



NEW TO STRENGTH TRAINING

-

AT HOME EDITION

PERSONALISED PROGRAM

 Lift2Last

FOR A SUSTAINABLE, HEALTHY LIFESTYLE

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CONGRATULATIONS !

Hi there, I'm Jochem and a warm welcome to Lift2Last!

Here is your free edition of my program: NEW TO STRENGTH TRAINING - AT HOME EDITION.

Get ready to burn fat, build



Further down you will find the 1st phase of my highly effective training program, which is specifically tailored for people who are new to strength training or weightlifting. The program requires minimal equipment. All you need is a set of dumbbells and you can start from home today!

You will see incredible results with this program. If you like the program and want to continue your fitness journey through all phases. Get in contact through one of my channels!

E-mail: coaching@lift2last.com

Website: <https://lift2last.com/contact-lift2last>



PROGRAM OVERVIEW

	INTRO PHASE	PHASE I	PHASE II	PHASE III
GOAL	Familiarise the body with strength training. Build some foundational muscle mass	Significant increase strength. Focus on heavy weights for limit number of repetitions to promote strengthening the body.	Focus on maximising muscle growth and hypertrophy. Maintaining good form through higher repetitions	Increase strength endurance through higher rep volumes than classic hypertrophy training
EXPECTED RESULTS	Better mind-muscle connection. You will feel more in control of your exercise movements and form.	Significant increase in strength. You should see the weights go up week after week.	Maximise the muscle building single for the body. You will see noticeable increase in muscle size and definition.	A novel stimulus for muscle growth which will stimulate muscle toning and overall strength training endurance. Your muscle will feel round and full.
DURATION	3 weeks	3 weeks	3 weeks	3 weeks
WORKOUTS	2 times/week Strength Training 1 time/week Cardio/HIIT	2 times/week Strength Training 1 time/week Cardio HIIT	2 times/week Strength Training 1 time/week Cardio HIIT	2 times/week Strength Training 1 time/week Cardio HIIT
STRENGTH	1 exercise/body part 1-2 sets each 12-20 reps/exercise Rest between sets: 90 seconds	1 exercise/body part 2-5 sets 1-4 reps/exercise Rest between sets: up to 3 minutes seconds	1 exercise/body part 3 sets 8-12 reps/exercise Rest between sets: up to 1 minute	2 exercises/body part, 2-3 sets each 12-15 reps/exercise Rest between sets: Not more than 30 seconds
CARDIO / HIIT	20-40 minutes	20-40 minutes	20-40 minutes	20-40 minutes

SAMPLE WEEK PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STRENGTH SESSION 1	ACTIVE REST	STRENGTH SESSION 2	ACTIVE REST	ACTIVE REST	CARDIO or HIIT	ACTIVE REST

PROGRAM OVERVIEW

Below are the workouts per phase of your personalised programme. Each week, during our check-in sessions, we will look back at the previous week and discuss the upcoming week of workouts. Where needed, we will customise the program during these check-ins.

At the end of each phase, we will assess results and, based on this discussion, I will create your next set of workouts for the upcoming phase.

A short 5-minute warm-up and cool-down are included in each program and can be found below. I highly recommend ALWAYS running a warm-up and cool-down after each session to avoid muscle soreness or injury.

INTRO PHASE: Weeks 1-3 FOUNDATIONAL STRENGTH

	Exercise	Sets x Reps
WARM-UP: Do this before each Strength session	Arm Circles	30 seconds front / 30 seconds back
	Inchworms to high plank	8 repetitions
	World Greatest stretch	8x each side
	Alternating reverse lunges	8x each side
	Torse Twists	8x each side
	Jumping Jacks	1 minute
COOL-DOWN: Do this after each Strength session	Standing Forward Fold with Shoulder Opener	1 minute
	Low Lunge with Side Stretch	30 seconds each side
	Child's Pose	1 minute
	Cat-Cow	1 minute
	Pigeon Pose	30 seconds each side

