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WELCOME **KEEP IT SIMPLE STRENGTH!**

GET TO KNOW YOUR TRAINER:

I'm Mary, Certified Personal Trainer, yoga instructor, and founder of MBStrength. I specialize in helping women 30+ create a sustainable healthy lifestyle that fits their busy schedule and aligns with their values and goals.

As a self-employed single mom I understand the challenges women face when it comes to maintaining a healthy lifestyle.

Strength is the focus and foundation of my business, life, and mindset philosophy. I believe everyone has the ability to tap into their own strength to build healthy habits, and improve both mental and physical health to create lasting change.

I would love to connect! Click on the links below to follow me! Shoot me a message! I would love learn more about you and assist you in any way that I can on your health and fitness journey!

Mary Brown

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ABOUT **KEEP IT SIMPLE STRENGTH!**

I've designed this six-week program for women with busy schedules who are new to strength training or have taken time off from training and are looking for a way to ease back into a fitness routine safely.

Many popular programs on the market are advanced and not designed for beginners or those with experience who have been inactive. If you fall into these categories or are short on time, these intense programs are rarely sustainable and can put you at a higher risk for injury.

When life happens, and you are unable to adhere to scheduled workouts perfectly, you may feel like you've failed, or you need to start over. Over time, this can affect your confidence in your ability to incorporate exercise into your lifestyle long-term. While consistency is important, perfection is not. Do your best and if you miss a few days, pick up where you left off and move forward!

THE BENEFITS OF STRENGTH:

This program focuses on strength training. As we age, building muscle is the best thing you can do for your body. When you need to make the most of the time you have available, building muscle will give you the most bang for your buck.

Increasing muscle mass helps:

- Boost your metabolism (your body's ability to burn calories)
- Improve bone density
- Increase energy levels
- Support the management of mental health and boost mood
- Improve heart and brain health
- Fall prevention
- Improve and maintain flexibility and mobility

My philosophy is to start small and build on a solid foundation. The beauty of this program is its simplicity; three workouts per week, each workout averages 30 minutes or less. You'll complete the same three workouts for two weeks before progressing to a new set of workouts. Each two-week phase builds on the one before and increases in difficulty.

You may be wondering, is this enough? Don't I need to add in cardio or yoga? Not at all! All this program requires is to show up 30 minutes or less, three days a week. However, if you have the time, energy, and desire to do more, go for it! I will add some suggestions for "extra credit" after the workouts.

If you have any questions or concerns, please don't hesitate to reach out. I'm here to support you on your journey!

THINGS TO KEEP IN MIND:

These workouts may be challenging if you aren't used to exercising. Listen to your body! Push yourself, but not to the point where you lose proper form, risk injury, or get sick. If you have previous injuries that contraindicate these movements, skip or substitute those exercises.

We are all at different levels of fitness. If you need to regress, progress, or modify an exercise or workout, please do so to ensure your safety.

It is normal to experience discomfort when working out, but you should not feel pain. If you do feel pain, stop immediately and discontinue your workout.

MUSCLE SORENESS

It's normal to feel soreness after a workout, but that shouldn't be the goal. If you're so sore that you are having trouble with stairs, getting up or down, or walking normally, you pushed yourself a bit too hard!

RECOVERY

To help with muscle soreness and support the healing process, you need to move! Between your strength workouts, stretching, gentle (not power) yoga, and leisure walking are best for keeping the blood flowing to those damaged tissues to alleviate soreness and promote muscle recovery.

STAY HYDRATED!

Drink your water! Drinking eight, 8 oz glasses of water is a good general goal, but there is no way to perfectly calculate how much water you need. Remember food with high water content and beverages other than water (with the exception of caffeinated or alcoholic beverages) also contributes to your water intake.

To keep it simple: drink when you're thirsty, and drink more when you sweat more.

NOURISH YOUR BODY

I do not believe in restrictive diets! When starting a new workout program it can be overwhelming to drastically change your diet at the same time. Keep it simple! Be mindful of your eating habits and focus on fresh whole foods consisting of fruits, vegetables, lean protein, and whole grains. Nutritious can be delicious!

