

## Free Strength Training Workout Page

Goal: Build muscle, improve joint stability, and increase overall power

Warm up:

1. Jumping Jacks - 2 min
2. Arm circles - 1 min
3. Bodyweight squats - 1 min

Workout:

1. Pushups - 3 sets 12-15 reps Notes: Keep core tight
2. Dumbbell or Bodyweight Squats - 3 sets 15-20 reps Notes: Go slow on the way down
3. Plank - 3 sets 30-60 secs Notes: Keep back straight
4. Bent-over Rows (dumbbell or resistance band) - 3 sets 12-15 reps Notes: Control the movement
5. Lunges - 3 sets 10 reps per leg Notes: add weight (optional)

Cooldown: Stretch hamstrings, quads, chest, and shoulders for 5 minutes.

1. Arm circles
2. Flamingos
3. Touch your toes