

BEGINNERS STRENGTH CHALLENGE

Month Three



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.

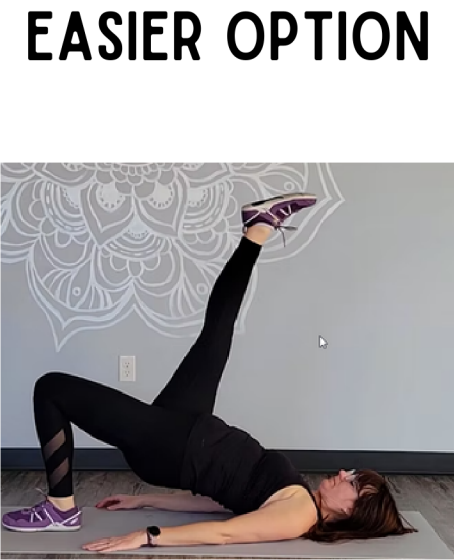
EQUIPMENT NEEDED

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



ELEVATED SINGLE LEG GLUTE BRIDGE
3 SETS OF 8-20



HARDER OPTION: SINGLE LEG THRUST



PRONE LAT PULL DOWN
3 SETS OF 8-12



KNEES ELEVATED PUSHUP
3 SETS OF 3-10



SPLIT SQUAT
3 SETS OF 6-15



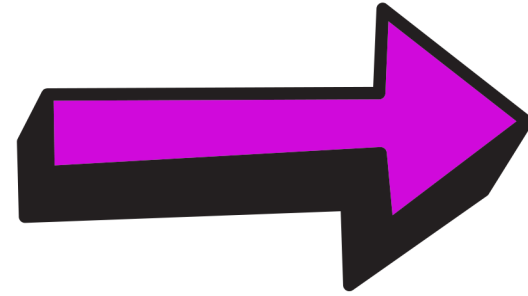
DEADLIFT + ROW COMBO
3 SETS OF 10-20

WORKOUT A (CONTINUATION)



