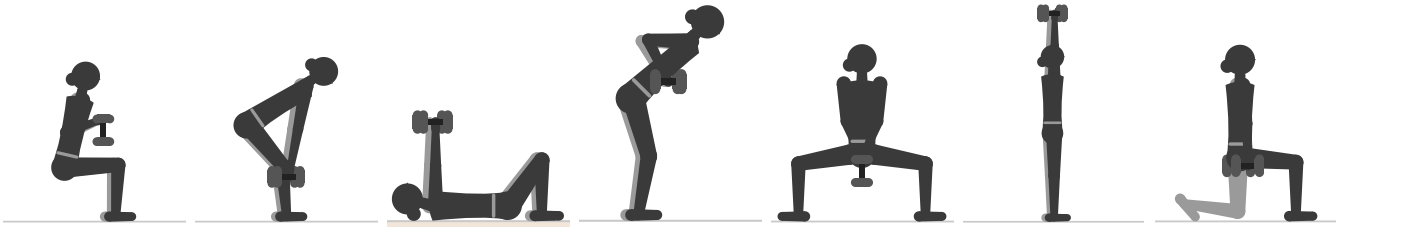
Free sample: 12-Week Home Strength Program

Three sample sessions from the 12-Week Home Strength Program, with a log page.

3 sessions | 1 log page | Free



Goblet squat | Romanian deadlift | Floor press | Bent-over row | Sumo squat | Squat to press | Split squat with dumbbells

A page from the sample: Week 5, Session 1.

Week 5 · Session 1 | Block 2 · Weeks 5-8: build | About 25 min

Lower body

Rounds and rest
3 rounds: do the moves in order, rest about 1 minute, repeat. Rest about 20 seconds between moves. **Hold** = stay in the Finish picture. **Keep moving** = keep going at an easy pace.

Weight Block 2 weight: one step heavier than block 1 (for example 3 kg to 4 kg, or 6 lb to 8 lb)
This week New block: one step heavier, new moves.

1 Start  2 Finish 

1 Goblet squat — Card D01 — 12 reps

Hold the weight close to your chest; sit back and down.
Easier: Squat to a chair seat.
Harder: Pause for 2 seconds at the bottom.
No dumbbells? Use card N01.

1 Start  2 Finish 

2 Romanian deadlift — Card D02 — 12 reps

Slide the weights down your legs; push your hips back.
Easier: Lower the weights only to the knees.
Harder: Lower slowly, counting to 3.
No dumbbells? Use card N16.

1 Start  2 Finish 

3 Split squat with dumbbells — Card D15 — 8 reps each side

Drop straight down; feet stay where they are.
Easier: Do it without weights (card N11).
Harder: Pause for 1 second at the bottom.
No dumbbells? Use card N11.

Start here

These are three sample sessions from the 12-Week Home Strength Program: Week 1, Week 5 and Week 9, Session 1 of each. They are the same pages as in the full program, which has 36 sessions over 12 weeks and one log page for every week. You need a pair of dumbbells, a mat or towel and a sturdy chair.

How to use a page

- Tape the page by your mat. Warm up (page 3), do the moves in order for the rounds shown, cool down.
- Start with a weight you could lift about 15 times. Rest about 20 seconds between moves and about 1 minute between rounds.
- No dumbbells? Each move names a bodyweight card or a water-bottle swap right on the page.
- Tick Done and write what you did on the Week 1 log page (page 7).
- Time estimates assume about 3 seconds per rep (each side counted), holds as written, about 20 seconds to get to the next move and 1 minute of rest between rounds.
- If a move hurts, stop it. Try its easier option, or leave it out today. Missed a day? Do the next session on the list when you can. Nothing is lost.

Compare the three sessions

Page	Rounds	Weight step	Block weight line
Week 1 · Session 1	2	0	Block 1 weight: one you could lift about 15 times
Week 5 · Session 1	3	+1	Block 2 weight: one step heavier than block 1 (for example 3 kg to 4 kg, or 6 lb to 8 lb)
Week 9 · Session 1	3	+2	Block 3 weight: one more step heavier than block 2, if your form stays good

Weight step 0 is your starting weight; +1 is one step heavier; +2 is one more step.

Safety. Check with your doctor before you start a new exercise plan. Stop if anything hurts; never push through pain. These pages are general exercise guidance, not medical advice.

No video, no coach. There is no video and no coach. You read the move, do it and take the time you need. If you would rather press play and follow a class, a video service will suit you better.

