

Beginner Strength Training Routine

Choose 2 days per week to train (Mon/Wed or Tue/Thur)

Start with a lighter weight, then select a weight that allows you only to complete the allotted reps.

Can be done at home – with body weight, dumbbells, bench.

1. [Push ups](#) – 3-4 sets of 10 reps
2. [Barbell squats](#) – 3-4 sets of 8 reps
3. [Seated dumbbell shoulder press](#) – 3-4 sets of 10 reps
4. [Walking lunges](#) – 3-4 sets of 10 reps per leg
5. [Dumbbell bent over rows](#) – 3-4 sets of 12 reps per arm
6. [Deadlifts](#) – 5 sets of 5 reps
7. [Triceps dips](#) – 3 sets of 15 reps

Progressive Overload principle – this is what can help you build muscle, get leaner. Adding something (increase weight, increase more sets) each week to whatever exercise you are able to, to continue challenging your muscles. Muscles should be burning at the last rep, and unable to keep going. If you can do more than the allotted rep count, you more than likely need to move up in weight.

Disclaimer

This workout is designed for educational and sharing purposes, and you follow them at your own risk. You are an adult, capable of listening to your body and knowing what it can and can't handle. For a safe and effective workout, please speak with your physician before starting any fitness program, especially if you are at a higher risk for illness and injury. She Breaks Free, LLC assume no risk for your voluntary participation.