12

FREE FULL-BODY TEMPLATE • DM PLAN

YOUR FIRST 12 WEEKS

A beginner full-body template

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01 Pick 2 or 3 training days

02 Use the exercise-by-exercise menu

03 Learn sets, reps, rest & effort

04 Make small changes from your log

05 Handle missed weeks & swaps

06 Print the blank workout log

by **@dr.mavion**, a med intern who lifts

BEFORE YOU BEGIN

START HERE.

You do not need to solve every training detail today. Pick the week you can actually repeat.

This is a general template, not a personalised program. Your schedule, equipment and individual needs may be different.

1

Choose your real days

2

Repeat the same exercise menu

3

Log the work, then review it

TWO-DAY OPTION

Tuesday and Friday. Both are full-body days. This can fit a busier week.

THREE-DAY OPTION

Monday, Wednesday and Friday. These are full-body days too, with a rest day between.

For beginners (0–2 years) or someone returning after years away. **DM PLAN** for this resource.

SCHEDULE 01

1

TWO-DAY FULL BODY

Tue + Fri · Do every listed exercise on BOTH days. Each entry is one work set of 6–10 reps.

EXERCISE (IN WORKOUT ORDER)	DAY 1 · TUE	DAY 2 · FRI
1. Pec deck **or** machine chest press	1 × 6-10	1 × 6-10
2. Machine shoulder press	1 × 6-10	1 × 6-10
3. Cable triceps pushdown	1 × 6-10	1 × 6-10
4. Wide-grip lat pulldown	1 × 6-10	1 × 6-10
5. Narrow-grip seated row	1 × 6-10	1 × 6-10
6. Machine or preacher curl	1 × 6-10	1 × 6-10
7. Leg extension	1 × 6-10	1 × 6-10
8. Seated leg curl	1 × 6-10	1 × 6-10
9. Hip-thrust machine	1 × 6-10	1 × 6-10
10. Adductor machine	1 × 6-10	1 × 6-10
11. Straight-leg calf raise	1 × 6-10	1 × 6-10
12. Leg press **or** hack-squat machine	1 × 6-10	1 × 6-10

For every set: aim for about **1 RIR**. Rest until you feel ready for the next demanding set. Keep the exercise setup repeatable.

SCHEDULE 02

2

THREE-DAY FULL BODY

Mon + Wed + Fri · Do every listed exercise on ALL three days. Each entry is one work set of 6–10 reps.

EXERCISE (SAME ORDER EACH DAY)	DAY 1 · MON	DAY 2 · WED	DAY 3 · FRI
1. Pec deck or machine chest press	1 × 6-10	1 × 6-10	1 × 6-10
2. Machine shoulder press	1 × 6-10	1 × 6-10	1 × 6-10
3. Cable triceps pushdown	1 × 6-10	1 × 6-10	1 × 6-10
4. Wide-grip lat pulldown	1 × 6-10	1 × 6-10	1 × 6-10
5. Narrow-grip seated row	1 × 6-10	1 × 6-10	1 × 6-10
6. Machine or preacher curl	1 × 6-10	1 × 6-10	1 × 6-10
7. Leg extension	1 × 6-10	1 × 6-10	1 × 6-10
8. Seated leg curl	1 × 6-10	1 × 6-10	1 × 6-10
9. Hip-thrust machine	1 × 6-10	1 × 6-10	1 × 6-10
10. Adductor machine	1 × 6-10	1 × 6-10	1 × 6-10
11. Straight-leg calf raise	1 × 6-10	1 × 6-10	1 × 6-10
12. Leg press or hack-squat machine	1 × 6-10	1 × 6-10	1 × 6-10

For every set: aim for about **1 RIR**. Rest until you feel ready for the next demanding set. Keep the exercise setup repeatable.

TRAINING RULE 03

3

REPS, EFFORT & REST

Choose a set you can repeat and compare. Here are the basics.

