Your First Strength Session

A gentle introduction to building strength at home.



New to strength training?

Coming back after a long break?

You are welcome here.

What you need: a sturdy chair, clear space,

optional light weights and a stable support.

Begin with just one or two exercises.

You don't have to do everything today.

Move slowly, breathe, and build confidence as you go.

THE EXERCISES

1. Sit-to-Stand

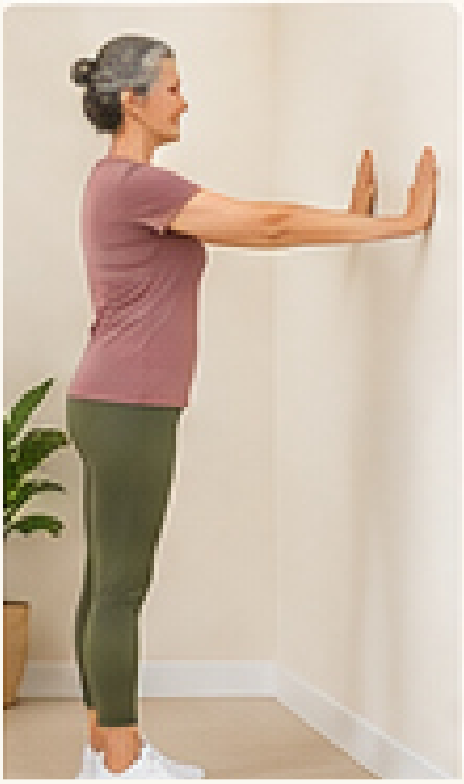


WHAT YOU'LL NEED	A sturdy, stable chair.
WHAT TO DO	1. Sit with your feet flat on the floor. 2. Lean slightly forward and stand up. 3. Sit back down slowly and with control.

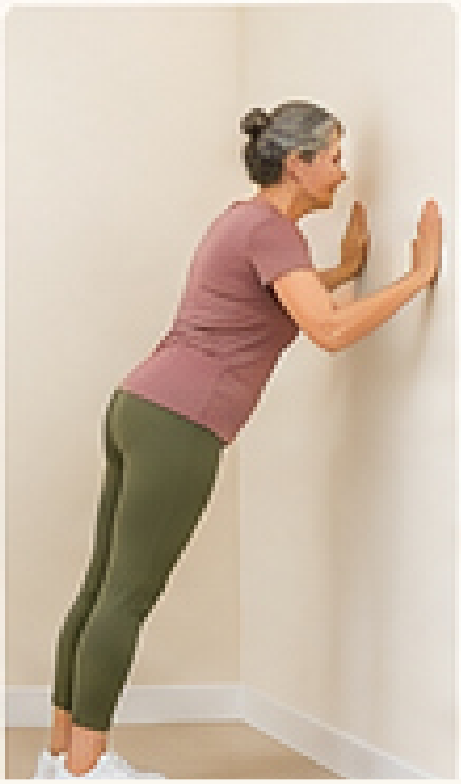
START WITH	6-8 times, or fewer if needed.
MAKE IT EASIER	Use fixed chair armrests to help you stand.
REMEMBER	Keep both feet on the floor; breathe normally.

THE EXERCISES

2. Wall Push-Up



START



MOVE



RETURN

WHAT YOU'LL NEED	A clear, sturdy wall.
WHAT TO DO	1. Face a wall with hands at chest height. 2. Bend your elbows; move your chest toward the wall. 3. Press back to the starting position.

START WITH	6-8 times, or fewer if needed.
MAKE IT EASIER	Stand closer to the wall.
REMEMBER	Keep your body straight from head to heels.

THE EXERCISES

3. Supported Heel Raise



WHAT YOU'LL NEED	A sturdy chair or countertop.
WHAT TO DO	1. Stand tall and hold a stable support. 2. Lift your heels; balance on the balls of your feet. 3. Lower both heels slowly to the floor.

START WITH	8-10 times, or fewer if needed.
MAKE IT EASIER	Raise your heels only a little.
REMEMBER	Keep your ankles steady; do not rush.

