



10 REPS

Free workout plan

GYM START • 4 WEEKS

Your start at the gym

Never been to the gym, or not in ages? This plan makes the gym your place: three short workouts a week, clear exercises on machines, no guesswork.

4 weeks

3 workouts a week

about 45 minutes

machines only

no experience needed

12 workouts. One plan.

WEEK 1 ○ ○ ○

Settle in

WEEK 2 ○ ○ ○

A little more

WEEK 3 ○ ○ ○

Your strongest week

WEEK 4 ○ ○ ○

Lighter week

❖ One field stays empty. On purpose.

Every exercise is missing the weight. Which weight suits you, and when it's time to go up, changes from workout to workout. No PDF can tell you that.

The 10 Reps app works it out for you.

SET

❖ Weight: set by the app

TARGET



Set 1



kg

10 reps



p. 2 How your plan works

pp. 3–14 12 workout sheets,
one per workout

p. 15 How to do the exercises
right

How your plan works

One sheet per workout

Each of the 12 workouts has its own sheet, from Week 1 Day 1 to Week 4 Day 3. Take only today's sheet to the gym, printed or on your phone. Everything you need is on it.

Your week

Three workouts a week, for example Monday, Wednesday and Friday. Each week you do Day 1, Day 2 and Day 3, in that order.

01 Every workout runs the same way

1

Warm-up

5 minutes treadmill walk, then 2 minutes of easy mobility.

2

Your 4 exercises

Set by set, with 90 seconds rest in between.

3

Cool-down

5 minutes of easy walking. Let your heart rate come down.

02 How to read your sheet

1 SET	2 ❖ Weight: set by the app	3 TARGET	4 ✓
Set 1	❖ kg	10 reps	☐

- 1 Set:** the reps in one go, then 90 seconds rest.

2 Weight: stays empty here. In the 10 Reps app it fills in automatically, recalculated after every workout.

3 Target: how many times you do the movement in this set.

4 Box: tick it once the set is done.

03 Your 4 weeks

WEEK 1

2 x 10

Settle in

Get to know the machines. Clean movement matters more than heavy weight.

WEEK 2

2 x 12

A little more

Two more reps per set. Tough is fine, torture isn't.

WEEK 3

3 x 10

Your strongest week

One more set per exercise. This is the strongest week of the plan.

WEEK 4

2 x 10

Lighter week

Fewer sets, fewer reps. Your body recovers, and you head into your next plan stronger.

If you're in pain or have health questions, talk to your doctor before you start.

DATE _____

W1 W2 W3 W4

● ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

WARM-UP 5 min treadmill walk · 2 min mobility

REST 90 seconds between sets **COOL-DOWN** 5 min easy walking

8 weight fields on this sheet are empty. In the 10 Reps app they fill in on their own: the app remembers every workout and tells you when it's time to go up.

Week 1 • Day 2

Settle in LEGS • BACK • SHOULDERS • ABS

DATE _____

W1 W2 W3 W4
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Get to know the machines. Clean movement matters more than heavy weight.

WARM-UP 5 min treadmill walk • 2 min mobility

EXERCISE	SET	✦ Weight: set by the app	TARGET	✓
01  Leg press 2 × 10 Front of thighs, butt • Machine – Back flat against the pad. – Knees point toward your toes, no bouncing at the bottom.	Set 1	✦ kg	10 reps	☐
	Set 2	✦ kg	10 reps	☐
02  Seated row 2 × 10 Upper back, arms • Cable – Chest up, back long, abs tight. – Drive your elbows back, return slowly.	Set 1	✦ kg	10 reps	☐
	Set 2	✦ kg	10 reps	☐
03  Shoulder press 2 × 10 Shoulders, arms • Machine – Lower back against the pad, no arching. – Don't shrug as you press.	Set 1	✦ kg	10 reps	☐
	Set 2	✦ kg	10 reps	☐
04  Ab crunch 2 × 10 Abs • Machine – Pull your ribs toward your hips. – Small movement, no swinging.	Set 1	✦ kg	10 reps	☐
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REST 90 seconds between sets | **COOL-DOWN** 5 min easy walking



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Week 1 • Day 3

DATE _____

Settle in BACK OF THIGHS • CHEST • BACK • ABSW1 W2 W3 W4
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Get to know the machines. Clean movement matters more than heavy weight.

WARM-UP 5 min treadmill walk • 2 min mobility

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03  Pulldown 2 × 10 Back, arms • Cable – Pull the bar to your upper chest. – Keep your shoulders away from your ears.	Set 1	❖ kg	10 reps	☐
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REST 90 seconds between sets | **COOL-DOWN** 5 min easy walking**8 weight fields on this sheet are empty.** In the 10 Reps app they fill in on their own: the app remembers every workout and tells you when it's time to go up.

Week 2 • Day 1

A little more LEGS • CHEST • BACK • ABS

DATE _____

W1 W2 W3 W4
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Two more reps per set. Tough is fine, torture isn't.

WARM-UP 5 min treadmill walk • 2 min mobility

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Week 2 • Day 2

A little more LEGS • BACK • SHOULDERS • ABS

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W1 W2 W3 W4
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Week 2 • Day 3

A little more BACK OF THIGHS • CHEST • BACK • ABS

DATE _____

W1 W2 W3 W4
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Week 3 • Day 1

Your strongest week LEGS • CHEST • BACK • ABS

DATE _____

W1 W2 W3 W4
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One more set per exercise. This is the strongest week of the plan.

