

IMPROVED HEALTH **STRENGTH** WORKOUTS

FOR TRUE BEGINNERS (1st level of strength workouts)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---------|--|----------|--|----------|
| | Intro to Strength Training #1 https://youtu.be/ZYtp27B-iuw | | Intro to Strength Training #2 https://youtu.be/Yam_b28iG9Y | | Intro to Strength Training #1 https://youtu.be/ZYtp27B-iuw | |
| | Intro to Strength Training #2 https://youtu.be/Yam_b28iG9Y | | Intro to Strength Training #1 https://youtu.be/ZYtp27B-iuw | | Intro to Strength Training #2 https://youtu.be/Yam_b28iG9Y | |
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| | Intro to Strength Training #2 https://youtu.be/Yam_b28iG9Y | | Intro to Strength Training #1 https://youtu.be/ZYtp27B-iuw | | Intro to Strength Training #2 https://youtu.be/Yam_b28iG9Y | |

TIPS:

- Aim to strength train with a full-body strength workout 2-3 times a week for the most benefits.
- Ideally, add a cardio workout onto the strength workout. You can do cardio before or after strength workouts. It's a personal choice on what works best for you.
- Use a weight that is challenging while ensuring your form is correct (work out in front of a mirror while you are learning new exercises).
- You don't necessarily have to do these M, W, F. You can choose Sun, Tues, Thurs or whatever combination of days works for you. Ideally, allow the muscles a day off strength training between strength workouts (it gives your muscles time to recover).