BONUS #2

STRENGTH MADE SIMPLE

A Practical Guide to Building Strength, Boosting Metabolism and Feeling Stronger After 50

GLP-1 FRIENDLY

SAFE
EFFECTIVE
SUSTAINABLE



STRONG WOMAN SYSTEM

Your Visual Beginner's Guide to the Foundational Movements

Learn the moves. Practice the basics. Build from there.

THIS IS YOUR PRACTICE TOOL

The main guide explained the movement patterns.

This kit is what you open when it's time to practice.

You do not need to memorize every instruction.

Look at the card.

Set up.

Practice.

Check.

Repeat.

SHOW ME WHAT TO DO.

That's the job of this kit.

BEFORE YOU BEGIN

These exercises are general beginner examples, not individualized exercise prescriptions.

Use an appropriate variation and resistance for your ability.

A movement should not be forced through pain.

If you have significant pain, balance concerns, physical limitations, recent injury or surgery, cardiovascular or other medical concerns affecting exercise, or uncertainty about what is appropriate for you, seek qualified guidance.

Keep your exercise area clear and use stable equipment.

THE FIVE MOVEMENTS

Your beginner strength foundation is organized around:

SQUAT

HINGE

PUSH

PULL

CARRY

Plus one optional lower-leg movement.

You don't need dozens of exercises to start learning strength training.

THE FIVE MOVEMENTS

SQUAT

Chair Sit-to-Stand

HINGE

Supported Hip Hinge

PUSH

Wall Push-Up

PULL

Supported One-Arm Row

CARRY

Farmer Carry

OPTIONAL

Supported Calf Raise

LEARN THE PATTERN. PRACTICE THE MOVEMENT.

Five clear figures:

SQUAT
Chair Sit-to-Stand

HINGE
Supported Hip Hinge

PUSH
Wall Push-Up

PULL
Supported One-Arm Row

CARRY
Farmer Carry

Bottom:

OPTIONAL
Supported Calf Raise

Footer:

LEARN THE PATTERN.

PRACTICE THE MOVEMENT.

HOW TO USE EVERY EXERCISE CARD

Each card answers six questions.

SET

How do I get into position?

MOVE

What do I actually do?

FEEL

What should the movement generally feel like?

CHECK

What common mistake should I watch for?

ADAPT

How can I make it more accessible?

PROGRESS

How can the challenge increase when appropriate?

EXERCISE CARD 1

CHAIR SIT-TO-STAND

PATTERN
Squat

SET
Use a stable chair on a non-slip surface.

Sit with your feet in a secure position that allows you to stand comfortably.

Adjust your position as needed for your body.

MOVE
Lean forward as needed while maintaining control.

Press through your feet.

Stand tall.

Reverse the movement slowly.

Return to the chair with control.

FEEL
Legs working.

Whole body staying controlled.

CHECK
Avoid dropping quickly into the chair.

Avoid turning the movement into a sudden uncontrolled push.

ADAPT

A higher chair or appropriate hand support can make the movement more accessible.

PROGRESS

When the movement is controlled and an increase is appropriate, progression may involve reducing assistance, adjusting the setup or adding suitable resistance.

CUE:

“STAND TALL. SIT SOFTLY.”

Three technically matched panels:

SET -> STAND -> CONTROLLED RETURN

Add directional arrows only where they improve understanding.

WATCH THE MOVEMENT

Short demonstration matching this exact exercise version.

CHAIR SIT-TO-STAND

A simple, effective exercise to build lower body strength and support everyday movement.

1 START



- Sit tall, feet flat on the floor (hip-width apart).
- Arms across your chest or by your sides.
- Keep your core engaged and look forward.

2 END



- Stand up in a controlled movement.
- Keep your back straight and core engaged.
- Pause at the top, then slowly sit back down.
- Repeat for the recommended number of reps.