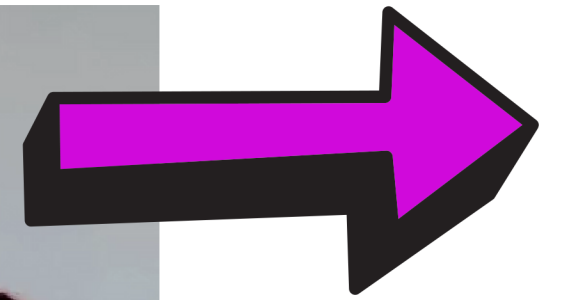
X BAND WALK

1 SET OF 10-20 STEPS EACH DIRECTION



BOLSTER CORE

1 SET OF 10-30



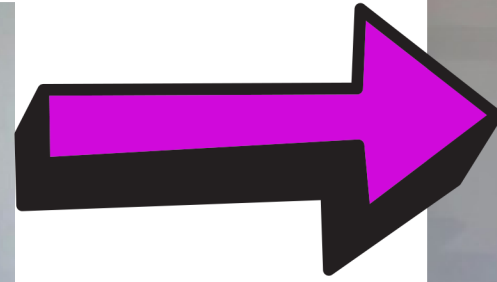
RB CHOP

1 SET OF 8-20

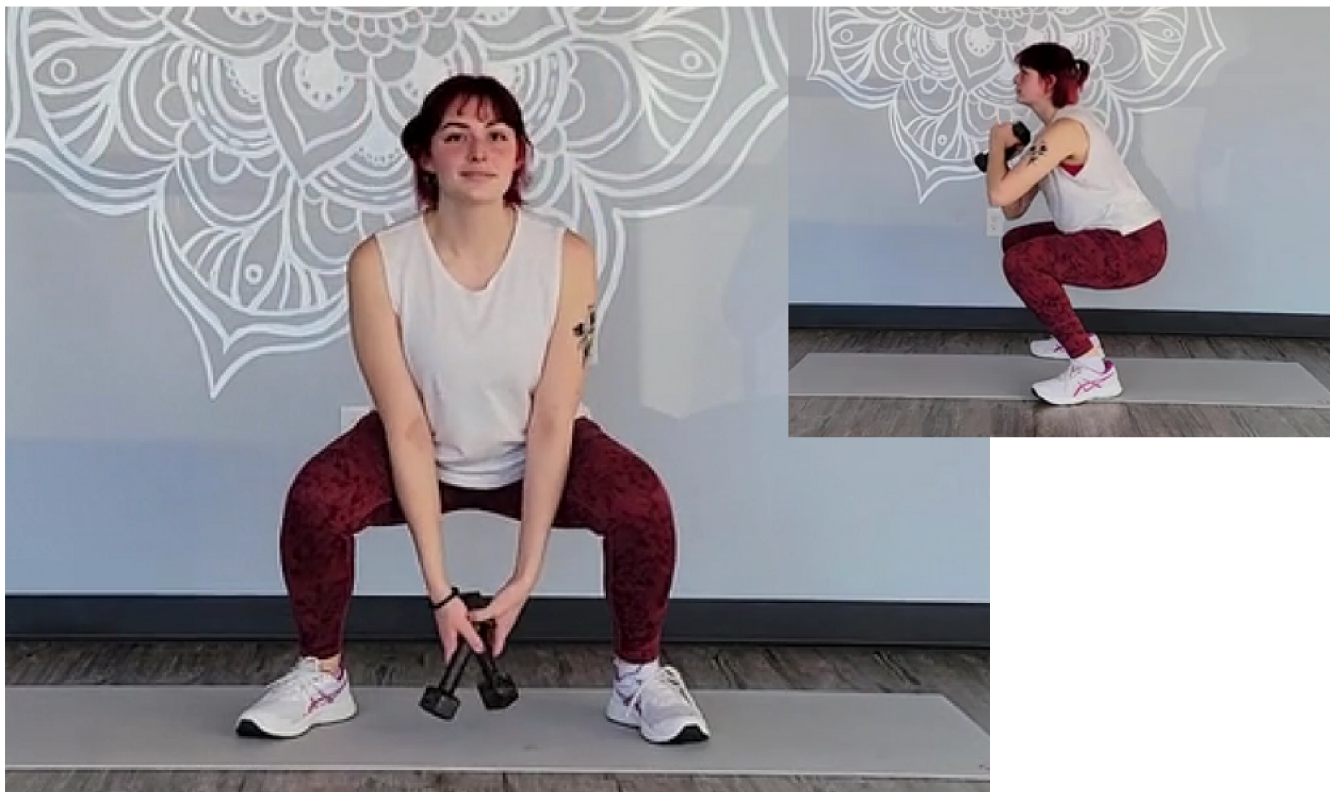
WORKOUT B



BODY WEIGHT HIP THRUST
3 SETS OF 8-20 EACH SIDE

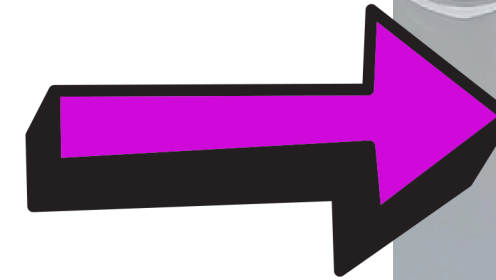


BENT-OVER ROW WITH RESISTANCE BAND OR DB
3 SETS OF 8-12



GOBLET SQUAT
3 SETS OF 10-20

OPTION: HOLD WEIGHT AT THE HEART
3 SETS OF 10-20



CHEST PRESS WITH RESISTANCE BAND
3 SETS 8-12

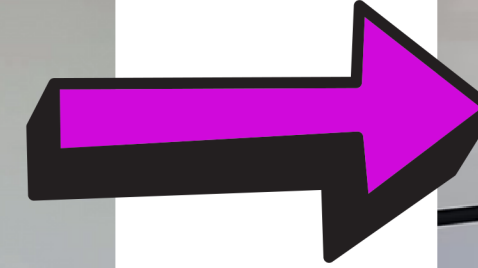
WORKOUT B (CONTINUATION)



BAND PULL THROUGH
3 SETS OF 10-20



X BAND WALK
1 SET OF 10-20 STEPS EACH DIRECTION

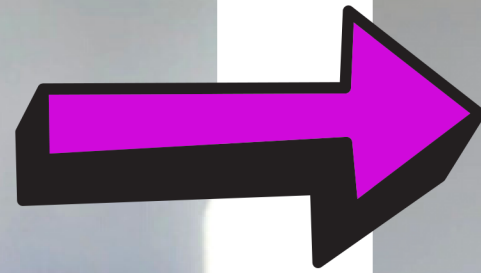


BAND ROTARY HOLD
ANTI ROTATION
1 SET OF 30-60
SECONDS ON EACH SIDE

WORKOUT C



HIP THRUST WITH PAUSE
3 SETS OF 10-20



LUNGING SQUATS WITH RB
3 SETS OF 8-12



SUMO DEADLIFT WITH RB
3 SETS OF 10-20



TRICEPS PUSHUP ON ELEVATED SURFACE
3 SETS OF 8-12



OPTION: MAKE IT HARDER

**WORKOUT C
CONTINUED ON NEXT
PAGE...**

WORKOUT C (CONTINUATION)



RKC PLANK
1 SET OF 10-60S HOLD



SIDE BENDING CORE DRILL
1 SET EACH SIDE OF 10-30



YOGI THIGH MASTER
1 SET OF 5-10



SIDE LYING ABDUCTOR DRILL
1 SET EACH SIDE OF 10-30