

STRENGTH TRAINING



BEGINNER'S GUIDE TO STRENGTH TRAINING

SAFE & SIMPLE AT ANY AGE

Why Strength Training?

- Builds muscle & bone strength
- Boosts metabolism & energy
- Improves balance, posture & confidence

The 4 Core Movements

- 🪑 Squat – Sit-to-stand
- 🍌 Push – Wall push-up
- 🎯 Pull – Band row
- 🍎 Hinge – Hip hinge practice

Quick Beginner Workout

- ✓ Chair Squat – 2x 8–12
 - ✓ Wall Push-Up – 2x 8–12
 - ✓ Band Row – 2x 8–12
 - ✓ Hip Hinge – 2x 10
- Optional: Farmer's Carry – 30–60 sec

Safety Reminders

- Warm up 3–5 mins
- Focus on form rather than load
- Breathe (exhale on lift)
- Mild soreness = normal
- Rest between sessions



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