KEY BENEFITS

- Builds lower body strength (legs and glutes).
- Supports balance and stability.
- Makes everyday activities easier (e.g. getting up from a chair, climbing stairs).

QUICK TIPS

- Use a stable, armless chair.
- Keep your knees in line with your toes.
- Move at a comfortable pace.
- Be consistent, even if you start with just a few reps.

STRONGER LEGS. MORE FREEDOM.

EXERCISE CARD 2

SUPPORTED HIP HINGE

PATTERN
Hinge

SET
Stand near a stable support if needed.

Feet in a comfortable position.

Knees softly bent rather than locked.

MOVE
Send your hips backward.

Maintain a controlled trunk position.

Move only through a range you can control.

Press through your feet and bring your hips forward to return to standing.

FEEL
A controlled movement through the hips with the back position remaining stable.

CHECK
Don't turn the movement into a deep squat.

Don't chase range of motion.

ADAPT
Use support and a smaller range.

PROGRESS

Once the pattern is familiar and appropriate, resistance can be introduced or increased gradually.

CUE:

“HIPS BACK. STAND TALL.”

SET -> HINGE -> RETURN

WATCH THE MOVEMENT

SUPPORTED HIP HINGE

A simple exercise to strengthen your glutes, hamstrings and lower back, and support better posture.

1 START



- Stand behind a sturdy chair, hands on the back for support.
- Feet hip-width apart, knees slightly soft (not locked).
- Keep your back straight, shoulders relaxed and core engaged.

2 END



- Hinge forward at your hips (keep your back straight).
- Push your hips back, as if you're closing a door with your hips.
- Keep a slight knee bend and your core engaged.
- Return to the start position and repeat.

KEY BENEFITS

- Strengthens glutes, hamstrings and lower back.
- Supports better posture and daily movements.
- Helps with balance and stability.
- A great foundation for many everyday activities.

QUICK TIPS

- Focus on moving from your hips, not your lower back.
- Keep your back straight and neck in a neutral position.
- Move slowly and with control.
- Use a chair or countertop for support if needed.
- Start with a few reps and build up gradually.

STRONGER MOVEMENTS. A STRONGER YOU.

EXERCISE CARD 3

WALL PUSH-UP

PATTERN
Push

SET
Place your hands securely against a stable wall.

Step your feet back to a comfortable distance.

Create a controlled body position.

MOVE
Bend your elbows and allow your body to move toward the wall.

Push through your hands.

Return to your starting position.

FEEL
Upper body working while the rest of your body remains controlled.

CHECK
Avoid letting only your head or hips move toward the wall.

ADAPT
Move closer to the wall.

PROGRESS

When appropriate, changing your body angle or using another suitable push-up variation can increase the challenge.

CUE:

“BODY MOVES AS ONE.”

SET -> LOWER -> PUSH

WATCH THE MOVEMENT

WALL PUSH-UP

A simple, effective exercise to build upper body strength and support better posture.

1 START



- Stand facing a wall, about arm's length away.
- Place your hands flat on the wall at shoulder height (about shoulder-width apart).
- Keep your body in a straight line from head to heels, core engaged.

2 END



- Bend your elbows and slowly lower your chest toward the wall.
- Keep your body straight and your core engaged.
- Pause briefly, then gently push back to the start position.
- Repeat for the recommended number of reps.

KEY BENEFITS

- Builds upper body strength (chest, shoulders and arms).
- Supports better posture.
- Helps with everyday activities (e.g. pushing, lifting, carrying).
- A gentle, joint-friendly exercise suitable for most fitness levels.

QUICK TIPS

- Keep your body in a straight line (avoid sagging hips).
- Move slowly and with control.
- Start closer to the wall for an easier version or farther away for more challenge.
- Breathe steadily (inhale as you lower, exhale as you push back).

STRONGER UPPER BODY.
A STRONGER YOU.

EXERCISE CARD 4

SUPPORTED ONE-ARM DUMBBELL ROW

PATTERN
Pull

SET
Place one hand on a stable support.

