FREE FULL-BODY WORKOUT

Fall / Winter Workout Series | November - March

Strength basics for your week

A general full-body strength session for beginners and experienced exercisers. Start with 2 sets of each move; build to 3 sets when comfortable. Rest 60-90 seconds between sets. Choose a load or variation you can control with good form.

Warm up for 5-8 minutes with easy walking or cycling and comfortable joint movements. Use a weight that leaves about 1-3 good repetitions in reserve.

1. Squat pattern

- Chair squat or goblet squat: 2-3 sets of 8-12 reps. Sit hips back, keep feet steady and use a comfortable depth.

2. Push pattern

- Incline push-up or chest press: 2-3 sets of 8-12 reps. Keep the body controlled and stop before form slips.

3. Hip hinge

- Dumbbell Romanian deadlift or unloaded hip hinge: 2-3 sets of 8-12 reps. Push hips back and keep weight close.

4. Pull pattern

- One-arm dumbbell row or seated row: 2-3 sets of 8-12 reps per side. Pull the elbow toward your hip.

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Full-body workout (continued)

5. Glute bridge

- 2-3 sets of 10-15 reps. Squeeze glutes at the top; keep the lower back comfortable.

6. Core stability

- Dead bug: 2-3 sets of 6-10 reps per side. Move slowly and use a comfortable range.

7. Calf raise

- 2-3 sets of 10-15 reps. Rise smoothly and lower with control.

Training schedule

Start with 2 nonconsecutive days per week, with at least one rest day between sessions. If you are building a three-day routine, alternate this session with different movement emphasis and avoid repeating hard strength work on back-to-back days. Recovery matters.

How to progress

- When all sets reach the top of the rep range with steady form, add a small amount of resistance or use a slightly harder variation.
- Keep your repetitions controlled. You do not need to train to failure.
- Cool down with a few minutes of easy movement. Stop for sharp pain, dizziness, chest pain or unusual shortness of breath.

This general-information workout is not individualized medical advice. Adjust exercises to your abilities and available equipment. If you have health concerns, an injury, are pregnant or recently postpartum, consult a qualified health professional before starting.