



5 Day Strength & Shape Guide

This program is designed for more committed trainees who enjoy spending more time in the gym and want to focus on building strength, muscle tone, and body shape.

With five training days per week, this split allows for greater focus on specific muscle groups while placing extra emphasis on glute development, core stability, and upper body balance to create a strong, functional, and well-shaped physique.

Because the training frequency is higher, it's important to prioritize recovery, proper form, and controlled movement throughout each workout.

Listen to your body, train with intention, and allow rest days when needed.

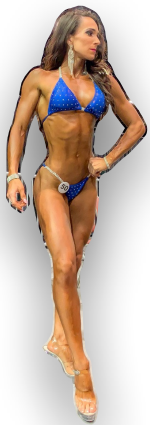
Thank You

Thank you for downloading this workout and investing a little time into yourself!

Training doesn't have to be extreme to be effective. When you focus on proper form, strong core engagement, and consistent effort, your body will respond in incredible ways.

This workout is just a small sample of what training together with me can look like.

If you'd like help building a program tailored to your goals, schedule, and body, I'd love to work with you.



Reach out anytime:

📱 Instagram: @morethantara

✉ Email: balancewithinbytara@gmail.com

👋 Or come talk to me at **EPIC Health & Fitness** in Brooksville, FL about personal training

Keep moving, keep showing up, and enjoy the process.

Gratefully,

P.S. If you enjoy this workout, share it with a friend who might want to train with you.

STRONG. CAPABLE. CONFIDENT. BUILT FROM THE INSIDE OUT.





5 Day Strength & Shape Guide

DAY 1 | Glutes & Hamstrings

CARDIO (optional)

10-15 minutes incline walking, elliptical, bike, or stairmill

WARM UP

Glute Bridges 2 x 12

Bodyweight Squats 2 x 10

Banded Hinges 2 x 10

Stationary Lunges 2 x 8 each side

WORKOUT

Barbell Hip Thrust 4 x 8-10

Romanian Deadlift 3 x 8-12

Dumbbell Bulgarian Split Squat 3 x 8 each side

Cable Kickbacks 3 x 12-15

Barbell or Dumbbell Glute Bridge 3 x 10

*light to moderate weight, hold last rep 30 seconds

Plank 3 x 45-60 seconds

Disclaimer

The information provided in this workout guide is for educational and informational purposes only and is not intended as medical advice. Participation in any exercise program carries inherent risks.

By performing these exercises, you acknowledge that you are voluntarily participating in physical activity and assume all associated risks. Consult with a qualified healthcare professional before beginning any new exercise program, especially if you have any existing injuries or medical conditions.

Balance Within by Tara, EPIC Health and Fitness, and Tara are not responsible for any injuries or damages that may occur from the use of this program. Always listen to your body and modify exercises as needed.



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DAY 2 | Upper Body

CARDIO (optional)

10-15 minutes incline walking, elliptical, bike, or stairmill

WARM UP

Arm Circles 2 x 10 each direction

Band Pull Aparts 2 x 15

Dead Bugs 2 x 10 each side

Plank Shoulder Taps 2 x 10

WORKOUT

Dumbbell Shoulder Press 3 x 8-12

Lat Pulldown 3 x 8-12

Dumbbell Chest Press 3 x 8-12

Seated Cable Row 3 x 10-12

Dumbbell Lateral Raise 3 x 12-15

Hanging Leg Raises or Captain's Chair Leg Raises 3 x 10-15

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DAY 3 | *Glutes & Quads*

CARDIO (optional)

10-15 minutes incline walking, elliptical, bike, or stairmill

WARM UP

Single Leg Glute Bridges 2 x 12

Bodyweight Squats 2 x 10

Stationary Lunges 2 x 8 each side

Flutter Kicks 2 x 25 each side

WORKOUT

Barbell Back Squat 4 x 6-10

Dumbbell Walking Lunges 3 x 10 each side

Leg Press 3 x 10-12

Step Ups 3 x 10 each side

Barbell Hip Thrust (or Specialized Machine of Choice) 3 x 10-12

*pause 1 second

Yoga or Bosu Ball Crunches 3 x 15-20

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DAY 4 | Shoulders & Core

CARDIO (optional)

10-15 minutes incline walking, elliptical, bike, or stairmill

WARM UP

Arm Circles 2 x 10 each direction

Band Pull Aparts 2 x 15

Plank Up Downs 2 x 8 each side

Single Arm Lateral Band Pulses 2 x 15 each side

WORKOUT

Dumbbell Shoulder Press 3 x 8-10

Dumbbell Lateral Raise 3 x 12-15

Rear Delt Fly 3 x 12-15

Cable Rotations 3 x 12 each side

Elevated Plank Up Downs 3 x 8-10 each side

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DAY 5 | Lower Body Strength

CARDIO (optional)

10-15 minutes incline walking, elliptical, bike, or stairmill

WARM UP

Single Leg Glute Bridges 2 x 12

Bodyweight Squats 2 x 10

Stationary Lunges 2 x 8 each side

Mountain Climbers 2 x 15 each side

WORKOUT

Barbell Hip Thrust (or Specialized Machine of Choice) 3 x 10-12

*pause 1 second

Dumbbell B-Stance Romanian Deadlift 3 x 10 each side

Hamstring Curl 3 x 10-12

Reverse Lunges 3 x 10 each side

Leg Extensions 3 x 10-12

Yoga Ball Plank Tuck Ins 3 x 10-15

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COACH T's TRAINING TIPS

- Focus on slow, controlled movement
- Brace your core before every lift
- Choose weights that challenge you while maintaining good form
- Rest 60-90 seconds between sets
- Remember to breathe & smile

Consistency & proper form will always produce better long-term results than rushing through a workout.

SUGGESTED RECOVERY

Finish with a gentle stretch or a yoga flow to improve mobility and recovery.

PIC Brooksville Yoga Classes: Tuesdays @ 530p | Wednesdays @ 8a | Thursdays @ 6p

Follow the link to my YouTube page for guided yoga flows:

<https://www.youtube.com/@BalanceWithinbyTara>

➡ YOUR NEXT STEP ⬅

If you enjoyed this workout and want to take your training further, there are a few ways we can work together.

Many people start with a free guide like this, then realize they want:

- more structure
- accountability
- a program designed specifically for their body and goals

That's exactly what personal training provides.

When we work together, we focus on:

- building strong glutes and a stable core
- improving posture and movement quality
- creating a body that feels strong, balanced, and confident

Every program is customized to your fitness level, schedule, and goals.

If you're curious about training together, the easiest way to start is simply reaching out.

Send me a message on Instagram:

📱 @morethantara

👋 Or say hello if you see me at the gym (EPIC Health & Fitness - Brooksville, FL)

I'm always happy to answer questions and help you figure out the best place to start.

💖 Tara