

# Strong Not Skinny

**A Beginner's Guide to Strength Training  
for Women**

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**“Strong is the new goal.”**

**You don’t need to shrink yourself to feel confident—you need to own your strength.**

**This guide will walk you through the basics of strength training, why it’s perfect for women (especially busy ones), and how to start without feeling lost or overwhelmed.**



# Why Strength Training Is Non-Negotiable

## Benefits:

- Increases fat loss (yes, really)
- Builds muscle tone and definition
- Boosts confidence, posture, and energy
- Improves bone health and metabolism
- Makes daily tasks easier (especially for mums!)

“Cardio burns calories. Strength training changes your body.”



# 5 Common Myths Debunked

1. “Lifting makes women bulky.” → No. It makes you sculpted.
2. “You have to train 6x/week.” → 3x/week is powerful when it’s smart.
3. “Machines are better than free weights.” → Start where you’re comfortable. Progress over time.
4. “I need to lose weight first.” → Strength training helps with that.
5. “I don’t have time.” → You don’t need more time. You need a plan.



# **Beginner-Friendly Strength Training Plan (Home-Based)**

## **3-Day Plan Example:**

### **Day 1: Lower Body Focus**

- **Bodyweight squats – 3 x 12**
- **Glute bridges – 3 x 15**
- **Wall sits – 3 x 30 seconds**

### **Day 2: Upper Body Focus**

- **Incline push-ups – 3 x 8–10**
- **Bent-over rows (dumbbells or water bottles) – 3 x 12**
- **Shoulder presses – 3 x 10**

### **Day 3: Core & Mobility**

- **Dead bugs – 3 x 10/side**
- **Bird-dogs – 3 x 10/side**
- **Seated twists – 3 x 20**



# How to Progress Safely

- **Start with bodyweight or light resistance**
- **Focus on form first, reps second**
- **Increase intensity every 1–2 weeks**
- **Rest 30–60 seconds between sets**
- **Fuel your body with enough protein and calories!**



**You're not too late. You're not too busy.**

**You just need a plan and support  
—and now, you have both.**

**Want this done for you?**

**Let me build your personalized training plan, coach you every step, and help you feel strong AF  
—without dieting or guilt.**

**👉 DM me “INFO” on  
Instagram**