A FEW TIPS ON EATING MINDFULLY:

- Listen to your body's cues. Eat when you're hungry (not bored) and stop when you feel about 80% full. You could eat more, but you feel satisfied.
- Eat slowly and without distraction.
- Notice how the foods you eat affect your body and mood. Eat more of the foods that make you feel good.

GET YOUR ZZZZ'S

Sleep also plays a significant role in how well you recover. Aim for 7-8 hours of sleep a night and try to keep your sleep schedule consistent during the week and on the weekends.

You may require more or less sleep than the average recommendation. Notice your energy levels and how they fluctuate through the day. Your mood and cravings will also provide feedback related to the volume and quality of sleep you're getting.

DISCLAIMER:

Understand that there is the possibility of physical injury when participating in any exercise or exercise program. If you engage in these exercises or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Mary Brown and MBStrength from any and all claims or causes of action, known or unknown, arising out of Mary Brown and MBStrength's negligence. Always consult with your physician before beginning a new workout program.

WORKOUTS

WELCOME TO YOUR WORKOUTS!

Each week you will have 3 workouts to complete. Your workouts will change and progress your movements every two weeks. If you feel that an exercise is too challenging as you progress, you can always use the variation from the previous weeks to ensure the quality of your movement and safety.

The workouts are a circuit of 5 exercises. Each workout includes one exercise from these five fundamental movement patterns.

- Upper Push – targets the chest, shoulders, and triceps
- Upper Pull – targets the back and biceps
- Lower Push – quad-dominant movements
- Lower Pull – hamstring and glute dominant movements
- Core – commonly thought to only target abs, core movements utilize muscles from the shoulders to the hips

Begin your workout with the warm-up circuit(s) to prepare your body by increasing blood flow which warms up the tissues and improves range of motion. This will help you move optimally and help prevent injury. I highly recommend that you don't skip this important step.

After you complete the warm-up, move onto the strength circuit. Each workout should take 15-30 minutes to complete.

This program is very flexible and puts you in control. You can adjust the level of intensity by modifying any of the following factors:

- Weight or resistance used
- Length of your rest periods
- Number of reps
- Number of rounds
- Tempo of your lifts

WHAT EQUIPMENT DO YOU NEED?

If training at home:

- Set of adjustable bands with handles,
- Set of mini bands (AKA resistance loops)
- Workout/yoga mat.
- Dumbbells optional

If you already have dumbbells, use them! If not a set of bands is a more affordable option.

If you have access to a gym:

- Dumbbells
- Set of mini bands (AKA resistance loops)
- Exercise bands or cable machine

Most of the band exercises can be performed using the cable machine.

If you have any questions I'm happy to help!

FORM COMES FIRST!

Weight/resistance, speed, reps, rounds, and rest periods can be adjusted to ensure that you are using your best form. If your form begins to fail you can:

- Take a mid-set break, or rest between reps of an exercise
- Reduce your weight or resistance
- Complete fewer reps and move on to the next exercise
- Modify the movement
- Increase the length of your rest periods between exercises or rounds

Listen to your body and be mindful of your capabilities. You know yourself well enough to determine when to push yourself and when to dial things back. If you are new to working out or have taken some time off I recommend starting slow and building the intensity over time.

KNOW THE LINGO:

You may see the following abbreviations used in the exercise titles.

DB - Dumbbells

BW - Body Weight

OH - Overhead

SL - Single Leg

SA - Single Arm

Alt - Alternating

HOW TO PLAN YOUR WORKOUTS:

I recommend allowing a day or two between each strength workout. For example:

Mon - Tues - Wed - Thurs - Fri - Sat - Sun						
# 1	OFF	#2	OFF	OFF	#3	OFF

You can shift your workouts and days off to any days that work for you. If your schedule only allows 3 days in a row, workout 3 days in a row! Done is better than perfect.

Add your workouts to your calendar. If you schedule your workouts, it ensures that you have the time blocked off, making them a priority. You may find that earlier is better. If you work out first thing, it helps prevent unexpected events and other excuses from getting in the way of your workouts! If you miss a day or two, pick up where you left off. Keep moving forward, don't start over. Life is going to happen, don't give up. Consistency is the key to success.

