



## Intro to Strength Training - Week 1, Day 1

DAY 1	S1	S2	S3
1. Chest press			
2. Seated Rows (Chest supported)			
3. Leg Press			
4. Lat pull downs			
5. Seated Dip or assisted dips			
6. Wall Sits *			
7. Low plank (on knees if necessary) +			
10 Minute Cardio Burn	Complete your cardio burn keeping your heart rate between 65-70%. Complete this either on a treadmill or elliptical, or with an outdoor run/power walk.		

### **Overall Notes for Today:**

- Complete exercises 1-5 for 3 total sets.
- Use enough weight so that you are failing between 8-12 repetitions.
- After each set rest for exactly 1 minute.
- After finishing 3 sets of each exercise, take a 2-3 minute break, then move on to next exercise.

\* Complete 2 sets of wall sits holding each for 1 minute. If you cannot complete 1 minute, go until failure.

+ Complete 2 sets of high planks holding each for 1 minute. If you cannot complete 1 minute, go until failure.



## Intro to Strength Training - Week 1, Day 3

DAY 3	S1	S2	S3
1. Straight arm push downs			
2. Incline Chest press			
3. Shoulder press			
4. BW squats or Wall squats			
5. BW Static Lunges			
6. Low back extension			
7. Table top knee taps *			
10 Minute Cardio Burn	Complete your cardio burn keeping your heart rate between 65-70%. Complete this either on a treadmill or elliptical, or with an outdoor run/power walk.		

### **Overall Notes for Today:**

- Complete exercises 1-6 for 3 total sets.
- Use enough weight so that you are failing between 8-12 repetitions.
- After each set rest for exactly 1 minute.
- After finishing 3 sets of each exercise, take a 2-3 minute break, then move on to next exercise.

\* Complete 3 sets of Knee taps doing 10 reps, then a 30 second hold.



## Intro to Strength Training - Week 1, Day 5

DAY 5	S1	S2	S3
1. DB Rows			
2. Chest press			
3. Leg Press			
4. Seated push downs or Assisted Dip			
5. DB farmer carries			
6. Shelf raises			
7. Side Planks (On Knee if necessary) *			
10 Minute Cardio Burn	Complete your cardio burn keeping your heart rate between 65-70%. Complete this either on a treadmill or elliptical, or with an outdoor run/power walk.		

### **Overall Notes for Today:**

- Complete exercises 1-6 for 3 total sets.
- Use enough weight so that you are failing between 8-12 repetitions.
- After each set rest for exactly 1 minute.
- After finishing 3 sets of each exercise, take a 2-3 minute break, then move on to next exercise.

\* Complete 2 sets of Side planks holding each for 1 minute. If you cannot complete 1 minute, go until failure.



## Intro to Strength Training - Week 2, Day 1

DAY 1	S1	S2	S3
1. Chest press			
2. Seated Rows (Chest supported)			
3. Leg Press			
4. Lat pull downs			
5. Seated Dip or assisted dips			
6. Wall Sits *			
7. Low plank (on knees if necessary) +			
10 Minute Cardio Burn	Complete your cardio burn keeping your heart rate between 65-70%. Complete this either on a treadmill or elliptical, or with an outdoor run/power walk.		

### **Overall Notes for Today:**

- Complete exercises 1-5 for 3 total sets.
- Use enough weight so that you are failing between 8-12 repetitions.
- After each set rest for exactly 1 minute.
- After finishing 3 sets of each exercise, take a 2-3 minute break, then move on to next exercise.

\* Complete 2 sets of wall sits holding each for 1 minute. If you cannot complete 1 minute, go until failure.

+ Complete 2 sets of high planks holding each for 1 minute. If you cannot complete 1 minute, go until failure.



## Intro to Strength Training - Week 2, Day 3

DAY 3	S1	S2	S3
1. Straight arm push downs			
2. Incline Chest press			
3. Shoulder press			
4. BW squats or Wall squats			
5. BW Static Lunges			
6. Low back extension			
7. Table top knee taps *			
10 Minute Cardio Burn	Complete your cardio burn keeping your heart rate between 65-70%. Complete this either on a treadmill or elliptical, or with an outdoor run/power walk.		

### **Overall Notes for Today:**

- Complete exercises 1-6 for 3 total sets.
- Use enough weight so that you are failing between 8-12 repetitions.
- After each set rest for exactly 1 minute.
- After finishing 3 sets of each exercise, take a 2-3 minute break, then move on to next exercise.

\* Complete 3 sets of Knee taps doing 10 reps, then a 30 second hold.



## Intro to Strength Training - Week 2, Day 5

DAY 5	S1	S2	S3
1. DB Rows			
2. Chest press			
3. Leg Press			
4. Seated push downs or Assisted Dip			
5. DB farmer carries			
6. Shelf raises			
7. Side Planks (On Knee if necessary) *			
10 Minute Cardio Burn	Complete your cardio burn keeping your heart rate between 65-70%. Complete this either on a treadmill or elliptical, or with an outdoor run/power walk.		

### **Overall Notes for Today:**

- Complete exercises 1-6 for 3 total sets.
- Use enough weight so that you are failing between 8-12 repetitions.
- After each set rest for exactly 1 minute.
- After finishing 3 sets of each exercise, take a 2-3 minute break, then move on to next exercise.

\* Complete 2 sets of Side planks holding each for 1 minute. If you cannot complete 1 minute, go until failure.