REPS

Aim for 6–10 controlled reps. Choose a load that keeps the full movement repeatable.

1 REP IN RESERVE

About 1 RIR means you could complete one more clean rep. Stop there; you do not need to fail every set.

REST BETWEEN SETS

Let your breathing, strong pump and distractions settle before the next demanding set.

KEEP YOUR SETUP

Use stable equipment. Keep the seat, movement and range comparable so your log means something.

Safety: Stop and see a clinician for pain, injury or a medical condition.

TRAINING RULE 04

4

PROGRESS, THEN ADD LOAD

Same exercise. Clean reps. A log you can trust.

STEP 01

Keep the setup the same. Use the same exercise, machine, seat setting and range when possible; otherwise the log is harder to compare.

STEP 02

Write your set down. Record the exercise, load, reps and roughly how many clean reps you had left (RIR). Check the last comparable entry before the next session.

STEP 03

First, build reps. If you did a clean set within 6–10 and another clean rep is available next time, take it. You do not need to force a rep every session.

STEP 04

Then, consider load. Once the top of your chosen window is repeatable at comparable effort and form, use a small weight increase if the next available weight lets you stay in your rep range. If the jump is too big, stay with the machine and keep working on reps.

STEP 05

Look at the trend, not one day. A flat session or a lost rep is normal. Compare similar sessions over **one to three months** before deciding that nothing is working.

Example only: Six good chest-press reps become seven at the same weight. Keep that weight and build reps before a suitable small increase. No promise about how fast this happens.

12-WEEK ROADMAP

5

WEEKS 01–06

Planning checkpoints, not body-change deadlines. Keep your exercises steady and use the log.

WEEK 1

Pick your two or three real gym slots; identify comfortable equipment; record baseline loads and reps.

WEEK 2

Repeat the menu and the setup; make a complete log entry each session.

WEEK 3

Check whether reps are full and repeatable at about 1 RIR.

WEEK 4

Compare the same exercise at the same load; add a rep when it is there.

WEEK 5

Recheck that rest is long enough for your next demanding set.

WEEK 6

Review the log, not just the last session.

AT THE END

Circle one: I followed my schedule / I adapted it / I need to adjust it. What did my log show? _____

12-WEEK ROADMAP

6

WEEKS 07–12

Planning checkpoints, not body-change deadlines. Keep your exercises steady and use the log.

WEEK 7

Keep repeating exercises that fit and whose technique stays stable.

WEEK 8

If a small load increase is earned, take it; otherwise continue building reps.

WEEK 9

Note any repeated setup drift; adjust the setup if it keeps happening.

WEEK 10

Keep the weekly schedule realistic and the menu manageable.

WEEK 11

Look across your earlier entries for repeatable changes in reps or load.

WEEK 12

Review the 1–3-month trend. Keep useful exercises; decide what needs individual adjustment.

AT THE END

Circle one: I followed my schedule / I adapted it / I need to adjust it. What did my log show? _____

WHEN LIFE HAPPENS

7

MISSED A WEEK?

A missed week is a detour. Choose your next realistic gym day.

WHAT YOU NEED TO KNOW

Don't panic. A missed week should not cause sudden visible muscle loss; progress and any loss accumulate more gradually.

WHAT TO DO NEXT

Return to the next realistic day rather than making up sessions in a rush. Use a new clean log entry instead of demanding your old best immediately. After a substantial break, starting with less work or more reps in reserve is an option.

WRITE YOUR RETURN PLAN

Write it here: Next possible gym day: _____. First exercise to log: _____. No catch-up math needed.

EXERCISE CHANGES

8

WHEN TO SWAP

Keep useful movements. Change one when the fit or the setup stops working.

KEEP IT WHEN

Keep it when the equipment is available, it feels suitable and you can repeat the same movement and setup. Stable movements make your log more meaningful.

CONSIDER A SWAP WHEN

Consider a swap when your gym lacks the equipment, the movement doesn't suit you or technique repeatedly changes as you add reps or load. Try a more stable grip or machine first; use the same broad movement slot as your guide.

