

Beginner Women Guide

Foundation Strength Blueprint — Pressure Builds Power.

Week 1-2 | Activation

- Bodyweight squat 3x12
- Glute bridge 3x15
- Dumbbell row 3x10
- Dead bug 3x10/side

Week 3-4 | Base Build

- Goblet squat 4x10
- Hip thrust 4x12
- Incline push-up 3x10
- Plank 3x40s

Conditioning

- Incline walk 20 min x3/week
- Circuit finisher 3 rounds

Train with intent. Rest with purpose. REVVA — Pressure Builds Power.