

Beginner Fitness For Men

PrimeForMen | Practical worksheet | September 18, 2026

FIRST SESSION: allow around 20-30 minutes including instruction.

Warm up for 5 minutes with comfortable movement and practice.

One set each: stable-chair sit-to-stand 5-8 reps.

Wall push-up 5-8; supported light row 8 per side.

Glute bridge 8; comfortable wall plank 15-20 seconds.

Rest 60-90 sec, or longer if needed. Keep a few reps available.

Use easier variations and a comfortable range; do not push through pain.

WEEK 1: e.g., Monday and Thursday strength.

On suitable days, add short comfortable walks of 5-15 minutes.

WEEKS 2-4: repeat first; then change ONE thing if ready.

Examples: one extra rep, another set, or a slightly longer walk.

Missed a session? Resume; do not double the next workout.

Two planned session dates / chosen variations / available support

What I completed: exercises, reps, walk duration and effort

What helped / what was too much / one decision for next week

Instructions and adaptations: primeformen.com/beginners-guide-to-fitness/

Educational example, not individualized care. Stop for pain or unusual symptoms.