

WEEK 1 At-Home Strength (No Weights)

Midlife Beginner • 3 Days/Week • ~30 Minutes

WEEK 1 STARTER

How to do Week 1 (simple + safe)

- Do 2 rounds for each workout.
- Rest as needed.
- Takes about 30 minutes.

DAY 1 — Lower + Core

- Chair Squats — 10
- Glute Bridges — 12
- Wall Sit — 20 sec
- Dead Bug — 6/side

DAY 2 — Upper + Posture

- Wall Push-ups — 10
- Back Squeezes — 12
- Towel Row — 10
- Counter Plank — 20 sec

DAY 3 — Full Body (Quick)

- Step-back Lunges — 6/ea leg
- Good Mornings — 10
- Counter Push-ups — 8
- Suitcase Carry — 30s/ea side (detergent / backpack / jug)

Non-lifting days

- Walk 20-30 min (easy) OR
- 10 min mobility + stretching
- Keep 1-2 real rest days

**Tip: The goal is to feel better, not wrecked.
Build the habit first.**

