

GOAL	INSTRUCTOR	DESCRIPTION	VIDEO LINK
DIET:			
3 Controversial Diet Myths	John Meadows	3 Controversial Diet Myths	https://www.youtube.com/watch?v=pJgRWf8pVfY
What To Eat Before During and After Workout	John Meadows	What To Eat	https://www.youtube.com/watch?v=NOR-Ze23LNI
7 Fundamentals Of Eating For Muscle Growth	Dr. Jacob Wilson	Eating For Muscle Growth	https://www.youtube.com/watch?v=C1s_2au4qcM
Macros: Explained	Mind Over Munch	Macros	https://www.youtube.com/watch?v=7HXkkanqPKA
Calculating Macros For Weight Loss	Gauge Girl Training	Macros for Weight Loss	https://www.youtube.com/watch?v=GkRFM5T0Ng
How To Set Up Macros For A Diet	John Meadows	Macros For A Diet	https://www.youtube.com/watch?v=3_1ikJX0Gml
Supplements For Weight Lifting	Jeremy Ethier	4 Best Supplements For Weight Training	https://www.youtube.com/watch?v=RnhlwEQLbMw
Cut Fat	Jeff Nippard	How to Recomp Body Fat	https://www.youtube.com/watch?v=M4K0s792wAU
Calorie Deficit	Lexie Herod	Calorie Deficit	https://www.youtube.com/watch?v=d2evuFO_nik
Set Your Macros	Matty Fusaro	How To Set Your Macros	https://www.youtube.com/watch?v=5uvaPdmnldM
Calculate Macros For Beginners	Mike Thurston	How To Calculate Macros For Beginners	https://www.youtube.com/watch?v=J66pl0aDcSU
How To Calculate A Calorie Deficit or Surplus	Katey Davidson	Calculate Calories	https://www.youtube.com/watch?v=k4Tf1HT6YPs
HOW TO:			
Bench	Starting Strength	Learning To Bench Press	https://www.youtube.com/watch?v=rxD32112svE&t=44s
Bench	Athlean-X	The Official Bench Press Check List (AVOID MISTAKES)	https://www.youtube.com/watch?v=vthMCtqVfFw
Deadlift	Jeremy Ethier	How To Deadlift: 5 Mistakes You May Be Making	https://www.youtube.com/watch?v=ytGaGln3SJE
Deadlift	Mark Rippetoe	How To Deadlift	https://www.youtube.com/watch?v=ep2OPUj4xGrM
Squat	Mark Rippetoe	How To Squat	https://www.youtube.com/watch?v=nohoikoUEI8U
Squat	Athlean-XX For Women	How To Squat For Beginners	https://www.youtube.com/watch?v=otzWCWpuW-A
Squat	Jeremy Ethier	How To Squat Properly: 3 Huge Mistakes	https://www.youtube.com/watch?v=U3HIEF_E9fo
Overhead Press	Mark Rippetoe	How To Overhead Press	https://www.youtube.com/watch?v=CnBmiBgp-Al
Barbell Row	Mark Rippetoe	How To Barbell Row	https://www.youtube.com/watch?v=0uhDZ06hrQ
Use Straps	Mark Rippetoe	How To Use Straps	https://www.youtube.com/watch?v=qeLjDXUjOq&list=PLNhfKPIedRnSq3qpi4cmrZOC5MQh1xnD2&index=40
Properly Warm Up Before Weight Training	Jeremy Ethier	How To Warm Up Before Weight Training	https://www.youtube.com/watch?v=MncQw-H3MPU
Dynamic Warm Up	The Gainz Center	Dynamic Warmup	https://www.youtube.com/watch?v=5jOkxW1iBWK
Increase Pull-ups	Jeremy Ethier	Increase Pull-ups	https://www.youtube.com/watch?v=3YvR3x1xDE
Pull-ups For Beginners	Buff Dudes Workouts	Pull-ups	https://www.youtube.com/watch?v=FmCrA6f078
How to Design an Effective Workout Plan For Beginners	Joanna Soh Official	Structure Workout Plan	https://www.youtube.com/watch?v=5IHQDUvR_vc
FULL WORKOUTS TO DO:			
The Perfect Leg Workout (Full Workout)	Krissy Cela	Leg Workout For Women	https://www.youtube.com/watch?v=AqyhNSDXyf0
Intense Back Workout	Krissy Cela	Back Workout For Women	https://www.youtube.com/watch?v=RxGvauKniUY&list=PLGwO3IQGQ4yEJfAcwPTPUd_qcoQUzQpsT&index=2
5 Min Ab Workout	Krissy Cela	Ab Workout	https://www.youtube.com/watch?v=0UgAUJxqvUU
Beginner Dumbbell Only Workout	Krissy Cela	Dumbbell Only Glute/Leg Workout	https://www.youtube.com/watch?v=mElayelJD0g
Tone Your Upper Body (Push Workout)	Whitney Simmons	Womens Push Workout (Shoulders, Chest, & Triceps)	https://www.youtube.com/watch?v=D0WX170RcI0