Hold an appropriate dumbbell or other suitable resistance in the opposite hand.

Create a stable stance.

MOVE
Draw your elbow back in a controlled motion.

Pause naturally.

Lower the resistance slowly.

FEEL
Upper back and arm contributing to the pull while your body stays controlled.

CHECK
Avoid jerking the weight.

Avoid turning your torso excessively to create momentum.

ADAPT

Use a lighter resistance and stable support.

PROGRESS

Increase the resistance gradually when the current version is well controlled and an increase is appropriate.

CUE:

“ELBOW BACK. LOWER SLOWLY.”

SET -> PULL -> LOWER

WATCH THE MOVEMENT

SUPPORTED ONE-ARM ROW

A simple, effective exercise to strengthen your back, shoulders and arms, and support better posture.

1 START



- Place one knee and one hand on a stable chair or bench for support.
- Keep your back straight and your core engaged.
- Let the weight hang down with your arm extended, palm facing your body.

2 END



- Pull the weight up toward your ribcage, keeping your elbow close to your body.
- Squeeze your shoulder blade at the top of the movement.
- Pause briefly, then slowly lower the weight back to the start position.
- Repeat for the recommended number of reps, then switch sides.

KEY BENEFITS

- Strengthens your back, shoulders and arms.
- Supports better posture.
- Helps with everyday activities (e.g. lifting, carrying, pulling).
- Builds balance and core stability.

QUICK TIPS

- Use a stable chair or bench.
- Keep your back straight and avoid rotating your hips.
- Move slowly and with control.
- Use a light to moderate weight (or a water bottle if needed).
- Focus on squeezing your shoulder blade, not just lifting with your arm.

A STRONGER BACK.
MORE EVERYDAY FREEDOM.

EXERCISE CARD 5

FARMER CARRY

PATTERN
Carry / Stabilize

SET
Use an appropriate load you can hold securely.

Stand tall in a clear area.

MOVE
Walk at a controlled pace.

Maintain a comfortable upright position.

Turn carefully.

Set the load down safely when finished.

FEEL
Whole-body effort while maintaining control.

CHECK
Avoid using a load that causes your posture, grip or walking control to deteriorate.

ADAPT
Use a lighter load or shorter distance.

PROGRESS
When appropriate, gradually change load, distance or time while maintaining control.

CUE:

“TALL. STEADY. CONTROLLED.”

SET -> WALK -> FINISH

WATCH THE MOVEMENT

FARMER CARRY

A simple, effective exercise to build full-body strength, improve posture and support everyday movement.

1 START



- Stand tall, feet hip-width apart.
- Hold a weight in each hand at your sides (e.g. dumbbells or water bottles).
- Keep your shoulders relaxed, back straight and core engaged.
- Look forward with a neutral neck position.

2 MOVEMENT



- Walk forward at a comfortable, steady pace.
- Keep the weights at your sides, arms straight (but not locked).
- Maintain a tall posture and keep your core engaged.
- Take small, controlled steps and keep your shoulders relaxed.
- Continue for the recommended distance or time, then rest and repeat.

KEY BENEFITS

- Builds full-body strength (especially core, shoulders, grip and legs).
- Supports better posture and spinal stability.
- Improves balance and endurance.
- Makes everyday activities easier (e.g. carrying groceries, bags, children or household items).

QUICK TIPS

- Use a weight that feels challenging but comfortable.
- Keep your body tall and avoid leaning to one side.
- Breathe naturally and keep your pace steady.
- Walk on a flat, safe surface with enough space.
- Start with a shorter distance or time and gradually increase as you get stronger.

STRONGER EVERYDAY TASKS.
A STRONGER YOU.

EXERCISE CARD 6

SUPPORTED CALF RAISE

PATTERN

Optional lower-leg movement

SET

Stand near a stable support.

Feet positioned securely.

