



Mini Weight Lifting Guide

Build strength, protect muscle, feel powerful

Lifting is your metabolism's best friend

Cardio burns calories today. Lifting builds muscle that burns calories every day — for the REST of your life. On a GLP-1, this is non-negotiable: without resistance training, up to 40% of weight lost can be muscle. This guide keeps that from happening.

WHY LIFTING BEATS CARDIO ALONE



Higher metabolism

Muscle burns 3x more calories at rest



Muscle preservation

Prevents 'skinny fat' during weight loss



Stronger bones

Reduces fracture risk by up to 40%



Better mood

Boosts endorphins + confidence like nothing else

WHAT YOU NEED TO START

- **Dumbbells** Beginners: 5–10 lbs. No dumbbells? Full water bottles work.
- **Optional bench** A sturdy chair or ottoman works perfectly.
- **Resistance band** Optional but great for rows and back work.
- **Water + towel** You WILL sweat. Hydrate before, during, and after.
- **Comfortable shoes** Flat shoes give a stable base for squats + lunges.

COACH'S TIP

Start LIGHTER than you think. Perfect form beats heavy weight every single time.



The Upper Body Lifts

Moves 1–4 — chest, back, shoulders, arms

WARM UP FIRST (2 min)

Arm circles · shoulder rolls · marching in place · 10 bodyweight squats. Never skip!

1

Dumbbell Chest Press

Targets: Chest, shoulders, triceps

3 sets × 10 reps

Lie on floor or bench, dumbbells at chest. Press straight up.
Lower slowly (3 seconds down) with control. Keep elbows at 45°.

2

Bent-Over Row

Targets: Upper back, biceps, posture

3 sets × 10 reps

Hinge forward at hips, back flat, dumbbells hanging down.
Pull weights to hips, squeeze shoulder blades. Lower slowly.

3

Shoulder Press

Targets: Shoulders, triceps, core

3 sets × 8 reps

Stand tall, dumbbells at shoulders, palms forward. Press straight up overhead. Lower with control. Engage core!

4

Bicep Curl to Tricep Extension

Targets: Biceps, triceps, arms

3 sets × 10 reps

Curl weights up to shoulders. Then press overhead + lower behind head (tricep extension). One combined arm blast.





Lower Body & Core Lifts

Moves 5–8 — legs, glutes, core power

5

Goblet Squat

Targets: Quads, glutes, core

3 sets × 12 reps

Hold one dumbbell at chest. Squat down (hips back, knees tracking over toes). Drive through heels to stand tall.

6

Romanian Deadlift

Targets: Hamstrings, glutes, back

3 sets × 10 reps

Dumbbells in front. Hinge at hips, slight knee bend, lower weights along legs. Feel hamstring stretch. Drive hips forward.

7

Reverse Lunge

Targets: Legs, glutes, balance

3 sets × 8 each leg

Hold dumbbells at sides. Step ONE leg back, drop into lunge. Push through front heel to return. Alternate legs.

8

Weighted Russian Twist

Targets: Obliques, deep core

3 sets × 20

Sit, lean back slightly, feet up or down. Hold one weight, twist side to side. Keep chest lifted. Move with control.



Your Weekly Lifting Plan

Build strength that lasts a lifetime

SAMPLE WEEK

MONDAY	Full Body Lift (all 8 moves)	20 min
TUESDAY	Walk or Pilates Starter Mini	15 min
WEDNESDAY	Upper Body Focus (moves 1–4)	15 min
THURSDAY	Walk + Desk Stretches	15 min
FRIDAY	Lower Body Focus (moves 5–8)	15 min
SATURDAY	Longer walk or Full Body Lift	30 min
SUNDAY	REST or gentle stretch	0–5 min

HOW TO PROGRESS

- Weeks 1–2:** Focus on FORM only. Same weight, same reps.
- Weeks 3–4:** Add 1–2 reps per set once current reps feel easy.
- Week 5+:** Increase weight by 2.5–5 lbs. Return to lower reps.
- Every 6 wks:** Take a 'deload week' — lighter weights, more rest.

GOLDEN FORM RULES

- Breathe OUT on effort (lifting/pushing), IN on release.
- Move SLOWLY — 2 sec up, 3 sec down for every rep.
- Keep core engaged throughout — belly button to spine.
- Never sacrifice form for heavier weights. Ego lifts = injuries.
- Rest 60–90 seconds between sets. Longer if needed.

A GENTLE REMINDER

Strong is a feeling before it's a look. Every rep is an investment in your future self — the one who carries groceries with ease, plays with grandkids, and stands tall.