

Weights and strength · Beginner level

DAYS/WEEK

2

SETS × REPS

1-2 × 10-15

REST

60-90 s

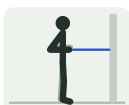
Start here if... You haven't done strength training in the last year or you're coming back from an injury.

**Sit-to-stand squat**

Sit down on a chair and stand up without using your hands. Lower slowly, over 3 seconds.

1-2 × 10-15 ☐**Wall push-up**

Hands on the wall at chest height, body straight. The further back your feet, the harder it gets.

1-2 × 10-15 ☐**Resistance band row**

Band anchored to a door. Pull towards your belly button, squeezing your shoulder blades together.

1-2 × 12-15 ☐**Glute bridge**

Lie on your back, knees bent. Lift your hips and hold for 2 seconds at the top.

1-2 × 12-15 ☐**Supported calf raise**

Stand next to a kitchen counter. Rise onto your toes and lower with control.

1-2 × 15 ☐**Seated shoulder press**

Dumbbells of 1-3 kg. Press upwards without arching your back.

1-2 × 10-12 ☐**Wall or kneeling plank**

Brace your stomach and breathe normally. Don't hold your breath.

2 × 15-20 s ☐**Target effort: 5/10****Ready to move up when...**

- You can do 2 sets of 15 reps of every exercise with good form.
- You finish the session with no joint pain the next day.
- You've trained regularly for at least 6-8 weeks.

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.