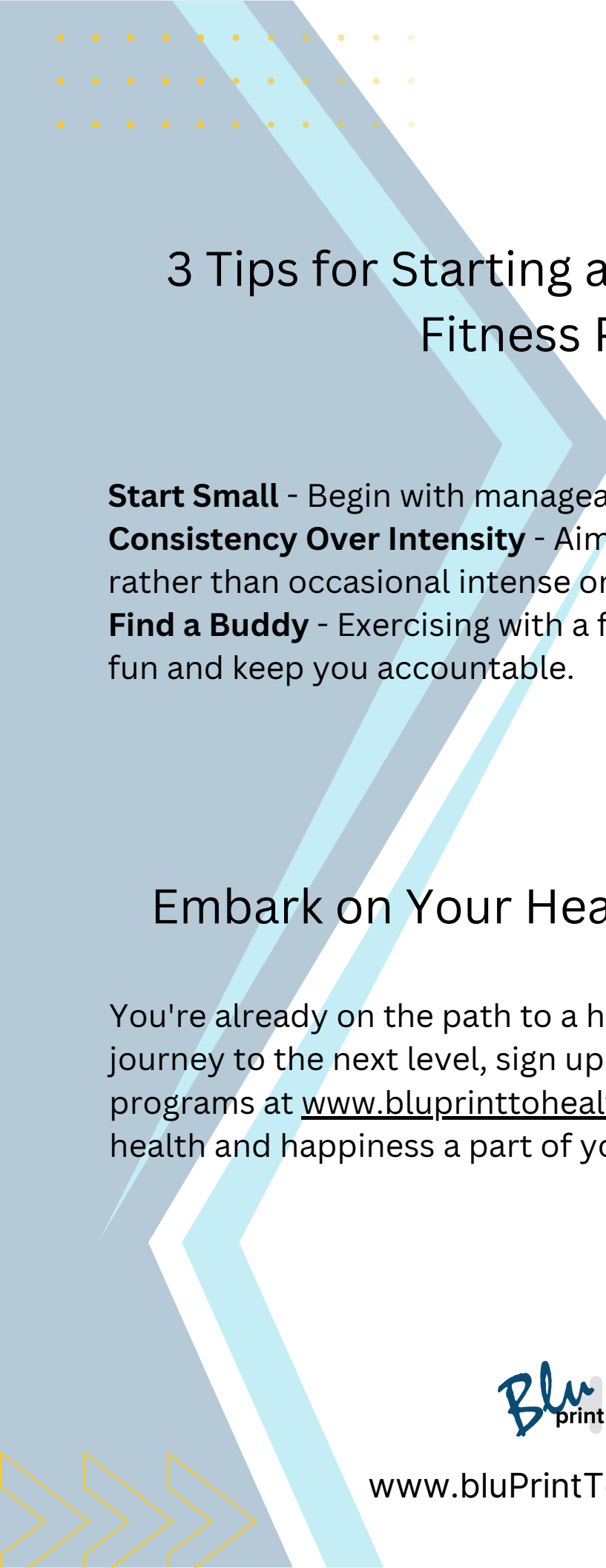


Welcome to BluPrint to Health!

Congratulations! You've just taken the first step towards a happier, healthier you by downloading this resource. At BluPrint to Health, we're excited to guide you on your journey to well-being.

Sample 3-Day Exercise Program for Beginners

	Exercise	Repetitions	Sets
Day 1 Full Body Basics	Squats	8-10	4
	Bicep Curls	8-10	3
	Glute Bridges	8-10	3
	Push Up (on knees if needed)	8-10	3
	Plank	15 seconds	3
Day 2 Upper Body	Wide grip pulldown	8-10	3
	Close grip row	8-10	3
	Incline Dumbbell Press	8-10	3
	Tricep Pushdown	8-10	3
	Hammer Curl	8-10	3
Day 3 Lower Body	Squats	8-10	4
	Walking Lunges	8-10	3
	Leg Curl	8-10	3
	Leg Extension	8-10	3
	Standing Calf Raise	8-10	3



3 Tips for Starting and Sticking to Your Fitness Program

Start Small - Begin with manageable goals to build confidence.

Consistency Over Intensity - Aim for regular, moderate workouts rather than occasional intense ones.

Find a Buddy - Exercising with a friend can make sessions more fun and keep you accountable.

Embark on Your Health Journey with Us

You're already on the path to a healthier life. To take your journey to the next level, sign up for our tailored fitness programs at www.bluprinttohealth.com/services. Let's make health and happiness a part of your daily life together.



www.bluPrintToHealth.com