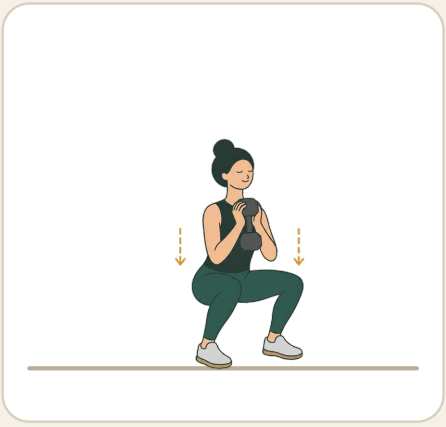
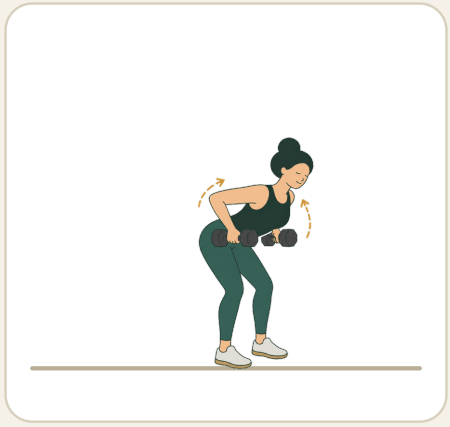
PRINTABLE DUMBBELL PLAN FOR WOMEN 25+

# 28-Day Home Strength Challenge

Two pairs of dumbbells. 20 to 30 minutes. Four weeks.
A real plan to get stronger at home, step by step.



**12 illustrated moves**



**3 workouts + 2 levels**



**Trackers + bonus coaching emails**

By Coach Luke | NASM-CPT, CES, PES | NESTA Nutrition Coach | coachluke.com

START HERE

# Welcome, strong woman

I'm Coach Luke. I have spent over 20 years helping people get fitter, and the women I train almost always tell me the same thing: **they want to feel strong, not just smaller.** Strength makes stairs, groceries, kids, posture and confidence easier. This plan gives you that in 20 to 30 minutes a day, at home.

## How this plan works

- **Three strength workouts a week** (A, B and C) built from 12 dumbbell moves. Every move is illustrated on pages 6 to 11.
- **Two short core days, one walk-and-stretch day and one full rest day** keep you moving without wearing you down.
- **Two levels.** Level 1 if you are new or coming back. Level 2 if you already lift a little. Switch any time.
- **It gets harder on purpose.** Each week adds a set, a rep or a heavier pair, so your body keeps adapting.
- **Check-ins on Day 1, Day 14 and Day 28** so you can see progress that the scale never shows.

## What's inside


| | | | |
|---|---|---|---|
| 3 | Safety + effort scale | 19 | When to go heavier |
| 4 | Choosing your dumbbells + 5 basics | 20 | 15-minute express workouts |
| 5 | Warm-up + cool-down | 21 | Protein + recovery basics |
| 6–11 | The 12 moves | 22 | Reflection pages |
| 12 | Starting check-in | 23 | Moves poster |
| 13 | 28-day calendar | 24 | Weeks 5 to 8 |
| 14–17 | Weekly plans | 25 | Certificate |
| 18 | Weight log | 26 | Free bonus coaching emails |


**Free bonus:** scan the QR code on page 26 to get a short coaching email from me every day of your challenge, with the day's workout, a form tip and a nudge to keep going.

BEFORE YOU START

# Train safe, train smart

### Check with your doctor first if...

- You are pregnant or recently postpartum
- You have a heart condition or high blood pressure
- You have a recent injury or surgery
- You have joint, back or bone health concerns
- You have not exercised in a long time and have health questions

### Stop and rest if you feel...

- Sharp, stabbing or joint pain (muscle burn is fine)
- Dizziness, light-headedness or nausea
- Chest pain or unusual shortness of breath
- Pain that gets worse as you keep going

## Your effort scale: reps in reserve

Every set in this plan tells you how many good reps to keep "in the tank." Stop the set when you could do that many more with clean form. This keeps you safe and still makes you stronger.

| Reps left | How it feels | When we use it |
|---|---|---|
| **4+** | Easy, could chat the whole time | Warm-up sets |
| **3** | Working, but smooth and controlled | Week 1 |
| **2** | Challenging, form still clean | Weeks 2 and 3 |
| **1** | Very hard, last rep slows down | Week 4, last set only |
| **0** | Could not do one more | Never needed in this plan |

This plan is general fitness education, not medical advice. You are responsible for exercising within your own limits.

