BEGINNER

Your exercise guide and practice log



ILLUSTRATED EXERCISES. FILLABLE WORKSHEETS.

Companion to the Toward Health Beginner Exercise Protocol.

Print this packet or complete the blank fields digitally. Follow the instructions in the numbered worksheet pages.

Inside this companion

Exercise instructions / illustrated movement examples / blank fillable worksheets

Page references use the printed worksheet numbers after this cover.

BEGINNER

TOWARD HEALTH

A simple four-day week

Name _____ Week of _____

Day 1	15-30 minutes of conversational walking, cycling, rowing or elliptical.
Day 2	Five strength movements: squat, hinge, push, pull and core.
Day 3	Warm up at least 5 minutes; 15-30 minutes steady, or after building a base, 4 x 15-30 seconds at 7/10 effort with 2-3 minutes easy recovery.
Day 4	Repeat the same five strength movements.
Other days	Light activity or rest, as tolerated.

Learn the movements first

For the four non-core moves (squat, hinge, push and pull), use light resistance for 1-2 sets of 8-15 slow reps. Stop with about two good reps still available. Progress when your technique is consistently controlled, not after a fixed number of days.

Once your technique is established

1 Full reps, then partials

One continuous sequence per non-core movement: full-range reps to muscular failure, then controlled partials.

2 Drop once and repeat

End the phase when you cannot complete at least half the movement with good form. Reduce resistance once and repeat.

3 Move to the next exercise

Use less band tension, remove added weight or choose an easier supported variation. If a controlled reduction is impractical, keep the learning method.

Core stays controlled: reps per side for dead bug or seconds for plank. No partials or drops. Stop for pain or loss of form. For non-core moves, increase the starting resistance slightly after 15 full, controlled reps.

Illustrated movements: pages 2-4. Two-session training log: page 4.

BEGINNER

Your five strength movements

Choose the default or its listed alternative. Keep every repetition slow and controlled.

SQUAT

Chair squat

START FINISH



ALTERNATIVE

Goblet squat

Sit back to touch the chair. Stand smoothly with heels down.

Use the same movement on Days 2 and 4.
Begin with the learning method on page 1.

HINGE

Hip bridge

START FINISH



ALTERNATIVE

Back extension

Press through your feet. Lift your hips without arching your back.

Use the same movement on Days 2 and 4.
Begin with the learning method on page 1.

Your five strength movements

Choose the default or its listed alternative. Keep every repetition slow and controlled.

PUSH

Wall push-up

START FINISH





ALTERNATIVE

Chest-press machine

Keep your body straight. Bend your elbows and press away.

Use the same movement on Days 2 and 4.
Begin with the learning method on page 1.

PULL

Band row

START FINISH





ALTERNATIVE

Cable row

Use a secure anchor. Pull elbows toward your ribs without leaning back.

Use the same movement on Days 2 and 4.
Begin with the learning method on page 1.

BEGINNER

Core and your two-session log

CORE

Dead bug

ALTERNATIVE

Plank

Keep your back flat. Alternate opposite arm and leg with control.

Dead bug: reps per side. Plank: seconds. Stop when form changes; no partials or drops.

START



FINISH



Record each strength session

Wt = weight / band / variation. Learning: Set 2 optional. Progressed: one drop; reps = full + partial (10+2).

	DAY 2					DAY 4				
		☐ Learning	☐ Progressed				☐ Learning	☐ Progressed		
		Set 1 / main		Set 2 / drop			Set 1 / main		Set 2 / drop	
		Wt	Reps	Wt	Reps		Wt	Reps	Wt	Reps
Chair squat or Goblet squat	☐					☐				
Hip bridge or Back extension	☐					☐				
Wall push-up or Chest-press machine	☐					☐				
Band row or Cable row	☐					☐				
Dead bug or Plank	☐	Reps per side or hold seconds				☐	Reps per side or hold seconds			

Check Done beside completed movements. Leave unused second sets / drops blank.