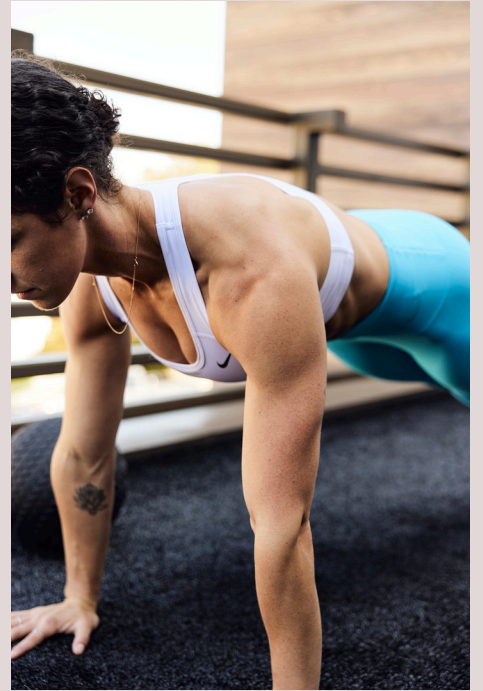


10 Week Beginner's Strength Training Program



Your Guide to Feeling Stronger, Healthier, and
More Confident in the Gym



Meet Your Trainer:

Arielle Creager is a personal trainer, pre/prepostnatal performance training specialist, Nike LA trainer, and nutritionist based in Los Angeles, California. After receiving her Bachelor's in Psychobiology from UCLA in 2015, she danced professionally while simultaneously studying exercise, anatomy, and physiology. She has now been in the fitness and wellness industry for over 10 years and finished her Master's in Human Nutrition from the University of Bridgeport in the summer of 2024.

Through her company EMPWR Wellness, she strives to empower others to find their inner strength and become the healthiest version of themselves.



- ACE Certified Personal Trainer
- Pre/Postnatal Performance Training Specialist
- Special Populations Specialist
- Kettlebell Level 1 Certified
- Masters in Human Nutrition
- Certified Nutrition Specialist-Candidate

A Few Things to Know

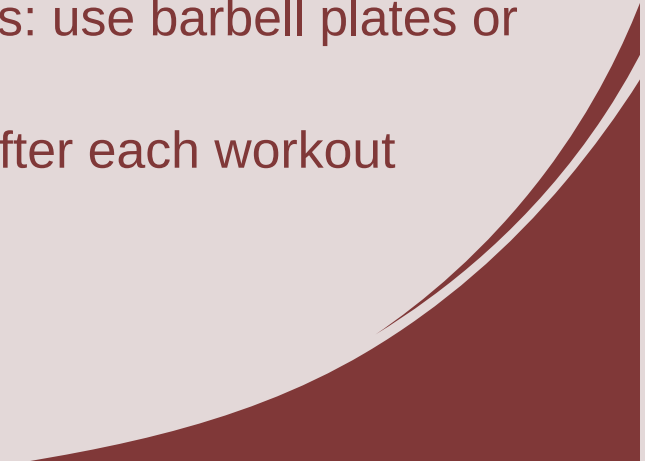
Equipment you need:

- Dumbbells
- Bench or something that mimics a bench
- Mat
- Other equipment is optional (ex: treadmill)

Abbreviation Key:

- DB = Dumbbell
- E/S = Each side
- SA = Single arm
- SL = Single leg
- RDL = Romanian deadlift
- Alt = Alternating
- Quadruped = On hands & knees

Recommendations:

- Write down your reps and weights for each exercise to have a baseline so you know how to progress
 - At home with no bench? Use an ottoman, a chair, or perhaps some pillows for incline exercises!
 - Exercises with elevated heels: use barbell plates or books if you are at home!
 - Take 5+ Minutes to stretch after each workout
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Before you begin...

Below are three **very important links** for you to bookmark.

