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The Perfect 6 Day Beginner's Bodybuilding Program

📅 2 years ago ➔ Bodybuilding Program, Workouts



It's important when you're doing any kind of bodybuilding program that you make sure it's something that will work with you and fit into your lifestyle. Also, when just starting out, it would be ideal to first make and achieve small goals and work your way up to much larger goals. If you're aiming to grow Hulk Hogan's muscles in a few months time, then you can be pretty sure that's not gonna happen. You need to be realistic about what you can achieve and at the same time set really high attainable goals for yourself. Here's a sample program that should work well for just about anybody.

1st Day	4th Day
2nd Day	5th Day
3rd Day	6th Day
	<ol style="list-style-type: none">20 bicycle crunches30 second plank40 mountain climbers30 raised knee crunches20 Russian twists12 Jack-knife sit-ups



A Good Sample Bodybuilding Program For Beginners:

Monday: Chest

Tuesday: Arms

Wednesday: Shoulders

Thursday: Legs

Friday: Back

Saturday: Abs

Bodybuilding programs that you will find useful should involve not just exercises but also your diet, stretching, motivation and other changes in your lifestyle. Building up muscles is a big achievement and like all big achievements, you're going to have to make a few sacrifices to get them. Be aware that to perfectly adapt the program, your lifestyle will be changed immensely. Not only that but your energy will increase and your overall level of health as well.

There are many bodybuilding programs to choose from. There are tape sets, workout DVD's flooding the market today, but in my opinion online bodybuilding eBooks are the way to go. Not only do they contain more information than you expect but they are also much, much cheaper. When looking for the best bodybuilding programs, your best bet would be reading up on our reviews to see which program is right for your body type.

Keep in mind that the best bodybuilding program would be one that would continuously give you the motivation to stick to your routine. You might also want to look for one that offers a 60 day money back guarantee. If they are confident in their product they will offer this. Compared to hiring a personal workout trainer, getting yourself a Bodybuilding eBook would not only teach you more about bodybuilding but would also provide you results that are a hundred times better than a personal trainer. The reason why is you will learn and stay motivated with a bodybuilding eBook as opposed to a trainer whom you look to for motivation and knowledge. Motivation and Knowledge need to come from you, not your trainer. Remember bodybuilding eBooks are programs that offer more than just a gym workout plan, it's a comprehensive guide to changing your entire life.

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So no leg day lol



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Maybe legs aren't important to everyone, they are to me though



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