



*Simple guidance.
Real results.*



RESISTANCE TRAINING GUIDE



**BUILD STRENGTH, MUSCLE & CONFIDENCE
WITH SIMPLE, EFFECTIVE
RESISTANCE TRAINING**



MINDSET



NUTRITION



EXERCISE



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WELCOME

Resistance Training Made Simple.

If you feel overwhelmed by workouts, gym plans or conflicting fitness advice...

THIS GUIDE IS FOR YOU.

- ⊗ 2 HOUR WORKOUTS
- ⊗ FANCY GYM PROGRAMS
- ⊗ BODYBUILDING ROUTINES

Resistance training does not need to be complicated. You simply need a plan you can stick to.

This guide will help you build strength, confidence and consistency – without overcomplicating things.

MAKE IT HAPPEN.

– Ryan Heath | HEA Fitness



WHAT IS RESISTANCE TRAINING?

Resistance training means:
Working your muscles
against resistance to
become **stronger**.

This can include:



DUMBBELLS



MACHINES



RESISTANCE BANDS



BODYWEIGHT EXERCISES



BARBELLS



BENEFITS OF RESISTANCE TRAINING

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BUILDS LEAN MUSCLE

Increase muscle mass and strength.



BOOSTS METABOLISM

Burn more calories even at rest.



HELPS FAT LOSS

Preserve muscle while losing body fat.



IMPROVES CONFIDENCE

Feel stronger, look better and boost self-esteem.



IMPROVES POSTURE

Strengthens muscles that support your posture.



SUPPORTS HEALTHY AGEING

Maintain strength, balance and independence.



IMPROVES ENERGY

Enhance daily energy and reduce fatigue.



SHAPES & TONES BODY

Sculpt and define your body naturally.

STRONGER BODY. STRONGER MIND. BETTER YOU.

BEGINNER TRAINING RULES

- ✓ TRAIN 2–4 TIMES PER WEEK
- ✓ GOOD FORM FIRST
- ✓ PROGRESSIVE OVERLOAD
- ✓ CONSISTENCY OVER PERFECTION
- ✓ REST & RECOVERY
- ✓ FOCUS ON BASIC EXERCISES



**DONE IS BETTER
THAN PERFECT.**

HOW MANY REPS & SETS?

GOAL	REPS	SETS
FAT LOSS	10–15	2–4
MUSCLE BUILDING	8–12	3–4
STRENGTH	4–8	3–5



LIGHTER WEIGHTS

Higher reps.
Focus on control
and form.



HEAVIER WEIGHTS

Lower reps.
Focus on strength
and power.



REST BETWEEN SETS

45–90 seconds
for beginners.

BEGINNER RECOMMENDATION:

Start with moderate weights, focus on form
and aim for 10–12 reps.

UPPER BODY WORKOUT

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EXERCISE	SETS	REPS
DUMBBELL CHEST PRESS	3	10–12
SEATED ROW	3	10–12
SHOULDER PRESS	3	10–12
LAT PULLDOWN	3	10–12
DUMBBELL BICEP CURL	2	12–15
TRICEP PUSHDOWN	2	12–15



TIP: Focus on full range of motion, control each rep and keep good form.

LOWER BODY WORKOUT

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EXERCISE	SETS	REPS
SQUATS	3	10-12
ROMANIAN DEADLIFTS	3	10-12
WALKING LUNGES	3	10 EACH LEG
LEG PRESS	3	10-12
GLUTE BRIDGES	3	12-15
PLANK	3	30-60 SEC



TIP: Focus on full range of motion, control each rep and keep good form.

NO GYM? NO PROBLEM.

EFFECTIVE WORKOUTS
YOU CAN DO AT HOME.



SQUATS



PUSH UPS



SIT UPS



GLUTE BRIDGES



LUNGES



PLANKS



NO EXCUSES. JUST RESULTS.

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COMMON MISTAKES

- ❌ DOING TOO MUCH TOO SOON
- ❌ SKIPPING REST DAYS
- ❌ POOR FORM
- ❌ CONSTANTLY CHANGING PLANS
- ❌ ONLY DOING CARDIO
- ❌ EXPECTING INSTANT RESULTS









**SMALL CONSISTENT
ACTIONS WIN.**



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SIMPLE WEEKLY PLAN

DAY	WORKOUT
MONDAY	UPPER BODY 
TUESDAY	WALK / CARDIO 
WEDNESDAY	LOWER BODY 
THURSDAY	REST 
FRIDAY	FULL BODY 
SATURDAY	WALK 
SUNDAY	REST 

BE CONSISTENT. STAY PATIENT. GET RESULTS.

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NUTRITION & RECOVERY

TRAINING IS ONLY PART
OF THE EQUATION.



PROTEIN

Fuel your muscles.



SLEEP

7-9 hours per night.



HYDRATION

Drink enough water.



RECOVERY

Rest days are growth days.



CONSISTENCY

Small daily habits =
big results.



NEED HELP WITH NUTRITION?
CHECK OUT OUR HIGH PROTEIN
RECIPE BOOKS & RESOURCES.



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NEXT STEPS

**WANT MORE STRUCTURE,
SUPPORT & RESULTS?**



FREE OPTION

Join the Free 5-Day Reset
Kickstart your journey.



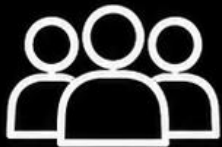
PAID PROGRAM

30-Day Fat Loss Blueprint™
Step-by-step fat loss plan.



NUTRITION

High Protein Recipe Books
Simple, tasty & effective.



COMMUNITY

HEA Health Hub
Support. Motivation. Accountability.

MAKE IT HAPPEN.

YOU'VE GOT THIS.



NEED A BIT MORE HELP & STRUCTURE?

You've already taken the first step.

Now imagine how much easier things become when the planning, structure, and guesswork are already **done for you**.



Here are a few ways I can help you continue **building momentum**:



FOR MEN

THE 30-DAY FAT LOSS BLUEPRINT™ FOR MEN

Need more structure, accountability, and a step-by-step plan to follow and get *real results*?



- ✓ Follow-along workouts
- ✓ Meal plans already worked out
- ✓ Recipes with calories included
- ✓ Shopping lists done for you
- ✓ Accountability check-ins
- ✓ Progress trackers & planners



VIEW MEN'S BLUEPRINT



FOR WOMEN

THE 30-DAY FAT LOSS BLUEPRINT™ FOR WOMEN

Need more structure, accountability, and a step-by-step plan to follow and get *real results*?



- ✓ Follow-along workouts
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VIEW WOMAN'S BLUEPRINT



SIMPLE PLANS.
No confusion.
Just clarity.



REAL RESULTS.
Proven strategies
that work.



BUILT FOR YOU.
Designed for busy
people like you.



**YOU DON'T HAVE TO
FIGURE IT OUT ALONE.**
**LET'S MAKE IT
HAPPEN TOGETHER.**



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IMPORTANT INFORMATION

If you have any medical conditions, injuries, allergies, or are unsure whether this guide is suitable for you, please consult a qualified medical or health professional before starting.

Please consider your own dietary needs, allergies, and preferences before following any recipes. If you have specific health concerns, consult a qualified professional.

All food, training, and supplement suggestions are optional and followed at your own discretion.

Always listen to your body and train within your own limits.

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