## Intro to Strength Training - Week 3, Day 1

DAY 1	S1	S2	S3
1. Chest press			
2. Seated Rows (Chest supported)			
3. Leg Press			
4. Lat pull downs			
5. Seated Dip or assisted dips			
6. Wall Sits *			
7. Low plank (on knees if necessary) +			
15 Minute Cardio Burn	Complete your cardio burn keeping your heart rate between 65-70%. Complete this either on a treadmill or elliptical, or with an outdoor run/power walk.		

### **Overall Notes for Today:**

- Complete exercises 1-5 for 3 total sets.
- Use enough weight so that you are failing between 6-8 repetitions. REMEMBER, you should be increasing the amount of weight this week.
- After each set rest for exactly 1 minute.
- After finishing 3 sets of each exercise, take a 2-3 minute break, then move on to next exercise.

\* Complete 2 sets of wall sits holding each for 90 seconds. If you cannot complete 90 seconds, go until failure.

+ Complete 2 sets of high planks holding each for 90 seconds. If you cannot complete 90 seconds, go until failure.



## Intro to Strength Training - Week 3, Day 3

DAY 3	S1	S2	S3
1. Straight arm push downs			
2. Incline Chest press			
3. Shoulder press			
4. BW squats or Wall squats			
5. BW Static Lunges			
6. Low back extension			
7. Table top knee taps *			
15 Minute Cardio Burn	Complete your cardio burn keeping your heart rate between 65-70%. Complete this either on a treadmill or elliptical, or with an outdoor run/power walk.		

### **Overall Notes for Today:**

- Complete exercises 1-6 for 3 total sets.
- Use enough weight so that you are failing between 6-8 repetitions. REMEMBER, you should be increasing the amount of weight this week.
- After each set rest for exactly 1 minute.
- After finishing 3 sets of each exercise, take a 2-3 minute break, then move on to next exercise.

\* Complete 3 sets of Knee taps doing 10 reps, then a 60 second hold.





## Intro to Strength Training - Week 3, Day 5

DAY 5	S1	S2	S3
1. DB Rows			
2. Chest press			
3. Leg Press			
4. Seated push downs or Assisted Dip			
5. DB farmer carries			
6. Shelf raises			
7. Side Planks (On Knee if necessary) *			
15 Minute Cardio Burn	Complete your cardio burn keeping your heart rate between 65-70%. Complete this either on a treadmill or elliptical, or with an outdoor run/power walk.		

### **Overall Notes for Today:**

- Complete exercises 1-6 for 3 total sets.
- Use enough weight so that you are failing between 6-8 repetitions. REMEMBER, you should be increasing the amount of weight this week.
- After each set rest for exactly 1 minute.
- After finishing 3 sets of each exercise, take a 2-3 minute break, then move on to next exercise.

\* Complete 2 sets of Side planks holding each for 90 seconds. If you cannot complete 90 seconds, go until failure.



## Intro to Strength Training - Week 4, Day 1

DAY 1	S1	S2	S3
1. Chest press			
2. Seated Rows (Chest supported)			
3. Leg Press			
4. Lat pull downs			
5. Seated Dip or assisted dips			
6. Wall Sits *			
7. Low plank (on knees if necessary) +			
15 Minute Cardio Burn	Complete your cardio burn keeping your heart rate between 65-70%. Complete this either on a treadmill or elliptical, or with an outdoor run/power walk.		

### **Overall Notes for Today:**

- Complete exercises 1-5 for 3 total sets.
- Use enough weight so that you are failing between 6-8 repetitions. If possible, you should be increasing the amount of weight this week from last week.
- After each set rest for exactly 1 minute.
- After finishing 3 sets of each exercise, take a 2-3 minute break, then move on to next exercise.

\* Complete 2 sets of wall sits holding each for 90 seconds. If you cannot complete 90 seconds, go until failure.

+ Complete 2 sets of high planks holding each for 90 seconds. If you cannot complete 90 seconds, go until failure.



## Intro to Strength Training - Week 4, Day 3

DAY 3	S1	S2	S3
1. Straight arm push downs			
2. Incline Chest press			
3. Shoulder press			
4. BW squats or Wall squats			
5. BW Static Lunges			
6. Low back extension			
7. Table top knee taps *			
15 Minute Cardio Burn	Complete your cardio burn keeping your heart rate between 65-70%. Complete this either on a treadmill or elliptical, or with an outdoor run/power walk.		

### **Overall Notes for Today:**

- Complete exercises 1-6 for 3 total sets.
- Use enough weight so that you are failing between 6-8 repetitions. If possible, you should be increasing the amount of weight this week from last week.
- After each set rest for exactly 1 minute.
- After finishing 3 sets of each exercise, take a 2-3 minute break, then move on to next exercise.

\* Complete 3 sets of Knee taps doing 10 reps, then a 60 second hold.



## Intro to Strength Training - Week 4, Day 5

DAY 5	S1	S2	S3
1. DB Rows			
2. Chest press			
3. Leg Press			
4. Seated push downs or Assisted Dip			
5. DB farmer carries			
6. Shelf raises			
7. Side Planks (On Knee if necessary) *			
15 Minute Cardio Burn	Complete your cardio burn keeping your heart rate between 65-70%. Complete this either on a treadmill or elliptical, or with an outdoor run/power walk.		

### **Overall Notes for Today:**

- Complete exercises 1-6 for 3 total sets.
- Use enough weight so that you are failing between 6-8 repetitions. REMEMBER, you should be increasing the amount of weight this week.
- After each set rest for exactly 1 minute.
- After finishing 3 sets of each exercise, take a 2-3 minute break, then move on to next exercise.

\* Complete 2 sets of Side planks holding each for 90 seconds. If you cannot complete 90 seconds, go until failure.