MOVE

Rise onto the balls of your feet with control.

Lower slowly.

FEEL

Calves working while balance remains controlled.

CHECK

Avoid bouncing.

Avoid rushing the lowering phase.

ADAPT

Use support and a comfortable range.

PROGRESS

When appropriate, increase challenge gradually while maintaining control.

CUE:

“UP WITH CONTROL. DOWN WITH CONTROL.”

SET -> RISE -> LOWER

WATCH THE MOVEMENT

SUPPORTED CALF RAISE (OPTIONAL)

A simple exercise to strengthen your calves, improve balance and support everyday movements.

1 START



- Stand behind a sturdy chair, hands lightly on the back for balance.
- Feet hip-width apart, knees slightly soft (not locked).
- Keep your back straight, shoulders relaxed and core engaged.

2 END



- Slowly lift your heels off the floor, rising onto the balls of your feet.
- Keep your legs straight (but not locked) and your body tall.
- Pause briefly at the top, squeezing your calves.
- Slowly lower your heels back to the floor with control.
- Repeat for the recommended number of reps.

KEY BENEFITS

- Strengthens your calves and lower legs.
- Supports better balance and stability.
- Helps with everyday activities (e.g. walking, stairs, carrying).
- A gentle, low-impact exercise suitable for most fitness levels.

QUICK TIPS

- Use a stable chair for light balance (don't pull on it).
- Move slowly and with control.
- Keep your body tall and avoid leaning forward.
- Focus on a full range of motion (up and down).
- Start with a few reps and gradually increase as you get stronger.

STRONGER LEGS. A STRONGER YOU.

OPTIONAL PRACTICE

WALL POSTURE HOLD

Stand with your back near or against a wall as appropriate.

Find a comfortable, tall position.

Breathe normally.

Use this as a brief awareness exercise rather than a test of endurance.

YOUR 5-MINUTE PREP

You don't need an elaborate warm-up ritual.

Before strength practice, gradually prepare yourself to move.

A simple general sequence might include comfortable walking or marching, easy joint movement and rehearsal of the exercises without added challenge.

The goal is:

GO FROM RESTING TO READY.

Not:

GET TIRED BEFORE YOU START.

EASY MOVEMENT

v

PRACTICE THE PATTERN

v

BEGIN YOUR SESSION

THE BEGINNER SESSION CARD

A simple practice session can be built from the foundational movements you've learned.

SQUAT PATTERN
Chair Sit-to-Stand

HINGE PATTERN
Supported Hip Hinge

PUSH PATTERN
Wall Push-Up

PULL PATTERN
Supported One-Arm Row

CARRY PATTERN
Farmer Carry

OPTIONAL
Supported Calf Raise

Your appropriate number of sets, repetitions, resistance, rest and exercise selection can vary.

The goal of this card is to organize the movements - not prescribe an individualized training dose.

HOW HARD SHOULD IT FEEL?

THE CONTROL ZONE

TOO EASY
Little meaningful challenge.

CONTROLLED CHALLENGE
You feel effort but can maintain appropriate movement quality.

TOO MUCH
Technique or control deteriorates, or the exercise no longer feels appropriate or safe.

AIM FOR CONTROLLED CHALLENGE.

Three-zone horizontal graphic.

Center emphasized:

EFFORT + CONTROL

THE REP QUALITY TEST

Before adding challenge, ask:

☐ Can I set up consistently?

☐ Can I control the movement?

☐ Can I repeat it without rushing?

☐ Does the exercise feel appropriately challenging rather than chaotic?

☐ Can I maintain my technique as I become tired?

If several answers are no, more challenge probably isn't the first priority.

SHOULD I MAKE IT HARDER?

PROGRESSION DECISION TREE

DO I UNDERSTAND THE MOVEMENT?

NO -> Keep learning.

YES v

CAN I CONTROL IT CONSISTENTLY?

NO -> Keep practicing.

