

STRNG

STRENGTH STARTS HERE

Strive Sweat Succeed

5-DAY CHALLENGE

- Perfect for beginners or those looking to jumpstart their strength journey.
- No equipment needed

JOIN NOW

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Welcome to Your 5-Day Challenge!

Welcome to the Strength Starts Here 5-Day Challenge

Let's be clear. This isn't a weight loss plan. It isn't a transformation promise either. And it's definitely not about perfection.

This is your starting line — a simple, focused routine to help you build confidence with strength training, learn the basics, and, most importantly, practice the discipline of showing up.

The workouts are short, approachable, and beginner-friendly. But the real challenge isn't the squats or push-ups — it's whether you can keep a small promise to yourself every day:

"I will show up for me."

These next 5 days are about laying the foundation — not just for a stronger body, but for a stronger mindset. Think of this as preparation. A setup. A way to get your body ready for the long game — maybe finally getting that gym membership, committing to a strength training program, or maybe just showing up again and again, day after day.

Remember, you don't have to be perfect. You just need to keep going.

Let's get strong — one day at a time. 💪

What you'll need:

- Exercise mat
- Stool/bench/chair
- Light dumbbells or kettlebells **OR**
- Water bottles/loaded bags (optional)

Important Notes!

- **Please do your warm-ups.** Warm-ups are often neglected simply because they are boring, take up time, etc. But I assure you warm-ups are key to setting you up for the workout, and happy joints in the long run.
- **Prioritize form over reps/load.** Notice that your reps are presented as a range. This is to allow you the flexibility to work within your present abilities without running the risk of injury simply because you'd like to do the most reps. Remember, how you do it is more important than how many (or how heavy) you can do.
- **Rest!** Give yourself a minute or two to rest before starting each set.
- **Practice integrity.** It's easy to skip a workout, or half-ass your exercises when no one is looking, but you downloaded this challenge for a reason. Remember what that was, and do this like your life depended on it...because it does.

How to read your sets and log your progress

Let's view your Day 1 Workout as a sample:

Day 1: Lower Body Focus

Warm up:

- Thread the Needle -8 reps
- Ankle Mobility -8 reps
- Squat to Hammies Flow -5 reps

Workout:

- Bodyweight Squats -3 sets of 10-15
- Glute Bridge -3 sets of 10-15
- Wall sit -3 rounds of 30 seconds
- Step-ups -3 sets of 10-15

3 **sets** of 15 **reps** also written as 3x15

Reps refer to the number of times you perform a movement for each round or "set"

Sets refers to how many total rounds you'll perform

Enter the number of reps you're able to perform for each set. Remember, perform each rep with integrity. Do not compromise form or your safety for the sake of reps.

	Set 1	Set 2	Set 3
Bodyweight Squats	12	14	15
Glute Bridge			
Wall sit			
Step-ups			

Quick word on tempo

Tempo refers to the timing or speed at which you perform an exercise. Aside from form, you should consider the speed you use when squatting, doing push-ups, etc. There is much that goes into tempo, but, for starters, keeping track of tempo will allow you to learn control of a movement and focus on form. Think about it, it's pretty hard to notice what goes on while you squat if you're just racing through the movement. After all, building strength is not about how fast you can complete a workout, it's about effectively stimulating the muscles. For now, **we will use a standard tempo of 2010** for all movements except those that are static in nature such as planks.

For instance, in a squat, a 2010 tempo would require you to lower using a 2-second count, and come back up a little quicker -1-second on the way up.

Don't worry about the 0's for now

2010

Seconds on the rising phase
Seconds on the lowering phase

Day 1: Lower Body Focus

Warm up (1 set each):

- Thread the Needle -8 reps
- Ankle Mobility -8 reps
- Squat to Hammies Flow -5 reps

Workout:

- Bodyweight Squats -3 sets of 10-15
- Glute Bridge -3 sets of 10-15
- Wall sit -3 rounds of 30 seconds
- Step-ups -3 sets of 10-15

Strong starts with showing up. You don't have to be perfect, you just have to begin.



Today's Tip:

- Prioritize form over reps/load.
- If you're just starting out keep it bodyweight, if you're ready add some light dumbbells if you have them or grab some water bottles.

	Set 1	Set 2	Set 3
Bodyweight Squats			
Glute Bridge			
Wall sit			
Step-ups			



*And so it begins -Day 1 complete! We are done saying, "one day."
Today is the day you chose to show up for you. Write one promise or note
for yourself to ensure you show up tomorrow.*



Day 2: Upper Body Focus

Warm up (1 set each):

- T-Spine Stretch -5 reps
- Y-T-W-L -5 reps
- Thread the Needle -5 reps

Strength isn't just physical -you are building mental resilience too.

Workout:

- Incline Push-Ups -3 sets of 8-10
- Bent Over Dumbbell Rows (or w/ water bottle) -3 sets of 8-12
- Overhead Press (light dumbbells or bands) -3 sets of 8-12
- Plank Holds -3 rounds of 20 to 30 seconds

Today's Tip:

- Find a solid surface like your dining table, counter top, or anything similar to do your incline push-ups. Choose a height that allows you to lower yourself just until your chest taps the surface.



