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4-Week Beginner Home Strength Plan



Three short sessions a week for four weeks. Pick the no-equipment or dumbbell version, and color in a flower each time you finish.

How it works

- Train on 3 non-back-to-back days, for example Mon, Wed and Fri. U.S. guidelines suggest muscle-strengthening on 2 or more days a week (Physical Activity Guidelines for Americans, 2nd ed. (U.S. HHS)).
- Do each move for the reps listed, rest about a minute, then repeat for the rounds listed.
- Choose an effort that feels moderate: you could do a few more reps at the end of each set.
- Low-energy day? Do one round. It still counts.

Your garden tracker

Week	Session 1	Session 2	Session 3
Week 1: Plant 1 to 2 rounds, 8 reps each. Stop with a few reps left in the tank.	○	○	○
Week 2: Sprout 2 rounds, 8 to 10 reps each.	○	○	○
Week 3: Bud 2 to 3 rounds, 10 reps each.	○	○	○
Week 4: Bloom 3 rounds, 10 to 12 reps each. Dumbbells: try a slightly heavier pair if 12 reps feels easy.	○	○	○

Color one flower per finished session. Twelve flowers = a full garden bed.

Version A: no equipment

Move	How
Chair sit-to-stand	Sit tall near the edge of a sturdy chair, stand up, then sit back down slowly.
Wall push-up	Hands on a wall at shoulder height, bend your elbows toward the wall, then press away.
Glute bridge	Lie on your back, knees bent, and lift your hips until your body makes a straight line.
Standing calf raise	Hold a counter, rise onto your toes, then lower slowly.
Bird dog	On hands and knees, reach one arm and the opposite leg long, then switch sides.

Version B: dumbbells

Move	How
Goblet squat	Hold one dumbbell at your chest and sit back to a chair height, then stand.
One-arm row	One hand on a chair, pull the dumbbell toward your hip, then lower it.
Floor press	Lie on your back, press the dumbbells up from your chest, then lower slowly.
Dumbbell deadlift	Feet hip-width, soft knees, hinge at the hips to lower the weights along your legs, then stand tall.
Overhead press	Seated or standing, press the dumbbells from your shoulders up overhead.

Start with a light pair you can lift with good form for every rep. Increase weight only when the top of the rep range feels easy for all rounds.

After week 4

Keep going by repeating week 4, adding a round, or using slightly heavier weights. Or let Lift Garden plan it for you, free at **liftgarden.com**.



Start free at liftgarden.com

Short home workouts that plant flowers in your own garden.

Please read: This guide is general education, not medical advice. Lift Garden is not a medical provider. Talk to your healthcare provider before starting a new exercise or eating plan, especially while taking a GLP-1 medication, and stop any movement that causes pain, dizziness or shortness of breath. Sources: Physical Activity Guidelines for Americans, 2nd ed. (U.S. HHS); Harvard Health Publishing: How much protein do you need every day?. More free guides at liftgarden.com/free