



## 2 Day Strength & Shape Guide

*(perfect for beginners or busy schedules)*

This sample program is designed to help you build strength, improve posture, and develop balanced muscle tone with just two training days per week.

Train these workouts on non-consecutive days when possible (for example: Monday & Thursday) to allow your body time to recover.

Focus on controlled movement, proper form, and core engagement throughout every exercise.

### **Focus:**

*glutes, core stability, posture, strength, and building a body that feels strong, capable, and confident.*

## 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](mailto:balancewithinbytara@gmail.com)

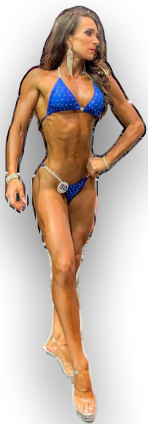
 Or come talk to me at **EPIC Health & Fitness** in Brooksville, FL about personal training

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.**





## 2 Day Strength & Shape Guide

### DAY 1 | Upper Body & Core

#### **CARDIO (optional)**

10-15 minutes incline walking, elliptical, bike

#### **WARM UP**

Arm Circles 2 x 10 each direction

Band Pull Aparts 2 x 15

Dead Bugs 2 x 10 each side

Bodyweight Squats 2 x 10

#### **WORKOUT**

*\*option to do 2 sets instead of 3 depending on time constraints and/or training level*

Dumbbell Chest Press 3 x 8-12

Lat Pulldown or Assisted Pull-Up Machine 3 x 8-12

Dumbbell Shoulder Press 3 x 8-12

Seated Cable Row or Bent Over Dumbbell Row 3 x 12-15

Dumbbell Lateral Raise 3 x 12-15

Plank 3 x 30-45 seconds

Russian Twists 3 x 10 each side

#### **FINISHER**

Band Pull Aparts 2 x 20 reps

*\*pause 1 second*

#### **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.*



## 2 Day Strength & Shape Guide

DAY 2 | Lower Body & Glutes

### CARDIO (optional)

10-15 minutes incline walking, elliptical, bike

### WARM UP

Glute Bridges 2 x 12  
Bodyweight Squats 2 x 10  
Dead Bugs 2 x 10 each side  
Stationary Lunges 2 x 8 each side

### WORKOUT

*\*option to do 2 sets instead of 3 depending on time constraints and/or training level*

Goblet Squats 3 x 8-12

Romanian Deadlift (dumbbell or barbell) 3 x 8-12

Walking Lunges 3 x 10 each side

Cable Glute Kickbacks or Banded Kickbacks 3 x 12-15 each side

Dumbbell Glute Bridges 3 x 15

*\*pause 2 seconds*

Plank 3 x 30-45 seconds

Cable Core Rotation 3 x 12 each side

### FINISHER

Wall Sit 3 x 30-45 seconds

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## 2 Day Strength & Shape Guide

### 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.

**EPIC 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