YOUR SETUP

# Choosing your dumbbells

You need two pairs: a **light pair** for shoulders and arms, and a **medium pair** for legs, back and carries. Adjustable dumbbells work perfectly. Use the table as a starting point, then follow the effort scale.

| | Light pair | Medium pair | Used for |
|---|---|---|---|
| **New to weights** | 3 to 5 lb | 8 to 10 lb | Level 1 |
| **Some experience** | 5 to 8 lb | 12 to 15 lb | Level 1 or 2 |
| **Lift regularly** | 8 to 12 lb | 15 to 25 lb | Level 2 |
| **No dumbbells yet?** | Water bottles | Milk jugs or a loaded backpack | Days 1 to 7 |

## The 5 basics that make every rep count

1. **Brace.** Before each rep, tighten your middle like someone is about to poke your belly. Keep it through the rep.
2. **Hinge.** Bending forward comes from the hips, with a long flat back. You will use it for rows and deadlifts.
3. **Tempo 3-1-1.** Take 3 seconds to lower, pause 1 second, lift in about 1 second. Slow lowering builds strength fast.
4. **Breathe.** Breathe in as you lower, breathe out as you lift. Never hold your breath for the whole set.
5. **Full range.** A lighter weight through full range beats a heavy weight halfway. Own the whole movement.

**Also handy:** a mat or rug for floor moves, a sturdy chair, water, and a pencil to fill in your trackers.

EVERY WORKOUT

# Warm-up and cool-down

## 5-minute warm-up

Do this before every strength day

- **March in place**, 60 seconds, swing your arms
- **Arm circles**, 10 forward and 10 back
- **Hip hinges**, 10 slow reps, hands on hips
- **Bodyweight squats**, 10 slow reps
- **Reverse lunges**, 5 each leg, no weights
- **Dead bugs**, 5 each side
- **One light practice set** of your first exercise

## 5-minute cool-down

Hold each stretch 30 to 45 seconds

- **Hamstring stretch**, heel on a low step, hinge forward
- **Hip flexor stretch**, half-kneeling, each side
- **Figure-4 glute stretch**, lying or seated
- **Chest opener**, hands clasped behind you
- **Overhead side reach**, each side
- **Child's pose** with 5 slow breaths
- **Two minutes of easy walking** to finish

## Walk & Stretch days

On Day 4 of each week, take a 20 to 40 minute walk at a pace where you can still talk, then do the cool-down. Walking helps your legs recover and keeps your energy up between strength days.

# The 12 moves

FINISH position · amber arrow = direction



## 01 Goblet Squat

LEGS + GLUTES

1. Hold one dumbbell upright at your chest, elbows tucked, feet a bit wider than hips.
2. Sit your hips down and back between your heels until your thighs are about level with the floor.
3. Drive through your whole foot to stand tall and squeeze your glutes at the top.

**Coach cue:** *Knees follow your toes. Chest proud, like you are showing off a logo on your shirt.*

**EASIER**
Squat to a chair seat

**HARDER**
Pause 2 seconds at the bottom

FINISH position · amber arrow = direction



## 02 Romanian Deadlift

HAMSTRINGS + GLUTES + BACK

1. Stand tall with a dumbbell in each hand in front of your thighs, knees soft.
2. Push your hips back like closing a car door with your backside. Dumbbells slide down your legs.
3. Stop when you feel a strong hamstring stretch (about mid-shin), then drive hips forward to stand.

**Coach cue:** *Long spine from head to tailbone. This is a hip hinge, not a squat.*

**EASIER**
Lighter pair, shorter range

**HARDER**
3-second lowering

# The 12 moves

FINISH position · amber arrow = direction



## 03 Reverse Lunge

LEGS + GLUTES + BALANCE

1. Stand tall with dumbbells at your sides.
2. Step one foot back and lower until both knees bend to about 90 degrees.
3. Push through the front heel to return. Finish all reps, then switch legs.

**Coach cue:** *Most of your weight stays on the front foot. Back knee hovers, never slams.*

**EASIER**
Hold a wall or chair, no weights

**HARDER**
Pause with the back knee hovering

FINISH position · amber arrow = direction



## 04 Dumbbell Glute Bridge

GLUTES + HAMSTRINGS

1. Lie on your back, knees bent, feet flat. Rest one dumbbell across your hip bones.
2. Press through your heels and lift your hips until shoulders, hips and knees line up.
3. Squeeze your glutes for one second at the top, then lower slowly.