DEMO VIDEOS

To view the exercise demo videos on the PDF Ebook, move your cursor over the name of the exercise. If there are two options, i.e., band or dumbbell, move the cursor over the desired piece of equipment in the title.

WEEK 1 & 2

WARM-UP	
EXERCISE	REPS
<u>CAT/COW</u>	5-10
3 <u>DIRECTION CHILDS POSE</u>	5
<u>THREAD THE NEEDLE</u>	4 PS
1 ROUND	
<u>TOE TOUCH TO DEEP SQUAT</u>	3-5
<u>FLOOR SWEEPS</u>	5-10 PS
2 ROUNDS	
USE THIS WARM-UP FOR ALL THREE WORKOUTS FOR WEEKS 1 & 2	

WEEK 1 & 2

WORKOUT #1	
EXERCISE	REPS
BOX SQUAT - <u>DB</u> OR <u>BAND</u>	8-12
SINGLE ARM ROW - <u>DB</u> OR <u>BAND</u>	8-12 PS
<u>GLUTE BRIDGE</u>	8-12
BENCH PRESS - <u>DB</u> OR <u>BAND</u>	8-12
<u>SHOULDER TAPS</u>	10 PS
2-4 ROUNDS	

WEEK 1 & 2

WORKOUT #2	
EXERCISE	REPS
SPLIT SQUAT - <u>DB</u> OR <u>BAND</u>	6-10 PS
<u>BAND STRAIGHT ARM PRESS DOWN</u>	8-12
DEADLIFT - <u>DB</u> OR <u>BAND</u>	8-12
CHEST FLY - <u>DB</u> OR <u>BAND</u>	8-12
<u>BIRD DOG</u>	6-10 P
2-4 ROUNDS	

WEEK 1 & 2

WORKOUT #3	
EXERCISE	REPS
SUMO SQUAT - <u>DB</u> OR <u>BAND</u>	8-12
<u>SUPERMAN</u>	8-12
SIDE LUNGE - <u>DB</u> OR <u>BW</u>	6-10 PS
OVERHEAD SHOULDER PRESS - <u>DB</u> OR <u>BAND</u>	8-12
<u>SIDE HIP RAISE</u>	6-10 PS
2-4 ROUNDS	

WEEK 3 & 4

WARM-UP	
EXERCISE	REPS
<u>CAT/COW</u>	5-10
<u>LUNGE W/ SIMPLE TWIST</u>	3-5 PS
<u>BEAR TO DOWNWARD FACING DOG</u>	5-10
<u>WALL BRIDGE</u> (*BLOCK OPTIONAL)	10
2 ROUNDS	
USE THIS WARM-UP FOR ALL THREE WORKOUTS FOR WEEKS 3 & 4	

WEEK 3 & 4

WORKOUT #1	
EXERCISE	REPS
FRONT SQUAT - <u>DB</u> OR <u>BAND</u>	8-12
BENT OVER ROW - <u>DB</u> OR <u>BAND</u>	8-12
<u>KICKSTAND GLUTE BRIDGE</u>	6-10 PS
ALTERNATING ARM CHEST PRESS - <u>DB</u> OR <u>BAND</u>	8-12 PS
<u>BEAR CLIMBER</u>	6-10 PS
2-4 ROUNDS	

WEEK 3 & 4

WORKOUT #2	
EXERCISE	REPS
REVERSE LUNGE - <u>DB</u> OR <u>BAND</u>	6-10 PS
<u>BAND LAT PULL DOWN</u>	8-12
KICKSTAND DEADLIFT - <u>DB</u> OR <u>BAND</u>	6-10 PS
KNEELING ALT ARM SHOULDER PRESS - <u>DB</u> OR <u>BAND</u>	8-12
<u>DEAD BUG</u>	6-10 PS
2-4 ROUNDS	

