

LAZY DAY GYM GUIDE

*A no-BS Guide to
getting stronger
without living at the
gym.*

Show up. Lift stuff. Go home.

BEGINNER.
INTERMEDIATE.
ADVANCED.



WELCOME TO THE BARE MINIMUM CLUB

Let's get one thing straight.

You don't need to spend two hours in the gym, do 47 different exercises, or follow a workout routine that requires a spreadsheet and a PhD to understand.

You just need to show up and do the basics consistently.

That's where The Lazy Gym Guide comes in.

This guide is for you if:

- You want to start going to the gym but have no idea what you're doing.
- You've been working out but feel like you're just winging it.
- You're tired of complicated workout routines.
- You want to get stronger without making fitness your entire personality.
- You want a simple routine you can actually stick to.

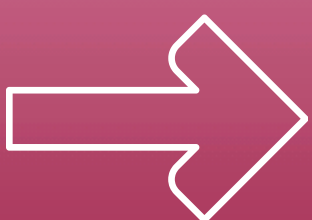
The Goal:

Three workouts per week.

A handful of effective exercises. A plan that makes sense.

Less overthinking. More doing.

Because fitness doesn't need to be complicated to be effective.



PICK YOUR LAZY LEVEL

what kind of lazy are you feeling?

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LEVEL 1: THE JUST SHOW UP CLUB

Beginner

You're new to lifting, returning after a long break, or still learning your way around the gym.

Your mission: Learn the basics, build confidence, and establish a routine.

- 2 sets per exercise
- 10–12 reps for most movements
- 60–90 seconds rest
- Focus on technique over weight

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LEVEL 2: THE EFFICIENT ERA

Intermediate

You've been lifting consistently, understand the basics, and want to build on your progress.

Your mission: Get stronger through progressive overload.

- 3 sets per exercise
- 8–12 reps for most movements
- 60–120 seconds rest
- Gradually increase weight or reps

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LEVEL 3: LAZY, NOT WEAK

Advanced

You're an experienced lifter who knows that more exercises don't automatically mean better results.

Your mission: Train with purpose and challenge yourself.

- 3–4 sets per exercise
- 6–12 reps depending on the movement
- 90–180 seconds rest
- Track performance and train with intention

Remember: Advanced doesn't mean better. The best level is the one that matches your current ability.





LEVEL 1: BEGINNER

Exercise	Reps
Leg Press	2 sets of 10 reps
Lat Pulldown	2 sets of 12 reps
Dumbbell RDL	2 sets of 10 reos
Deadbug	2 sets of 10 reps

Rest: 90–180 seconds between sets, as needed.

Before you start: Warm up for five minutes and complete lighter practice sets before your first heavy movement. Choose weights that allow controlled technique, and stop if you experience pain. The session may take longer than 30 minutes depending on your level and rest periods.



LEVEL 2: INTERMEDIATE

Exercise	Reps
Goblet Squat	3 sets of 10 reps
Dumbbell Bench Press	3 sets of 10 reps
Seated Cable Row	3 sets of 10 reos
Dumbbell RDL	2 sets of 10 reps
Cable Crunch	2 sets of 12 reps

Rest: 90-180 seconds between sets, as needed.

Before you start: Warm up for five minutes and complete lighter practice sets before your first heavy movement. Choose weights that allow controlled technique, and stop if you experience pain. The session may take longer than 30 minutes depending on your level and rest periods.



LEVEL 3: ADVANCED

Exercise	Reps
Barbell Back Squat	3 sets of 6-8 reps
Barbell Bench Press	3 sets of 6-8 reps
Pull Ups	3 sets of 8 reps
Barbell RDL	3 sets of 8 reps
Hanging Knee Raises	2 sets of 12 reps

Rest: 90–180 seconds between sets, as needed.

Before you start: Warm up for five minutes and complete lighter practice sets before your first heavy movement. Choose weights that allow controlled technique, and stop if you experience pain. The session may take longer than 30 minutes depending on your level and rest periods.

THE OFFICIAL LAZY GYM DAY RULEBOOK

RULE #1: Three days is plenty to get started.

You don't need to train every day. Start with three nonconsecutive days per week and build consistency.

RULE #2: Stop changing your workouts every week.

Your muscles don't care that you found a new workout on TikTok. Repeating movements gives you a chance to improve.

RULE #3: Progressive overload is your bestie.

When an exercise starts feeling easier, gradually increase the reps or weight while maintaining good technique.

RULE #4: Rest days aren't cheating.

Recovery is part of training. Take it seriously.

