

Weights and strength · Advanced level

DAYS/WEEK

3

SETS × REPS

3–4 × 6–10

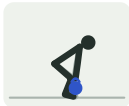
REST

2 min

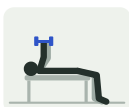
Start here if... You've trained strength regularly for more than 4 months without pain.

**Barbell or heavy goblet squat**

Drive up with intent and some speed; lower over 2–3 s. This builds power, which is key to preventing falls.

4 × 6–10 ☐**Kettlebell or trap bar deadlift**

Push the floor away with your legs. Get your technique checked the first time.

3 × 6–8 ☐**Dumbbell bench press**

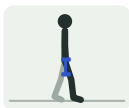
On a flat or incline bench. Lower until your elbows are level with your body.

3–4 × 8–10 ☐**Bent-over barbell or dumbbell row**

Torso at about 45°, back neutral.

3–4 × 8–10 ☐**Walking lunges**

Dumbbells in your hands. Take a long step and lower the back knee close to the floor.

3 × 10 per leg ☐**Farmer's walk**

A heavy dumbbell in each hand. Walk tall. Trains grip and stability.

3 × 30–40 m ☐**Side plank**

On your forearm, hips high.

3 × 20–30 s per side ☐**Target effort: 8/10****To keep progressing**

- You can split the week: day A legs and pulling, day B pushing and core.
- Every 6–8 weeks, take an easier week with half the sets.
- If you're inexperienced, one session with a coach helps avoid technique mistakes.

Warm up for 5 minutes before every session. If you have heart disease, uncontrolled high blood pressure, diabetes or a joint replacement, check with your doctor before you start.