Resilience is key to your success, and this challenge begins in the mind. Our brain will believe what we tell it everyday. The second we say, "I can't," the task becomes harder than it actually is. Mantras are a great source of power for positive thinking. What mantra can you use to get you through this journey?

	Set 1	Set 2	Set 3
Incline Push-Ups			
Bent Over Rows			
Overhead Press			
Plank Holds			

Day 3: Full Body Circuit

Warm up (1 set each):

- Thread the Needle -5 reps each
- Y-T-W-L -5 reps each
- Squat to Hammies Flow -5 reps each

Progress is power -small steps still move you forward.

Workout (3-4 rounds):

- Bodyweight Squats -12 reps
- Incline Push-Ups -8 reps
- Glute Bridges -15 reps
- Bent Over Rows -12 reps
- Wall Sit -30 seconds
- Planks -20 to 30 seconds

	Set 1	Set 2	Set 3
Bodyweight Squats			
Incline Push-Ups			
Glute Bridges			
Bent Over Rows			
Wall Sit			
Planks			

Today's Tip:

- A circuit means you'll work your way through each exercise to complete 1 round.
- This is your first full body circuit. Take your time. Remember, it isn't a race.
- Watch your time. If you're pushing an hour, and you've only gotten 2 rounds in. Take your win. You've got another circuit for Workout 5.



This is your halfway mark! It may not feel like much, but every step you take is a step FORWARD and this must be honored. Take some time to write about how you feel this very moment. Recognize the challenges, but don't forget your successes.

Day 4: Core and Stability

Warm up (1 set each):

- T-Spine Stretch -5 reps
- Thread the Needle -5 reps
- Glute Bridge -5 reps

*Your core is your powerhouse.
Build from the inside out.*

Workout:

- Deadbugs -3 sets of 8-10 per side
- Glute Bridge March -3 sets of 8-12
- Side Plank (knees or full) -3 sets of 20 seconds per side
- Bird Dog -3 sets of 10 per side

Today's Tip:

- Today's workout is simple, yet super effective if done with intention. Slow it down, and feel each movement through.
- Though still challenging, today we give your body a chance to recover with these core and stability movements.

	Set 1	Set 2	Set 3
Deadbugs			
Glute Bridge March			
Side Plank			
Bird Dog			



You may not see anything, but I am confident you FEEL something. It may be change, uncertainty, hope, or maybe still some sense of doubt. Whatever it is, let's take a little bit of time to address this. Recognize what those feelings are and say something about it.

those feelings are and say something about it.

Day 5: Full Body Celebration

Warm up (1 set each):

- Thread the Needle -5 reps
- Ankle Mobility -5 reps
- Squat to Hammies Flow -5 reps

You made it! Strength is yours to keep building.

Workout (3-4 rounds):

- Step Ups -12 reps per leg
- Incline Push Ups -8 to 12 reps
- Glute Bridges -15 reps
- Bent Over Rows -12 reps
- Wall Sit -30 to 45 seconds
- Planks -30 to 45 seconds

	Set 1	Set 2	Set 3
Step Ups			
Incline Push Ups			
Glute Bridges			
Bent Over Rows			
Wall Sit			
Planks			

Today's Tip:

- Another circuit! Push through with your very best.
- Rest is key! If you want to get to the end **successfully**, take your minute rests between each and every set.



This is it! You completed your 5-day promise to yourself. Complete the rest of this statement:

This is just the beginning, and...

Congratulations! You did it!

You showed up. You stayed consistent. You followed through. I hope you catch my drift -YOU did that! You can hire a coach, you can pay hundred's of dollars for a gym membership or program, but YOU are the deciding factor in your success. The coaching, the program are simply tools to help you through your strength journey, but the truth is it will only work if you **show up** and put in the work. That's the real win – and I hope you're proud, because I sure am!

This 5-day challenge wasn't just about doing the workouts – it was about **laying the foundation**. These movements, these habits, this mindset – they're the groundwork for everything that comes next.

Feel free to repeat this routine as many times as you need if you want to get even stronger with the basics. That's what training is – showing up, repeating, getting a little better every time. But at some point, you're going to be ready for more. More structure. More challenge. More strength. And when you are...

STRNG: Back to Basics is waiting for you. It's my beginner strength program designed to take everything you've started here and build on it – with step-by-step guidance, weekly progression, and the accountability to keep going. Click below to learn more – and keep showing up. Because this? This is just the beginning.

INSERT LINKS TO:

- WEBSITE
- 6-WEEK PROGRAM (BUY)
- IG AND FB ACCOUNT
- POSSIBLE OPPORTUNITY FOR DISCOUNT ON MEMBERSHIP IF THEY POST AND TAG IG/FB PAGE WITH “STRENGTH STARTS HERE.”

**TIME TO
THRIVE**