**Coach cue:** *Ribs down, chin tucked. Your glutes do the lifting, not your lower back.*

**EASIER**
No dumbbell

**HARDER**
Hold the top for 3 seconds each rep

# The 12 moves

FINISH position · amber arrow = direction



## 05 Bent-Over Row

UPPER BACK + ARMS

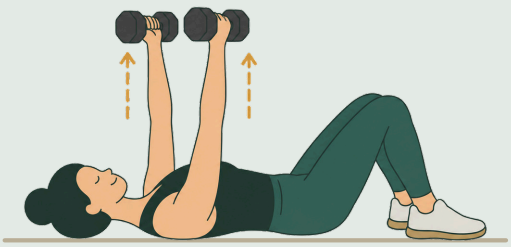
1. Hinge forward with a flat back, dumbbells hanging under your shoulders.
2. Pull your elbows back toward your hip pockets, keeping them close to your sides.
3. Squeeze your shoulder blades together, then lower with control.

**Coach cue:** *Think "elbows to back pockets." Keep your neck long and eyes on the floor.*

**EASIER**
One arm at a time, other hand on a chair

**HARDER**
2-second squeeze at the top

FINISH position · amber arrow = direction



## 06 Floor Press

CHEST + SHOULDERS + TRICEPS

1. Lie on your back, knees bent, a dumbbell in each hand, upper arms resting on the floor.
2. Press the dumbbells straight up over your chest until your arms are long.
3. Lower slowly until your upper arms touch the floor again.

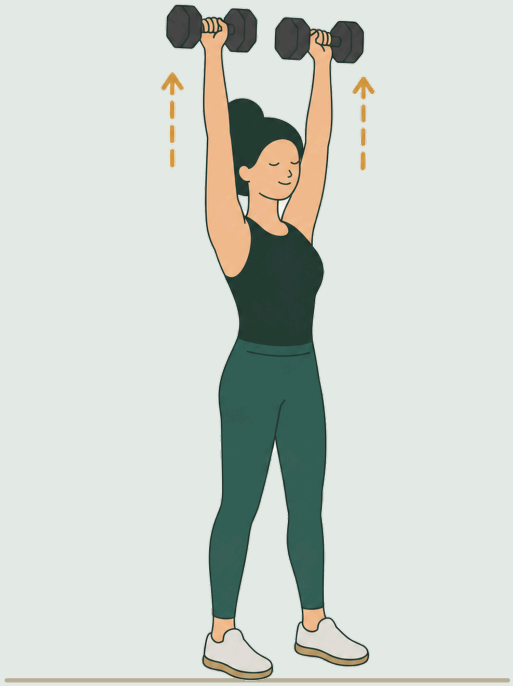
**Coach cue:** *The floor protects your shoulders. Wrists stay stacked over elbows.*

**EASIER**
Lighter pair

**HARDER**
Pause with elbows on the floor

# The 12 moves

FINISH position · amber arrow = direction



## 07 Overhead Press

SHOULDERS + ARMS + CORE

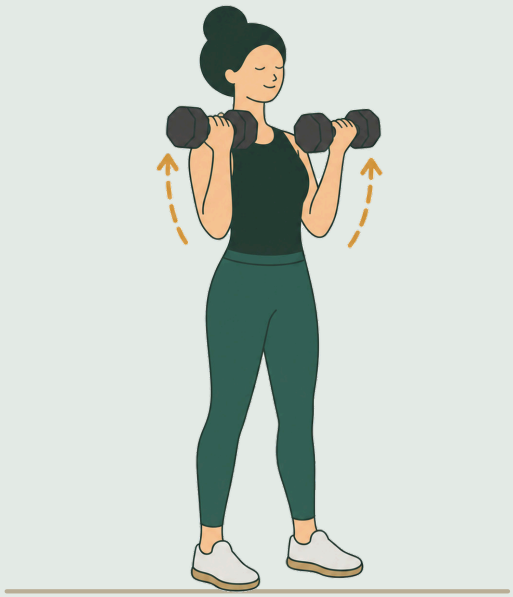
1. Stand or sit tall with dumbbells at shoulder height, palms facing forward.
2. Brace your core and press the dumbbells overhead until your arms are straight.
3. Lower back to shoulder height with control.

