

# WOMEN'S STRENGTH STARTER PLAN

3 days a week | Simple moves | Track strength, not just the scale

## YOUR DETAILS

Name \_\_\_\_\_ Start date \_\_\_\_\_ My goal \_\_\_\_\_

## WEEKLY PLAN

| Day   | Focus      | Tick when done           |
|-------|------------|--------------------------|
| Day 1 | Lower body | <input type="checkbox"/> |
| Day 2 | Upper body | <input type="checkbox"/> |
| Day 3 | Full body  | <input type="checkbox"/> |

## 5-MINUTE WARM-UP

- ☐ Walk or march 2 min
- ☐ Hip circles x 8 each way
- ☐ Bodyweight squats x 8
- ☐ Wall push-ups x 8
- ☐ Cat-cow x 6
- ☐ Arm swings x 10

## SIMPLE RULES

- Start light. The last 2 reps should feel hard but your form should stay clean.
- Rest 60-90 seconds between sets. Walk or stretch on rest days.
- Add 1 rep each week. At the top of the rep range, add a small weight.
- Do not skip protein, sleep, and water. They help you recover.

### Why track strength?

The scale changes with water, sleep, and hormones. Strength wins do not lie. If you lift a little more or feel stronger each week, the plan is working.

## WOMEN'S STRENGTH STARTER PLAN

### DAY 1: LOWER BODY

| 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 |             |             |             |             |
| Glute bridge or hip thrust | 3 x 10-15       | 60 s |             |             |             |             |
| Reverse lunge              | 3 x 8 / side    | 60 s |             |             |             |             |
| Dumbbell Romanian deadlift | 3 x 8-12        | 90 s |             |             |             |             |
| Side plank                 | 2 x 20 s / side | 45 s |             |             |             |             |

### DAY 2: UPPER BODY

| Exercise                | Sets x reps     | Rest | Wk 1 weight | Wk 2 weight | Wk 3 weight | Wk 4 weight |
|-------------------------|-----------------|------|-------------|-------------|-------------|-------------|
| Incline or knee push-up | 3 x 6-12        | 90 s |             |             |             |             |
| One-arm dumbbell row    | 3 x 8-12 / side | 60 s |             |             |             |             |
| Dumbbell shoulder press | 3 x 8-12        | 90 s |             |             |             |             |
| Band pull-apart         | 3 x 12-15       | 45 s |             |             |             |             |
| Dead bug                | 3 x 8 / side    | 45 s |             |             |             |             |

### DAY 3: FULL BODY

| Exercise                        | Sets x reps  | Rest | Wk 1 weight | Wk 2 weight | Wk 3 weight | Wk 4 weight |
|---------------------------------|--------------|------|-------------|-------------|-------------|-------------|
| Step-up                         | 3 x 8 / side | 60 s |             |             |             |             |
| Push-up (any level)             | 3 x 6-10     | 90 s |             |             |             |             |
| Seated band row                 | 3 x 10-12    | 60 s |             |             |             |             |
| Kettlebell or dumbbell deadlift | 3 x 8-10     | 90 s |             |             |             |             |
| Farmer carry                    | 3 x 30 s     | 60 s |             |             |             |             |

## WOMEN'S STRENGTH STARTER PLAN

### STRENGTH WINS

| Exercise | Start (weight x reps) | Week 4 (weight x reps) |
|----------|-----------------------|------------------------|
|          |                       |                        |
|          |                       |                        |
|          |                       |                        |
|          |                       |                        |
|          |                       |                        |

### NON-SCALE WINS (TICK WHEN YOU NOTICE THEM)

- |                                              |                                                   |
|----------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> More energy         | <input type="checkbox"/> Better posture           |
| <input type="checkbox"/> Better sleep        | <input type="checkbox"/> Less stress              |
| <input type="checkbox"/> Stronger on stairs  | <input type="checkbox"/> Carry groceries easily   |
| <input type="checkbox"/> Clothes feel better | <input type="checkbox"/> Feel proud of showing up |

### 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.