* Never set foot in a gym before or hoping to start out again after a long time away? The workout below should be able to be completed by anyone, young and old, no matter your fitness level.
* Not sure how to do each exercise? Check out the “How to” section of the [guide](https://www.gainstopia.com/1-hour-gauntlet)!
* As ever, record the time it takes for you to complete the entire workout. Able to do it in less than 45 minutes? Great! This means you’re ready to increase the weight slightly, increase the numbers on this document ready for next time.

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| THE GAUNTLET (Beginner) | | |
| Exercise | | |
| 30kg Wide Grip Lateral Pulldown (15) | | |
| 35kg Deadlift (30) | | |
| 14kg 2’ Bench Press (30) | | |
| 10kg 4° Bench Dumbbell Rows, Overhand Grip (30) | | |
| 15kg Barbell Squats (30) | | |
| 15kg Wide Upright Row (30) | | |
| 15kg Front Military Press (30) | | |
| 30kg Close grip Lateral Pulldown (15) | | |
| Floor Wipers (30) | | |
| 40kg Shrugs (30) | | |
| -35kg Assisted Dips (30) | | |
| Sit Ups (30) | | |
| 30kg Wide Grip Lateral Pulldown (15) | | |
| 2x20kg Normal, Wide, Narrow Calf Raise (3x15) | | |
| TOTAL REPS (360) | | |
| Date | **Time** | **Notes** |
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