**Coach cue:** *Squeeze your glutes so your lower back does not arch. Biceps finish near your ears.*

**EASIER**
Seated on a sturdy chair

**HARDER**
One arm at a time for balance

FINISH position · amber arrow = direction



## 08 Biceps Curl

FRONT OF ARMS

1. Stand tall, dumbbells at your sides, palms facing forward.
2. Keep elbows pinned to your sides and curl the dumbbells toward your shoulders.
3. Lower slowly all the way down.

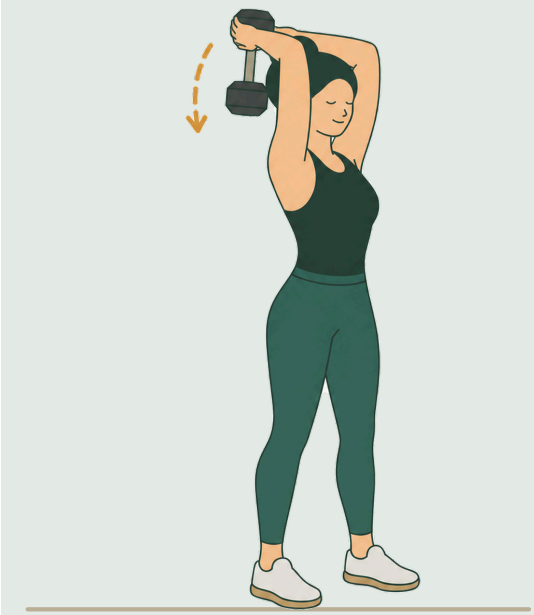
**Coach cue:** *No swinging. If you need your hips to lift it, it is too heavy for today.*

**EASIER**
Alternate arms

**HARDER**
3-second lowering

# The 12 moves

FINISH position · amber arrow = direction



## 09 Overhead Triceps Extension

BACK OF ARMS

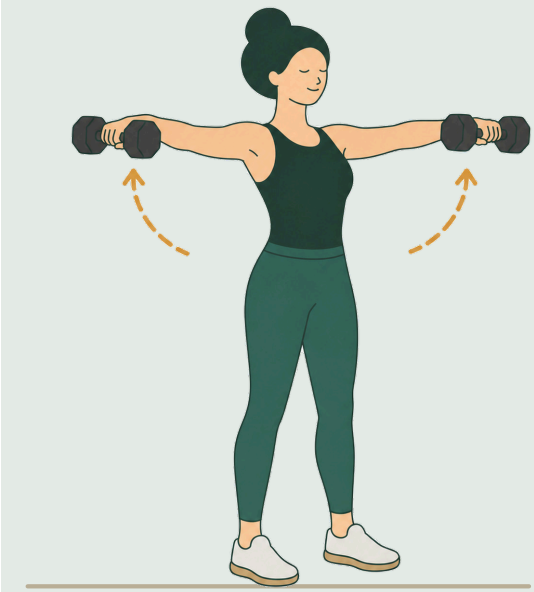
1. Hold one dumbbell overhead with both hands cupping the top end.
2. Keep elbows pointing forward and lower the dumbbell behind your head.
3. Straighten your arms to press it back up.

**Coach cue:** *Elbows stay narrow, ribs stay down. Move only at the elbow.*

**EASIER**
Seated, lighter dumbbell

**HARDER**
2-second pause at the bottom

FINISH position · amber arrow = direction



## 10 Lateral Raise

SIDE OF SHOULDERS

1. Stand tall with light dumbbells at your sides, a slight bend in the elbows.
2. Raise your arms out to the sides until they reach shoulder height.
3. Lower slowly. Use your lightest pair here.

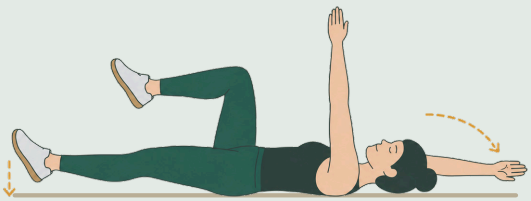
**Coach cue:** *Lead with your elbows, like pouring two pitchers of water.*

**EASIER**
Raise to just below shoulder height

**HARDER**
3-second lowering

# The 12 moves

FINISH position · amber arrow = direction



## 11 Dead Bug

DEEP CORE

1. Lie on your back, arms reaching to the ceiling, knees bent over hips.
2. Slowly reach one arm overhead and the opposite leg long, hovering above the floor.
3. Return to the start and switch sides. Breathe out as you reach.

