

## 4-WEEK BEGINNER

# Strength Training Plan

For Women 35+ · Build Strength. Feel Amazing.

### THE 4-WEEK SCHEDULE

WEEK	DAY 1	DAY 2	DAY 3	NOTES
Week 1	Total Body	Rest / Walk	Total Body	Bodyweight or very light weights
Week 2	Upper Body	Lower Body	Total Body	Add light weights if ready
Week 3	Total Body	Rest / Walk	Total Body	Increase to 3 sets if 2 felt easy
Week 4	Upper Body	Lower Body	Total Body	Start increasing weight slowly

Schedule strength days on **NON-CONSECUTIVE** days — muscles need 48 hrs to recover.

### HOW TO PROGRESS

STEP 1	STEP 2	STEP 3
<b>Bodyweight First</b>  Learn the movement patterns. Build mind-muscle connection. Start here every time you try a new exercise.	<b>Add Light Weight</b>  2 sets x 12 reps with the lightest dumbbells (5–10 lbs). Lighter than you think!	<b>Progressive Overload</b>  → 3 sets x 12 reps → Increase weight slightly → 3 sets x 10–12 reps

### WARM-UP · Do This Every Time (5 min)

EXERCISE	HOW TO DO IT
<b>Arm Circles</b>	10 forward, 10 back
<b>Hip Circles</b>	10 each direction
<b>Bodyweight Squats</b>	10 reps, slow and controlled
<b>Cat-Cow Stretches</b>	8 reps
<b>March in Place</b>	60 seconds

### UPPER BODY WORKOUT

Sets/Reps: Start 2x12 → progress to 3x12 → then 3x10–12 with slightly heavier weight. Rest 30–60 sec between sets.

EXERCISE	HOW TO DO IT
<b>Wall / Bench Push-Ups</b>	Hands on wall or bench. Keep core tight and body in a straight line as you lower and press back up.
<b>Bent Over Rows</b>	Hinge forward, flat back, dumbbells hanging. Pull elbows back toward hips, squeezing shoulder blades together.
<b>Shoulder Press</b>	Dumbbells at shoulder height, palms forward. Press overhead until arms extended (not locked), then lower slowly.

Always consult your doctor before beginning a new exercise program.

<b>Tricep Dips</b>	Hands on edge of sturdy chair, feet flat. Lower body by bending elbows, then press back up.
<b>Bicep Curls</b>	Stand tall, palms facing forward. Curl to shoulder height and lower with control — no swinging!

## LOWER BODY WORKOUT

*Sets/Reps: Same progression — 2x12 → 3x12 → 3x10–12 with more weight.*

EXERCISE	HOW TO DO IT
<b>Bench Squats</b>	Stand in front of chair, feet hip-width. Lower until you lightly touch the seat, then stand back up.
<b>Stationary Lunges</b>	Step one foot forward. Lower back knee toward the floor, front knee stays behind toes. All reps one side, then switch.
<b>Bench Hip Raises</b>	Upper back against bench, feet flat. Drive through heels to lift hips to a straight line. Squeeze at the top!
<b>Sumo Squats</b>	Wide stance, toes pointed out. Hold one dumbbell at center. Squat low, keeping chest tall.
<b>Romanian Deadlifts</b>	Dumbbells at thighs. Hinge at hips — push them back as weights lower along legs. Feel the hamstring stretch, then stand tall.

## TOTAL BODY WORKOUT

*Sets/Reps: Same progression system.*

EXERCISE	HOW TO DO IT
<b>Squat to Press</b>	Dumbbells at shoulders. Squat down, then as you stand press weights overhead. Lower as you squat again.
<b>Bent Over Row</b>	Hinge forward, flat back, pull elbows back toward hips.
<b>Upright Row</b>	Stand tall, dumbbells together in front. Pull straight up toward chin, leading with elbows. Lower slowly.
<b>Walking Lunges</b>	Step forward into a lunge, bring back foot to meet front, then lunge the other side. Add dumbbells when ready.
<b>Sumo Deadlift</b>	Wide stance, toes out, weights between feet. Push the floor away as you stand — squeeze glutes at top.

## BEGINNER TIPS TO REMEMBER

- **You WILL be sore**  
DOMS hits 24–48 hrs after your first sessions — it gets better!
- **Start lighter than you think**  
Nail form first. Weight goes up from there — promise.
- **Track everything**  
Jot down your sets and weights. You'll forget and you'll want to know.
- **Protein matters**  
Aim for ~30g per meal to support muscle repair and growth.
- **Recovery IS the work**  
Sleep, hydration, and rest days are where you actually get stronger.

*You've got this. See you on the other side of Week 4. ■*