- Check out the following link for a **welcome video** that explains **key components** of this 10 week program and how to best utilize the programming for improved strength and confidence in the gym.

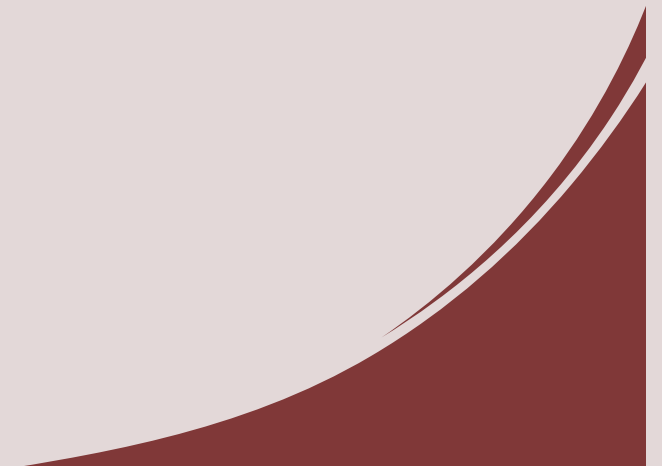
https://youtu.be/zLMS_g27ADk

- Check out the following link for an **extensive movement library**. Every exercise from the workouts in this program are in this library. Refer to them when you are unsure of form or what the title of an exercise means.

https://youtube.com/playlist?list=PLUZ-ur_8ygOk4oqYX-LO7PDJCMz-9LNNH&si=CMPMHAOixvy9gshA

- Check out the following link for a video explaining next steps for **after you finish this program**, including different program offerings that can benefit you on your fitness and wellness journey!

<https://youtu.be/KnyivBgwQEg>



Week 1 Day 1: Push

Warmup

- Arm circles 30s each direction
- Inchworm walkout 5x
- Kneeling shoulder taps 20x total
- Standing leg swings 10x E/S
- Bodyweight squats 12x
- (optional) Treadmill incline walk or walk outside 5min

C1:

- DB box squats 10x
- DB seated shoulder press 10x
- Elbow plank 30s
3x

C2:

- DB seated bentover tricep extension 12x
- DB lateral raise 10x
- Bodyweight squat 8x
3x

Finisher (optional):

- Treadmill/outside
 - 1 minute walk
 - 1 minute jog/fast walk
 - 5x for 10 min total

Week 1 Day 2: Pull

Warmup

- Good morning stretch 10x
- Bodyweight back fly 12x
- Alt star hand-to-foot reach 12x total
- Quadruped hip circles 10x E/S
- Glute bridge 10x
- (optional) Treadmill incline walk or walk outside 5min

C1:

- DB SA supported bentover row 10x E/S
- DB hammer bicep curl 10x
- Bodyweight glute bridge 12-15x
3x

C2:

- DB RDL 10x
- DB external rotation 12x
3x

Finisher:

- Elbow side plank 20-30s/side
- Ab crunch 20x
2-3x

Week 1 Day 3: Full Body

Warmup

- Alt good morning and squat 6x each
- Glute bridge 12x
- Bent leg windshield wipers 12x total
- Pike to plank 10x
- Mountain climbers 20s
- (optional) Treadmill incline walk or walk outside 5min

C1:

- DB split squat 10x E/S
- DB shoulder front raise 10x
3x

C2:

- DB (one or two) glute bridge 10x
- Kneeling pushup 10x
- Superman 10x
3x

Finisher:

- Bodyweight squats 10x
- Jumping jacks 15x
- Toe touches 20x
2-3x

Week 2:

Repeat Week 1 workouts with a few *options* for progressions:

- Add weight
- Add 2-3 reps more than last week
- Complete optional finishers
- Do 3 rounds of finishers when given the option
- Add 1-2 days of active recovery or steady state cardio (ex: yoga, hiking, walking)
- Continue to practice correct form
- Move with intention and breath



