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Thread: [Good beginners workout program for strength training and building muscle?](#)

Machiavellian101 - February 18, 2016, 10:43 am

Hi guys,

Right following on from my other thread which can be found here:

<https://hackforums.net/showthread.php?tid=5173258> I have now decided that I would like a proper routine program for building muscle mass and strength training. At the moment I am just going in a training whatever and I feel it's time now for a proper routine to stick to.

I have checked out the 5*5 strong-lifts program, Starting strength and this 4 week workout for beginners which can be found here:

<http://www.muscleandfitness.com/workouts/workout-routines/complete-mf-beginners-training-guide-0>

The last one seems quite appealing.

Are there any personal trainers or at least anyone of you with a reasonable amount of knowledge and experience with sports science/personal training/etc that can vouch for any of the above programs or recommend another program? Cheers.

xNeaples - February 18, 2016, 11:16 am

How long have you been training? I'd extend for the first month the full body workout if you are very very new to the gym, as long as a good resting.

Then start splitting in whatever you like, I alternate high reps/low volume and low rep/high volume every week, just do whatever works better for your body.

Machiavellian101 - February 19, 2016, 4:03 am

(Feb 18, 2016 12:16 PM)xNeaples Wrote: [\[CITE\]](#) How long have you been training? I'd extend for the first month the full body workout if you are very very very new to the gym, as long as a good resting.

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Recently I have been training now for almost about 4 weeks. I think I will go now through the full body workout stuff and split as I like this routine and it's like working your way up from the bottom with a good routine.

Falco78 - February 19, 2016, 5:08 am

The big thing I have noticed is I have to switch up my workout every week so I keep 4 workouts that I alternate each week. Since you're just now starting out I'd do each for 2-4 weeks to find out what works for you and after you find 2-3 of these that work well alternate through them weekly