YES v

DOES THE CURRENT VERSION STILL PROVIDE AN APPROPRIATE CHALLENGE?

YES -> You may not need to change anything yet.

NO / IT HAS BECOME TOO EASY v

IS A PROGRESSION APPROPRIATE FOR ME?

YES -> Change one variable gradually.

UNSURE -> Get appropriate guidance.

LEARN

v

CONTROL

v

REPEAT

v

READY?

v

PROGRESS ONE THING

WAYS AN EXERCISE CAN PROGRESS

Depending on the movement and your circumstances:

more control;

an appropriate range of motion;

less assistance;

a slightly harder variation;

additional quality repetitions;

more suitable resistance;

or another appropriate increase in challenge.

You don't need to change all of these.

CHANGE ONE THING.

Step 1:

LEARN

Step 2:

CONTROL

Step 3:

REPEAT

Step 4:

CHALLENGE

Step 5:

REASSESS

YOUR TWO-DAY PRACTICE PLANNER

OPPORTUNITY #1

Day: _____

Time: _____

OPPORTUNITY #2

Day: _____

Time: _____

BACKUP

The 12-Week Strong Habits Planner handles the larger planning system.

This page only gives your practice somewhere to live.

FOUR-SESSION LEARNING LOG

FORM BEFORE FORCE

Before increasing the challenge:

SET UP.

CONTROL IT.

REPEAT IT.

THEN PROGRESS WHEN APPROPRIATE.

You are not competing with the person in the next room.

You are learning a physical skill.

WHEN THIS KIT ISN'T ENOUGH

A printed card can't see how you move.

Consider qualified professional guidance when:

a movement causes pain;

balance is a significant concern;

you have important physical limitations;

you are returning after injury or surgery;

you have a medical condition affecting exercise;

you cannot find an appropriate variation;

or you simply want individualized technique feedback.

Asking for guidance is not failing the beginner plan.

It's using the right tool.

ONE-PAGE STARTER SUMMARY

LEARN THESE:

Chair Sit-to-Stand

Supported Hip Hinge

Wall Push-Up

Supported One-Arm Row

Farmer Carry

Optional Supported Calf Raise

REMEMBER:

Control before challenge.

WHEN READY:

Progress one thing.

LOW-ENERGY DAY?

Use The Low-Energy Day Plan.

NEED TO ORGANIZE THE WEEK?

Use The 12-Week Strong Habits Planner.

WANT TO TRACK IMPROVEMENT?

Use Beyond the Scale.

PRINT THE EXERCISE CARDS

The final version of this kit is designed so the movement cards can be printed separately.

Keep them:

near your workout space;

in a binder;

or wherever you practice.

Where included, use the QR code when you want to see the exact movement demonstrated.

The illustration is your quick reference.

The short video is your demonstration.

YOU DON'T NEED TO REMEMBER IT.

YOU NEED TO BE ABLE TO FIND IT.

YOU DON'T HAVE TO BE STRONG TO START.

YOU START SO YOU CAN BECOME STRONGER.

IMPORTANT NOTE

This kit provides general educational exercise information and does not provide individualized exercise, medical or physical therapy advice.

Exercise suitability varies. Stop and seek appropriate guidance for pain, severe, unusual or concerning symptoms, or when you are uncertain whether an exercise is appropriate for your circumstances.

THE CONTROL ZONE

TOO EASY

Little meaningful challenge.

CONTROLLED CHALLENGE

Effort + control.

TOO MUCH

Technique or control deteriorates, or it no longer feels appropriate or safe.

AIM FOR CONTROLLED CHALLENGE.

PROGRESSION TREE

LEARN

Do I understand the movement?

CONTROL

Can I control it consistently?

REPEAT

Does the current version still challenge me appropriately?

READY?

Is a progression appropriate for me?

PROGRESS ONE THING

Change one variable gradually.

CONTROL BEFORE CHALLENGE.