

**HERE YOU GO!**

# **Strength Training 101 - For Beginners**

**LET'S GET STARTED**

Written by The Quad.  
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# What is a training programme?

A training programme is a pre-planned list of training sessions, tailored to get the trainee to his/her goals, that spans a set timeframe.

Working out is less structured as there is very little planning involved: exercises and protocols are chosen at random, often with the objective of getting the trainee tired.

Training programmes take into account the:

- Trainee's starting level of fitness and health
- Trainee's goals
- Time and effort that the trainee can put in

More importantly, every training session is flexible enough to accommodate the trainee's current well being. Meaning if a trainee is worn out from stress or fatigue on a given day, then that day's training can be scaled down or modified to account for it. This flexibility ensures that there is no halt in overall progress that could stem from injury or overtraining.

# The most essential component

Training programmes take into account the aforementioned variables but as a whole adhere to certain essentials. The biggest of which, is to build muscle and gaining strength. Especially if one's goal is to lose fat, get healthier, and look better. Reasons why 'strength training' is key to achieving those goals can be found in the 'Strength Training' article.

The simplest and most effective way to build muscle and gain overall strength is to perform 4 basic movements, Push, Pull, Hip Hinge and Squat. These movements are incidentally found in all of our everyday activities.

Squat - Sitting on a chair is the simplest form of the squat. It is one of the two main lower body strengthening exercises.

Hip Hinge - A slightly less common movement, the hip hinge is what you do when your hands are full and you use your butt to close the door. It is just as important as the squat for training your lower body, because it works the less used muscles of your legs (Glutes and Hamstrings).

Push - Everything from pushing a swing to putting something up on a shelf is a form of Pushing movement. There are two types of pushing movements, vertical and horizontal.

Pull - Opposite of the Push is the Pull. Opening a car door is an example of a Pull. Similar to the Push, the Pull has two types, vertical and horizontal.

An additional category that is just as important to train as the 4 basic movements is the Core. The core ties our body together and requires special attention.

# The Moves

## Squat

- Bodyweight squat
- Assisted squat
- Step-up

## Hinge

- Deep hinge
- Weighted hinge (BGBS)

## Push

- Knee plank (up to 2 mins)
- Elbow plank (up to 45s)
- Pushup negative
- Light overhead press

## Pull

- Band row (vertical and horizontal)
- Light kettlebell/dumbbell row

## Core

- Knee plank (up to 2 mins)
- Side plank (up to 45s/side)
- Band resisted half-kneel iso hold (up to 30s/side)

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# Putting it all together

Each workout, pick one move from each row, at your skill level (beginner or intermediate or advanced)

Do a circuit of all the 5 movements

Progress from 4 sets of 5 repetitions, to 4 sets of 10 repetitions

For example, here are two workouts

- Workout A

--- Step Up

--- Deep hinge

--- Elbow plank

--- Horizontal band row

--- Side plank

Workout B

--- Bodyweight squat

--- Weighted hinge

--- Elbow plank

--- Vertical band row

--- Band resisted half-kneel iso hold

On Day 1, you will do 4 rounds of workout A as follows.

- 5 step-ups on left leg
- 5 step-ups on right leg
- 5 deep hinges
- 30s elbow plank
- 5 horizontal band rows
- 20s side plank

On Day 2, you will do 4 rounds of workout B as follows.

- 5 bodyweight squats
- 5 weighted hinges
- 30s elbow plank
- 5 vertical band rows
- 15s band resisted half-kneel iso hold

Slowly, progress from 5 reps to 10 reps, and from 30s to the maximum time limits specified.

## How many days/week?

**If you are gonna train 2 days a week,**

Mondays: Workout A

Thursdays: Workout B

**If you are gonna train 3 days a week,**

Week 1

Monday: Workout A

Wednesday: Workout B

Friday: Workout A

Week 2

Monday: Workout B

Wednesday: Workout A

Friday: Workout B

**If you are gonna train 4 days a week,**

Mon: Workout A

Tue: Workout B

Thu: Workout A

Fri: Workout B