

BEGINNER STRENGTH STARTER KIT

4-week full-body program | 3 days a week | Dumbbells or bands

YOUR DETAILS

Name _____ Start date _____ Goal _____

HOW TO USE THIS KIT

- Do Workout A, B, A in week 1, then B, A, B in week 2. Repeat for weeks 3 and 4.
- Pick a weight where the last 2 reps feel hard but your form stays clean (about 2 reps left in the tank).
- Write the weight you used in the boxes on page 2. Tick the day on the week plan below.

WEEK PLAN (TICK EACH FINISHED DAY)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	A	Rest	B	Rest	A	Walk	Rest
Week 2	B	Rest	A	Rest	B	Walk	Rest
Week 3	A	Rest	B	Rest	A	Walk	Rest
Week 4	B	Rest	A	Rest	B	Walk	Rest

5-MINUTE WARM-UP (BEFORE EVERY WORKOUT)

- ☐ March in place 1 min
- ☐ Arm circles 10 each way
- ☐ Bodyweight squats x 8
- ☐ Hip hinges x 8
- ☐ Cat-cow x 6
- ☐ Shoulder rolls x 10

The progression rule that works

When you finish ALL sets at the top of the rep range with good form, add the smallest weight jump next session. If form slips, stay at the same weight. Slow and steady beats fast and sore.

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WORKOUT A

Exercise	Sets x reps	Rest	Wk 1 weight	Wk 2 weight	Wk 3 weight	Wk 4 weight
Goblet squat	3 x 8-12	90 s				
Dumbbell bench press or push-up	3 x 8-12	90 s				
One-arm dumbbell row	3 x 8-12 / side	60 s				
Dumbbell Romanian deadlift	3 x 8-12	90 s				
Plank	3 x 20-40 s	45 s				

WORKOUT B

Exercise	Sets x reps	Rest	Wk 1 weight	Wk 2 weight	Wk 3 weight	Wk 4 weight
Split squat or step-up	3 x 8-10 / side	90 s				
Overhead dumbbell press	3 x 8-12	90 s				
Band or machine pulldown	3 x 8-12	60 s				
Glute bridge	3 x 10-15	60 s				
Dead bug	3 x 8 / side	45 s				

Easier or harder?

Too easy: add 1 rep per set each week, then add weight. Too hard: use a lighter weight, a box for push-ups, or a bodyweight version. Rest longer if you need it. All sets should look the same, not one great set and two bad ones.

FORM CHECK (READ BEFORE EACH EXERCISE)

- ☐ Neutral spine, ribs down
- ☐ Knees track over toes
- ☐ Controlled 2-second lowering
- ☐ Full breath each rep
- ☐ Shoulders away from ears
- ☐ No bouncing or swinging

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SESSION LOG

Date	Workout	Energy 1-5	Sleep (h)	Notes

Stop and get advice if you feel

Sharp or sudden pain, joint pain, numbness or tingling, chest pain, dizziness, or pain that gets worse each session. Soreness that is dull and fades in 2-3 days is normal.

DELOAD AND REST RULES

- Take at least one full rest day between workouts.
- If you feel run down for 3 days in a row, cut sets in half for one week.
- After week 4, repeat the program with heavier weights or move to a 3-day split.