PM FITNESS

STRONGER. FITTER. BETTER.

TRAIN AT HOME. BUILD REAL FITNESS.

A simple week of strength and conditioning.
Three full-body sessions. Dumbbells. A plan you can repeat.

3 SESSIONS / 35-50 MINUTES / ALL MAJOR MUSCLE GROUPS

YOUR WEEK

MONDAY	Session A - squat, push & pull
WEDNESDAY	Session B - hinge, press & lunge
FRIDAY	Session C - full-body strength

Between sessions: walk, rest, or add 20-30 minutes of easy cardio at a pace where you can hold a conversation. Keep a rest day between strength sessions.

MAKE IT WORK FOR YOU

Warm up. Move for 5 minutes, then do 1-2 lighter sets of your first two exercises.

Start steady. New to training? Begin with 2 sets per exercise and skip the finisher.

Train with control. Complete one exercise at a time. Rest 60-90 seconds between sets; take up to 2 minutes when needed.

Build gradually. Finish each set with about 2 good reps left. Once all sets reach the top of the rep range, increase the weight slightly.

WANT A PLAN BUILT AROUND YOU?

Online coaching or home personal training: pm-fitness.org

You need: dumbbells, a mat and a stable chair or bench for support. DB = dumbbell. Use comfortable, controlled movement; stop if an exercise causes pain. Seek advice before starting if a health condition or injury affects your exercise.

SESSION A

SQUAT. PUSH. PULL.

A balanced foundation for your first session.

EXERCISE	SETS	REPS / TIME
Goblet squat Hold one DB at your chest; sit down between your feet.	3	8-12
DB floor press Keep elbows slightly tucked; gently touch upper arms to the floor.	3	8-12
Supported one-arm DB row Brace on stable support; pull your elbow towards your hip.	3	10-12 / side
DB Romanian deadlift Soften knees and push hips back; keep weights close.	3	8-12
DB lateral raise Use light weights; lift to a comfortable shoulder height.	2	10-15
Dead bug Move opposite arm and leg; keep your lower back gently down.	2	6-10 / side

OPTIONAL FINISHER / 6 MINUTES

Repeat at a steady pace: 6 DB deadlifts + 6 chair squats + 30 seconds marching.
Rest whenever you need. Keep your technique tidy.

Use the strength work to learn the movements. Keep the finisher comfortable.

SESSION B

HINGE. PRESS. LUNGE.

Build strength across your legs, shoulders and back.

EXERCISE	SETS	REPS / TIME
DB deadlift Bend hips and knees; stand tall without leaning back.	3	8-12
Standing DB shoulder press Brace your middle; press without arching your lower back.	3	8-12
DB reverse lunge Step back under control. Use bodyweight or support if needed.	3	6-10 / leg
Supported one-arm DB row Keep your torso still; lower the weight under control.	3	10-12 / side
DB hammer curl Keep palms facing in and elbows close to your sides.	2	10-15
Side plank Keep hips lifted; shorten the lever by bending your knees.	2	15-30 sec / side

OPTIONAL FINISHER / 6 MINUTES

Repeat at a steady pace: 6 bodyweight reverse lunges total + 6 wall press-ups + 30 seconds marching.
Rest whenever you need. Keep your technique tidy.

For lunges, reps are per leg. Use a shorter step and support to find your balance.

SESSION C

STRONG FROM HEAD TO TOE.

Finish the week with a full-body session.

EXERCISE	SETS	REPS / TIME
DB front squat Rest DBs at your shoulders; use a goblet hold if preferred.	3	8-12
Press-up Brace your body; use a wall or stable raised surface to scale.	3	6-12
Supported one-arm DB row Use stable support and avoid twisting through your back.	3	10-12 / side
Glute bridge Press through your feet; pause briefly at the top.	3	10-15
Standing calf raise Rise fully, then lower slowly; use support for balance.	2	12-20
Suitcase march Hold one DB at your side; march tall without leaning.	2	30 sec / side

OPTIONAL FINISHER / 6 MINUTES

Repeat at a steady pace: 6 chair squats + 6 wall press-ups + 30 seconds brisk marching. Rest whenever you need. Keep your technique tidy.

Record your weights and reps. Repeat this week and aim for small, steady improvements.