WARM-UP 5 min treadmill walk • 2 min mobility

EXERCISE	SET	✦ Weight: set by the app	TARGET	✓
01  Leg press 3 × 10 Front of thighs, butt • Machine – Back flat against the pad. – Knees point toward your toes, no bouncing at the bottom.	Set 1	✦ kg	10 reps	☐
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REST 90 seconds between sets | **COOL-DOWN** 5 min easy walking



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Week 3 • Day 2

DATE _____

Your strongest week LEGS • BACK • SHOULDERS • ABS

W1 W2 W3 W4
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One more set per exercise. This is the strongest week of the plan.

WARM-UP 5 min treadmill walk • 2 min mobility

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Week 3 • Day 3

Your strongest week

BACK OF THIGHS • CHEST • BACK • ABS

DATE _____

W1 W2 W3 W4
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REST 90 seconds between sets | COOL-DOWN 5 min easy walking



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Week 4 • Day 1

Lighter week LEGS • CHEST • BACK • ABS

DATE _____

W1 W2 W3 W4
○○○ ○○○ ○○○ ●○○

Fewer sets, fewer reps. Your body recovers, and you head into your next plan stronger.

WARM-UP 5 min treadmill walk • 2 min mobility

EXERCISE	SET	✦ Weight: set by the app	TARGET	✓
01  Leg press 2 × 10 Front of thighs, butt • Machine – Back flat against the pad. – Knees point toward your toes, no bouncing at the bottom.	Set 1	✦ kg	10 reps	☐
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	Set 2	✦ kg	10 reps	☐

REST 90 seconds between sets | **COOL-DOWN** 5 min easy walking

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Week 4 • Day 2

DATE _____

Lighter week LEGS • BACK • SHOULDERS • ABSW1 W2 W3 W4
○○○ ○○○ ○○○ ○●○

Fewer sets, fewer reps. Your body recovers, and you head into your next plan stronger.

WARM-UP 5 min treadmill walk • 2 min mobility

EXERCISE	SET	✦ Weight: set by the app	TARGET	✓
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Week 4 • Day 3

DATE _____

Lighter week BACK OF THIGHS • CHEST • BACK • ABS

W1 W2 W3 W4
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Fewer sets, fewer reps. Your body recovers, and you head into your next plan stronger.

WARM-UP 5 min treadmill walk • 2 min mobility

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REST 90 seconds between sets | **COOL-DOWN** 5 min easy walking


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How to do the exercises right

Seven machines, that's all you need for this plan. The first time, take a moment to adjust the seats and pads.



Leg press MACHINE

You'll feel it in: Front of thighs, butt

- 1 Feet hip-width on the platform, back flat against the pad.
- 2 Lower slowly, as deep as feels stable. Knees point toward your toes.
- 3 Push up through your heels and midfoot, squeeze your butt.
- 4 Move smoothly, no bouncing at the bottom.



Chest press MACHINE

You'll feel it in: Chest, shoulders, arms

- 1 Pull your shoulder blades back and down, lean back lightly.
- 2 Adjust the seat so the handles are at chest height.
- 3 Press forward with control.
- 4 Return slowly, your shoulders stay back.



Pulldown CABLE

You'll feel it in: Back, arms

- 1 Thighs under the pad, sit tall, chest up.
- 2 Grip the bar slightly wider than shoulder width.
- 3 Pull the bar to your upper chest, elbows point down.
- 4 Let it rise slowly, shoulders stay away from your ears.



Seated row CABLE

You'll feel it in: Upper back, arms

- 1 Chest up, back long, abs tight.
- 2 Start the pull from your shoulder blades, then drive your elbows back.
- 3 Squeeze your shoulder blades briefly, shoulders away from your ears.
- 4 Return with control, don't let the weight pull you forward.



Shoulder press MACHINE

You'll feel it in: Shoulders, arms

- 1 Sit tall, lower back against the pad, no arching.
- 2 Handles at shoulder height, elbows point out and down.
- 3 Press up with control, don't shrug.
- 4 Lower slowly until your upper arms are about level.



Leg curl MACHINE

You'll feel it in: Back of thighs

- 1 Upper body and hips stay still and pressed in.
- 2 Pull your heels toward your butt with control.
- 3 Hold briefly and squeeze the back of your thighs.
- 4 Straighten slowly, no jerking at the bottom.



Ab crunch MACHINE

You'll feel it in: Abs

- 1 Sit tall, the pads hold your legs.
- 2 Pull your ribs toward your hips and tighten your abs.
- 3 Small, calm movement, no swinging.
- 4 Return slowly without arching your back.



Warm-up & cool-down TREADMILL

Treadmill walk: a pace where you can still hold a conversation. Don't hold on to the handrail.

Mobility: slow, easy movements, breathe calmly, don't force anything.

Easy walking: much slower than during the workout, until your heart rate comes down.



The app fills the empty fields.

A PDF doesn't know your last workout. It can't tell you which weight is right today or when it's time to go up. The 10 Reps app remembers every workout and works it out for you.

01 The app remembers your weight

After every workout the app knows what you used and fills it in for you next time.

02 More when you're ready

The app increases your weight when you're ready. Not before.

03 Every exercise to watch

For every exercise the app shows you a short animation, so you know how it's done.

04 Week 4 isn't the end

Over 20 multi-week plans. Your next one is already waiting.

1 Download the app from the App Store

2 Go to **Workouts** and pick "Gym Start"

3 Get going: Week 1, Day 1

Try 14 days free →

Then €12.99 per month or €59.99 per year. For iPhone on the App Store.



SCAN TO DOWNLOAD

This PDF shows you what to train. The app tells you how much.