INTRO PHASE: Weeks 1-3 FOUNDATIONAL STRENGTH

	Exercise	Sets x Reps
STRENGTH SESSION 1	<u>Goblet Squat</u>	2 x 12-16
	<u>Walking Lunges</u>	1 x 16-20
	<u>Dumbbell Romanian deadlift</u>	1 x 8-12
	<u>Dumbbell Bench Press</u>	2 x 12-16
	<u>Dumbbell Single Arm Row</u>	2 x 12-16 each side
	<u>Dumbbell front raises</u>	2 x 12-16
	<u>Standing Dumbbell Shoulder Press</u>	2 x 12-16
	<u>Dumbbell Rear Delt Flys</u>	1 x 12-16
	<u>Dumbbell Curls</u>	2 x 12-16
	<u>Close Grip Push Up - with knee-support</u>	2 x 12-16
	<u>Isometric Planks</u>	2 x 30-60 second hold
	<u>Lying leg raises</u>	2x 15-20
STRENGTH SESSION 2	<u>Dumbbell Overhead Squat</u>	2 x 12-16
	<u>Dumbbell Step-ups</u>	1 x 16-20
	<u>Supermans</u>	1 x 8-12
	<u>Dumbbell Flys</u>	2 x 12-16
	<u>Dumbbell Pullovers</u>	2 x 12-16
	<u>Dumbbell lateral raises</u>	2 x 12-16
	<u>Standing Dumbbell Shoulder Press</u>	2 x 12-16
	<u>Dumbbell Rear Delt Flys</u>	1 x 12-16
	<u>Dumbbell Hammer Curls</u>	2 x 12-16
	<u>Close Grip Push Up - with knee-support</u>	2 x 12-16
	<u>Side Plank Leg Raises</u>	2 x 12 each side
	<u>Bird Dogs</u>	2x 16-20
CARDIO or HIIT Session	<u>One 30-60 minute Cardio or HIIT session</u>	The goal is to do a cardio or HIIT workout that you enjoy. If choosing to do running, keep within cardiovascular zone 2-3.

PROGRESS TRACKER

PRE PHASE: Weeks 1-3 FOUNDATIONAL STRENGTH			WEEK 1	WEEK 2	WEEK 3
	Exercise	Sets x Reps	Weight Used	Weight Used	Weight Used
STRENGTH SESSION 1	<u>Goblet Squat</u>	2 x 12-16			
	<u>Walking Lunges</u>	1 x 16-20			
	<u>Dumbbell Romanian deadlift</u>	1 x 8-12			
	<u>Dumbbell Bench Press</u>	2 x 12-16			
	<u>Dumbbell Single Arm Row</u>	2 x 12-16 each side			
	<u>Dumbbell front raises</u>	2 x 12-16			
	<u>Standing Dumbbell Shoulder Press</u>	2 x 12-16			
	<u>Dumbbell Rear Delt Flys</u>	1 x 12-16			
	<u>Dumbbell Curls</u>	2 x 12-16			
	<u>Close Grip Push Up - with knee-support</u>	2 x 12-16			
	<u>Isometric Planks</u>	2 x 30-60 second hold			
	<u>Lying leg raises</u>	2 x 15-20			
STRENGTH SESSION 2	<u>Dumbbell Overhead Squat</u>	2 x 12-16			
	<u>Dumbbell Step-ups</u>	1 x 16-20			
	<u>Supermans</u>	1 x 8-12			
	<u>Dumbbell Flys</u>	2 x 12-16			
	<u>Dumbbell Pullovers</u>	2 x 12-16			
	<u>Dumbbell lateral raises</u>	2 x 12-16			
	<u>Standing Dumbbell Shoulder Press</u>	2 x 12-16			
	<u>Dumbbell Rear Delt Flys</u>	1 x 12-16			
	<u>Dumbbell Hamer Curls</u>	2 x 12-16			
	<u>Close Grip Push Up - with knee-support</u>	2 x 12-16			
	<u>Side Plank Leg Raises</u>	2 x 12 each side			
	<u>Bird Dogs</u>	2 x 16-20			

