



HERSTRENGTH

HERSTRENGTH 4 WEEK PROGRAM

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Needing a little guidance on what to do at the gym? Catching yourself on the treadmill for an hour because you're getting in your head about going into the weights section?

I get it, the gym can be super scary and intimidating, especially when you're unsure of what to do when you're there!

To help you feel a bit more confident at the gym, I've designed a 4 week program designed to increase lean muscle mass, build strength and improve your overall fitness. It's designed to be beginner friendly with scalable options to make it more accessible for all experience levels.

To get those most out of this program, I want you to focus on 3 things when following it:

1. **Technique!** Practice control throughout movements and doing the biggest range of motion available to you. This will maximize your time under tension and get you in good habits, which is what you need to build muscle and strength.
2. **Consistency!** To really see results you need to be training regularly each week and sticking to the program each session. You need enough repetition to see adaptations and progressive overload to move forward (Which is already laid out for you in this program).
3. **Be Kind to Yourself!** Yes I want you to try hard and do your best BUT I don't want you to be stressing about being 100% perfect all the time. A lot of these exercises will be new and learning how to do them is the first step. Take each session at a time and be grateful to yourself for giving this a try!



There is a lot of gym lingo out there but these are the ones used through this program to clear it up for you

Terms used:

Sets:

Reps:

RPE: Rate of Perceived Exertion

Superset (eg. A1, A2): this is when exercises are performed back to back with minimal rest. Letters indicate grouped exercises and numbers indicate order

DB: Dumbbell

KB: Kettlebell

BB: Barbell

BW: Body Weights

EMOM: Every minute on the minute

AMRAP: As many rounds as possible

AMAP: As many as possible

Check out the following 4 day a week program and get lifting!

WEEK 1

DAY 1

Exercise	Range (SetsxReps)	Load	Alternatives
A1) BB Back Squats	4x8	RPE 7 (should feel like you could do another 3 reps at that weight)	Goblet Squats, Dumbbell Front Squats, Hack Squat
A2) DB Bench Press	4x12	Diffcult for the last 4 reps	Single Arm DB Bench Press
B1) Split Squat	3x8-10ea.	BW or hold DB in both hands	
B2) Ring Row	3x10-12	BW	TRX, Seated Row
B3) Side Plank	3x20-30secs	BW	Bend knees
Conditioning EMOM 1. 10 Cal ERG 2. 10x DB Thrusters 3. 45sec Plank	Aim for 3-4 sets (9-12 minutes total)	Any cardio machine available Choose DBs you can complete reps in 30-45secs	

WEEK 1

DAY 2

Exercise	Range (SetsxReps)	Load	Alternatives
A1) BB Bench Press	4x8	RPE 7 (should feel like you could do another 3 reps at that weight)	DB Bench Press
A2) Reverse Lunges	4x8-10ea.	BW or hold DB in both hands	
B1) DB Romanian Deadlift (RDL)	3x8-10	Difficult for the last 3-4 reps	
B2) Single Arm Bent Over Row (Supported on Bench)	3x10-12ea.	Difficult for last 3-4 reps	
B3) Hollow Body Hold	3x20-30secs	BW	Tucked position to start
10 Minute AMRAP DB Lateral Raise DB Front Raise DB Bicep Curl	Drop Sets: For each exercise, do 15 reps at a weight, then immediately drop to a lighter weight and do AMAP	Choose weights that you can maintain good technique for the 15 reps, then go until failure on AMAP	

WEEK 1

DAY 3

Exercise	Range (SetsxReps)	Load	Alternatives
A1) Deadlift	4x8	RPE 7 (should feel like you could do another 3 reps at that weight)	DB/KB Deadlift Trap Bar Deadlift Leg Press
A2) Seated Shoulder Press	4x8-10	Difficult for last 3-4 reps	
B1) Step Ups	3x8-10ea.	BW or with DB's , approx for 30-38cm step height	
B2) Pull Ups	3x5-8	BW, Banded or Machine Assisted	Ring Row/TRX Hold Assisted Pull Up Machine Lat Pull Down
B3) Hanging Knee Raise	3x10-12	BW	Lying leg raises
60:30 (60 secs on, 30 sec rest) 1. Air Bike 2. 10x Goblet Squats + AMAP BW Squat in remaining time 3. Rower 4. 10x DB Lunges + AMAP BW Lunges in remaining time		Work for 60sec, 30 seconds rest Aim for 2-3 rounds	

WEEK 1

DAY 4

Exercise	Range (SetsxReps)	Load	Alternatives
A1) BB Front Squat	4x8	RPE 7 (should feel like you could do another 3 reps at that weight)	DB Goblet Squat Hack Squat Leg Extension
A2) Incline DB Bench Press	4x8-10	Difficult for last 3-4 reps	
B1) BB Hip Thrust	3x12-15	Difficult for the last 3-4 reps	Hip Thrust Machine BW
B2) ½ Kneeling, 1 Arm DB Arnold Press	3x10-12ea.	Difficult for last 3-4 reps	
B3) Russian Twist	3x20-30secs	BW	On box or bench
10 Minute AMRAP DB Hammer Curl Tricep Push Down (band or cable) DB Bent Over Lateral Raise	Drop Sets: For each exercise, do 15 reps at a weight, then immediately drop to a lighter weight and do AMAP	Choose weights that you can maintain good technique for the 15 reps, then go until failure on AMAP	



WEEK 2

Moving into week 2, you might be feeling pretty sore but that's very normal! Your body is getting used to these exercises and learning to adapt. Most of the time the 2nd week feels much better and you'll be able to add more weight to your lifts and try harder.

Week 2 will look very similar and the aim is to increase loads slightly as you're more familiar with the movement.

WEEK 2

DAY 1

Exercise	Range (SetsxReps)	Load	Alternatives
A1) BB Back Squats	4x8	RPE 7 - Add little bit more than last week	Goblet Squats, Dumbbell Front Squats, Hack Squat
A2) DB Bench Press	4x12	Difficult for the last 4 reps	Single Arm DB Bench Press
B1) Split Squat	3x8-10ea.	BW or hold DB in both hands	
B2) Ring Row	3x10-12	BW	TRX, Seated Row
B3) Side Plank	3x20-30secs	BW	Bend knees
Conditioning EMOM 4. 200m Row 5. 10x DB Push Press 6. 45sec Mountain Climbers	Aim for 3-4 sets (9-12 minutes total)	Choose DBs you can complete reps in 30-45secs	

WEEK 2

DAY 2

Exercise	Range (SetsxReps)	Load	Alternatives
A1) BB Bench Press	4x8	RPE 7 - Add little bit more than last week	DB Bench Press
A2) Reverse Lunges	4x8-10ea.	BW or hold DB in both hands	
B1) DB Romanian Deadlift (RDL)	3x8-10	Difficult for the last 3-4 reps	
B2) Single Arm Bent Over Row (Supported on Bench)	3x10-12ea.	Difficult for last 3-4 reps	
B3) Hollow Body Hold	3x20-30secs	BW	Tucked position to start
10 Minute AMRAP	Drop Sets:	Choose weights that	
DB Lateral Raise DB Front Raise DB Bicep Curl	For each exercise, do 15 reps at a weight, then immediately drop to a lighter weight and do AMAP	you can maintain good technique for the 15 reps, then go until failure on AMAP	

WEEK 2

DAY 3

Exercise	Range (SetsxReps)	Load	Alternatives
A1) Deadlift	4x8	RPE 7 - Add little bit more than last week	DB/KB Deadlift Trap Bar Deadlift Leg Press
A2) Seated Shoulder Press	4x8-10	Difficult for last 3-4 reps	
B1) Step Ups	3x8-10ea.	BW or with DB's , approx for 30-38cm step height	
B2) Pull Ups	3x5-8	BW, Banded or Machine Assisted	Ring Row/TRX Hold Assisted Pull Up Machine Lat Pull Down
B3) Hanging Knee Raise	3x10-12	BW	Lying leg raises
60:30 (60 secs on, 30 sec rest) 5. Air Bike 6. 10x Goblet Squats + Split Lunge Jums 7. Rower 8. 10x DB Lunges + AMAP Squat Jumps		Work for 60sec, 30 seconds rest Aim for 2-3 rounds	

WEEK 2

DAY 4

Exercise	Range (SetsxReps)	Load	Alternatives
A1) BB Front Squat	4x8	RPE 7 - Add little bit more than last week	DB Goblet Squat Hack Squat
			Leg Extension
A2) Incline DB Bench Press	4x8-10	Difficult for last 3-4 reps	
B1) BB Hip Thrust	3x12-15	Difficult for the last 3-4 reps	Hip Thrust Machine BW
B2) ½ Kneeling, 1 Arm DB Arnold Press	3x10-12ea.	Difficult for last 3-4 reps	
B3) Russian Twist	3x20-30secs	BW	On box or bench
10 Minute AMRAP DB Hammer Curl Tricep Push Down (band or cable) DB Bent Over Lateral Raise	Drop Sets: For each exercise, do 15 reps at a weight, then immediately drop to a lighter weight and do AMAP	Choose weights that you can maintain good technique for the 15 reps, then go until failure on AMAP	



WEEK 3

After week 2 you're hopefully feeling much more familiar with the movements and hopefully a lot less sore!

Week 3 we are dropping the main lift weights slightly and increasing difficulty on the accessory movements. If you're not ready for these just yet, keep with the week 2 program for another week or 2 and then move onto week 3

WEEK 3

DAY 1

Exercise	Range (SetsxReps)	Load	Alternatives
A1) BB Back Squats	4x6	RPE 8 - Add little bit more than last week	Goblet Squats, Dumbbell Front Squats, Hack Squat
A2) Single Arm DB Bench Press (alternating)	4x10ea.	Difficult for the last 4 reps	
B1) Front Foot Elevated Split Squat	3x8-10ea.	BW or hold DB in both hands	
B2) Ring Row (5 second pause at top of rep)	3x10-12	BW	TRX, Seated Row
B3) Side Plank Leg Raise	3x3-5ea.	BW	Side Plank, Bend knees
Conditioning EMOM 7. 12 Cal ERG 8. 12x DB Thrusters 9. 45sec Plank	Aim for 3-4 sets (9-12 minutes total)	Choose DBs you can complete reps in 30-45secs	

WEEK 3

DAY 2

Exercise	Range (SetsxReps)	Load	Alternatives
A1) BB Bench Press	4x6	RPE 8 - Add little bit more than last week	DB Bench Press
A2) DB Reverse Lunges	4x8-10ea.	Hold DB in both hands	
B1) BB Romanian Deadlift (RDL)	3x8-10	Difficult for the last 3-4 reps	DB RDL
B2) Single Arm Bent Over Row (Supported on Bench)	3x10-12ea.	Difficult for last 3-4 reps	
B3) Hollow Body Hold	3x30-45secs	BW	Tucked position to start
10 Minute AMRAP DB Lateral Raise DB Front Raise DB Bicep Curl	Drop Sets: For each exercise, do 15 reps at a weight, then immediately drop to a lighter weight and do AMAP	Choose weights that you can maintain good technique for the 15 reps, then go until failure on AMAP	

WEEK 3

DAY 3

Exercise	Range (SetsxReps)	Load	Alternatives
A1) Deadlift	4x6	RPE 8 - Add little bit more than last week	DB/KB Deadlift Trap Bar Deadlift Leg Press
A2) Seated Shoulder Press	4x10-12	Difficult for last 3-4 reps	
B1) DB Step Ups	3x8-10ea.	Hold DB's , approx for 30-38cm step height	
B2) Pull Ups	3x8-10	BW, Banded or Machine Assisted	Ring Row/TRX Hold Assisted Pull Up Machine Lat Pull Down
B3) Hanging Leg Raise	3x10-12	BW	Lying leg raises
Every 2 Minutes 1. 250-300m Row 2. 8-10 Cal Air Bike 3. 200-250m Ski		Complete metres or calories within 2 minute, rest until next 2 minutes	

WEEK 3

DAY 4

Exercise	Range (SetsxReps)	Load	Alternatives
A1) BB Front Squat	4x6	RPE 8 - Add little bit more than last week	DB Goblet Squat Hack Squat Leg Extension
A2) Single Arm Incline DB Bench Press (Alternating)	4x8-10ea.	Difficult for last 3-4 reps	
B1) BB Hip Thrust	3x12-15 + 10sec Hold at top of last rep	Difficult for the last 3-4 reps	Hip Thrust Machine BW
B2) ½ Kneeling, 1 Arm DB Arnold Press	3x10-12ea.	Difficult for last 3-4 reps	
B3) Russian Twist	3x20-30secs	Hold Plate or DB	On box or bench
10 Minute AMRAP DB Hammer Curl Tricep Push Down (band or cable) DB Bent Over Lateral Raise	Drop Sets: For each exercise, do 15 reps at a weight, then immediately drop to a lighter weight and do AMAP	Choose weights that you can maintain good technique for the 15 reps, then go until failure on AMAP	



WEEK 4

By the end of week 3, hopefully you're feeling more comfortable challenging yourself with the increased weights or more difficult movement patterns

Week 4 is very similar to week 3 but now you should be pushing yourself more confidently and you can continue to repeat this week until you feel like you're not able to increase weights or it's getting easy!

WEEK 4

DAY 1

Exercise	Range (SetsxReps)	Load	Alternatives
A1) BB Back Squats	4x6	RPE 8 - Add little bit more than last week	Goblet Squats, Dumbbell Front Squats, Hack Squat
A2) Single Arm DB Bench Press (alternating)	4x10ea.	Difficult for the last 4 reps	
B1) Front Foot Elevated Split Squat	3x8-10ea.	BW or hold DB in both hands	
B2) Ring Row (5 second pause at top of rep)	3x10-12	BW	TRX, Seated Row
B3) Side Plank Leg Raise	3x3-5ea.	BW	Side Plank, Bend knees
Conditioning EMOM 10. 250m Row 11. 10x DB Clean and Press 12. 45sec Mountain Climbers	Aim for 3-4 sets (9-12 minutes total)	Choose DBs you can complete reps in 30-45secs	

WEEK 4

DAY 2

Exercise	Range (SetsxReps)	Load	Alternatives
A1) BB Bench Press	4x6	RPE 8 - Add little bit more than last week	DB Bench Press
A2) DB Reverse Lunges	4x8-10ea.	Hold DB in both hands	
B1) BB Romanian Deadlift (RDL)	3x8-10	Difficult for the last 3-4 reps	DB RDL
B2) Single Arm Bent Over Row (Supported on Bench)	3x10-12ea.	Difficult for last 3-4 reps	
B3) Hollow Body Hold	3x30-45secs	BW	Tucked position to start
10 Minute AMRAP DB Lateral Raise DB Front Raise DB Bicep Curl	Drop Sets: For each exercise, do 15 reps at a weight, then immediately drop to a lighter weight and do AMAP	Choose weights that you can maintain good technique for the 15 reps, then go until failure on AMAP	

WEEK 4

DAY 3

Exercise	Range (SetsxReps)	Load	Alternatives
A1) Deadlift	4x6	RPE 8 - Add little bit more than last week	DB/KB Deadlift Trap Bar Deadlift Leg Press
A2) Seated Shoulder Press	4x10-12	Difficult for last 3-4 reps	
B1) DB Step Ups	3x8-10ea.	Hold DB's , approx for 30-38cm step height	
B2) Pull Ups	3x8-10	BW, Banded or Machine Assisted	Ring Row/TRX Hold Assisted Pull Up Machine Lat Pull Down
B3) Hanging Leg Raise	3x10-12	BW	Lying leg raises
Every 2 Minutes 4. 250-300m Row 5. 8-10 Cal Air Bike 6. 200-250m Ski		Complete metres or calories within 2 minute, rest until next 2 minutes	

WEEK 4

DAY 4

Exercise	Range (SetsxReps)	Load	Alternatives
A1) BB Front Squat	4x6	RPE 8 - Add little bit more than last week	DB Goblet Squat Hack Squat Leg Extension
A2) Single Arm Incline DB Bench Press (Alternating)	4x8-10ea.	Difficult for last 3-4 reps	
B1) BB Hip Thrust	3x12-15 + 10sec Hold at top of last rep	Difficult for the last 3-4 reps	Hip Thrust Machine BW
B2) ½ Kneeling, 1 Arm DB Arnold Press	3x10-12ea.	Difficult for last 3-4 reps	
B3) Russian Twist	3x20-30secs	Hold Plate or DB	On box or bench
10 Minute AMRAP DB Hammer Curl Tricep Push Down (band or cable) DB Bent Over Lateral Raise	Drop Sets: For each exercise, do 15 reps at a weight, then immediately drop to a lighter weight and do AMAP	Choose weights that you can maintain good technique for the 15 reps, then go until failure on AMAP	

THANK YOU

Well done for getting to the end of week 4! You've done a great job at prioritising yourself and stepping out of your comfort zone with this program

The great thing about a program like this is that you can repeat it many times and still see results as long as you're either increasing weights reps or difficulty of movements

I hope you've loved this program and style of training! I'm a big supporter of getting women into the gym and growing their confidence so if you have any questions at all or would like more programs like this one, send me an email at annaliese.newstrength@gmail.com or message our instagram page: [@herstrengths](https://www.instagram.com/herstrengths)

Thanks for downloading this program and let's GET STRONG!



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