Week 3 Day 1: Push

Warmup

- Arm circles 30s each direction
- Inchworm walkout 5x
- Shoulder taps 20x total
- Standing leg swings 10x E/S
- Squats 12x
- (optional) Treadmill incline walk or walk outside 5min

C1:

- DB push press 8-10x
- DB front squat 10x
- Squat hold 20s
3x

C2:

- DB chest press
- DB seated overhead tricep extension 10x
- Bench jump squat 10x
3x

C3:

- Pushup 10x (option: kneeling)
- Cross connects 10x E/S
- Mountain climbers 30s
2-3 x

Week 3 Day 2: Pull

Warmup

- Good mornings 10x
- Body weight back flies 12x
- Alt star hand-to-foot reach 12x total
- Quadruped hip circles 10x E/S
- Glute bridge 10x
- (optional) Treadmill incline walk or walk outside 5min

C1:

- DB seated back fly 10x
 - DB seated wide bicep curl 10x
 - DB (1 DB) bench glute thruster 10x
- 3x

C2:

- DB sumo squat 10x
 - DB alt row 8-10x E/S
 - Pike to plank 10x
- 3x

C3:

- SL glute bridge 10x E/S
 - Full plank 30s (option: knees/elbows)
- 3x

Week 3 Day 3: Full Body

Warmup

- Alt good morning and squat 6x each
- Glute bridge 12x
- Windshield wipers 12x total
- Pike to plank 10x
- Mountain climbers 20s
- (optional) Treadmill incline walk or walk outside 5min

C1:

- DB alt reverse lunge + curl 12x total
- DB RDL + row 10x
- DB alt lateral shoulder raise 12x total
3x

C2:

- DB chest fly 10x
- Bench dips 10x
- Squat jumps 10x
3x

C3:

- Elbow side plank hip dips 10x E/S
- Bicycle crunch 20x total
- Plank jacks 10x
2-3x

Week 4:

Repeat Week 3 workouts with a few *options* for progressions:

- Add weight
- Add 2-3 reps more than last week
- Do 3 rounds of finishers when given the option
- Play with speed
 - Slow down or speed up movements to make them more challenging
- Add 1-2 days of active recovery or steady state cardio (ex: yoga, hiking, walking)
- Continue to practice correct form
- Move with intention and breath



Week 5 Day 1: Push

Warmup

- Squats 10x
- Jumping jacks 10x
- Shoulder taps 20x
- World's greatest stretch 3x E/S
- Cross connects 20x total
- Pop squats 15x

C1:

- DB front rack pause squat 8x
 - DB alt front and lateral raise 5x
 - DB arnold press 8x
- 3x

C2:

- DB incline chest press 10x
 - DB tricep extension overhead TEMPO* (2 seconds down, 1 second up) 10x
 - Pushups 8x
- 3x

C3:

- DB alt reverse lunge 12x total
 - DB squat and front raise 10x (option: 1 DB)
 - Modified burpee 8x
- 3x

Week 5 Day 2: Pull

Warmup

- SL glute bridge 15x E/S
- Superman 10x
- Pike to plank 10x
- Alt cossack squat 20x total
- I/Y/T standing 5x each
- High knees 30s

C1:

- DB split stance RDL 10x E/S
 - DB bicep curl 10x
- 3x

C2:

- DB SA supported bentover row 10x E/S
 - DB alt lateral lunge 8x E/S
- 3x

C3:

- DB bent leg kickback 12x E/S
 - Superman to negative pushup 8x
 - Plank hip twists 20x total
- 3x

Week 5 Day 3: Full Body

Warmup

- World's greatest stretch 3x E/S
- Quadruped hip forward and backward circles 10x E/S
- Pike to pushup 8x (option: kneeling pushup)
- Mountain climbers 20x total
- Alt squat to lateral lunge 5x E/S
- Squat jump 10x

C1:

- DB hammer curl and press 10x
- DB goblet squat 10x
- DB alt reverse lunge and hammer front raise 10x total
3x

