

GENERAL STRENGTH TRAINING - FULL BODY

WARM UP

Warming up can take as little or as much time as you'd like. Here's a simple formula to follow.

1. Complete 5 mins of your choice of cardio.
2. Complete 5-10 reps of each
 - a. [Bodyweight squats](#)
 - b. [Cat/cow](#)
 - c. [Low lunge + twist + hamstring stretch](#)
 - d. [Scapular push ups](#)
3. Optional: If you're lifting heavier, you might add in 1-2 light sets of the first exercise in your workout using 50-60% of your working weight to prime the muscles you'll be using.

Click the underlined exercises to be taken to an online demo!



WORKOUT

There are many different ways to put together a strength workout. One way is utilizing the 5 major movement patterns of the body - squat, hinge, push, pull, carry/core. Here's an outline to follow:

1. Pick one exercise from each pattern.
2. Order them in a way that makes sense for you, ideally starting with lower body.
3. Complete 2-4 sets of 8-12 reps of each movement.
4. Rest for at least 60-90 seconds between sets.

SQUAT	HINGE	PUSH	PULL	CARRY
<p>Bodyweight</p> <ul style="list-style-type: none">• Bodyweight squat• Split squat• Wall sit• Single leg squat to bench• Reverse lunge <p>Dumbbell:</p> <ul style="list-style-type: none">• Box squat• Goblet squat• Front squat• Split squat• Reverse lunge• Sumo squat• Bulgarian split squat• Step ups <p>Barbell</p> <ul style="list-style-type: none">• Box squat• Reverse lunge• Back squat• Front squat• Overhead squat	<p>Bodyweight</p> <ul style="list-style-type: none">• Good morning• Single leg RDL• Glute bridge• Single leg glute bridge• Quadruped hip extension <p>Dumbbell:</p> <ul style="list-style-type: none">• RDL• Staggered stance RDL• Single leg RDL• Good morning• Hip thrust• Deadlift• Sumo deadlift• Suitcase deadlift <p>Barbell</p> <ul style="list-style-type: none">• Conventional deadlift• Trap bar deadlift• Sumo deadlift• RDL• Good morning• Hip thrust	<p>Bodyweight</p> <ul style="list-style-type: none">• Incline push up• Kneeling push up• Push up• Pike push up <p>Dumbbell:</p> <ul style="list-style-type: none">• Chest press• Shoulder press• Floor press• Incline bench press• Arnold press• Chest fly• Overhead triceps extension• Triceps kickback• Lateral to front raise <p>Barbell</p> <ul style="list-style-type: none">• Bench press• Overhead press• Push press	<p>Bodyweight</p> <ul style="list-style-type: none">• Superman• Overhead slides• Pull up <p>Dumbbell:</p> <ul style="list-style-type: none">• Bent over row• Single arm bent over row• Upright row• Reverse fly• Pull-over• Biceps curl• Hammer curl <p>Barbell</p> <ul style="list-style-type: none">• Bent over row (underhand grip)• Bent over row (overhand grip)• Deadlift• Inverted row• Upright row	<p>Bodyweight</p> <ul style="list-style-type: none">• Plank• Side plank• Supine marching• Deadbug• Bird dog• Hollow hold• Shoulder taps• Hanging knee raises <p>Dumbbell:</p> <ul style="list-style-type: none">• Russian twists• Woodchopper• Tall plank drags• Suitcase march• Farmer carry• Suitcase carry

FREQUENTLY ASKED QUESTIONS

1. What weight should I start with? Choose a weight that allows you to do the first set of reps with moderate difficulty. By the end of each set, you should find it somewhat difficult to lift but not so difficult that you are straining, holding your breath, or shaking excessively. If that's happening, drop it down a little.
2. What if I'm running short on time? If you need to save time while lifting, you can pair the exercises together and do them back to back. For example, complete a set of dumbbell goblet squats and go right into a set of shoulder presses.
3. What should I eat before and after a workout? About 1-2 hours before a workout consume a small meal or substantial snack that contains primarily carbohydrates and some protein. After your workout aim to eat carbs within 30 minutes and protein within 2 hours for optimal energy recovery, muscle repair and re-building.
4. What about a cool down? A simple cool-down routine after a workout helps your body transition from exercise to rest. Consider walking for a few minutes then engaging in 5-10 minutes of stretching.