

01 / BEGINNER STRENGTH AFTER 40

Start strong. Keep it repeatable.

An illustrative full-body session for a new or returning lifter. Allow about 35-45 minutes, including practice and rests. This is not a complete fitness plan.

Start smaller when needed. One working set of each movement is an option if two is excessive. Choose exercises you understand and can perform comfortably.

PREPARE THE SPACE

Stable chair or box; light dumbbells; a secure raised push-up support; supported-row setup or cable machine; clear walking space.

WARM UP FIRST

Begin with a few minutes of comfortable walking or cycling. Rehearse each movement unloaded or with a lighter load. Practice is separate from work sets.

ILLUSTRATIVE SESSION - WORK SETS

MOVEMENT	ASSIGNMENT	EXECUTION / LOAD CONTEXT
Chair or goblet squat	2 x 6-8	Use a stable chair/box and a comfortable depth. Control the descent.
Dumbbell Romanian deadlift	2 x 6-8	Keep weights close. If the hinge is unfamiliar, practice it unloaded first.
Incline push-up	2 x 6-10	Use a secure support. Raise the support to make the movement easier.
Supported or cable row	2 x 8-10	Keep the torso steady. Avoid yanking the weight to finish.
Light suitcase carry	2 x 15-20 sec per side	Walk through clear space without leaning. Keep the load light enough for control.

Rest: about 90-120 seconds between sets, or longer as needed. **Effort:** finish rep-based work with roughly 3-4 good reps left. End carries while posture stays steady.

PROGRESS ONLY WHEN READY

Add a rep within the range when control and recovery are steady. After reaching the top of the range in all planned sets with the same reserve for two sessions, consider the smallest practical load increase.

REDUCE OR CHANGE COURSE

Repeat the load, use one set, lower resistance or choose a simpler taught variation. After adding load, return toward the lower rep range. Leave at least a day between full-body sessions initially.

Safety: Educational example, not medical advice or an individualized prescription. Get appropriate guidance if an injury, health condition or medical restriction affects exercise. Stop for sharp or increasing pain, dizziness, chest discomfort or unusual breathlessness; seek appropriate medical help for concerning symptoms.

This is Steadfast's original teaching example, not a named proprietary routine. General context: [ACSM resistance-training guidance \(2026\)](#)

SESSION LOG

BEGINNER STRENGTH AFTER 40

Name

Date

kg / lb

Exercise variations / support height:

For dumbbells, record the weight of one dumbbell. For push-ups, record support height. For carries, enter seconds L/R and note posture instead of estimating RIR.

MOVEMENT	SET	TARGET	ACTUAL LOAD	ACTUAL REPS OR SECONDS	EFFORT RIR / NOTE	REST SEC
Squat	1	6-8 reps				
Squat	2	6-8 reps				
DB Romanian deadlift	1	6-8 reps				
DB Romanian deadlift	2	6-8 reps				
Incline push-up	1	6-10 reps				
Incline push-up	2	6-10 reps				
Supported/cable row	1	8-10 reps				
Supported/cable row	2	8-10 reps				
Suitcase carry	1	15-20s L/R				
Suitcase carry	2	15-20s L/R				

Review before the next session

Next time: repeat, add a rep, or reduce? Note the exercise and reason.

For left/right work, use L/R in the reps cell. Cross out unneeded sets. RIR = estimated good reps left. This is not a test to failure.