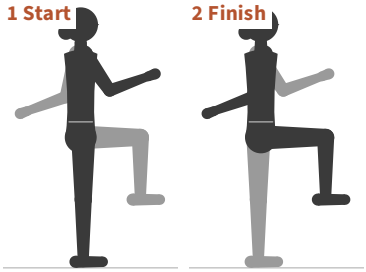
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Warm-up and cool-down

Every session page starts with the warm-up and ends with the cool-down. Do each move once, in order, and take your time. Doses are the same every session. If a move hurts, stop it. Try its easier option, or leave it out today.

Warm-up · 5 moves · about 4 min

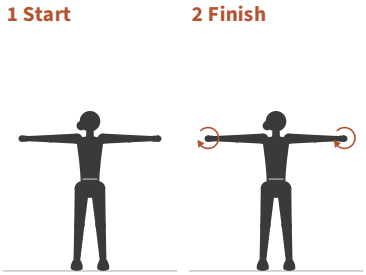


Card N21

March in place

Keep moving 60 s

Lift your knees and swing your arms at an easy pace.

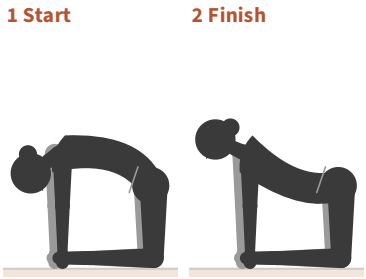


Card N22

Arm circles

Keep moving 40 s

Small circles first, then bigger; change direction halfway.

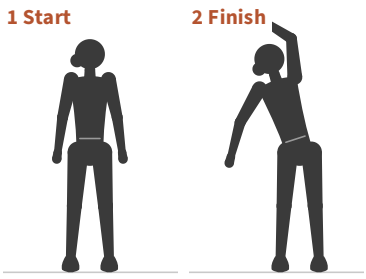


Card N23

Cat-cow

8 reps

Move slowly between round and arch with your breath.

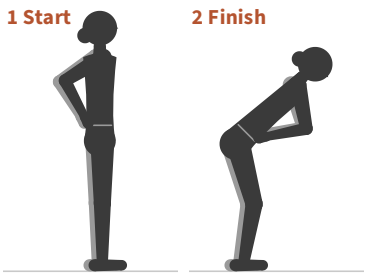


Card N24

Standing side reach

5 reps each side

Reach up and over; keep both feet planted.



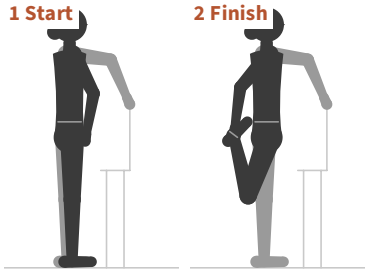
Card N16

Hip hinge

10 reps

Push your hips back; keep your back flat.

Cool-down · 4 moves · about 4 min

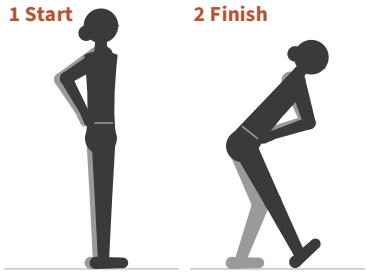


Card N25

Standing quad stretch

Hold 30 s each side

Knees side by side; stand tall.

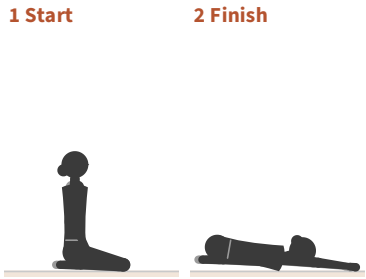


Card N26

Standing hamstring stretch

Hold 30 s each side

Hinge at the hips until you feel a gentle stretch.

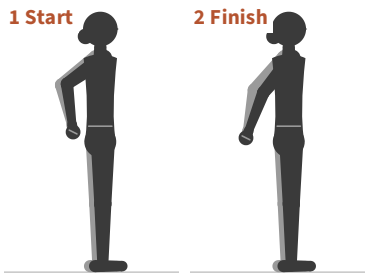


Card N27

Child's pose

Hold 45 s

Sit back toward your heels and breathe slowly.



Card N28

Chest opener

Hold 30 s

Draw your shoulders back and down; breathe.

Week 1 · Session 1 | Block 1 · Weeks 1-4: learn the moves | About 20 min

Lower body

Rounds and rest
2 rounds: do the moves in order, rest about 1 minute, repeat.
Rest about 20 seconds between moves.

Weight Block 1 weight: one you could lift about 15 times
This week Learn each move with a light weight.

Warm-up · about 4 min — Once, in order. Pictures: page 3.


