Strength Foundations

A beginner handbook for planning, recording and progressing your strength practice.

READ. PLAN. RECORD.

An original resource for independent learning. No calls, personal assessment or ongoing coaching are included.

Before you begin

For adults seeking general fitness education. This resource is not medical advice, rehabilitation or an individualized exercise prescription. Choose activity suitable for your circumstances. If you have a health condition, injury or uncertainty about exercise, seek advice from a qualified healthcare professional.

Your copy

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Use the guide well

A short orientation before you plan any sessions.

Who this is for

Adults new to structured training who can exercise independently. This is not a specialist program for pregnancy, rehabilitation, competitive sport or a diagnosed condition. A general guide cannot decide whether an exercise is appropriate for you.

Equipment and setup

Use a clear, non-slip space, a sturdy chair without wheels, a stable wall and comfortable clothing. Some options use light handheld weights. Check equipment before use; avoid unstable furniture and improvised anchors.

Start below your limit

Choose a comfortable movement range and a level you can control. Breathe normally. Finish a set before movement quality deteriorates; you should not need to strain or hold your breath. Rest as long as needed to feel ready.

When to stop

Stop if you feel pain, dizziness or unwell. Seek urgent medical help for concerning symptoms such as chest pain, fainting or severe unusual breathlessness. Do not use this guide to diagnose symptoms or train through an injury.

How to read the pages

A repetition is one controlled movement. A set is a group of repetitions. The example schedules are starting frameworks, not targets you must meet. Record what you actually did and adjust to your circumstances.

Build a repeatable week

Start with a small routine that fits your calendar.

Pick two opportunities

Choose two days with a rest day between them, such as Monday and Thursday. Treat these as opportunities to practise, not a test. If you miss a day, continue with the next suitable day rather than doubling up.

Give each session a shape

Begin with several minutes of easy movement and comfortable practice repetitions. Work through your chosen movements one at a time, with pauses between sets. Finish by recording your work and how it felt.

Cover different movements

Over time, include work for the legs, hips, back, abdomen, chest, shoulders and arms. The examples in this handbook explain a few basic movements; they are not an exhaustive whole-body routine. Add unfamiliar exercises with qualified instruction.

Day	Your opportunity	Fallback
Monday	Short strength practice	Move to Tuesday if recovered
Thursday	Short strength practice	Move to Friday if recovered
Other days	Comfortable activity / recovery	Choose a manageable amount