

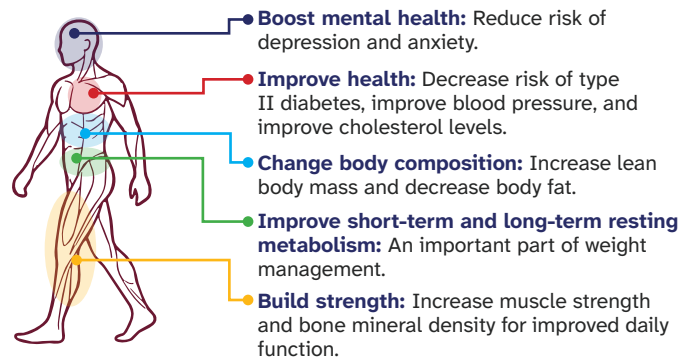
Benefits of Resistance Training and How to Get Started



Get stronger, healthier, and happier through resistance training!

Beginner Guidelines

- Start with 2 sessions per week done on nonconsecutive days.
- Each session should include one exercise from each movement category.
- Start slowly and stay consistent to reduce risk of injury.
- Stop the session if you experience sharp pain and seek medical guidance.



Warm-Up Exercises

Walk for 10 minutes.

Squats (8–10 repetitions): Stand with feet shoulder-width apart then push your hips back and bend your knees to lower yourself down, then push through your whole foot to stand back up.

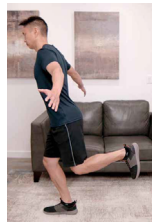


Lunges: (4–6 Repetitions): Each Side Step one foot forward into a staggered stance. Bend both knees to lower your back knee toward the floor, then push through your front foot to return to standing.

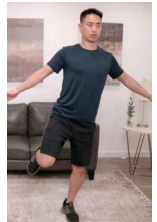


Hop-to-Balance Forward and Lateral:

1. Start with a small hop forward, land on one foot, stick the landing, and hold that position for a few seconds. Stand back up on both feet, and repeat.
2. Do the same exercise by hopping to the side.



Hop-to-Balance with Reach: Do the hop-to-balance forward, then from a single-leg stance, reach out in front of you as far as you can by hinging (bending) at your hip.

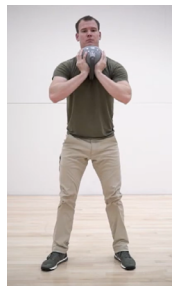


Workout Session

Sets: 1
Repetitions: 8–12

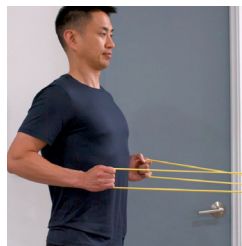
Lower Push

1. **Dumbbell (DB) Squat:** Same as squat in warmup, but hold weight next to outside of legs.
2. **Goblet Squat:** Same as squat in warmup, but hold weight against the chest.



Upper Pull: Horizontal

1. **Upright Scapular Row:** Anchor a band to a door or sturdy object at chest height and hold one end in each hand with arms extended forward. Pull your elbows straight back, squeezing your shoulder blades together, then slowly return to start.
2. **Upright Single-Arm Scapular Row:** same exercise as the upright scapular row except do the movement with only one arm while keeping torso stationary.



Weight: Moderate weight or higher; the last 3 repetitions should be very difficult while you keep proper form.

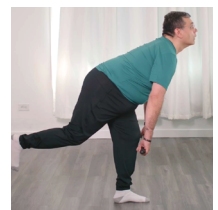
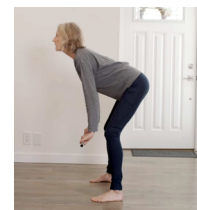
Upper Push: Horizontal

1. **Push-Up:** Start in a high plank with hands slightly wider than shoulder-width and your body in a straight line from head to heels. Bend your elbows to lower your chest toward the floor, then press back up to start.
2. **Knee Push-Up:** same exercise as push-up except do the movement from the knees instead of the feet.



Lower Pull

1. **Dumbbell Romanian Deadlift (RDL):** Hold a dumbbell in each hand in front of your thighs. Keeping a slight bend in your knees and your back flat, hinge forward at your hips and lower the weights toward the floor, then drive your hips forward to return to standing.
2. **Single-Leg DB RDL:** Same exercise, using one foot. Alternate.



Benefits of Resistance Training and How to Get Started, continued

Upper Push: Vertical

1. Dumbbell (DB) Overhead Press:

Press: Stand holding a dumbbell in each hand at shoulder height, palms facing forward. Press both weights straight overhead until your arms are fully extended, then lower back to shoulder height with control.



- ### 2. Single-Arm DB Overhead Press:
- same exercise as DB overhead press except only do the movement with one arm while keeping torso stationary.

Upper Pull: Vertical

- ### 1. Lat Pulldown:
- movement starts with arms straight holding onto a cable or band with hands a little wider than shoulder width apart, pull cable or band down so that elbows end at the sides of your body and hands stop at shoulder height.



- ### 2. Single-Arm Lat Pulldown:
- same exercise as lat pulldown except you only use one arm while keeping torso stationary.

Rotational

1. Medicine ball (MB) forward wall toss:

stand facing a wall with both feet forward and hip width apart, bring the MB to right hip as you sit down in a mini squat, toss the MB towards the wall and catch on the left side while at the same time sitting down in a mini squat position

- ### 2. MB side slams:
- stand with feet hip width apart, bring the MB over head and rotate feet to the right as you slam the MB to the ground on the outside of right foot while keeping arms straight, pick up the MB and do the same movement to the left side



Anti-Rotational Hold 20-30 seconds or 8-12 repetitions

- ### 1. Plank:
- Start face down, prop up on forearms and toes, and hold your body in a straight line from head to heels. Keep your core tight and hips level the whole time.
- ### 2. Dead Bug:
- Lie on your back with arms reaching toward the ceiling and knees bent at 90 degrees. Slowly lower one arm and the opposite leg toward the floor while keeping your lower back pressed into the ground, then return to start and switch sides.



Cooldown

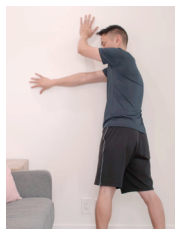
Walk at an easy pace to gradually bring your heart rate down.

Supine Chest Opener:

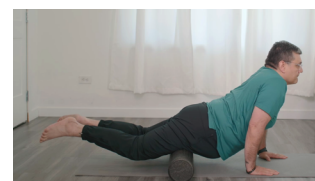
Lie on your back with arms out to the sides at shoulder height, palms up, and let your chest relax and open for the full duration. Hold 1-2 minutes.



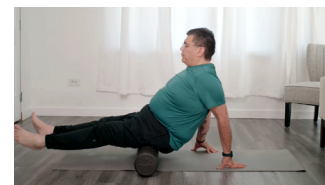
Standing Thoracic Rotation: Start facing the wall with one hand pressed flat against it at shoulder height. Rotate your chest and reach your other arm in front of, and across your body. Hold 1-2 minutes.



Foam Roll, Quads: Lie face down with the roller under your thighs and slowly roll from hip to knee.



Foam Roll, Hamstrings and Glutes: Sit with the roller under your thighs, hands behind you for support, and slowly roll from your glutes to just above the knee.



Foam Roll, Calves: Sit with the roller under your calves, hands behind you for support, and slowly roll from ankle to knee.



Scan the QR code for information on progressing your physical training plan.