

Suggested Weekly Total Body Strength Workout Program for Beginners

Disclaimer: Please consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. The exercise instruction and information presented are in no way intended as a substitute for medical consultation. This program is not affiliated with Senior Planet from AARP

Do 2 to 3 times a week - Use the amount of weight that is challenging but not overwhelming. You can use dumbbells or anything that is at least 1 pound in weight such as 16 Oz can goods. Weights can be different for each exercise.

Exercise 1: Overhead Presses - hold weights at shoulder, squeeze the glutes and tighten the abs. Push weights straight up completely and bring back to shoulder. Do not bounce to get the weight up.

- 2 to 3 sets of 8 to 10 repetitions each with 1-minute rest in between each set

Exercise 2: Squats – various methods: Holding the weight with both hands at your chest or resting at your shoulder. Feet shoulder width apart. Squeeze the glutes and tighten the abs. Hinge at the hips and spread the knees as you go down as far as your back remains neutral. To scale this, you can squat to a chair or bench.

- 2 to 3 sets of 6 to 8 repetitions each with 2-minute rest in between each set

Exercise 3: Deadlifts – Romanian Style (RDLs), Holding weights in both hands but not going all the way to the ground.

- 2 to 3 sets of 8 to 10 repetitions each with 1 minute rest in between each set

Exercise 4: Bench Press – Lie on a bench or on a mat on the floor with weights held in each hand.

- 2 to 3 sets of 6 to 8 repetitions each with 2-minute rest in between each set

Exercise 5: Bicep Curls – Hold weights in each hand while standing shoulder width apart curls arms up to chest height and extend fully down. Work slowly without swinging the body.

- 2 to 3 sets of 8 to 10 repetitions each with 1-minute rest in between each set