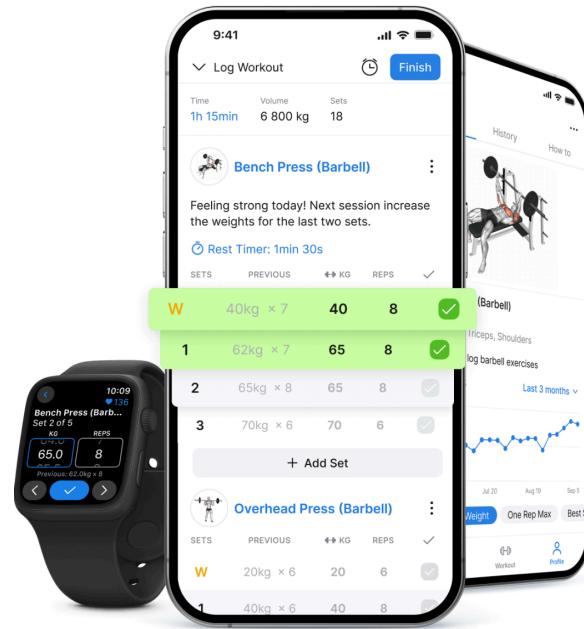
If you are looking for support to perform the exercises in this program recommend using the [HEVY-App](#). This app is free to use and has an extensive library with exercise videos and detailed “how to” instructions.

Log Workouts Get Stronger Stay Motivated

Hevy is a free workout tracker for iOS and Android. Build routines and track progress with friends.



 The #1 workout tracker. Loved by 8+ million athletes.
★★★★★ 4.9 App Store & 4.9 Google Play (310,000+ ratings)



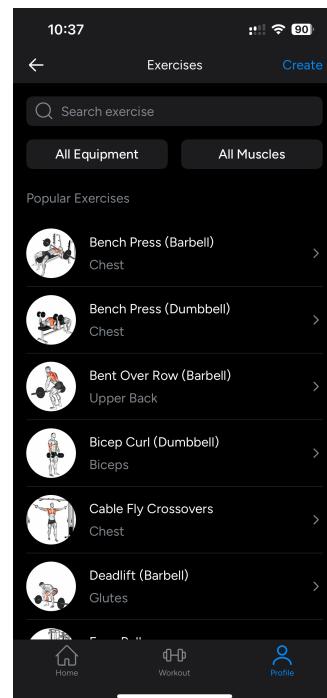
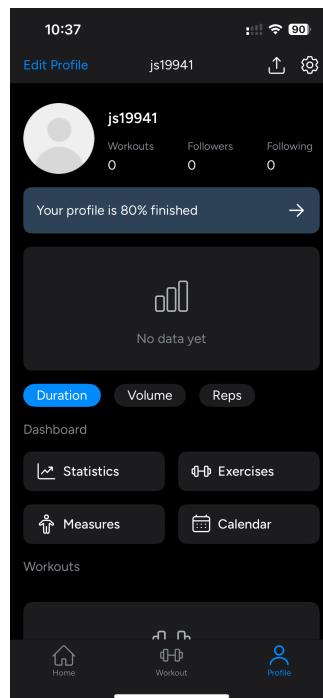
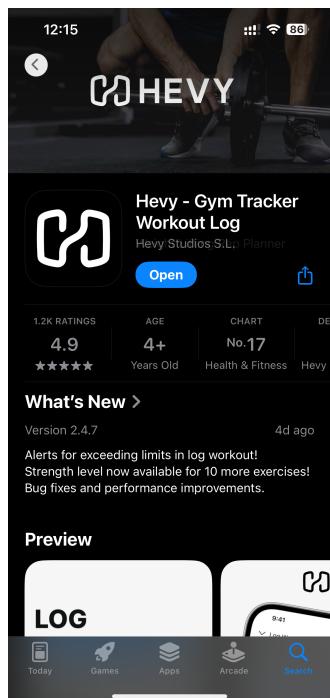
STEP 1: Download the App



STEP 2: Go to Profile



STEP 3: Browse exercises



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