

L³ive Lean w Lindy



**3-Week GYM
Fitness Program: Beginner**



PLEASE NOTE:

It is imperative to warm up BEFORE each workout and cool down + stretch AFTER each workout.

» EXAMPLE WARM UP ACTIVITIES INCLUDE:

Walking in place, jogging in place, stair master, jumping jacks, stretching, ab twists, etc.

» EXAMPLE COOL DOWN ACTIVITIES INCLUDE:

Walking in place, jogging in place, stair master, jumping jacks, yoga, breathing exercises, etc.

- » You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity.
- » Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.
- » This site offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.

- » If you are in the United States and think you are having a medical or health emergency, call your health care professional, or 911, immediately.

Certain health or medical material on this site may be sexually explicit. Please do not use this site if you would find these materials offensive.



Workout Instructions:

- » Complete all 6 weekly workouts to transform your body in 3 weeks, burn fat, build muscle and look lean.
- » Demos and instructional videos included on my Youtube channel.
- » Maintaining proper form helps prevent injuries and ensures that you're getting the most out of your workout.

Equipment needed:

- » Dumbbells
- » Kettlebells
- » Cables
- » Pull-up Bar
- » Bosu Ball
- » Exercise Ball
- » Pulley Machine
- » Bench
- » Lat Pull-down Machine

Additional Tips:

Maintaining a healthy, plant-based diet will help fast track your results. Follow along with the L3 Meal plan.

For cardio, I suggest the treadmill or stairmaster, adjusting the incline and speed. For warm-ups I suggest the rower for arm day and the stairmaster or treadmill for leg day or a full body workout.

Week 1:

DAY 1: CARDIO

- » 5 Minute warm-up
- » 20-25 Minutes your choice of cardio.
- » 5 Minutes cooldown
- » 10 Minutes deep stretching

DAY 2: LOWER BODY

- » 5 minute warm-up
- » Box Squat - 3 x 10
- » Stationary Lunges - 3 x 10/ side
- » Calf Raise - 3 x 10-20 reps
- » Glute Bridge - 3 x 10
- » 5 Minutes cooldown
- » 10 Minutes deep stretching

DAY 3: CARDIO

- » 5 Minute warm-up
- » 20-25 Minutes your choice of cardio.
- » 5 Minutes cooldown
- » 10 Minutes deep stretching



Week 1:

DAY 4: UPPER BODY

- » 5 minute warm-up
- » Lat Pulldown - 3 x 10
- » High Plank - 3 x 10-15 seconds
- » Dumbbell Chest Press - 3 x 10
- » 5 Minutes cooldown
- » 10 Minutes deep stretching

DAY 5: LOWER BODY

- » 5 minute warm-up
- » Box Squat - 3 x 10
- » Stationary Lunge - 3 x 10/ side
- » Calf Raise - 3 x 10-20 reps
- » Glute Bridge - 3 x 10
- » 5 Minutes cooldown
- » 10 Minutes deep stretching

DAY 6: CARDIO

- » 5 Minute warm-up
- » 20-25 Minutes your choice of cardio.
- » 5 Minutes cooldown
- » 10 Minutes deep stretching



DAY 7: REST

Week 2:

DAY 1: UPPER BODY

- » 5 Minute warm-up
- » Lat Pulldown - 3 x 10
- » High Plank - 3 x 15-30 seconds
- » Dumbbell Chest Press - 3 x 10
- » 5 Minutes cooldown
- » 10 Minutes deep stretching

DAY 2: LOWER BODY

- » 5 minute warm-up
- » Squats w Dumbbells - 3 x 10
- » Stationary Lunge w/ Dumbbells - 3 x 10/ side
- » Calf Raises w Dumbbells - 3 x 10-20 reps
- » Glute Bridge w Dumbbell - 3 x 10
- » 5 Minutes cooldown
- » 10 Minutes deep stretching

DAY 3: FULL BODY

- » 5 Minute warm-up
- » Bicep Curls w Dumbbells - 3 x 10
- » Mountain Climbers w/ Bosu Ball - 20
- » Walking Lunges - 3 x 10 (5/leg)
- » Incline Chest Press - 3 x 10
- » Situps on Exercise Ball - 3 x 20
- » 5 Minutes cooldown
- » 10 Minutes deep stretching



Week 2:

DAY 4: CARDIO

- » 5 Minute warm-up
- » 20-25 Minutes your choice of cardio.
- » 5 Minutes cooldown
- » 10 Minutes deep stretching

DAY 5: UPPER BODY

- » 5 minute warm-up
- » Pushups - 3 x 10
- » Tricep Dips on bench - 3 x 10
- » Seated Shoulder Press - 3 x 10
- » 5 Minutes cooldown
- » 10 Minutes deep stretching

DAY 6: LOWER BODY

- » 5 minute warm-up
- » Squats w Dumbbells - 3 x 10
- » Stationary Lunge w Dumbbells - 3 x 10/ side
- » Calf Raise - 3 x 10-20 reps
- » Glute Bridge - 3 x 10
- » 5 Minutes cooldown
- » 10 Minutes deep stretching



DAY 7: REST

Week 3:

DAY 1: CARDIO

- » 5 Minute warm-up
- » 30 Minutes your choice of cardio.
- » 5 Minutes cooldown
- » 10 Minutes deep stretching

DAY 2: FULL BODY

- » 5 Minute warm-up
- » Planks - 3 x 30 seconds
- » Squat Holds w/ Weights - 3 x 10
- » Pushups - 3 x 10
- » Upright Rows w/ Dumbbells - 3 x 10
- » Stationary Reverse Lunges - 3 x 20
- » 5 Minutes cooldown
- » 10 Minutes deep stretching

DAY 3: CARDIO

- » 5 Minute warm-up
- » 30 Minutes your choice of cardio.
- » 5 Minutes cooldown
- » 10 Minutes deep stretching



Week 3:

DAY 4: LOWER BODY

- » 5 minute warm-up
- » Squats w Dumbbells - 3 x 10
- » Stationary Reverse Lunge - 3 x 10
- » Calf Raises w Dumbbells - 3 x 10-20 reps
- » Glute Bridge w Dumbbell - 3 x 10
- » 5 Minutes cooldown
- » 10 Minutes deep stretching

DAY 5: UPPER BODY

- » 5 minute warm-up
- » Pushups - 3 x 10
- » Bicep Curls w Dumbbells - 3 x 10
- » Tricep Dips on bench - 3 x 10
- » Front & Side Raises - 3 x 10
- » Seated Shoulder Press - 3 x 10
- » 5 Minutes cooldown
- » 10 Minutes deep stretching

DAY 6: CARDIO

- » 5 Minute warm-up
- » 30 Minutes your choice of cardio.
- » Situps on Exercise Ball - 3 x 20
- » 5 Minutes cooldown
- » 10 Minutes deep stretching



DAY 7: REST