

Strength Training for Beginners

Get stronger, safely and step by step: why strength matters, the basic movements, a beginner program at home or in the gym, progress, recovery, food and staying motivated.

E-BOOK • US LETTER

- Basic movements explained step by step
- 12-week program for home or gym
- Workout log and progress tracker

Strength Training for Beginners

Get stronger, safely and step by step: why strength matters, the basic movements, a beginner program at home or in the gym, progress, recovery, food and staying motivated.

© 2026 Digital Store XXL. All rights reserved. This e-book is for personal use only. Do not share, resell or redistribute it, in whole or in part.

This e-book offers general information about strength training for healthy adults. It is not medical advice. Consult a doctor before starting if you have health problems, injuries, are pregnant or have not exercised for a long time. Stop an exercise if you feel sharp pain, dizziness or chest pain. Consider a session with a qualified trainer or physical therapist to learn good technique.

Contents

Before you start	4
1. Why get stronger?	5
2. The basics	6
3. The warm-up	7
4. The basic movements	8
5. Home or gym?	10
6. Your 12-week program	11
7. Progress	13
8. Recovery, food and sleep	14
9. Staying motivated	15
Worksheets	16
A final word	21