



Beginner Home Strength Starter Guide

Build strength, save space, and start small.

Equipment You'll Need

- ✓ Resistance bands (light–medium)
 - ✓ Adjustable dumbbells (start with a comfortable weight)
 - ✓ Exercise mat
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Warm-Up (5 mins)

Do each for 30 seconds, repeat twice:

- March on the spot
 - Shoulder rolls (forward & back)
 - Bodyweight squats
 - Arm circles
 - Standing torso twists
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Full-Body Strength Workout

Do 2 rounds. Rest 30–60 secs between exercises.

1. **Squats** – 10–12 reps (bodyweight or dumbbells)
 2. **Bent-Over Rows** – 10 reps (dumbbells or resistance band)
 3. **Glute Bridges** – 12 reps (mat)
 4. **Overhead Press** – 8–10 reps (dumbbells or resistance band)
 5. **Dead Bugs** – 8–10 reps per side (mat)
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Cool Down (3–5 mins)

- Forward fold stretch (30 secs)
 - Shoulder stretch (30 secs per side)
 - Hip flexor stretch (30 secs per side)
 - Chest opener (30 secs)
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Tips for Success

- Start with **2 workouts per week**, then increase to 3 as you get stronger.
- Focus on **form over weight** — technique comes first.
- Keep a notebook or app to track your progress.
- Combine with daily walking for extra energy and recovery.

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