



REMEDY RESET STRENGTH GUIDE

AT HOME FITNESS ROUTINE

Put on your workout gear, play your favorite, upbeat playlist, and prepare for some serious endorphins!

GET IN SHAPE TODAY!

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I'm going to share with you the 8 best strength training exercises that every beginner should master:

1. Push-up: uses every push muscle in your body (chest, shoulders, triceps)

Variations: Knee Push-ups or Chair Push-ups until you have the strength for standard version

2. Bodyweight squat: uses every muscle in the lower body (quads, hamstrings, glutes, core)

3. Bodyweight row: works every "pull" muscle and helps prepare you for a pull-up!

4. Pull-up or chin-up: the best "pull" exercise in history...

Everybody should have a goal to get their first pull-up.

5. Barbell OR Dumbbell Squat: the best bang for your buck on muscle building.

Recruits nearly every push muscle in your whole body, and great core workout.

6. Dumbbell Deadlift: Uses every "pull," leg, and core muscle in your body.

7. Dumbbell Benchpress: as basic and powerful as they come.

Uses every "push" movement in your upper body

(you can perform this lying on the floor if you don't have a bench)

8. Push Press: press the bar above your head!

Targets shoulders and triceps more than the chest.

Week 1



ALWAYS Warm Up!

Warm-Up: 4 rounds

5 push ups

5 trunk twists

10 squats

Beginner

Complete one set of each exercise and then move directly to the next exercise:

Repeat for 3 rounds:

rest 1 minute between sets

20 bodyweight squats

10 push-ups

20 walking lunges

10 dumbbell rows (5-10 lbs)

15-second plank

30 Jumping Jacks



Intermediate

**Complete one set of each exercise and then
move directly to the next exercise:**

Repeat for 4 rounds:

rest 30 seconds between sets

20 bodyweight squats

10 push-ups

20 walking lunges

10 dumbbell rows (5-10 lbs)

15-second plank

30 Jumping Jacks



Advanced

**Complete one set of each exercise and then
move directly to the next exercise:**

Repeat for 5 rounds:

rest 30 seconds between sets:

20 DB squats

10 push-ups

20 DB walking lunges (weights)

10 DB rows (weights)

20-second elbow plank

30 Jumping Jacks

Weight - 15lb - 30lb Dumbbells



Week 2

Continue same Workout as above & add on:

3 rounds - rest 1 minute between rounds

15 goblet squats

15 dumbbell Romanian deadlifts

10 dumbbell rows per arm.

****10lb-20 lb dumbbells**

How many days per week do you plan to train?

Currently, I am loving a 4 days of HiiT - High Intensity Interval Training and 2 days of Leisure Walking - 60-90 minute slow-pace walking and 1 day dedicated to full rest/recovery.

Create a plan that works by being your own detective & mixing it up.

If you want to gain strength & change your physique you **MUST** strength train.

Forget hours of cardio if you want to see real change in the body, get a pair of Dumbbells or a Kettlebell for all your at-home workouts.



for more inspo head over to
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