

THE RESET CO.

Strength Quick-Start

Read this first — Session A happens tomorrow, no equipment needed

READ FIRST • STRENGTH FILE 6 OF 6

What You Got

Six files. Each has exactly one job, so you never have to wonder where anything lives.

#	File	Its one job
1	The 12-Week Strength Plan	The program itself — why it works, every session of all 12 weeks, progression rules, the menopause chapter, eating to train
2	Exercise Form Library	Every movement coached: setup, cues, breathing, easier/harder levels, joint-friendly swaps
3	12-Week Training Log	Print it, write in it every session — your benchmarks, weekly logs, and PR tracker
4	Warmup & Mobility	The 5-Minute Ramp before every session, plus optional routines for evenings, desks, and stiff mornings
5	Home Gym Setup	The ≤\$60 equipment plan, starting-weight table, and household substitutions for every dumbbell move
6	Strength Quick-Start	This page — gets you from download to first session in under a day

You don't need to read all of it this week. You need the three steps below.

Today

Three things, about twenty minutes total:

1. Read Chapters 1–2 of The 12-Week Strength Plan (~15 minutes). Chapter 1 is why strength is the single biggest lever you have after 40. Chapter 2 is how the program works — the A/B/C sessions, effort in plain language, and the missed-week math that means you will never “start over.” Those two chapters are the whole operating system; everything else is reference.

2. Print the Training Log (or at least the Week 1 pages and the benchmark page). Put it on a clipboard, on the fridge, wherever tomorrow-you will trip over it. If you can't print today, a notebook works — the log's format is simple enough to copy by hand.

3. Do Week 1, Session A tomorrow. It's about 30 minutes: the 5-Minute Ramp, then chair squats, wall pushups, glute bridges, a carry with things from your kitchen, dead bugs, calf raises. Two sets of everything, stopping every set with 3–4 easy reps left. **No equipment needed — nothing to buy, nothing to wait for.** If you did the Reset's No-Gym Starter, you already know most of these moves; this is them, organized and going somewhere.

That's it. Don't read ahead into Phase 3, don't shop for dumbbells tonight (you have four weeks), don't clear your schedule. Just: read, print, and show up tomorrow for 30 minutes.

The Only 3 Rules

Everything in this program folds down to three rules. If you're ever overwhelmed, come back to these:

- 1. Show up 2–3 times a week.** Three sessions is the plan; two (A + B) is a fully successful week, every week, all twelve weeks. Consistency beats intensity by a mile — twice a week is a legitimate, evidence-backed dose, not a compromise.
- 2. Leave 2–3 reps in the tank.** Every set ends while you could still do more with good form. You will never train to failure in this program — that's what keeps joints happy, form clean, and tomorrow possible.
- 3. Log every session.** The scale measures water and moods. The log measures strength. When the dumbbell number climbs — and it will, within weeks — you'll have it in your own handwriting.

Where to Look When Stuck

If this happens	Go here
Sore — or is it pain?	The Plan, Chapter 9 (Troubleshooting) + the “Before You Start: Your Health” page. Short version: symmetric muscle ache that fades in 1–3 days is normal; sharp, one-sided, or joint-line pain means stop that movement and use the swap

If this happens	Go here
Can't do a movement (too hard, or a joint objects)	Form Library — every movement has an Easier level and a joint-friendly swap, and both count fully
No dumbbells yet (Phase 2 arriving)	Home Gym Setup — the substitution table turns your backpack and water jugs into every dumbbell move
Missed a week (or three)	The Plan, Chapter 2 — the missed-week protocol. Repeat the last completed week; never skip ahead, never start over
Not sure what weight to start with	Home Gym Setup — the starting-weight table, conservative on purpose
Session feels too easy	That's the plan working. Log it, follow the progression rule, add a little next time

TAKE THIS WITH YOU

In case any part of you is bracing for the catch — there isn't one. No gym, ever, unless you someday want one. No jumping required — every impact move is optional, with a gentler version. Every single movement has a joint-friendly swap that counts completely. And a two-session week is a successful week, in Week 1 and in Week 12. This program was built for a real woman with a real schedule and real knees — not for the person fitness marketing keeps pretending you should be.

One last thing: keep eating the Reset way. The protein anchors you built in the 28 days — 25–35 grams at every meal — are exactly what this training runs on. The Reset feeds the muscle; the dumbbells ask for it. You're not starting a second program; you're completing the first one.

See you at Session A tomorrow.