



FREE GUIDE

The 4-Week Strength Starter

3 sessions a week · gym or home · habits checklist



BERNARDO SILVA
Personal Trainer

How to use this guide

01**Train three times a week**

For example Monday, Wednesday and Friday. Alternate Workout A and Workout B, so week 1 is A-B-A and week 2 is B-A-B.

02**Warm up first, every time**

Five minutes of the warm-up on the next page gets your joints moving and your body ready to lift.

03**Leave two reps in the tank**

Pick a weight or variation where the last reps are hard but clean, and you could do about two more. That is the right effort.

04**Add a little every week**

Follow the sets and reps for each week. When a set feels easy, add a small amount of weight or use the harder variation.

05**Rest 60–90 seconds**

Rest between sets until you can do the next one with good technique.

06**Log everything**

Write down what you lifted. Seeing the numbers go up is the best motivation there is.

This guide is general information, not medical advice. Check with a doctor before starting if you have an injury, a health condition or are pregnant, and stop any exercise that causes pain.

Workout A

Warm-up (5 minutes)

Marching or brisk walk

1 min

Arm circles, forwards and back

10 each way

Hip hinges with hands on hips

10

Bodyweight squats, slow

10

World's greatest stretch

3 each side

Workout A

EXERCISE	AT THE GYM	AT HOME	COACH'S CUE
Squat	Goblet squat (dumbbell or kettlebell)	Bodyweight squat → backpack squat	Chest up, knees follow your toes, sit between your heels.
Push	Dumbbell bench press	Push-up (hands on a table if needed)	Body in one straight line, lower under control.
Pull	One-arm dumbbell row	Backpack row	Pull the elbow to your hip and squeeze your back.
Glutes	Hip thrust	Glute bridge	Drive through your heels and pause for one second at the top.
Core	Dead bug	Dead bug	Lower back stays glued to the floor.

Workout B

EXERCISE	AT THE GYM	AT HOME	COACH'S CUE
Hinge	Dumbbell Romanian deadlift	Backpack Romanian deadlift	Hips back, soft knees, flat back, feel the hamstrings.
Single leg	Dumbbell split squat	Bodyweight split squat	Front heel down, back knee lowers straight down.
Press	Seated dumbbell shoulder press	Pike push-up	Ribs down, press straight up, no arching.
Pull	Lat pulldown	Towel row on a door frame	Shoulders down and back before you pull.
Core	Plank	Plank	Squeeze glutes, push the floor away, breathe.

Your 4 weeks

WEEK	SESSIONS	SETS × REPS	FOCUS
1	A · B · A	2 × 10	Learn the movements. Easy weights, perfect technique.
2	B · A · B	3 × 10	Same weights, one more set.
3	A · B · A	3 × 12	Two more reps per set, or a slightly heavier weight.
4	B · A · B	3 × 8	Go heavier. Fewer reps, same perfect technique.

Core exercises: dead bug 8 per side, plank 20 s in week 1, adding 10 s each week.

[illegible]

Daily habits checklist

Training is three hours a week. These habits are what you do with the other 165. Tick one box a day for each habit you complete.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Sleep 7–8 hours														
Walk 7,000+ steps														
Drink 2 litres of water														
Train, or move for 10 minutes														
Get outside in daylight														
Screens off 30 min before bed														
Write down how you feel (1–10)														

Day	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Sleep 7–8 hours														
Walk 7,000+ steps														
Drink 2 litres of water														
Train, or move for 10 minutes														
Get outside in daylight														
Screens off 30 min before bed														
Write down how you feel (1–10)														



Want a plan built just for you?

This guide is a great start. With 1:1 online coaching, Bernardo writes your plan around your goal, your routine and your equipment, checks in every week and adjusts it as you progress.

Speak with our team →

macrokeys.net/portfolio/bernardosilva/en/ · Instagram @bernardosli