

# Reg Park's Beginner Routine

## Schedule

Week 1 A, B, A

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Week 2 B, A, B

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Week 3 A, B, A

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## Workout A

Exercise	Sets	Reps
Back Squats	5	5
Pull Ups or Chin Ups	5	5
Bench Press or Dips	5	5
Barbell Curls	2	10
Wrist Work	2	10
Calves	2	15-20

## Workout B

Exercise	Sets	Reps
Front Squats	5	5
Rows	5	5
Military Press	5	5
Deadlift	3	5
Wrist Work	2	10
Calves	2	15-20