**Coach cue:** *Press your lower back gently into the floor the whole time.*

**EASIER**
Move only the legs

**HARDER**
Hold a light dumbbell in both hands

FINISH position · amber arrow = direction



## 12 Farmer's March

GRIP + CORE + POSTURE

1. Hold a heavy dumbbell in each hand at your sides and stand tall.
2. March in place, lifting one knee to hip height at a time.
3. Keep your shoulders level and your torso still. Breathe steadily.

**Coach cue:** *Tall like a puppet on a string. No leaning toward either dumbbell.*

**EASIER**
Slow march, lighter pair

**HARDER**
Walk laps around your home

DAY 1

# Starting check-in

Do these tests on Day 1 after your warm-up, then again on Day 14 and Day 28. Write today's numbers in the Day 1 column. Most women are surprised how much these change in four weeks.

| Test | Day 1 | Day 14 | Day 28 |
|---|---|---|---|
| **Goblet squat: heaviest weight, 10 good reps** | | | |
| **Bent-over row: heaviest weight, 10 good reps** | | | |
| **Farmer's march: seconds, medium pair** | | | |
| **Dead bug: clean reps per side** | | | |
| **Energy most days (1 to 10)** | | | |
| **Sleep quality (1 to 10)** | | | |
| **How strong I feel (1 to 10)** | | | |
| **Optional: waist measurement** | | | |

## My why

Finish this sentence. On hard days, read it again: *"I want to get stronger because..."*

YOUR MONTH

# 28-day calendar

Tick each day when it is done. Missed a day? Do not double up. Just pick up where you left off.

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---|---|---|---|---|---|---|
| Strength A + check-in ☐ | Core 10 + Walk ☐ | Strength B ☐ | Walk & Stretch ☐ | Strength C ☐ | Core 10 ☐ | Rest ☐ |
| **DAY 8** | **DAY 9** | **DAY 10** | **DAY 11** | **DAY 12** | **DAY 13** | **DAY 14** |
| Strength A ☐ | Core 10 + Walk ☐ | Strength B ☐ | Walk & Stretch ☐ | Strength C ☐ | Core 10 ☐ | Rest + halfway check-in ☐ |
| **DAY 15** | **DAY 16** | **DAY 17** | **DAY 18** | **DAY 19** | **DAY 20** | **DAY 21** |
| Strength A ☐ | Core 10 + Walk ☐ | Strength B ☐ | Walk & Stretch ☐ | Strength C ☐ | Core 10 ☐ | Rest ☐ |
| **DAY 22** | **DAY 23** | **DAY 24** | **DAY 25** | **DAY 26** | **DAY 27** | **DAY 28** |
| Strength A ☐ | Core 10 + Walk ☐ | Strength B ☐ | Walk & Stretch ☐ | Strength C ☐ | Core 10 ☐ | Rest + final re-test ☐ |

Strength workout  Core 10  Walk & stretch  Rest

Core 10 = Dead Bug 3 x 8 each side, Glute Bridge 3 x 12, Farmer's March 3 x 30 seconds. About 10 minutes.

# Week 1: Foundations

**This week:** Learn every move with weights that feel easy. Finish each set with about 3 good reps left in the tank. Effort target: **3 reps in reserve**.

**LEVEL 1**
**A + B: 2 sets x 10 | C: 2 rounds**

**LEVEL 2**
**A + B: 3 sets x 10 | C: 3 rounds**

## DAY 1 Strength A: Lower Body Focus

- [ ] Goblet Squat — weight used
- [ ] Romanian Deadlift — weight used
- [ ] Reverse Lunge (each leg) — weight used
- [ ] Dumbbell Glute Bridge — weight used
- [ ] Dead Bug (each side) — weight used

## DAY 3 Strength B: Upper Body Focus

- [ ] Floor Press — weight used
- [ ] Bent-Over Row — weight used
- [ ] Overhead Press — weight used
- [ ] Biceps Curl — weight used
- [ ] Overhead Triceps Extension — weight used
- [ ] Lateral Raise — weight used

## DAY 5 Strength C: Full-Body Circuit

- [ ] Goblet Squat — weight used
- [ ] Bent-Over Row — weight used
- [ ] Romanian Deadlift — weight used
- [ ] Overhead Press — weight used
- [ ] Farmer's March — weight used

*40 seconds work, 20 seconds rest per move. Rest 90 seconds between rounds.*

| | |
|---|---|
| **Days 2 + 6** | Core 10 (plus a 15-minute walk on Day 2) |
| **Day 4** | Walk & Stretch: 20 to 40 minutes + cool-down |
| **Day 7** | Rest: sleep, water, protein |

Rest 60 to 90 seconds between sets. Reverse lunge and dead bug reps are per side.

