

# Beginners at Home Resistance Training Workout

**Name:** \_\_\_\_\_

**Start Date:** \_\_\_\_\_

Perform 3x week with 48 hours rest between workouts

**Rest between sets 1 to 2 minutes**

**Warm Up 6 to 10 minutes**

All exercises below are performed with dumbbells or an item that weighs 1 to 5 lbs - to start.

Complete PAR-Q ( ) yes

<b>Date:</b>						
<b>Upper Body</b>	Sets/ reps	Wt	Sets/ reps	Wt	Sets/ reps	Wt
Wall Push Ups	2x15		2x15		2x15	
One arm Bent Over Row	2x15		2x15		2x15	
Lateral Raises	2x15		2x15		2x15	
Biceps Curls	2x15		2x15		2x15	
Overhead Triceps Press	2x15		2x15		2x15	

<b>Lower Body</b>						
Squats on to Chair	2x15		2x15		2x15	
Standing Lunges	2x15		2x15		2x15	
Lateral Step Ups	2x15		2x15		2x15	
Toe Presses	2x15		2x15		2x15	

<b>Core</b>						
Hip Lifts	2x15		2x15		2x15	
Knee Twists	2x15		2x15		2x15	
Crunches	2x20		2x20		2x20	
Super Natives	2x15		2x15		2x15	

**Stretching Routine: Dynamic stretching following warm up  
Improvement of Flexibility for 5 to 30 minutes after workout**

<b>Date:</b>						
<b>CARDIO Exercise (List)</b>	minutes	min	min	min	min	min
Performed 5 - 6 times / week						
Walking						
Jogging/Running						
Swimming						
Dancing						
Cycling						
Hiking						
Canoeing						
Other:						



**First Nations Health Council**

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