

KORB

STRENGTH TRAINING | INTRO

You don't need a gym membership, expensive equipment, or hours of free time. Start with a few simple exercises:

- **Wall push-ups:** Work your chest, shoulders, and arms.
- **Dumbbell rows:** Build back and arm strength.
- **Glute bridges:** Strengthen your hips and glutes.
- **Bird dogs:** Improve core strength and stability.
- **Chair squats:** Strengthen your legs and glutes.

Here's a simple schedule:

Always start with a five-minute warm-up: marching in place, or gentle movement.

MONDAY	20–30 minutes of beginner strength training
TUESDAY	Enjoy a walk, bike ride, or another activity you like
WEDNESDAY	20–30 minutes of strength training
THURSDAY	Rest or enjoy some gentle movement
FRIDAY	20–30 minutes of strength training
SATURDAY	Do something active and fun
SUNDAY	Rest and recharge

Five beginner-friendly exercises that work multiple muscle groups.

Safety note: start with comfortable resistance, focusing on proper form, and check with your provider before starting any exercise program.

Try 8–10 repetitions of each exercise, starting with one or two sets. Aim for two or three strength-training sessions per week, with rest days in between.

As you get stronger, gradually increase your repetitions or resistance. And no, burpees are not required.

1. Wall Push-Ups

Works: Chest, shoulders, and arms

Place your hands against a wall at shoulder height. Bend your elbows to bring your chest toward the wall, then push back.

Start with 8–10 repetitions.

2. Dumbbell Rows

Works: Back and arms

Hold a light dumbbell in one hand. Support yourself with your other hand on a sturdy surface, hinge forward at your hips, and pull the weight toward your hip.

Try 8–10 repetitions on each side

3. Glute Bridges

Works: Glutes and hips

Lie on your back with your knees bent and feet flat on the floor. Gently lift your hips, squeeze your glutes, and lower back down.

Start with 10 repetitions.

4. Bird Dogs

Works: Core and back stability

Start on your hands and knees. Slowly extend your right arm and left leg, keeping your hips level. Return to the starting position and switch sides.

Try 8 repetitions per side.

5. Chair Squats

Works: Legs and glutes

Stand in front of a sturdy chair with your feet about shoulder-width apart. Slowly lower yourself toward the seat, then stand back up.

Start with 8–10 repetitions.

> **"Every rep counts. Every workout matters. Stronger starts here."**
> — Said Trainers everywhere