# Week 2: Build

**This week:** Same moves, one more set or 2 more reps. Your form should feel smoother this week. Effort target: **2 to 3 reps in reserve**.

**LEVEL 1**
**A + B: 3 sets x 10 | C: 3 rounds**

**LEVEL 2**
**A + B: 3 sets x 12 | C: 3 rounds**

## DAY 8 Strength A: Lower Body Focus

- [ ] Goblet Squat — weight used
- [ ] Romanian Deadlift — weight used
- [ ] Reverse Lunge (each leg) — weight used
- [ ] Dumbbell Glute Bridge — weight used
- [ ] Dead Bug (each side) — weight used

## DAY 10 Strength B: Upper Body Focus

- [ ] Floor Press — weight used
- [ ] Bent-Over Row — weight used
- [ ] Overhead Press — weight used
- [ ] Biceps Curl — weight used
- [ ] Overhead Triceps Extension — weight used
- [ ] Lateral Raise — weight used

## DAY 12 Strength C: Full-Body Circuit

- [ ] Goblet Squat — weight used
- [ ] Bent-Over Row — weight used
- [ ] Romanian Deadlift — weight used
- [ ] Overhead Press — weight used
- [ ] Farmer's March — weight used

*40 seconds work, 20 seconds rest per move. Rest 90 seconds between rounds.*

| | |
|---|---|
| **Days 9 + 13** | Core 10 (plus a 15-minute walk on Day 9) |
| **Day 11** | Walk & Stretch: 20 to 40 minutes + cool-down |
| **Day 14** | Rest: halfway check-in on page 12 |

Rest 60 to 90 seconds between sets. Reverse lunge and dead bug reps are per side.

# Week 3: Get Stronger

**This week:** Go up to a heavier pair on the big moves. Fewer reps, more weight. Effort target: **2 reps in reserve**.

**LEVEL 1**
**A + B: 3 sets x 8 | C: 3 rounds**

**LEVEL 2**
**A + B: 4 sets x 8 | C: 4 rounds**

## DAY 15 Strength A: Lower Body Focus

- [ ] Goblet Squat — weight used
- [ ] Romanian Deadlift — weight used
- [ ] Reverse Lunge (each leg) — weight used
- [ ] Dumbbell Glute Bridge — weight used
- [ ] Dead Bug (each side) — weight used

## DAY 17 Strength B: Upper Body Focus

- [ ] Floor Press — weight used
- [ ] Bent-Over Row — weight used
- [ ] Overhead Press — weight used
- [ ] Biceps Curl — weight used
- [ ] Overhead Triceps Extension — weight used
- [ ] Lateral Raise — weight used

## DAY 19 Strength C: Full-Body Circuit

- [ ] Goblet Squat — weight used
- [ ] Bent-Over Row — weight used
- [ ] Romanian Deadlift — weight used
- [ ] Overhead Press — weight used
- [ ] Farmer's March — weight used

*40 seconds work, 20 seconds rest per move. Rest 90 seconds between rounds.*

| | |
|---|---|
| **Days 16 + 20** | Core 10 (plus a 15-minute walk on Day 16) |
| **Day 18** | Walk & Stretch: 20 to 40 minutes + cool-down |
| **Day 21** | Rest: sleep, water, protein |

Rest 60 to 90 seconds between sets. Reverse lunge and dead bug reps are per side.

# Week 4: Own It

**This week:** Keep the heavier weights and add reps. Day 28 is your re-test, so keep Day 27 easy. Effort target: **1 to 2 reps in reserve**.

**LEVEL 1**
**A + B: 3 sets x 12 | C: 4 rounds**

**LEVEL 2**
**A + B: 4 sets x 10 | C: 4 rounds**

## DAY 22 Strength A: Lower Body Focus

- [ ] Goblet Squat — weight used
- [ ] Romanian Deadlift — weight used
- [ ] Reverse Lunge (each leg) — weight used
- [ ] Dumbbell Glute Bridge — weight used
- [ ] Dead Bug (each side) — weight used

## DAY 24 Strength B: Upper Body Focus

- [ ] Floor Press — weight used
- [ ] Bent-Over Row — weight used
- [ ] Overhead Press — weight used
- [ ] Biceps Curl — weight used
- [ ] Overhead Triceps Extension — weight used
- [ ] Lateral Raise — weight used