RULE #5: Missing a workout isn't a personality flaw.

Life happens. Missed Monday? Train Tuesday. Keep moving.

RULE #6: You don't have to destroy yourself to make progress.

A successful workout doesn't require crawling out of the gym.

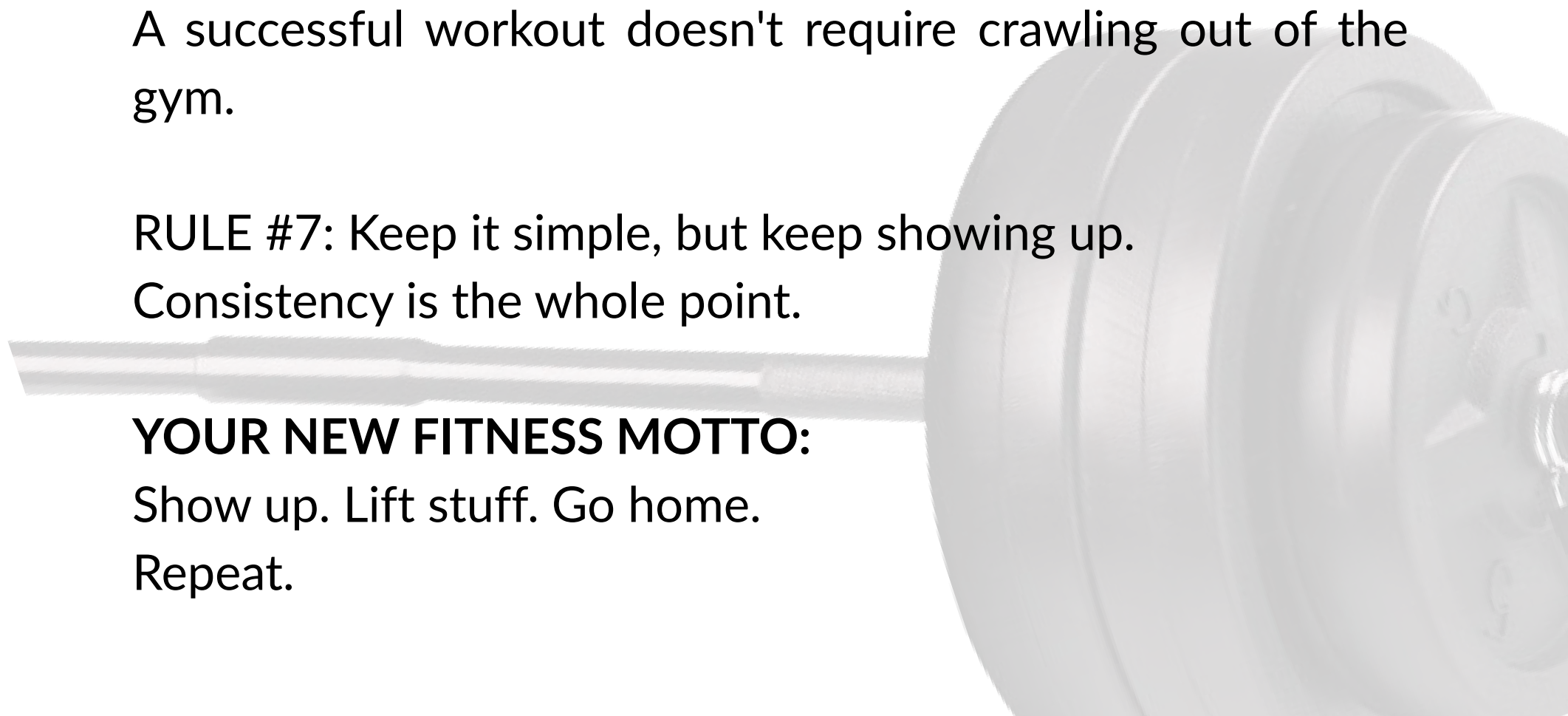
RULE #7: Keep it simple, but keep showing up.

Consistency is the whole point.

YOUR NEW FITNESS MOTTO:

Show up. Lift stuff. Go home.

Repeat.



READY TO STOP GUESSING?



You now have a simple workout to get started.

But knowing what exercises to do is only one piece of the puzzle.

If you're ready for a training plan built around your goals, schedule, experience, and lifestyle, that's where I come in.

Let's make fitness fit YOUR life.

With personalized online coaching, you get a structured plan, ongoing support, and guidance to help you make consistent progress.

**DM ME “PROGRAM”
let’s talk about your goals**

 @toritriceps

