

# INTRODUCTION TO STRENGTH

Get Ready to Experience Strength!

Mastering foundational bodyweight exercises forms the cornerstone of strength training, offering a pathway to achieving fitness goals regardless of one's starting point. These foundational movements, such as squats, push-ups, and planks, harness the body's own resistance to build strength, endurance, and functional fitness.

By practicing and perfecting these fundamental exercises, individuals develop a solid base of stability and movement proficiency, laying the groundwork for more advanced training techniques. These compound movements engage multiple muscle groups simultaneously, promoting balanced development and improved coordination.

Mastering these bodyweight exercises empowers you to train anywhere, anytime, without the need for specialized equipment. Whether at home, in the gym, or outdoors, these exercises offer a versatile and accessible means of building a strong routine that prepares you for taking the next step of experiencing strength!

Here are our fundamental movements that will meet you where you are and prepare you for the movement you will use when you come into Strength Headquarters.

# PROGRAM

## Get Ready to Experience Strength!

1. Supine Brace 5s hold, 3s relax 3 times x 2 sets
2. Side Plank (modified or full) 20s each side x 3 sets
3. Scapular Wall Slide 10 x 3 sets
4. Push Ups (modified or regular) as many as you can x 3 sets
5. Squat (supported or unsupported) 15 x 3
6. Kickstand Single Leg RDL 12 x 3

Any of the rep ranges you are not able to complete, that's ok! Do what you can and try to add a bit more each time you do it and build up to the recommendation.

Once you've mastered these fundamental bodyweight exercises, it's time to elevate your training. Contact us today to discover how our expert coaches can help you achieve your fitness goals and embark on a journey to strength. Reach out now and let's start building a stronger, healthier you together!