



THE INTUITIVE STRENGTH TRAINING GUIDE






How to maximize your efforts in the gym for fat loss, strength gains, and overall badassery.

HELLO AND WELCOME!

Thanks for downloading my strength training guide!

This guide will cover all the basics of setting up a solid training program to get stronger and leaner with strength training. Strength training is probably the most effective way to drop body fat and increase lean muscle mass. It has also been proven to boost energy levels, and self confidence!

In this guide, I will teach you:

-  Fitness Mindset
-  Exercise selection
-  Training Variability
-  Training Progression
-  Other Considerations

I'm Brie!

I'm a Philadelphia based personal trainer and online trainer hoping to help as many people fall in love with strength training as possible. Strength training has truly transformed my body, my mind, and my spirit. Thank you for downloading my guide. I hope it serves you well. ♥



How to connect with me:



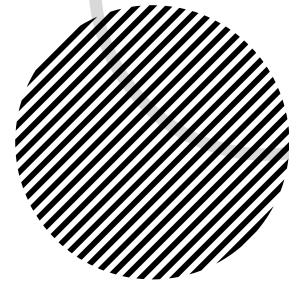
FITNESS MINDSET

Before diving into the ins and outs of strength training, let's first get our minds right.

Any fitness goal is going to take time. This is why important to adopt a long term, growth-oriented mindset when it comes to accomplishing your fitness goals.

How to do this:

1. Why are you pursuing this goal in the first place? Why is it important to you? Dig deep!
2. Each training session, each day, each week, acknowledge the things you are doing well. Were you able to increase the amount of reps per set you could do? Did you increase the weight you lifted? Were you consistent with your training? Look for the wins.
3. Take it one habit at a time. I'm assuming you want to improve your training because you downloaded this guide! Make this your primary focus for a little and move on to another healthy habit once you get this down!



Exercise Selection

Prioritize compound lifts when selecting exercises. These exercises work multiple muscle groups, translate well to how we move in daily life, they burn more calories, and they make the overall training session more time efficient (get more done in less time). Of course, adding in some isolation exercises after hitting these compound lifts to add emphasis to a certain body part is great, but not necessary.

Choose 1-2 exercises from the following categories per workout:

Lower Body Knee Dominant

Squat to Box
Goblet Squat
Dumbbell Racked Squat
Barbell Front Squat
Barbell Back Squat
Weighted Step Ups
Split Squats
Stationary Lunges
Walking Lunges

Lower Body Hip Dominant

Kettlebell Deadlift
Dumbbell Romanian Deadlift
Single Leg Deadlift
Kickstand Deadlift
Glute Bridge
Hip Thrust
Barbell Deadlift
Trap Bar Deadlift
Goodmorning

Core

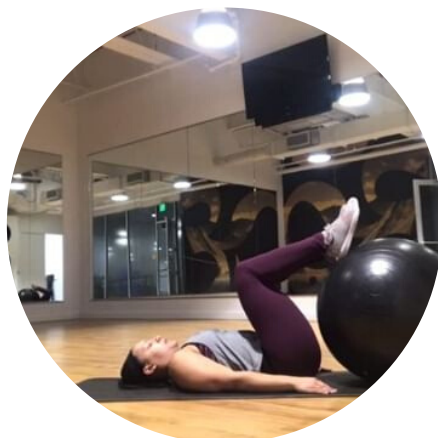
Bear Crawls
Deadbugs
Hollow Hold
Plank
Heavy Carries (farmer, suitcase, overhead)
Paloof Press/ Hold
Cable Oblique Twist

Upper Body Push

Push Ups
Bench Press
TRX Push Up
Barbell Strict Press
Dumbbell Shoulder Press
Bench Dips
Dips

Upper Body Pull

Pull Ups
TRX Rows
Bent Over Row
Lat Pulldown
Seated Cable Row



(Please note this is not an exhaustive exercise list. Just a starting point!)

Exercise Variability/ Guidelines

1. Aim for 3-4 training sessions per week. 1 or 2 sessions is still GREAT. Something is ALWAYS better than nothing. You will still get results.

2. The exercises you perform per training session throughout the week can be different. Just make sure you pick exercises from all categories.

3. Stick to the SAME workouts you put together for at least 4-6 weeks before switching it up. This will allow you to progress and measure your progress with training (lifting more weight, doing more reps, resting less, feeling stronger in those exercises).

4. Beginner lifters, really prioritize form over lifting heavier weights and stick to higher rep schemes (8-15 reps) for 3-6 months. Get really good at each exercise and then later go heavier.