THE EXERCISES

4. Standing Side Leg Lift



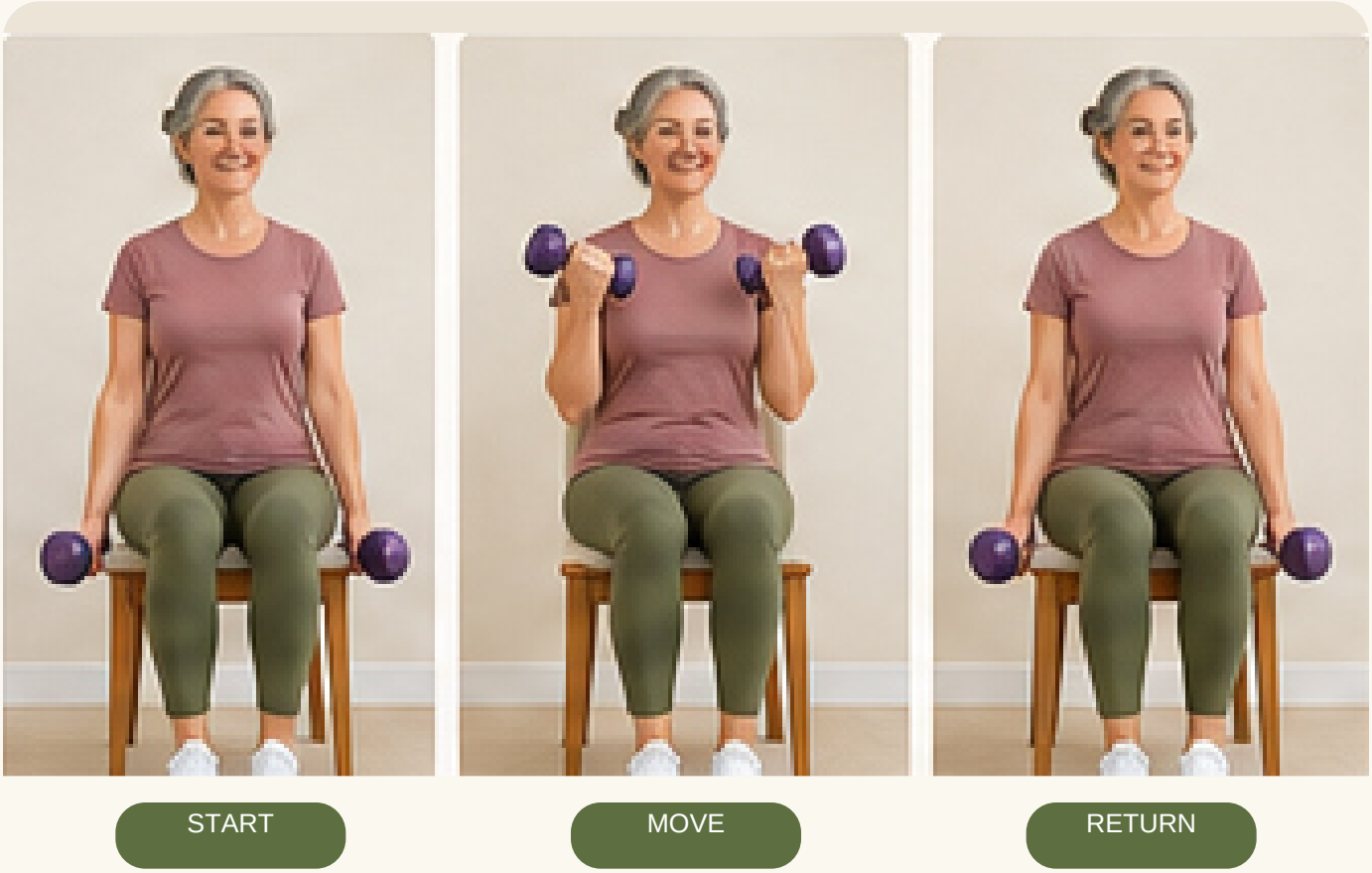
START MOVE RETURN

WHAT YOU'LL NEED	A sturdy chair or countertop.
WHAT TO DO	1. Stand tall with one hand on a stable support. 2. Lift one leg a little to the side without leaning. 3. Lower slowly. Then switch legs.

START WITH	6-8 times on each leg.
MAKE IT EASIER	Make the movement smaller.
REMEMBER	Keep your toes pointing forward.

THE EXERCISES

5. Seated Curl



WHAT YOU'LL NEED	Light weights or two capped water bottles.
WHAT TO DO	1. Sit tall, arms at your sides, palms forward. 2. Bend your elbows to lift both weights. 3. Slowly lower to the starting position.

START WITH	6-8 times, or fewer if needed.
MAKE IT EASIER	Start with empty hands.
REMEMBER	Keep your elbows near your sides.

THE EXERCISES

6. Supported Dumbbell Row



START | MOVE | RETURN

WHAT YOU'LL NEED	A stable support and one light weight.
WHAT TO DO	1. Lean forward with one hand on a stable support. 2. With the other hand, pull a light weight to your ribs. 3. Lower slowly. Repeat, then switch arms.
START WITH	6-8 times per arm.
MAKE IT EASIER	Practice the movement without weight.
REMEMBER	Keep your back comfortably straight; no twisting.

YOUR FIRST TWO WEEKS

Your First Two Weeks

Keep it simple. Begin with what feels manageable.

Repetition (rep): one complete movement.

Set: a group of repetitions. Start with one set.

WEEK 1	**Day 1**	Try just one or two exercises.
	Day 2	Rest, walk, or enjoy gentle movement.
	Day 3	Repeat your chosen exercises.
WEEK 2	**Day 1**	Repeat your routine. Add one move if ready.
	Day 2	Take a rest day.
	Day 3	Practice again. Move at your own pace.

Small, consistent steps build strength over time.

YOUR PRACTICE TRACKER

My Strength Session Tracker

A little room to notice your progress and how you feel.

Date	Exercises	Sets x Reps	How I Felt

NOTES