March in place
Keep moving 60 s


Arm circles
Keep moving 40 s


Cat-cow
8 reps


Standing side reach
5 reps each side


Hip hinge
10 reps

1 Goblet squat — Card D01 — 12 reps



Hold the weight close to your chest; sit back and down.
Easier: Squat to a chair seat.
Harder: Pause for 2 seconds at the bottom.
No dumbbells? Use card N01.

2 Romanian deadlift — Card D02 — 12 reps



Slide the weights down your legs; push your hips back.
Easier: Lower the weights only to the knees.
Harder: Lower slowly, counting to 3.
No dumbbells? Use card N16.

3 Reverse lunge with dumbbells — Card D07 — 8 reps each side



Step back, lower straight down, drive through the front heel.
Easier: Do it without weights (card N02).
Harder: Pause for 1 second at the bottom.
No dumbbells? Use card N02.

4 Dumbbell glute bridge — Card D09 — 12 reps



Hold the weight steady; squeeze your seat at the top.
Easier: Do it without the weight (card N03).
Harder: Pause for 2 seconds at the top.
No dumbbells? Use card N03.

5 Calf raise — Card N10 — 12 reps



Rise slowly, pause at the top, lower slowly.
Easier: Lift the heels only a little.
Harder: Do one leg at a time, or hold dumbbells (card D13).
No dumbbells needed for this move.

6 Dumbbell dead bug — Card D17 — 8 reps each side



Arms stay still; keep your lower back on the floor.
Easier: Tap the heel to the floor instead of straightening fully.
Harder: Move slower and hold for 2 seconds.
No dumbbells? Use card N07.

Cool-down · about 4 min — Once, in order. Pictures: page 3.


Standing quad stretch
Hold 30 s each side


Standing hamstring stretch
Hold 30 s each side


Child's pose
Hold 45 s


Chest opener
Hold 30 s

☐ **Done** Date _____

Log it: Week 1 log page in this sample (page 7), Session 1

Week 5 · Session 1 | Block 2 · Weeks 5-8: build | About 25 min

Lower body

Rounds and rest
3 rounds: do the moves in order, rest about 1 minute, repeat. Rest about 20 seconds between moves. **Hold** = stay in the Finish picture. **Keep moving** = keep going at an easy pace.

Weight Block 2 weight: one step heavier than block 1 (for example 3 kg to 4 kg, or 6 lb to 8 lb)
This week New block: one step heavier, new moves.

Warm-up · about 4 min — Once, in order. Pictures: page 3.


March in place
Keep moving 60 s


Arm circles
Keep moving 40 s


Cat-cow
8 reps


Standing side reach
5 reps each side


Hip hinge
10 reps

1 Goblet squat — Card D01 — 12 reps



Hold the weight close to your chest; sit back and down.
Easier: Squat to a chair seat.
Harder: Pause for 2 seconds at the bottom.
No dumbbells? Use card N01.

2 Romanian deadlift — Card D02 — 12 reps



Slide the weights down your legs; push your hips back.
Easier: Lower the weights only to the knees.
Harder: Lower slowly, counting to 3.
No dumbbells? Use card N16.

3 Split squat with dumbbells — Card D15 — 8 reps each side



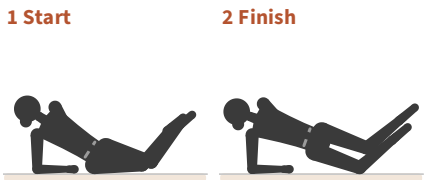
Drop straight down; feet stay where they are.
Easier: Do it without weights (card N11).
Harder: Pause for 1 second at the bottom.
No dumbbells? Use card N11.

4 Sumo squat — Card D12 — 12 reps



Push your knees out over your toes; chest up.
Easier: Squat only halfway, or do it without the weight.
Harder: Pause for 2 seconds at the bottom.
No dumbbells? Use card N01.

5 Knee side plank — Card N09 — Hold 30 s each side



Lift your hips and keep them stacked; elbow under the shoulder.
Easier: Lift and lower the hips slowly instead of holding.
Harder: Straighten the legs and balance on the side of the bottom foot.
No dumbbells needed for this move.

Cool-down · about 4 min — Once, in order. Pictures: page 3.


Standing quad stretch
Hold 30 s each side


Standing hamstring stretch
Hold 30 s each side


Child's pose
Hold 45 s


Chest opener
Hold 30 s

☐ **Done** Date _____ **Log it: Week 5 log page in the full program, Session 1**

Week 9 · Session 1 | Block 3 · Weeks 9-12: step up | About 25 min

Lower body

Rounds and rest
3 rounds: do the moves in order, rest about 1 minute, repeat.
Rest about 20 seconds between moves.