## DAY 26 Strength C: Full-Body Circuit

- [ ] Goblet Squat — weight used
- [ ] Bent-Over Row — weight used
- [ ] Romanian Deadlift — weight used
- [ ] Overhead Press — weight used
- [ ] Farmer's March — weight used

*40 seconds work, 20 seconds rest per move. Rest 90 seconds between rounds.*

| | |
|---|---|
| **Days 23 + 27** | Core 10 (plus a 15-minute walk on Day 23) |
| **Day 25** | Walk & Stretch: 20 to 40 minutes + cool-down |
| **Day 28** | Rest: re-test on page 12, then your certificate |

Rest 60 to 90 seconds between sets. Reverse lunge and dead bug reps are per side.

TRACK IT

# Weight log

Write the weight you used for your **last set** each week. When the numbers climb, you are getting stronger.

| Move | Week 1 | Week 2 | Week 3 | Week 4 |
|---|---|---|---|---|
| **Goblet Squat** | | | | |
| **Romanian Deadlift** | | | | |
| **Reverse Lunge** | | | | |
| **Dumbbell Glute Bridge** | | | | |
| **Bent-Over Row** | | | | |
| **Floor Press** | | | | |
| **Overhead Press** | | | | |
| **Biceps Curl** | | | | |
| **Overhead Triceps Extension** | | | | |
| **Lateral Raise** | | | | |
| **Dead Bug** | | | | |
| **Farmer's March** | | | | |

Tip: write it like "12 x 10" (12 lb for 10 reps). For the farmer's march, write weight and seconds.

KEEP IMPROVING

# When to go heavier

## The 2-for-2 rule

If you can do **2 more reps than the plan asks**, with clean form, on your last set, **for 2 workouts in a row**, it is time for the next weight up on that move.

1

**Same weight, more reps**

Example: 10 lb x 10, then 10 lb x 11, then 10 lb x 12.

2

**Go up one step**

Next pair up (about 2 to 5 lb). Drop back to the bottom of the rep range.

3

**Build reps again**

Climb the reps with the new weight until 2-for-2 says go again.

## Signs you should stay where you are

- Your form breaks down on the last 2 reps
- Joints feel achy (not muscles) the next day
- You slept badly or feel run down this week
- You are rushing the lowering part of the rep

## Which moves go up fastest?

Big moves (goblet squat, Romanian deadlift, row, glute bridge) usually go up first. Small moves (lateral raise, triceps, curls) go up slowly, and that is normal. Adding one rep is progress too.

BUSY DAY BACKUP

# 15-minute express workouts

Short on time? Swap in one of these instead of skipping. Set a timer: 40 seconds work, 20 seconds rest, go through the list, repeat for 15 minutes.

## Express Lower

1. Goblet Squat
2. Romanian Deadlift
3. Reverse Lunge (alternate legs)
4. Dumbbell Glute Bridge
5. Dead Bug

## Express Upper

1. Bent-Over Row
2. Floor Press
3. Overhead Press
4. Biceps Curl + Triceps Extension (20s each)

## Express Full Body

1. Goblet Squat
2. Bent-Over Row
3. Overhead Press
4. Farmer's March

**Rule of thumb:** one express workout counts as your strength day. Two in a week is fine. Skipping the warm-up is not, so do 2 minutes of it first.

FUEL YOUR STRENGTH

# Protein + recovery basics

Muscle is built when you rest and eat, not only when you lift. You do not need a strict diet for this challenge. Start with these four habits.

- [x] **Protein at every meal**
  Aim for a palm-sized portion (about 25 to 35 g) at breakfast, lunch and dinner. Eggs, Greek yogurt, chicken, fish, tofu, lentils, cottage cheese and protein shakes all count.

- [x] **Sleep 7 to 9 hours**
  Sleep is when your body repairs. A regular bedtime helps more than any supplement.

- [x] **Drink water**
  Keep a bottle nearby on training days. Pale yellow is a good sign.

- [x] **Walk every day**
  Easy daily steps help recovery, mood and energy. Even 10 minutes after meals helps.

## Easy 30 g protein ideas

| Meal | Idea | About |
|---|---|---|
| **Breakfast** | 1 cup Greek yogurt + berries + 2 tbsp hemp seeds | 30 g |
| **Breakfast** | 3 eggs + 1/2 cup cottage cheese | 30 g |
| **Lunch** | Chicken salad wrap (4 oz chicken) | 35 g |
| **Dinner** | Salmon (5 oz) + rice + greens | 32 g |
| **Snack** | 1 scoop protein powder + 1 cup milk | 30 g |

Protein amounts are approximate and vary by brand. If you have kidney disease or a medical diet, follow your doctor's advice.

