

Beginner Strength Workout

Before you start, don't forget WARM UP – *Never ever, ever, ever* forget to warm up. Make sure to get your heart rate pumping and get your muscles warm or you're just asking for injury.

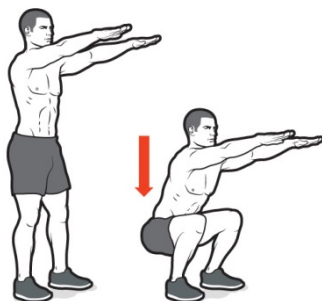
You can run in place, jump rope, do a few push-ups, pedal on a stationary bike, do some punches and kicks, jog up and down your stairs, and/or twist and swing your arms and legs to get them moving! Give it about 5 minutes, and don't wear yourself out completely, but get your heart rate elevated and little bit of sweat never hurt anybody.

After the warm up, here is exactly what you need to do:

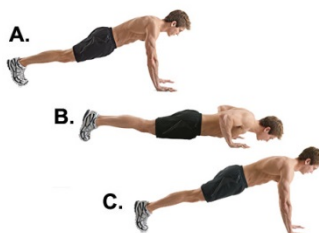
- 20 bodyweight squats
- 10 push ups
- 20 walking lunges – 10 each leg (add weights here for an added challenge)
- 10 dumbbell rows (using a gallon milk jug or another weight)
- 15 second plank
- 30 jumping jacks

Complete all the moves one right after the other, resting as needed. At the of the set, take 1-2 minute rest and repeat 2-3 times. Complete this workout 2-3 times per week to start. As you get more comfortable you can incorporate weights, increase your reps or look to try some of the other exercises posted on our Grande Health page!

Squats:



Push-Ups:



Modified Push-Up:



Lunges:



Dumbbell Row:



Plank:



Jumping Jacks:

