

# STRONGER FOR LIFE

*Gaining Strength for Achieving Health and Wellness Goals*



BY SARA SUTHERLAND

*For Everyone who wants to be STRONG*

# Introduction

Welcome to Stronger for Life! Proper and consistent strength training is a key to improving your body composition, building healthy lean mass, and increasing bone density. These all help fight the signs of aging and keep you strong to not only accomplish every day life activities, but also to achieve other health and activity goals.

A common misconception, especially amongst women, is that lifting heavy weights will make you large and bulky. The truth of the matter is that in order to gain that much size and mass you have to 1) eat A LOT of food and 2) have around average mans' level of testosterone. You do not just happen to one day be lifting weights to get strong and all of the sudden wake up huge! For anyone that does have that physique, it is a very calculated effort that requires a ton of time, focus and attention.

This eBook gives you a program to follow for the rest of the Healthy Habits Challenge. Just five weeks of consistent and dedicated strength training will move you in a very positive direction. If you are brand new to lifting, there will be some time to learn the movements and get comfortable with challenging yourself, but I know you can do it! If you are experienced, this program may be different than what you are used to, so I am excited for you to give it a try to see if you like this style!

Over the last few years, I have become a huge fan of full body strength training. Hitting all of your muscles multiple times per week while still having several days per week for rest. It is a different approach than I used to do in my collegiate athlete days and even when I first got back into the weight room as I started this new fitness journey. This is the cool thing about body biomechanics and strength training! It is constantly evolving as more research is done and we learn more and more every day. The body is amazing!

As with any new exercise routine, if you have any pre-existing medical conditions or are currently under the supervision of a medical provider, please consult with your health team to ensure you are ready to beginning this program. Commit to this program and track your progress. I am looking forward to hearing all of your success stories at the end of the Challenge!

Thank you for downloading my eBook!

A handwritten signature in black ink, appearing to be 'J. S.', written in a cursive style.

## Getting Started

- Keep eBook handy for programming for each workout.
- Print the log sheets to monitor your progress.
- Take a full body photo, showing as much skin as you are comfortable with. It is always great to see your visual progress because as build lean mass, you may become more dense and the scale weight may not be the best indicator of what is going on if you have been weighing yourself.

# Strength Training

## *Recommendation*

THREE days of FULL body strength training every week, with at least ONE 130-140 rest day in between. Sessions should be approximately 60 minutes in length training every muscle in the body each time.

## *Heart Rate Monitoring - OPTIONAL*

Wear a heart rate monitor to watch effort through your heart rate. Although it is optional, I highly recommend it! Often times your mind will quit before your body, especially when it comes to lifting heavy loads.

**Heart Rate** in the chart below is a target range based on your age that your heart rate might spike to for a short amount of time during your lifting set. If you find that you are consistently falling short of this range, try increasing your weight! But not too much that your form begins to break down.

**Rest Range** is the estimated range that your heart rate should at least fall back into before you begin your next set.

These numbers are just goals based on my personal experiences of exertion for myself and clients. You know your body and how you are feeling best, only use these as a general guideline! Ultimately, use your judgement on how your body is doing.

Age	Heart Rate	Rest Range
20s and under	160-180	130-140
30s	160-175	130-140
40s	150-160	125-135
50s	140-150	120-130
60s	130-140	115-125
70s	120-130	110-120
80s and up	110-120	105-115

## *Post-Workout Recovery - MANDATORY!*

Within 30 minutes of ending a training session, consume 1 serving of a whey protein supplement powder (approximately 25g protein with little to no sugars and carbs) mixed with either water, almond or coconut milk. Eat 1 medium sized banana OR 2 unsalted **brown** rice cakes (approx. 28g carbohydrates).

# Instructional Videos

Visit <http://www.thehealthyhabitschallenge.com/#!stronger-for-life-videos/dbaoy> and use password “STRONG” for videos for how to do each exercise. Set a bookmark so you can easily revisit from a mobile device!

## Getting Started

### *Warm-up*

Spend approximately 5 minutes on a treadmill, elliptical, stationary bicycle, etc. just to get the body moving and blood flowing.

### *Rules for Progression*

#1 - Master the Movement. If it is a new exercise for you, go through the movement with little to no weight first to ensure you can move through it properly.

#2 - Load the Movement. When you feel comfortable with the complete range of motion, choose an amount of weight you want to start with and see how it feels.

#3 - Check Intensity. How did you feel at the end of the set? Did your form stay intact? Did your heart rate increase?

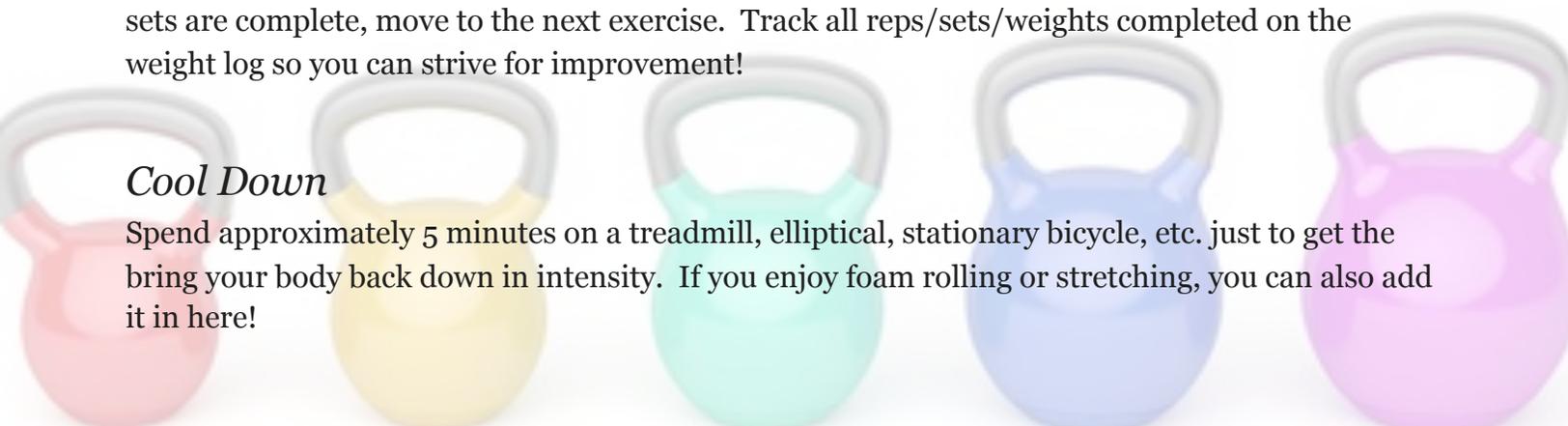
#4 - Modify Load. If you felt that it was easy, your form stayed correct and your heart rate did not increase much, then INCREASE load. If your form started to break down, your range of motion shortened and your heart rate was high, then you may need to DECREASE weight OR STOP at the rep that your form begins to change.

