

BEGINNERS STRENGTH CHALLENGE

Month Two



This program is designed to support you in getting stronger for your practice and stronger in your life. A month of consistent effort is absolutely enough time to see results. To get the most out of your program, try to do workouts A, B and C on non-consecutive days every week. Use resistance that challenges you, but that allows you to maintain good form to target the desired muscle groups.

WORKOUT STRUCTURE

Workouts are composed of two supersets (except workout C) and a Final Set. For each superset, you will perform the two exercises back to back with no rest, then rest for a minute before performing the next set. For the final set, observe the same amount of rest.

EQUIPMENT NEEDED

I have intentionally designed this program to be minimalistic and home fitness friendly. All you need is a resistance band (ideally 3 of varying resistances) and a chair or bench. A kitchen chair without arms will work just fine.

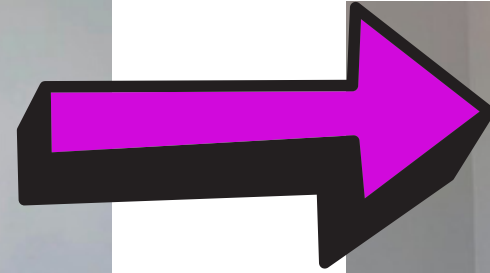
TIME NEEDED

Each workout should take you 30-40 minutes. If your workouts are taking much longer, you are probably resting too much between sets! It's important to keep the intensity up for the allotted time, so set your timer for 60 seconds after each set and hop right in when the time is up.

WORKOUT A



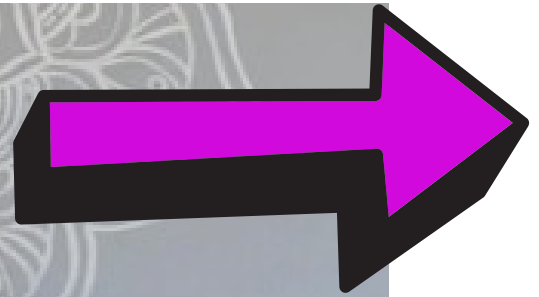
BODY WEIGHT HIP THRUST
3 SETS OF 10-20



SINGLE ARM ROW WITH RESISTANCE BAND
3 SETS OF 8-12



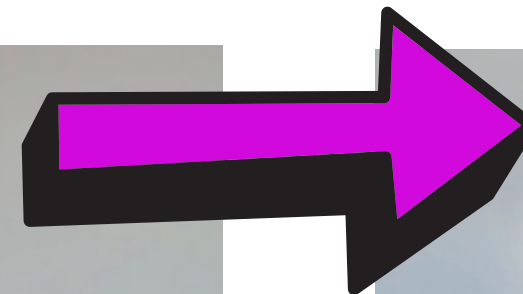
LUNGE STEP BACK
3 SETS OF 10-12



BENCH PRESS WITH RESISTANCE BAND
3 SETS OF 8-12



RKC PLANK
1 SET OF 30-60 SECONDS

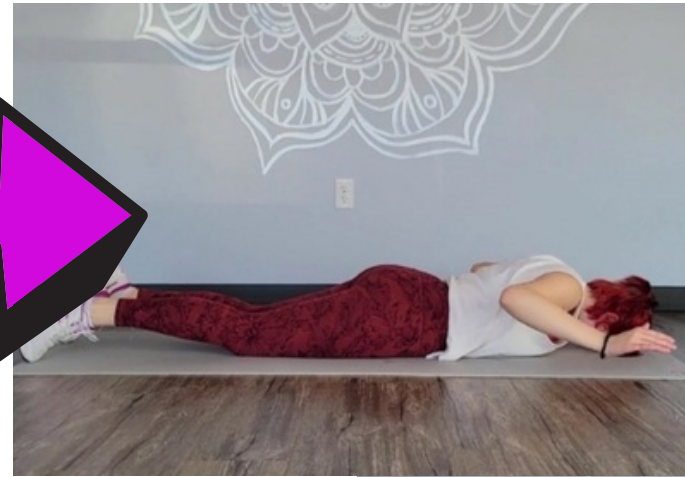
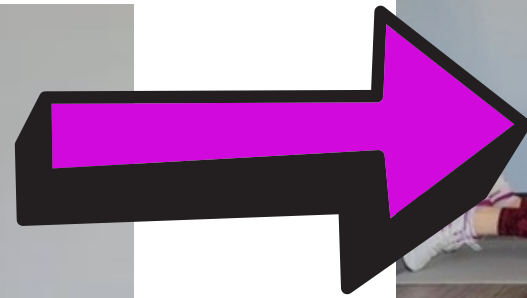


