

Strength after 30

Two-day starter plan · generally healthy beginners and returners

Choose two separated days: _____ and _____

Repeat the same basic session. Start with easy practice, then work toward the targets below as you learn.

Movement	Starting exercise	Working target
Squat / stand	Sit-to-stand from a stable chair	2 sets of 8–12 reps
Hinge / hips	Hip-hinge practice; add light resistance after learning it	2 sets of 8–12 controlled reps
Push	Wall push-up	2 sets of 8–12 reps
Pull	Supported one-arm dumbbell row	2 sets of 8–12 reps per side
Carry / trunk	Light farmer carry	2 short carries of about 15–30 seconds

The hinge begins as practice. Learn a suitable loaded version with instruction when ready; an unloaded drill alone may not provide enough resistance. Choose alternatives if an exercise does not suit you.

Before and during the session

- Use stable equipment, clear the floor, and warm up with 5–10 minutes of easy activity plus light exercise rehearsal.
- Control the movement and keep breathing. Stop before technique breaks down; roughly 2–3 good reps still possible is a useful working-set guide.
- Rest until ready to repeat with control—often a minute or two, longer if needed.
- Do not push through sharp or concerning pain. Get individual advice for conditions or symptoms that affect exercise.

A simple progression rule

Record the version, resistance, reps, and effort. Add reps when ready. Once both sets reach the upper target with control and spare capacity, try the smallest practical resistance increase. No fixed weekly increase is required.

Read the exercise instructions and alternatives:

dailyfact.net/strength-training-over-30/

Sources: ACSM 2026 position stand (doi:10.1249/MSS.0000000000003897); NHS strength exercises; Mayo Clinic weight-training guidance. Checked 19 October 2026. General education, not rehabilitation or an individual prescription. Page 1 of 2.

Record, review, repeat

Print another copy for each session. Record the version you actually performed—not just the exercise name.

Date: _____ Session: _____

Energy / recovery note: _____

Movement	Exercise version / setup	Weight or resistance	Reps in each set / carry time	Effort, control, next step
Squat / stand				
Hinge / hips				
Push				
Pull				
Carry / trunk				

Example: Push · wall push-up, feet close · bodyweight · 10 / 9 · controlled, repeat next time. Carry: record time rather than repetitions.

Review before changing the plan

- Was the setup the same? Were the repetitions controlled?
- Was the current work challenging but manageable?
- Would repeating it, adding a rep, or choosing a smaller weight step make sense?

Next session / questions for an instructor: