
12-Week Strength Program

Two sessions a week, at least a day apart, 20 to 30 minutes each (Chapter 4). 8 to 12 repetitions per set; choose a load so that by the last repetition you could only do two or three more. If you have heart disease or chest pain, or are dizzy or dehydrated, ask your doctor first.

Six exercises:

1. Chair stands.
2. Push-ups against a wall or kitchen counter.
3. Rows with a band or water bottle, one hand on a chair.
4. Step-ups onto a low stair, alternating legs, holding the rail.
5. Hip bridges, lying on your back.
6. Carrying two heavy bags around the house.

Week	Exercises	Sets × reps	Session 1 ✓	Session 2 ✓	Made harder
1	1, 2	2 × 8–10			
2	1, 2	2 × 8–10			
3	1, 2, 5, 6	2 × 8–12			
4	1, 2, 5, 6	2 × 8–12			
5	1–6	2 × 8–12			
6	1–6	2 × 8–12			
7	1–6	2 × 8–12			
8	1–6	2 × 8–12			
9	1–6	2–3 × 8–12			
10	1–6	2–3 × 8–12			
11	1–6	2–3 × 8–12			

Week	Exercises	Sets × reps	Session 1 ✓	Session 2 ✓	Made harder
12	1–6	2–3 × 8–12			

In a week your dose goes up: drop to 1 set, don't skip entirely. **If you miss a week or two:** come back one step lighter.

Five chair stands (seconds): week 0 _____ week 12 _____

Chair stands in 30 seconds: week 0 _____ week 12 _____