Strong Moves Upper Body Workout	Alex Silver-Fagan	Upper Body Workout	https://www.youtube.com/watch?v=Khf_K5arAA
Lower Body Workout	Hunter Chilton	Lower Body Workout	https://www.youtube.com/watch?v=Wgip0CwCgWm
Beginner Leg Workout (Basic Equipment)	Naomi Kong	Lower Body Workout Beginner	https://www.youtube.com/watch?v=b33VPxFz0wQ
Hypertrophy (Chest & Triceps)	Steve Cook	Chest + Triceps	https://www.youtube.com/watch?v=ydg3AYIrdpc
Hypertrophy (Legs)	Hypertrophy Coach	Legs	https://www.youtube.com/watch?v=L4TE0LS4qPc
Hypertrophy (Full Upper Body)	Jeff Nippard	Full Upper Body	https://www.youtube.com/watch?v=3IQVNIWjH60A
Hypertrophy (Leg Workout For Women)	Bodybuilding.com	Leg Workout For Women	https://www.youtube.com/watch?v=BGA0l8xePjo
Hypertrophy (Back & Biceps/Pull Workout)	Steve Cook	Back + Biceps	https://www.youtube.com/watch?v=5Y2D5ODJnJE
Hypertrophy (Shoulders)	Seth Feroce	Shoulders	https://www.youtube.com/watch?v=lrHOB1LihLE
Top 7 Back Workouts For Massive Growth	John Meadows	Back Workout	https://www.youtube.com/watch?v=lliw-CwfmBE
The Best Booty Tips & Routine	Krissy Cela	Legs/Glutes	https://www.youtube.com/watch?v=7Xr1-jzlH0s
Kettlebell 30-Minute Workout	Caroline Girvan	Kettlebell Full Body	https://www.youtube.com/watch?v=9LIAhxQHmak

10 Minute Kettlebell Workout	BodyFit by Amy	Kettlebell Full Body	https://www.youtube.com/watch?v=tiC0zyTB0w	
The PERFECT Beginner Workouts	ATHLEAN-X	Sets and Reps Included	https://www.youtube.com/watch?v=ixkQaZXVQjs	
Full Body 5 Minute Dynamic Warm Up For Intense Workouts	Anabolic Aliens	Full Body Dynamic Warm Up	https://www.youtube.com/watch?v=1e528F0pYPg&t=35s	
CARDIO/HIIT WORKOUTS				
9 Minute HIIT Workout For Beginners	Emily McLaughlin	HIIT Workout	https://www.youtube.com/watch?v=iWCm9piAwAU	
HIIT Home Workout For Beginners	The Body Coach	HIIT Workout	https://www.youtube.com/watch?v=g20pLhdoEoY	
30 Minute Killer HIIT Workout	Growing Anna	HIIT Workout	https://www.youtube.com/watch?v=jpizoUy4K9s	
Beginner Low Impact, Fat Burning, Cardio Workout	Body Project	Cardio Workout	https://www.youtube.com/watch?v=PvEnWsPrL4w	
30-Minute HIIT Workout With Warm Up	SELF	HIIT Workout	https://www.youtube.com/watch?v=ml6cT4AZdql	34M Views
30-Minute Low Impact Steady State Workout	Caroline Girvan	Low Impact Steady State Workout	https://www.youtube.com/watch?v=lmI63BUUPwU	
PROGRESSIVE OVERLOAD:				
Progressive Overload	Lifting Learned	Progressive Overload Explained	https://www.youtube.com/watch?v=n7YU0-nuNSA	
What Most Lifters Get WRONG About Progressive Overload	BarBend	Progressive Overload	https://www.youtube.com/watch?v=_1U9H_2luY8	
Progressive Overload: The Fastest Way To Build Muscle	How To Beast	Progressive Overload	https://www.youtube.com/watch?v=9Vw5cyI7-sU	
5 Training Mistakes Everyone Makes At The Beginning	Jeff Nippard	5 Training Mistakes	https://www.youtube.com/watch?v=Dp3truKibtc	
OTHER INFO:				
The Most Important Workouts In Any Training Program	Mark Rippetoe	The Most Important Exercises	https://www.youtube.com/watch?v=tsytlvXYIQ	
Top 6 Compound Lifts for Total Body MASS	Muscle Monsters	Top 6 Compound Lifts	https://www.youtube.com/watch?v=YClqtU1UjE	
6 Compound Exercises For Beginners	IQ physique	Compound Exercises	https://www.youtube.com/watch?v=qe3cxo3-ZKA	
The Best Workout Split For MAXIMUM Muscle Gains	ATHLEAN-X	Workout Split	https://www.youtube.com/watch?v=RDWYqnGhmWY	
Push, Pull, Legs Explained	Cbum	Workout Split Explained	https://www.youtube.com/watch?v=p-8WBLBrG4k	