LOOK BACK

# Halfway + finish line reflection

## Day 14: halfway

**What feels easier than on Day 1?**

**Which move do I like most?**

**What will I do differently in Weeks 3 and 4?**

## Day 28: finish line

**What am I most proud of?**

**Where do I feel stronger in daily life?**

**What do I want to work on next?**

PRINT + PIN UP

# The 12 moves at a glance



1. Goblet Squat



2. Romanian Deadlift



3. Reverse Lunge



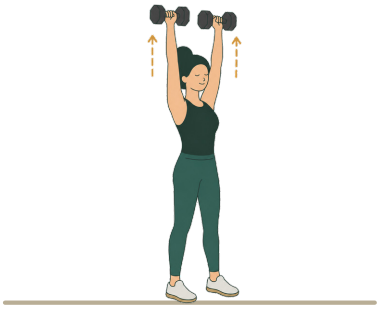
4. Dumbbell Glute Bridge



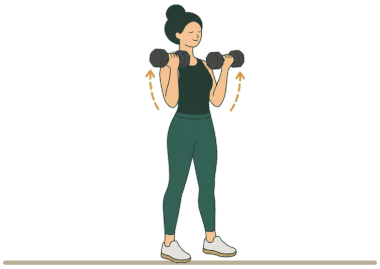
5. Bent-Over Row



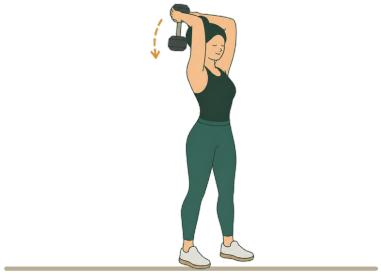
6. Floor Press



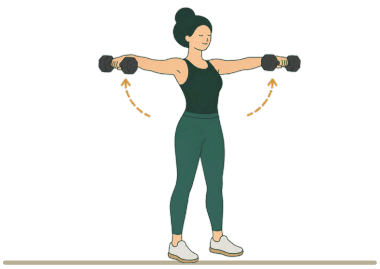
7. Overhead Press



8. Biceps Curl



9. Overhead Triceps Extension



10. Lateral Raise



11. Dead Bug



12. Farmer's March

WHAT'S NEXT

# Weeks 5 to 8: keep going

Finished? Amazing. Do not stop now. Your next month repeats the same weekly rhythm with a few smart changes.

| Weeks | Strength A + B | Strength C | Focus |
|---|---|---|---|
| **5** | 3 x 10, new heavier pair | 4 rounds | Use your Day 28 numbers |
| **6** | 4 x 8 | 4 rounds | Slow 4-second lowering |
| **7** | 4 x 10 | 5 rounds | Add 1 rep per set |
| **8** | 3 x 12, lighter pair | 3 rounds | Easier week, re-test Day 56 |

## Three ways to make it harder (pick one)

- **Heavier pair** on goblet squat, Romanian deadlift and row
- **Pause reps:** 2 seconds at the hardest point of each rep
- **One-side work:** single-arm rows and presses, split squats instead of lunges

## Keep the habits

- Protein at every meal
- Daily walk
- Weight log every week (reprint page 18)
- Rest day every week, no exceptions

CERTIFICATE OF COMPLETION

# 28-Day Home Strength Challenge

This certifies that

_____

showed up, lifted, and finished all 28 days.

Stronger today than on Day 1.

_____ _____

Date finished My biggest win

*Coach Luke*

NASM-CPT, CES, PES | coachluke.com

FREE BUYER BONUS

# Your daily coaching emails

You bought the plan. Now let me coach you through it. Scan the code to get a short email from me every day of your challenge. It is free for buyers, and you can unsubscribe any time.

**Or type: coachluke.com/home-strength-bonus**

## What you get

- **Day 1 to Day 28:** the day's workout, one form tip and a small win to aim for
- **Check-in reminders** on Day 14 and Day 28 so you see your progress
- **Plain answers** to common questions: sore muscles, picking weights, busy weeks
- **What to do after Day 28** so you keep your new strength

**Thank you for supporting a small business.** If this plan helps you, just reply to my emails and tell me. More free printables are waiting in my Free Resource Library at coachluke.com/free-library.