C2:

- DB RDL 12x
- DB alt back fly 8x E/S
- DB alt front and wide curl 5x
3x

C3:

- DB high pull 10x
- DB push press 10x
- Elbow plank 30s
3x

Week 6:

Repeat Week 5 workouts with a few *options* for progressions:

- Add weight
- Add 2-3 reps more than last week
- Play with speed
 - Slow down or speed up movements to make them more challenging
- Add 1-2 days of active recovery or steady state cardio (ex: yoga, hiking, walking)
- Continue to practice correct form
- Move with intention and breath



Weeks 7 – 9:

- Week 7: week 1 programming
- Week 8: week 3 programming
- Week 9: week 5 programming
- For these 3 weeks:
- *New rep range* for all DUMBBELL movements is **6-8x** (for unilateral movements: 6-8x E/S)
 - This allows for greater challenge to the muscles with **increased weight/load**
- Add 1-2 days of active recovery and/or cardiovascular exercise
- Continue to practice correct form
- Move with intention and breath
- Rest a couple days prior to beginning Week 10 workouts – it is going to be **SPICY** but you are READY FOR IT!

Week 10 Day 1: Push

Warmup

- Goodmorning into squat 10x
- Inchworm walkout 5x
- Inchworm walkout and pushup 5x
- Alt bird dog reaches 12x total
- Fire hydrants 12x E/S
- Jumping jacks 30s
- Skaters 30s

C1:

- DB goblet squat heels elevated 10x
- DB squat thrusters 8x
- Pushups 6x
3x

C2:

- DB lying tricep extension 10x
- Bench dips 8x
- Burpees 6x
3x

C3:

- DB walking lunges 10x E/S
- Full spider plank 8x E/S
- DB jump squat 6x
3x

Week 10 Day 2: Pull

Warmup

- Alt. cossack lunge 10x E/S
- Back fly 12x
- SL deadlift and hip circle 6x E/S
- Alt forward lunge and twist 12x total
- Alt world's greatest stretch 4x E/S
- Superman 10x
- Cross body mountain climbers 30s

C1:

- DB narrow row TEMPO (1 second up/3 seconds down) 10x
- DB sumo squat and curl 8x
- DB alt SL deadlift (2 DB) 6x E/S
3x

C2:

- DB high pull 10x
- DB Bulgarian split squat 8x E/S
- Pop lunges 6x E/S
3x

C3:

- Elbow side plank hip dips 10x E/S
- Suitcase crunch (optional: tuck-ups) 8x
- Superman to pushup 6x
3x

Week 10 Day 3: Full Body

Warmup

- Squat and hip circle 5x E/S
- Alt lateral lunge with floor reach and twist 5x E/S
- I/Y/T standing 5x
- Pushups 10x (option: kneeling)
- Skaters 20s
- Seal jacks 20s
- Jump squat 20s

C1:

- DB alt lateral lunge to push press 10x total
- DB gorilla row 8x E/S
- DB half burpees 6x
3x

C2:

- DB alt top-down chest press 10x total
- DB skullcrusher 8x
- DB concentration curl 6x E/S
3x

C3:

- DB front rack squat TEMPO (3 seconds down, 1 second up) 10x
- DB step ups 8x E/S
- DB lateral raise 6x
3x

CONGRATULATIONS!

You DID it!

I hope you acknowledge how far you have come and feel pride in your hard work and consistency!

Check out my online training programs for furthering your training, join me in group class, or train with me 1-on-1!

Remember to watch the video below for guidance on next steps.

<https://youtu.be/KnyivBgwQEg?si=tabdrPxftixuxbUN>



Find the right EMPWR Fit program for you at [EMPWRwellness.net](https://empwrwellness.net)



Follow me on Instagram at @ariellecreager for fitness tips, program drops, class information, and more!



Reach out with any questions via email: arielle@empwrwellness.net