SAME BROAD SLOT

Chest press ↔ pec deck · pulldown ↔ pull-up · row ↔ narrow pulldown · curl ↔ machine curl · leg press ↔ hack squat.

After a swap: Log the new movement as a new starting point. Do not compare the numbers as if the machines were identical.

BLANK WORKOUT LOG

Print or duplicate this page once for each session.

Week: _____ Date: _____ Day: 1 / 2 / 3 Gym: _____

Exercise	Weight / stack	Reps	RIR	Setup / note
01. _____				
02. _____				
03. _____				
04. _____				
05. _____				
06. _____				
07. _____				
08. _____				
09. _____				
10. _____				
11. _____				
12. _____				

Next session: compare the same exercise and setup. Add a rep only when the clean rep is available.

READY TO BEGIN?

Check these before your first session.

- [ ] **01** I chose **2 days or 3 days** that can fit my real week.
- [ ] **02** I picked a stable version of each suitable movement.
- [ ] **03** I know the **6–10-rep** target and roughly **1 RIR**.
- [ ] **04** I will rest until I feel ready for the next demanding set.
- [ ] **05** I have a way to record **weight, reps, RIR and setup**.
- [ ] **06** I will build reps first and only increase load when I can keep the movement consistent.
- [ ] **07** I know a missed week means resuming, not cramming.
- [ ] **08** I will swap only when a movement or its setup stops fitting.

YOUR FIRST WEEK

My gym days

First session date

What I will log

General template, not a personalised program. Stop and see a clinician for pain, injury or a medical condition.

TRY THIS ON PAPER

WORKED EXAMPLE

Filled-in week 1

Fictional calendar using Option A in this guide. The full exercise menu stays on its earlier page.

Tuesday	**Option A full-body Day 1**	Follow the listed 1 × 6–10 sets. Log each exercise.
Wednesday	**No planned full-body session**	Use this time to check your log, not chase missed sets.
Friday	**Option A full-body Day 2**	Repeat the menu and your exercise setups.
Weekend	**Look at the two logs**	Choose what to keep consistent next week.

Your turn: Copy this format. Choose your real days, foods or exercises. Copy the full Option A table from this guide. This mock week is only the calendar and review step.

1:1 COACHING · HOW IT WORKS

TIRED OF STARTING OVER?

You have trained before. When work gets busy, the plan slips. Then you are guessing again.

That does not mean you need better genes or a perfect week. You may need a plan built around your real week and a person who helps you review it. Here is the process I offer.

01 · PLAN

I build your training around your goal, equipment and schedule.

02 · LOG

You record sessions and your weekly check-in in the coaching app.

03 · REVIEW

We look at what happened. I revise the plan every four weeks, or sooner when needed.

WHAT YOU GET IN 16 WEEKS

- A personal training plan, exercise explanations and form feedback.
- Weekly check-ins, a kickoff call and a review call every four weeks.
- Training-focused meal plans and food guidance, plus group access.
- WhatsApp questions and form clips. Replies within 2–3 business days.

What support looks like: your plan → your workout log → your check-in → my feedback. You can see how the plan, session log, weekly check-in and coach feedback fit together.

A CLEAR NEXT STEP

COACHING THAT FITS YOUR WEEK

I'm **a med intern who lifts**. I coach training and fitness nutrition. I do not offer medical diagnosis or treatment. We work from your goals and your actual routine.

AVAILABILITY

I can confirm current coaching availability on our fit call.

YOUR FREE FIT CALL

We talk for about 30 minutes. You tell me your goal, your schedule and what you have tried. I explain the coaching process. We decide whether working together makes sense. No pressure.

DM me COACH on Instagram

@dr.mavion · I explain price and fit plainly in DMs or on a free call.

Progress varies. There are no promised physique results. Full written terms, including cancellation and refunds, are shared in writing before you pay.