5. Switch up your rep scheme at least every 3 months. For example, if you've been aiming for 10 reps of each exercise at a lighter weight, switch to sets of 6 reps at a heavier weight.

6. For weight selection, the weight should be heavy enough so that you could do 2-3 more reps in the set if you wanted (beginners, just focus on lifting well).



Exercise Variability/ Guidelines

Sets:

3-8 (beginners 1-4) sets. If training with less reps, you can do more sets.

Rep Scheme:

1-15 reps (beginners 8-15).
1-6 reps per set work well for improving maximal strength. The 8-12 rep range is great for building lean muscle. Reps above 12 reps are great for burn out sets at the end of a session.



Rest:

30 sec- 3 minutes.
Take longer rest if working on strength (2-3 minutes).
Moderate rest (1-2 min) is great for the mid-range of 8-12 reps). Shorter rest periods work well for circuit training or burn out sets (with higher reps and lighter weights).

Exercise Progression

Ways to Progress your Program

Pick 1-2 progressions to focus on in your 4-6 week program block. You can always switch it up in the next block!

Increase the weight a little bit each week per exercise (2.5 lb-5 lb for upper body, 5-10 lb for lower body)



Decrease your rest time between exercises (increase training density).



Add additional sets/ reps each week (increase training volume).

Perform a more challenging progression of the same exercise. For example, go from a goblet squat to an offset kettlebell squat.



Other Considerations

Equipment Availability:

If you don't have access to a fully equipped gym, most compound movements can be performed with dumbbells, kettlebells, and resistance bands. This equipment can definitely be found used on Facebook Marketplace, Ebay, and other selling apps at a reasonable cost and are pretty durable.

Warm ups and Mobility:

Warm up with a general warm up of simply elevating the heart rate. This can be a combination of body weight exercises like jumping jacks and mountain climbers, or you could hop on a treadmill/ elliptical for 3-5 minutes to get your body warm.

Form rolling major muscle groups before lifting can help increase blood circulation to the muscles and make you feel more limber. Spend 1-2 minutes slowly foam rolling the back, hamstrings, quads, and calves if needed.

Do a specific warm up to the exercises you are performing in your workout session. For example, if you programmed squats, start with 10 body weight squats to warm up the movement pattern, then take a warm up set or 2 of squats progressing the weight to your working weight.

Sample Program

Here's an example of what a 3 session per week, full body strength training program would look like! You are welcome to start with this, however this program may not be suitable for everyone.



MONDAY:

3-5 minutes brisk walk
5-8 minutes Foam rolling

Mobility:

5 squat to stands
5 World's greatest stretch
10 Air squats
10 Plank shoulder taps

A1. High Bar Back Squat, 10 x3

Rest 30 sec

A2. TRX rows, 10x 3

Rest 2 min

B1. Kettlebell Deadlift, 10 x 3

Rest 30 sec

B2. Push ups, 8-10x 3

Rest 90 sec

C1. Bent over barbell row, 8 x 3

Rest 30 sec

C2. Suitcase carry, 20 sec each arm x
3

Rest 1 min

WEDNESDAY:

3-5 minutes brisk walk
5-8 minutes Foam rolling

Mobility:

Half kneeling hip flexor stretch
10 Bodyweight goodmornings
10 arm circles
10 Plank Shoulder Taps

A1. Barbell sumo deadlift, 10x 3

Rest 30 sec

A2. Barbell strict press, 8 x 3

Rest 90 sec

B1. Walking dumbbell

lunges, 10 each leg x3

Rest 30 sec

B2. Lat Pulldown, 10x 3

Rest 90 sec

C1. Palloff Press, 10 each side x 3

Rest 30 sec

C2. Hollow Hold, 20-30 sec hold

Rest 1 min

FRIDAY:

3-5 minutes brisk walk
5-8 minutes Foam rolling

Mobility:

Half kneeling hip flexor stretch
10 Bodyweight goodmornings
10 arm circles
10 Plank Shoulder Taps

A1. Barbell step ups, 10 each legx3

Rest 30 sec

A2. Pull up negatives (3-5 sec), 5 x 3

Rest 90 sec

B1. Barbell goodmorning, 10 x3

Rest 30 sec

B2. Dumbbell bench press, 10x 3

Rest 90 sec

C1. Birdog, 10 each side x 3

Rest 30 sec

C2. Barbell Rollouts, 10x3

Rest 1 min