

**The Maximus Beginner Program**  
**By**  
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**Who Is This Program For?:**

Literally everyone. Men, Women, Seniors, Beginners, Intermediates, Teenagers. I think everyone could benefit from this format. The goal of this program is to build a base level of strength and fitness so you can participate in more specialized training in the future. That said on this program I have seen people make life changing transformations and get incredibly strong. It all depends on how hard you are willing to work.

**Days Per Week:**

Let's face it. If you want to see real results you need to train or at the very least be active every single day of the week. For this program you'll need to be in the gym 5 days per week. On the other two days all I ask is that you do an activity like swimming, hiking, tennis, climbing, or something else that involves moving your body. If you won't commit to that well you just aren't committed and you don't really want to achieve the goals you say you want to achieve. If you're looking for a quick fix or the easy way out I would stop reading now.

**Duration of Each Workout:**

60 minutes. One hour. That's it. Do you think that is too much? Are you going to tell me that you don't have enough time for that? If so I would stop reading now. Again, this isn't a quick fix or an easy way out.

**Training Split:**

On Monday, Wednesday, Friday you will do "Weighted Days" (I will explain them in detail further on in the article). These days involve traditional weights along with some cardiovascular exercise.

On Tuesdays and Thursdays you will do cardiovascular workouts. One will be a structured interval workout and the other will be something I call "Free Form Cardio". I will go into full details further on in the article.

On weekends you will just do some sort of fun physical activity each day. If you want to be truly fit you need to live an active lifestyle. Choose swimming, hiking, biking, climbing, running, basketball or any other activity you enjoy. If you have a family try to incorporate them.

If you wish to have another day in the gym and you want to do it on your weekends you will engage in another of those “Free Form Cardio” days.

### **What Do The Weighted Days Look Like?:**

I want you to keep things simple. Simple often works best. The goal here is to build up a base level of strength so you can engage in more formalized or specialized training in the future. That said I think if you worked hard and followed this program you could get pretty damn strong in 3-6 months.

Choose an exercise for each Body part: One for Chest, One for Back, One for Shoulders, One for Biceps, One for Triceps, One for Quads, One for Hamstrings, and one for Abs. You will do 3 sets of 10-15 reps of each exercise resting no more than 60 seconds between each set. Move through the exercises quickly.

Choose a weight that makes it moderately difficult to complete all the repetitions. For example, if 15 reps is too easy you need to go up in weight. Continually look to progress the weight and push yourself.

You have the freedom to choose whatever exercise you wish. You need to tailor the program to suit your individual needs. You could use machines, free weights, dumbbells, bands, or bodyweight exercises. How will you choose these exercises? It will depend on your fitness level, what equipment you have access to, any physical issues (i.e if you have balance issues you may choose to do the work on machines), what you enjoy doing, etc.

Once you are done the weighted work you will simply fill up the rest of the hour with “Free Form Cardio” (See Below).

### **What Exercises Do I Do On My Weighted Days?:**

You really could choose any exercise but here are some examples of my favorites for each body part. Most of these are contained in my book ‘Maximus Body’. Remember you aren’t limited to these exercises.

#### Chest:

Barbell Bench Press  
Dumbbell Bench Press  
Incline Barbell Bench Press  
Incline Dumbbell Bench Press  
Machine Bench Press (Seated or Laying)  
Dumbbell Flys  
Pec Deck  
Push-ups  
Dips  
Assisted Dips

The Maximus Beginner Program

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Back:

Pull-ups  
Seated Cable Rows  
Lat Pull-Downs  
Bent Over Rows (Barbell or Dumbbell)  
Assisted Pull-ups  
Plank Pulls (i.e. Horizontal Rows)  
Any type of machine Row

Shoulders:

Barbell Overhead Press  
Lateral Raises  
Seated Machine Shoulder Press  
Barbell or Dumbbell Push Press  
Seated Arnold Press with Dumbbells

Biceps:

Dumbbell Arm Curls  
Barbell Arm Curls  
Preacher Bench Arm Curls  
Banded Arm Curls

Triceps

Tricep Push Downs  
Tricep Extensions  
Skull Crushers  
Banded Tricep Pushdowns  
Dumbbell Kickbacks

Quads:

Air Squats  
Air Squat Jump  
Barbell Front Squat  
Barbell Back Squat  
Box Jump  
Leg Extensions

Hamstrings:

Deadlift  
Romanian Deadlifts  
Straight Leg Deadlifts  
Seated or Laying Hamstring Curl

Abs

Curl-ups  
Knees-To-Elbows  
Feet-To-Hands  
Sit-ups  
Crunches  
Leg Raises  
Machine Crunches or Sit-ups



## **What Do I Do On My Cardiovascular Days?:**

There are two basic types of cardiovascular days. Once a week you will choose an Interval workout and once a week you will choose a “Free Form Cardio” day. If you choose to do an optional cardiovascular workout on the weekend it too will be a “Free Form Cardio” day.

### *a) Intervals*

You could do any interval workout you want (There are many of them listed in my book ‘Maximus Body’) however my favorite is 30/30 Intervals. The format is easy. Warm up for 10 minutes and get a good sweat. Then Row, ski, bike or run as hard as you can for 30 seconds. Then rest for 30 seconds. That’s 1 round. Do 6 total rounds, and then rest for 4 minutes straight. That’s 1 block. Do 3 total blocks. When you are done that do a 10 minute Cool Down. The workout takes 50 total minutes and in my opinion there’s no better way to work the cardiovascular capacity.

### *b) Free Form Cardio*

It’s a Run or Row or Bike or Step-Mill or really any cardiovascular activity @ 70-80% MHR (Just get a good sweat if you don’t know your max heart rate). This is more or less steady state cardiovascular effort. It is meant to be hard but not crushing. You could also do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing. On your cardiovascular days this workout lasts 60 minutes.

## **How Long Do I Follow The Program?:**

That is a difficult question to answer. Honestly you could follow it for the rest of your life. I have seen people make tremendous progress on a program like this and be able to maintain a high level of lifelong fitness. If you are aiming to jump to a new program though or you are working up to something then you would do this until you start plateauing or until you are capable enough to handle whatever you have planned next.

For most people I would recommend following this for 6 months. That is more than long enough to see a major change in fitness levels.

## **Nutrition And Recovery:**

Don't neglect it. You need to pay attention to these things. To learn more you can read about these things in my book 'Maximus Body' or you can go to my website [www.bobbymaximus.com](http://www.bobbymaximus.com) and read my articles. At a minimum though I expect a healthy diet, 8 hours of sleep a night and 4 liters of water a day. Do those things and you will see great results. Remember if you want to do the work you have to pay with proper recovery. There's no such thing as a free lunch. If you're not seeing progress on the program and you are putting in an honest effort (most people don't or won't) then the problem is likely your lifestyle habits.

