**Lesson #4: Full Body**

Full body workouts every other day.

This is the split that I started with.

You should do this routine for about the first year of training. Now it is very convenient because you only have to work out three to four times per week. It's perfect for new lifters because it's high frequency but you also have three to four rest days per week which is important because to a new lifter, you know, their body isn't used to so much stress and it gives you a lot of time to recover.

Now this routine is relatively low volume per muscle group but this is okay because you will gain muscle because your body is not used to weight training at all, so it will adapt very quickly.

So your workouts should be about 45 minutes to one hour max. This is plenty of time to get through the workout if you stay focused.

Alright, so this routine has eight exercises with two to three sets per exercise. We're only doing two to three sets because there are a lot of body parts to work so we want to be able to do more exercises. We're going to work the whole body, right, with eight different exercises.

We want to be efficient and use compound movements.

Compound movements are the exercises that use multiple body parts and in general they are more efficient than isolation exercises.

Alright, so here's what I think is a great full body routine: Three sets of dead lifts, three sets of squats, three sets of bench press, three sets of a rowing motion (I suggest facing your palms towards you). I think that's more efficient because you can hit biceps at the same time.

Alright, three sets of incline press and then two sets of bicep curls. I add these bicep curls at the end because you're doing two pushing exercises, right, which also hit your triceps but you're only doing one rowing motion, so to balance things out you want to hit a couple sets of biceps. Then lateral raises for two sets.

The last thing I want you guys to do is an isolation exercise of your choice.

You can either chose to hit your lagging body part, or if you don't have a lagging body part, you can hit your favorite one that you want to improve the most.

I think this routine is super efficient because the main muscle groups are hit for at least five sets each, or even seven sets depending on which isolation exercise you choose at the end.