



Strength Training

8 essential moves with real form guidance

Your complete beginner-to-intermediate lift guide

These 8 dumbbell exercises target every major muscle group and form the foundation of smart strength training. Whether you're on a GLP-1 or building habits naturally, this is the routine that protects muscle, builds metabolism, and makes you feel powerful. Focus on FORM first, weight second. Photos show the finished position.

YOUR WEEKLY TARGET

3 strength sessions per week

20–30 min each · Any 3 non-consecutive days · Consistency > intensity

WHAT YOU NEED

- **Dumbbells** Beginners: 5–10 lbs. Water bottles work too.
- **A mat or floor space** About 6x4 feet is plenty.
- **Water bottle** Sip between sets.
- **Timer** Phone timer for 60-90 sec rest periods.

2-MINUTE WARM-UP (DON'T SKIP)

- 20 arm circles forward + 20 backward
- 20 leg swings (10 each direction)
- 10 bodyweight squats (slow + controlled)
- 10 shoulder rolls back
- 30 seconds marching in place

COACH'S TIP

Never skip the warm-up. It reduces injury risk by 50%+ and makes your workout feel easier.





Upper Body Push

Moves 1 & 2 — chest and shoulders

1



Dumbbell Chest Press

3 SETS × 10 REPS

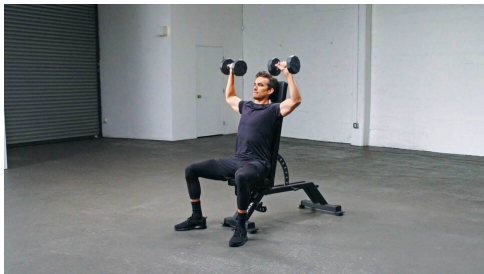
Targets: Chest, shoulders, triceps

FORM CUES

- Lie on back (or bench), feet flat.
- Dumbbells at chest level, palms forward.
- Press straight up, arms slightly bent at top.
- Lower slowly (3 counts) to start position.
- Keep elbows at ~45° from body.

TIP Weight should feel challenging by rep 8. If not, go heavier.

2



Dumbbell Shoulder Press

3 SETS × 8 REPS

Targets: Shoulders, triceps, upper back

FORM CUES

- Stand tall or sit on a bench with back support.
- Dumbbells at shoulder height, palms forward.
- Press straight up overhead until arms extend.
- Lower with control back to shoulders.
- Engage core — no arching your lower back.

TIP If back arches, lower the weight. Form always beats ego.





Upper Body Pull & Arms

Moves 3 & 4 — back and biceps

3



Bent-Over Row

3 SETS × 10 REPS

Targets: Upper back, biceps, posture

FORM CUES

- Hinge forward at hips, back flat (not rounded).
- Dumbbells hanging straight down, palms facing in.
- Pull weights up to hip/waist level.
- Squeeze shoulder blades together at top.
- Lower slowly. Don't let weights swing.

TIP Think 'proud chest' the entire time. This move fixes hunched posture.

4



Dumbbell Bicep Curl

3 SETS × 10 REPS

Targets: Biceps, forearms

FORM CUES

- Stand tall, dumbbells at your sides, palms forward.
- Keep elbows tucked into your ribs — don't let them drift.
- Curl weights up toward shoulders.
- Squeeze biceps at the top for 1 second.
- Lower slowly (3 counts) to full extension.

TIP No swinging! If you have to swing your body, the weight is too heavy.





Lower Body Power

Moves 5 & 6 — legs and glutes

5



Goblet Squat

3 SETS × 12 REPS

Targets: Quads, glutes, core

FORM CUES

- Hold ONE dumbbell vertically at chest, close to body.
- Feet slightly wider than shoulder-width, toes out.
- Sit back and down — hips move first.
- Knees track over toes, chest stays lifted.
- Drive through heels to stand tall.

TIP Try to get thighs parallel to floor. Elevate heels if ankles are tight.

6



Romanian Deadlift (RDL)

3 SETS × 10 REPS

Targets: Hamstrings, glutes, low back

FORM CUES

- Dumbbells in front of thighs, feet hip-width apart.
- Slight bend in knees — keep that same bend the whole time.
- Hinge at hips, sending butt BACK (not down).
- Weights slide down thighs, feel hamstring stretch.
- Drive hips forward to stand up. Squeeze glutes.

TIP Hinge, don't squat. Your knees should barely move. Feel it in hamstrings.



Legs & Glute Finishers

Moves 7 & 8 — *balance and booty*

7



Reverse Lunge

3 SETS × 8 EACH LEG

Targets: Quads, glutes, balance

FORM CUES

- Stand tall, dumbbells at sides.
- Step ONE foot back into a lunge.
- Drop back knee toward floor (don't touch).
- Front thigh parallel to floor, front knee over ankle.
- Push through front heel to return. Switch legs.

TIP Reverse is easier on knees than forward lunges. Great for beginners.

8



Glute Bridge

3 SETS × 15 REPS

Targets: Glutes, hamstrings, core

FORM CUES

- Lie on back, knees bent, feet flat, hip-width apart.
- Optional: place a dumbbell on hips for resistance.
- Squeeze glutes and drive hips up toward ceiling.
- Body forms straight line from knees to shoulders.
- Hold 2 seconds at top. Lower slowly.

TIP SQUEEZE at the top like you're crushing a walnut. That's the whole move.



Your Weekly Plan

How to structure your strength week

SAMPLE WEEK

MONDAY	Full Body (all 8 moves)	25 min
TUESDAY	Walking or yoga (active rest)	20 min
WEDNESDAY	Upper body focus (moves 1–4)	20 min
THURSDAY	Walking or rest	20 min
FRIDAY	Lower body focus (moves 5–8)	20 min
SATURDAY	Longer walk or full body	30 min
SUNDAY	REST or gentle stretch	0–10 min

PROGRESSION SCHEDULE

- 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.
- Rest 60–90 seconds between sets. Longer if needed.
- If form breaks down, STOP the set. Never push through bad form.

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.