

# Welcome to BluPrint to Health!

Congratulations! You've just taken the first step towards a happier, healthier you by downloading this resource. At BluPrint to Health, we're excited to guide you on your journey to well-being.

## Sample 3-Day Exercise Program for Beginners

	<b>Exercise</b>	<b>Repetitions</b>	<b>Sets</b>
<b>Day 1</b> <b>Full Body Basics</b>	Squats	8-10	4
	Bicep Curls	8-10	3
	Glute Bridges	8-10	3
	Push Up (on knees if needed)	8-10	3
	Plank	15 seconds	3
<b>Day 2</b> <b>Upper Body</b>	Wide grip pulldown	8-10	3
	Close grip row	8-10	3
	Incline Dumbbell Press	8-10	3
	Tricep Pushdown	8-10	3
	Hammer Curl	8-10	3
<b>Day 3</b> <b>Lower Body</b>	Squats	8-10	4
	Walking Lunges	8-10	3
	Leg Curl	8-10	3
	Leg Extension	8-10	3
	Standing Calf Raise	8-10	3



## 3 Tips for Starting and Sticking to Your Fitness Program

**Start Small** - Begin with manageable goals to build confidence.

**Consistency Over Intensity** - Aim for regular, moderate workouts rather than occasional intense ones.

**Find a Buddy** - Exercising with a friend can make sessions more fun and keep you accountable.

## Embark on Your Health Journey with Us

You're already on the path to a healthier life. To take your journey to the next level, sign up for our tailored fitness programs at [www.bluprinttohealth.com/services](http://www.bluprinttohealth.com/services). Let's make health and happiness a part of your daily life together.



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