WEEK 3 & 4

WORKOUT #3	
EXERCISE	REPS
<u>SUMO SQUAT W/HEEL RAISE</u>	8-12
<u>BAND PULL APART</u>	8-12
<u>SIDE LUNGE W/ BALANCE HOLD</u>	6-10 PS
STRAIGHT ARM SHOULDER RAISE - <u>DB</u> OR <u>BAND</u>	8-12
<u>SIDE PLANK REACH HIGH AND UNDER</u>	6-10 PS
2-4 ROUNDS	

WEEK 5 & 6

WARM-UP	
EXERCISE	REPS
<u>CAT/COW</u>	5-10
<u>KICKSTAND HIP ROCK</u>	3-5 PS
<u>PLANK TO DOWNWARD DOG</u>	5-10
<u>HIP FLEXOR STRETCH TO HALF SPLIT</u>	3-5 PS
2 ROUNDS	
USE THIS WARM-UP FOR ALL THREE WORKOUTS FOR WEEKS 5 & 6	

WEEK 5 & 6

WORKOUT #1	
EXERCISE	REPS
TEMPO SQUAT - <u>BAND</u> OR DB (FOLLOW BAND DEMO)	8-12
<u>DB PLANK HOLD SINGLE ARM ROW</u> OR <u>BAND SINGLE ARM ROW IN LUNGE HOLD</u>	8-12
<u>SINGLE LEG GLUTE BRIDGE</u>	6-10 PS
SINGLE ARM CHEST PRESS - <u>DB</u> OR <u>BAND</u>	8-12
<u>SLOW MOUNTAIN CLIMBER</u>	6-10 PS
2-4 ROUNDS	

WEEK 5 & 6

WORKOUT #2	
EXERCISE	REPS
STEP UP - <u>DB</u> OR <u>BW</u>	6-10 PS
<u>BAND ½ KNEELING SINGLE ARM LAT PULLDOWN</u>	8-12 PS
SINGLE LEG DEADLIFT - <u>DB</u> OR <u>BAND</u>	6-10 PS
<u>PUSH-UP</u>	8-12
<u>LEG LIFTS</u>	6-10 PS
2-4 ROUNDS	

WEEK 5 & 6

WORKOUT #3	
EXERCISE	REPS
<u>SINGLE LEG SIT TO STAND</u> OR <u>MODIFIED</u>	6-10 PS
ALTERNATING ARM BENT OVER ROW - <u>DB</u> OR <u>BAND</u>	6-10
<u>SIDE LUNGE TO REVERSE LUNGE</u>	6-10 PS
BICEP CURL TO OVERHEAD PRESS - <u>DB</u> OR <u>BAND</u>	8-12
<u>SIDE HIP RAISE W/LEG LIFT</u>	6-10 PS
2-4 ROUNDS	

EXTRA CREDIT

Want more?

This program is designed to be short, sweet, and a great way to begin incorporating fitness into your life. Three days a week is enough, so don't feel like you need to do more.

However, if you're feeling motivated and have the energy to exercise more than three days a week, the absolute BEST thing you can do for yourself is **walk**. Walking 30 minutes or more daily helps with muscle recovery, stress management, heart health, bone strength, balance, and weight management.

If cardio is your thing, consider adding one or two days of steady-state cardio on your days off of strength workouts. Just remember, cardio cannot replace the benefits of strength training!

I've also included 4 level 1+ yoga practices that can be done in between strength days. Yoga is great for recovery and stress management!

This is your journey. You are in control of your health and wellness. Use the program as a guide to kickstart your fitness and find what works best for you!

KISS BONUSES

HOME FOR THE HOLIDAYS YOGA PRACTICES

Please enjoy these four Level 1 + yoga classes. They were a part of the holiday challenge I ran in 2020. Each practice is 50 minutes or less. Yoga is a perfect addition to a strength program as it helps with recovery, mobility, improved proprioception, and stress relief.

To access, click the YouTube icon to the right.

Nama-Sleigh
44 minutes



All is Balanced and Bright
51 minutes



There's No Place Like Ohm for the Holidays
42 minutes



Silent Night - Yin Yoga
40 minutes



DON'T NEGLECT YOUR SELF-CARE!

Please enjoy these two foot massages! Give your feet some love. They work hard for you!

FOOT MASSAGE



**MYOFASCIAL FOOT
MASSAGE**