SIDE PLANK
1 SET OF 20-60 ALTERNATING

WORKOUT B



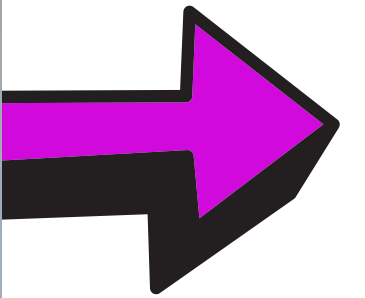
SINGLE LEG GLUTE BRIDGE
3 SETS OF 10-20 EACH SIDE



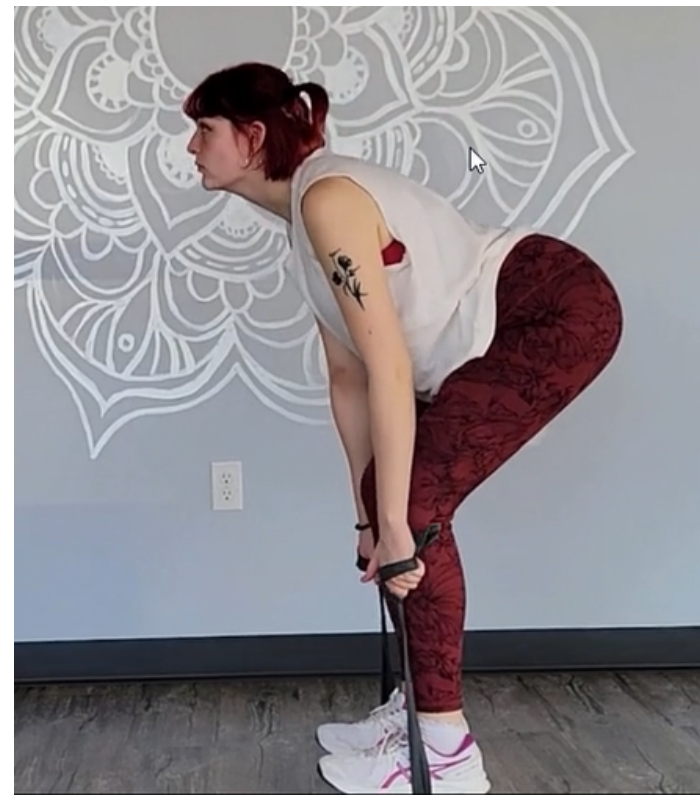
PRONE LAT PULL DOWN (BW OR DB)
3 SETS OF 8-12



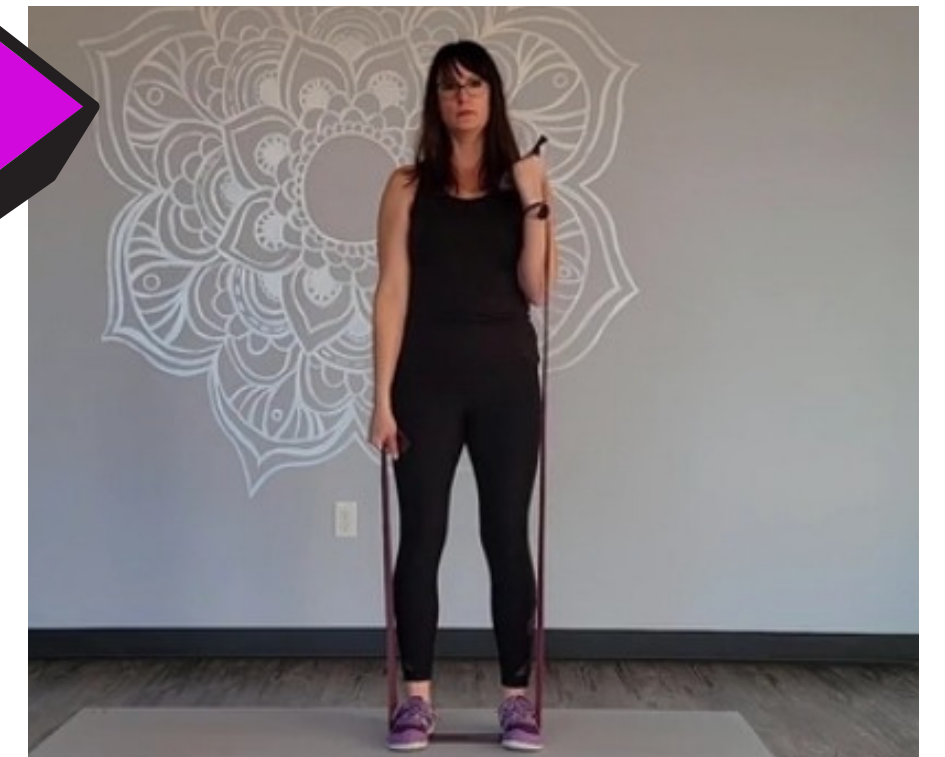
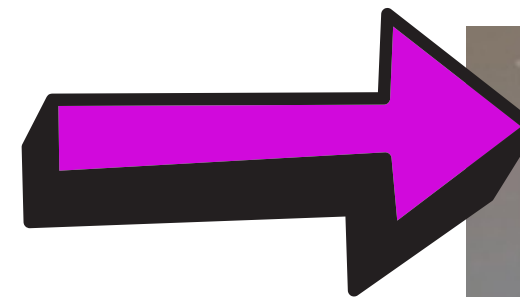
WALKING LUNGES
3 SETS OF 10-20 EACH SIDE



