Hi friend, here’s a simple program you can run for a few weeks if you’re just getting started lifting weights or are returning from a long hiatus. Just in case, let’s go over a few terms. Rep=1 movement (e.g. 1 squat). Set=a collection of reps (e.g. 3 sets of 10 reps would equal 30 reps total). Between sets, you will want to rest 3-5 minutes to allow your body to regenerate energy; this will allow you to lift more weight in total and get stronger faster! I also strongly recommend taking at least one rest day in order to allow your body to recover from the hard work you’ve been doing. In order to progress, you can either gradually increase the size of your weights or if you have one set of dumbbells, increase the number of reps per set. Got any questions or want to share a big win? I would love to hear from you! [E-mail](mailto:katie@cultivatestrength.com), [Facebook](https://www.facebook.com/cultiv8strength), and [Instagram](https://www.instagram.com/cultivate.strength.tulsa/) are all great ways to get a hold of me. Good luck on your journey, I’m so excited for you!

**Day 1**

[Goblet Squat](https://www.youtube.com/watch?v=6xwGFn-J_Q4): 3 sets of 10 reps

[Single Arm Row](https://www.youtube.com/watch?v=KRN38chlkds&list=RDQMl6UXXXY4xoY&start_radio=1): 3 sets of 10 reps

[Single Leg Glute Bridge](https://www.youtube.com/watch?v=chJKjNF9WRU): 3 sets of 10 reps

[Dumbbell Bench Press](https://www.youtube.com/watch?v=VmB1G1K7v94): 3 sets of 10 reps

[Deadbug](https://www.youtube.com/watch?v=4XLEnwUr1d8): 3 sets of 10 reps

**Day 2**

[Dumbbell Reverse Lunge](https://www.youtube.com/watch?v=ZK-O_aS3GdY): 3 sets of 10 reps

[Dumbbell Reverse Flies](https://www.youtube.com/watch?v=T1U3yZne1jw): 3 sets of 10 reps

[Single Leg Romanian Deadlift](https://www.youtube.com/watch?v=T1U3yZne1jw): 3 sets of 10 reps

[Rotating Plank](https://www.youtube.com/watch?v=slPGiAXQ-5E): 3 sets AMRAP (as many reps as possible)