muscles worked: abs, lower back, butt, hamstrings

The Exercise:

- 1) Lie on your back with your knees bent and your feet flat on the ground.
- 2) Place your hands on the ground on either side of you with your palms down.
- 3) Bracing your abs, raise your butt off the ground so that your torso forms a straight line with your thighs.
- 4) Squeeze your butt (seriously) at the top of the movement.
- 5) Hold for a three count, then lower your butt back down to the ground.
- 6) Repeat.

Hip Raises Video

[Return to Routine](#)



ROTATIONAL CHOPS

Muscles worked: legs, abs, core, chest, shoulders, arms

The Exercise:

- 1) Stand tall with a stance wider than shoulder-width apart.
- 2) Grab a dumbbell with both hands and hold it in front of you.
- 3) Step way out to the right, and as you do, bring the weight in a counter-clockwise circle in front of you.
- 4) Once your right foot is planted, swing the weight as far as you can out to the right.
- 5) Swing the weight back to your center as you step back in with your right foot. Continuing your momentum, swing the weight in a clockwise circle this time as you step way out to the left.
- 6) After your foot is planted and the weight has 'made a circle,' swing it way out to the left, then bring it back in, and step back in with your left foot to the center. Each STEP OUT is one (so a step to the right, back to center, out to the left, then back to the center is 2 reps (1 each leg)).

Rotational Chops Video

Return to Routine



INCLINE PUSH UP

Muscles worked: chest, shoulders, triceps

The Exercise:

- 1) Stand in front of a bench, your stairs, some flat platform, and place your hands slightly wider than shoulder-width apart on it, with your entire body in a straight line (from head down to your toes).
- 2) Bracing your abs, lower your body until your chest is just above the platform you're using.
- 3) Explode back up with all of the muscles in your arms, shoulders, and chest.

If a bench is too tough, you can do these by leaning forward into a wall instead. The lower the object that you're leaning on, the tougher the push ups are.

Incline Push Up

Return to Routine



TITANIC STRETCH

Muscles worked: back, arms, lower back, shoulders, neck

The Exercise:

- 1) Stand tall with your feet close together with your back to a sturdy pole or something to grab on to.
- 2) Reaching behind you with both arms, grab the pole and lean forward with the rest of your body.
- 3) Feel the tension throughout your body as you lean forward (feel free to push your hips forward too).
- 4) Hold for 3-5 seconds, then come out of the stretch.
- 5) Repeat.

Titanic Stretch Video

Return to Routine



BACK STRETCH

Muscles worked: back, arms, lower back, shoulders

The Exercise:

- 1) Stand tall with your feet close together, standing facing a pole.
- 2) Grab the pole with both hands.
- 3) Keeping your feet close to the pole, pull your lower body away from the pole, supporting your weight with your arms.
- 4) Hold for 3-5 seconds, then return to the starting position.

Back Stretch Video

Return to Routine



BALLET STRETCH

Muscles worked: back, arms, lower back, shoulders, neck

The Exercise:

- 1) Stand tall with your feet close together, standing side by side with a pole, with your right side next to it.
- 2) Grab the pole with your right hand, cross your left foot over your right foot.
- 3) Raise your left hand high above your head.
- 4) Keeping your right foot close to the pole, bend your hips out to the side and raise your left arm high above your head.
- 5) You'll resemble a ballerina doing this.
- 6) Hold for 3-5 seconds, then repeat facing the other direction.

Ballet Stretch Video

Return to Routine



FULL BODY STRETCH

Muscles worked: back, arms, lower back, shoulders, neck

The Exercise:

- 1) Stand in front of a tree, pole, or railing.
- 2) Grab the pole with your left hand, and then extend your right foot WAY back (into a back lunge). Push your right heel down to stretch out your right leg, and push your left knee forward to stretch out your left groin.
- 3) Take your right arm, and place it on the other side of your left knee, twisting at the torso.
- 4) Hold the pose for 3-5 seconds.
- 5) Stand back up, then step back with your left foot, hold the pole with your right arm, and place your left arm on the outside of your right knee.

Full Body Stretch Video

Return to Routine