Weight Block 3 weight: one more step heavier than block 2, if your form stays good
This week New block: one more step heavier.

Warm-up · about 4 min — Once, in order. Pictures: page 3.


March in place
Keep moving 60 s


Arm circles
Keep moving 40 s


Cat-cow
8 reps


Standing side reach
5 reps each side

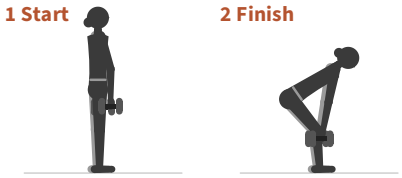

Hip hinge
10 reps

1 Sumo squat — Card D12 — 12 reps



Push your knees out over your toes; chest up.
Easier: Squat only halfway, or do it without the weight.
Harder: Pause for 2 seconds at the bottom.
No dumbbells? Use card N01.

2 Romanian deadlift — Card D02 — 12 reps



Slide the weights down your legs; push your hips back.
Easier: Lower the weights only to the knees.
Harder: Lower slowly, counting to 3.
No dumbbells? Use card N16.

3 Reverse lunge with dumbbells — Card D07 — 8 reps each side



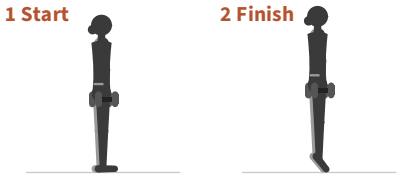
Step back, lower straight down, drive through the front heel.
Easier: Do it without weights (card N02).
Harder: Pause for 1 second at the bottom.
No dumbbells? Use card N02.

4 Dumbbell glute bridge — Card D09 — 12 reps



Hold the weight steady; squeeze your seat at the top.
Easier: Do it without the weight (card N03).
Harder: Pause for 2 seconds at the top.
No dumbbells? Use card N03.

5 Calf raise with dumbbells — Card D13 — 12 reps



Rise slowly, pause at the top, lower slowly.
Easier: Hold one dumbbell and keep a hand on a wall.
Harder: Lower for a count of 3.
No dumbbells? Use card N10.

Cool-down · about 4 min — Once, in order. Pictures: page 3.


Standing quad stretch
Hold 30 s each side


Standing hamstring stretch
Hold 30 s each side


Child's pose
Hold 45 s


Chest opener
Hold 30 s

☐ **Done** Date _____ **Log it: Week 9 log page in the full program, Session 1**

Week 1 log

Week 1 log

Write what you did, not what was planned. A skipped move or day stays blank.

Session 1 Lower body

Date _____ How it felt ☐ Easy ☐ About right ☐ Hard

Move	Sets	Reps	Weight (tick kg or lb)	Notes
Goblet squat Plan: 2 × 12 reps			☐ kg ☐ lb	
Romanian deadlift Plan: 2 × 12 reps			☐ kg ☐ lb	
Reverse lunge with dumbbells Plan: 2 × 8 reps each side			☐ kg ☐ lb	
Dumbbell glute bridge Plan: 2 × 12 reps			☐ kg ☐ lb	
Calf raise Plan: 2 × 12 reps			☐ kg ☐ lb	
Dumbbell dead bug Plan: 2 × 8 reps each side			☐ kg ☐ lb	

Session 2 Upper body

Date _____ How it felt ☐ Easy ☐ About right ☐ Hard

Move	Sets	Reps	Weight (tick kg or lb)	Notes
Floor press Plan: 2 × 12 reps			☐ kg ☐ lb	
Bent-over row Plan: 2 × 12 reps			☐ kg ☐ lb	
Overhead press Plan: 2 × 12 reps			☐ kg ☐ lb	
Lateral raise Plan: 2 × 12 reps			☐ kg ☐ lb	
Biceps curl Plan: 2 × 12 reps			☐ kg ☐ lb	
Forearm plank Plan: 2 × Hold 20 s			☐ kg ☐ lb	

Session 3 Whole body

Date _____ How it felt ☐ Easy ☐ About right ☐ Hard

Move	Sets	Reps	Weight (tick kg or lb)	Notes
Squat to press Plan: 2 × 12 reps			☐ kg ☐ lb	
One-arm row Plan: 2 × 8 reps each side			☐ kg ☐ lb	
Split squat with dumbbells Plan: 2 × 8 reps each side			☐ kg ☐ lb	
Calf raise with dumbbells Plan: 2 × 12 reps			☐ kg ☐ lb	
Bird dog Plan: 2 × 8 reps each side			☐ kg ☐ lb	
Extra move			☐ kg ☐ lb	