### *Routine*

Each exercise will be done one at a time. Do one set, striving to get your heart rate within estimated target range, rest between sets until it falls back into rest range and then go again. Rest period is also the time to increase/decrease your weight to get rest for the next set! When all sets are complete, move to the next exercise. Track all reps/sets/weights completed on the weight log so you can strive for improvement!

### *Cool Down*

Spend approximately 5 minutes on a treadmill, elliptical, stationary bicycle, etc. just to get the bring your body back down in intensity. If you enjoy foam rolling or stretching, you can also add it in here!



# Workout Schedule (see matching workouts listed below)

Healthy Habits Challenge Week	Day 1	Day 2	Day 3
6	1	2	3
7	1	2	3
8	1	2	3
9	4	5	4
10	5	4	5

## Workout 1

Exercise	Reps	Sets
Barbell Box Squat	6-8	3
Deadlift	4-6	3
Half-kneeling Landmine Press	8-10 each side	3
Single Leg Bridge with Elevated Shoulders	10-15 each side	3
Chin up	3-5	3
Seated Band Hip Abduction	40-60	2
Bodyweight Deep Squat	25	1

## Workout 2

Exercise	Reps	Sets
Hip Thrust	10-12	3
Bench Press	8-10	3
Pull Up	6	3
Reverse Lunge	10 each leg	2
Lateral Raise	10	2
Side Lying Hip Raise	30-60	2
Ball Slams	20	1

# Workout 3

Exercise	Reps	Sets
Deadlift	8	3
Front Squat	8-10	3
Military Press	10	3
Barbell Glute Bridge	15	2
Inverted Row	10	2
Push Up	10-15	2
Stationary Jumping Lunge	15 each leg	1

# Workout 4

Exercise	Reps	Sets
Squat	6	3
Stiff Leg Deadlift	8	2
Lateral Raise	10	3
Step Up with Heavy Dumbbells	10 each leg	2
Close Grip Bench	8-10	2
Lateral Band Walk	20 each side	2
Deep Jump Squats	15-30	1

# Workout 5

Exercise	Reps	Sets
Deadlift	6	3
Goblet Squat	10-12	3
Chin Up	AMRAP	2
Forward Walking Lunge	10 each leg	2
One Arm Row	10 each arm	2
Dumbbell Single Leg Hip Thrust	10	2
Push Up	AMRAP	2

AMRAP = As Many Reps as Possible

# BONUS Bodyweight Workout

Lifting heavy weights in the gym is the most optimal way to apply force to your body for it to respond and change. There are however times where the gym may not be available and a bodyweight workout is a great way to still get moving without the need of equipment!

Warm Up - 60 seconds each. Repeat 2x.

- Jumping Jacks
- High Knees
- Butt Kicks

## *Super Set #1*

20 reps for each exercise. Repeat 3x. Move through exercises back to back without rest then at the end of the final exercise, rest 1-3 minutes.

- Goblet Squats
- Push Up
- Wall Sit (30 seconds)
- Lateral Lunge to Drop Lunge
- Inchworm (10 reps)

## *Super Set #2*

20 reps for each exercise. Repeat 4x. Move through exercises back to back without rest then at the end of the final exercise, rest 1-3 minutes.

- Forward Walking Lunges
- Bear Crawl
- Frog Pumps
- Calf Raises

# Stronger for Life Weight Log

		Exercise	Completed Sets/ Reps/Weight	Completed Sets/ Reps/Weight	Completed Sets/ Reps/Weight
WORKOUT 1		Barbell Box Squat			
		Deadlift			
		Half-Kneeling Landmine Press			
		Single Leg Hip Thrust			
		Chin up			
		Seated Band Hip Abduction			
		Bodyweight Deep Squat			
WORKOUT 2		Hip Thrust			
		Bench Press			
		Pull Up			
		Reverse Lunge			
		Lateral Raise			
		Side Lying Hip Raise			
		Ball Slams			
WORKOUT 3		Deadlift			
		Front Squat			
		Military Press			
		Barbell Glute Bridge			
		Inverted Row			
		Push Up			
		Stationary Jumping Lunge			
WORKOUT 4		Squat			
		Stiff Leg Deadlift			
		Lateral Raise			
		Step Up			
		Close Grip Bench			
		Lateral Band Walk			
		Deep Jump Squats			
WORKOUT 5		Deadlift			
		Goblet Squat			
		Chin Up			
		Forward Walking Lunge			
		One Arm Row			
		Dumbbell Single Leg Hip Thrust			
		Push Up			

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