

FREE | TWO SESSIONS YOU CAN FINISH

First 10 Lifts

You do not need a perfect week to begin strength training. Choose two days with at least one rest day between them. Do Session A first, then Session B. You will practice ten useful movements and leave with a record of what you actually did.



Cali | Your coach

What you need

A pair of dumbbells, a sturdy chair or counter, and a low, stable step. A resistance band can replace a pulling machine. If you do not have a step, use the chair option.

How to use the plan

1 Warm up.

Walk easily for five minutes, then practice the first movement without weight. Start lighter than you think you need.

2 Work with control.

The listed sets and repetitions are a starting target. Finish each set with about two smooth repetitions still available. If form changes, use less weight or an easier option.

3 Rest and record.

Rest about one to two minutes between sets, or longer until you can breathe and move steadily. On page 4, record the load or option and the repetitions or time you completed.

4 Keep the sequence.

If you miss a day, take the next session when you can. Do not double up to catch up. One completed session still counts as a useful start.

A sensible safety rule

Stop for sharp or increasing pain, chest pressure, faintness, or unusual shortness of breath. Seek appropriate medical care. If a movement repeatedly hurts or symptoms persist, get qualified guidance before continuing it.

FIRST SESSION | FIVE MOVEMENTS

Squat, press, pull, bridge, carry

Begin with a light option. Follow the order below and record what you complete on page 4. Use a stable support when a movement calls for one.

Goblet squat

2 x 8

Hold one dumbbell at your chest. Sit down between your feet to a comfortable depth, then stand tall. Keep your whole foot on the floor.

Easier option: Sit onto a sturdy chair and stand again. Use your hands for support if needed.

Dumbbell floor press

2 x 8

Lie on your back with knees bent. Press the dumbbells above your chest, then lower until your upper arms gently touch the floor. Keep your wrists steady.

Easier option: Use lighter weights or press one arm at a time. Stop if the shoulder remains painful.

One-arm supported row

2 x 10 each side

Put one hand on a stable chair or counter. Pull the dumbbell toward your hip, then lower slowly without twisting your torso.

Easier option: Use a lighter dumbbell or a band row anchored securely at chest height.

Glute bridge

2 x 10

Lie on your back with feet flat. Push through your feet and lift your hips until your body makes a comfortable line from shoulders to knees. Lower slowly.

Easier option: Lift through a smaller range without weight; stop if your back hurts.

Suitcase carry

2 x 20 seconds each side

Hold one dumbbell by your side and walk slowly. Keep your shoulders level. Change hands and repeat.

Easier option: Use a lighter bag, shorten the walk, or march in place with clear floor space.

SECOND SESSION | REST AT LEAST A DAY

Hinge, push, pull, step, press

Begin with a light option. Follow the order below and record what you complete on page 4. Use a stable support when a movement calls for one.

Romanian deadlift**2 x 8**

Hold the dumbbells near your legs. Soften your knees and move your hips back. Stop before your back rounds, then stand tall.

Easier option: Practice the hip movement without weights or shorten the range.

Counter push-up**2 x 8**

Place hands on a stable counter, shoulder-width apart. Keep your body in one line as you bend your elbows, then press away.

Easier option: Use a higher, stable surface or a smaller comfortable range.

Band pull or pulldown**2 x 10**

Use a properly secured band or a pulling machine. Pull toward your upper chest with elbows moving down toward your ribs; return slowly.

Easier option: Use a lighter band or machine setting. Never attach a band to an unstable object.

Low step-up**2 x 8 each side**

Step onto a low, stable step with your whole foot. Stand tall, then lower slowly. Use a rail or stable support for balance.

Easier option: Sit on a sturdy chair and stand again if the step is not safe or comfortable.

Seated dumbbell press**2 x 8**

Sit tall with light dumbbells near your shoulders. Press upward without leaning back, then lower with control.

Easier option: Use a lighter, comfortable range. If the shoulder still hurts, skip this lift and finish the session.

RECORD WHAT HAPPENED, NOT A PERFECT SCORE

Your one-week record

Week of _____ Session A date _____ Session B date _____

Session A

MOVEMENT	LOAD OR OPTION	SETS x REPS / TIME
Goblet squat		
Dumbbell floor press		
One-arm supported row		
Glute bridge		
Suitcase carry		

Session B

MOVEMENT	LOAD OR OPTION	SETS x REPS / TIME
Romanian deadlift		
Counter push-up		
Band pull or pulldown		
Low step-up		
Seated dumbbell press		

What felt steadier by the end of the week?

What option will I keep for the next session?