# 4-Week Beginner Strength Plan

The Second Bloom - free guide

Week 1: 2 sessions - squats, incline push-ups, rows, glute bridges. 2 x 10.

Week 2: 2 sessions - add hip hinge (deadlift). 3 x 10.

Week 3: 3 sessions - add loaded carry, 3 x 30 seconds.

Week 4: 3 sessions - increase weight on 2 moves.

Walk 20-30 minutes on rest days.

Leave one day between strength sessions.

Stop if you feel sharp pain; check with your doctor first.