SEATED MILITARY PRESS WITH RESISTANCE BAND
3 SETS OF 8-12 EACH SIDE



ROMANIAN DEADLIFT (RDL) WITH RESISTANCE BAND
3 SETS 10-20



ALTERNATING BICEPS CURLS WITH RB
3 SETS OF 8-12 ALTERNATING

WORKOUT B (CONTINUATION)



CLAMSHELL
1 SETS OF 15-30

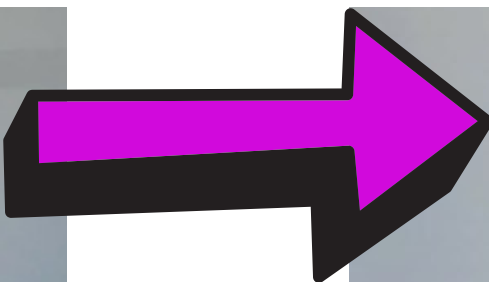
OR



CLAMSHELL WITH RESISTANCE BAND
1 SETS OF 15-30



BOLSTER CORE
1 SET OF 15-30



BOLSTER SIDE CORE
1 SET OF 15-30

WORKOUT C



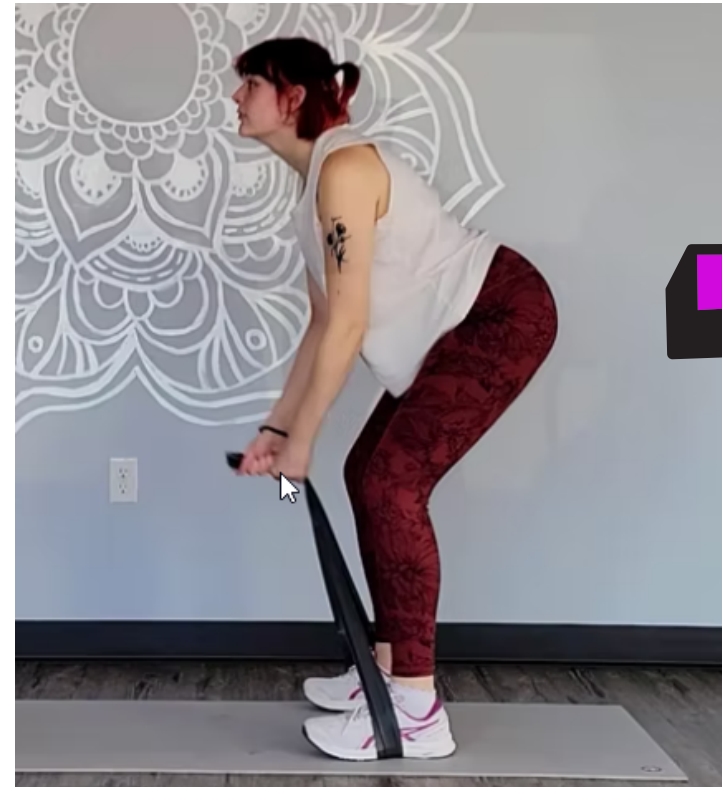
**HIP THRUST WITH 3 SECOND
PAUSE AT LOCKOUT
3 SETS OF 10-20**



**BENT-OVER ROW WITH
RESISTANCE BAND OR DB
3 SETS OF 8-12**



SKULL CRUSHERS WITH RB OR DB 3 SETS OF 8-12



RB SWING 3 SETS OF 10-20



**X BAND WALK
ONE SET OF 10-20 EACH SIDE**

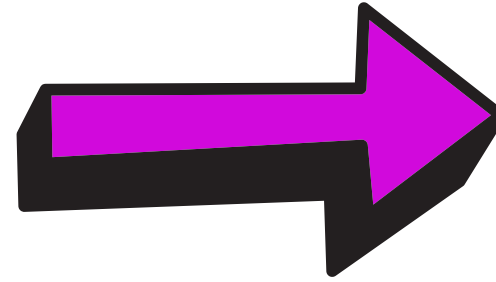


**GOBLET SQUAT
3 SETS OF 10-20**

WORKOUT C (CONTINUATION)



RKC PLANK
ONE SET OF 30-60 SECONDS



BAND ROTARY HOLD
ONE SET OF 30-60 SECOND HOLD ON EACH
SIDE