

Top Starting Exercises For Men

Starting off can be the hardest part of beginning in a gym and the first few times you visit you could be exercising muscles and joints more than usual. For that reason is good not to overdo it to begin with.

Start with some easy exercises that will help you loosen up and get back into the routine of working out. As time goes on you can add in additional exercises and increase weight until you're starting to feel the effects without the aches and pains of doing too much.



1. **Push-Ups:** Start with 3 sets of 12 repetitions, using your body weight as the resistance. As you progress, consider adding resistance by wearing a weight vest or using an elevated push-up platform.
2. **Squats:** Beginners should start with bodyweight squats using 3 sets of 10 reps. If needed, use a wall for support to maintain proper form. Once you are comfortable, move on to back or front squats with a barbell (15-20 reps), and gradually increase the weight.
3. **Dips:** A great upper body exercise that works your chest, triceps and shoulders. Start with 3 sets of 8-10 reps using a dip station. As you get stronger, consider adding weights to make it more challenging.
4. **Bench Press:** Begin with flat bench presses, using dumbbells or a barbell if available (3 sets of 8-12 reps). Start with light weight, around 35 lbs, and progress gradually to heavier weights.
5. **Lunges:** Single leg exercises are important for developing strength in each leg individually. Beginners should start with bodyweight lunges using 3 sets of 10-12 reps per leg, gradually adding weight as you get stronger.
6. **Pull-Ups:** This exercise is great for your back and bicep development. Start by doing band-assisted pull-ups (with bands helping to lift your body), aiming for 3 sets of 12 reps. As you improve, gradually decrease assistance from the band.
7. **Russian Twists:** This exercise targets the obliques and core stability. Begin with a dumbbell or medicine ball held in both hands (1-3 lbs). Perform 3 sets of 12 reps on each side.

8. Plank: A foundational exercise for building core strength, start with 45 seconds holds, increasing the time as you get stronger. Aim to do 3 sets.

9. Bent-over Row: This targets your upper back and lats. Begin with 3 sets of 12 reps using dumbbells or a barbell (around 30 lbs).

10. Deadlifts: This compound exercise trains the entire posterior chain, including glutes, hamstrings, and lower back. Start by doing regular deadlifts, using 3 sets of 12 reps with around 50 lbs. As you progress, consider adding variations such as straight legged or sumo deadlifts to target different muscles.

An equally important part of exercising is giving yourself time to recover after. Proper rest and exercise give your body time to repair and recover before your next gym session.

Visiting the gym twice or 3 times a week usually works well for most people – depending on your goals and how driven you are.

Most of the equipment in the gym will either be in metric or imperial to make life easier. If you've come from another gym that used a different system then the following comparison table might help.



Quick Weights Conversion lbs(kg)

5(2), 10(5), 15(7), 20(9), 25(11), 30(14), 35(16), 40(18), 45(20), 50(23), 55(25), 60(27), 65(29), 70(32), 75(34), 80(36), 85(39), 90(41), 95(43), 100(45).