

Dre Made Me Fit: Beginners Guide

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Program Overview

Welcome to the foundational guide designed to jumpstart your fitness journey. Hitting your entire body multiple times a week maximizes muscle growth, optimizes recovery, and burns more total calories per session.

- **Training Frequency:** 3 Days Per Week (e.g., Monday, Wednesday, Friday)
- **Target Level:** Beginner
- **Goal:** Build foundational strength, muscle definition, and confidence in the gym.

Workout 1

1. **Incline Dumbbell Press** — 3 Sets x 8-12 Reps
2. **Barbell Squats** — 3 Sets x 6-8 Reps
3. **Dumbbell Chest-Supported Row** — 3 Sets x 8-12 Reps
4. **Leg Curls** — 3 Sets x 10-15 Reps
5. **Barbell Bench Press** — 3 Sets x 4-6 Reps
6. **Romanian Deadlift (RDL)** — 3 Sets x 6-8 Reps

Workout 2

1. **Lat Pulldown** — 3 Sets x 8-12 Reps
2. **Overhead Dumbbell Press** — 3 Sets x 8-12 Reps

3. **Goblet Squat** — 3 Sets x 10-15 Reps
4. **Seated Cable Row** — 3 Sets x 8-12 Reps
5. **Dumbbell Romanian Deadlift** — 3 Sets x 10-12 Reps
6. **Plank Hold** — 3 Sets x Max Time

Workout 3

1. **Barbell Deadlift** — 3 Sets x 5 Reps
2. **Dumbbell Shoulder Press** — 3 Sets x 8-12 Reps
3. **Bulgarian Split Squat** — 3 Sets x 8-10 Reps Per Leg
4. **Dumbbell Bicep Curls** — 3 Sets x 10-12 Reps
5. **Tricep Cable Pushdowns** — 3 Sets x 10-12 Reps
6. **Hanging Leg Raises** — 3 Sets x 10-15 Reps

Coach's Notes

Rest Periods: Take 90 to 120 seconds of rest between heavy compound sets, and 60 to 90 seconds between accessory movements.

Progression: Once you can hit the top of the rep range for all sets with good form, slightly increase the weight for your next session.