

# Building Strength

# 2022

Build up your strength with a combination of strength and cardio based workouts

## 4 weeks to a stronger you

Use this guide to build up your overall muscle strength over the next 4 weeks. It is strongly recommended that you use some dumbbells and resistance bands for some of the workouts. Make sure to stay well fueled with proper foods, plenty of protein and hydrated with plenty of water throughout the weeks and your training sessions. Please remember to do warm up, stretching and a cool down as part of your daily fitness activities. For more guidance and support reach out to your personal trainer Michelle Alpiner at her email: [Michelle@JourneytoFitness.us](mailto:Michelle@JourneytoFitness.us)



Good luck and have fun!!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Strength: Back and Abs	Cardio Based Activity 35 minutes	Strength: Biceps and Triceps	Rest & Stretch	Cardio Based Activity 30-40 minutes	Strength: Shoulders and Glutes plus Cardio Based Activity 10-30 minutes	Rest & Stretch
2	Strength: Core and Chest	Cardio Based Activity 35 minutes	Strength: Glutes, Hips and Legs	Cardio Based Activity 35-45 minutes	Rest & Stretch	Strength: Upper Body plus Cardio Based Activity 15-30 minutes	Rest & Stretch
3	Cardio Based Activity 30-40 minutes	Strength: Arms and Abs	Strength: Resistance Band Workout	Rest & Stretch	Cardio Based Activity 35 minutes	Strength: Back and Butt plus Cardio Based Activity 15-30 minutes	Rest & Stretch
4	Rest & Stretch	Cardio Based Activity 35-45 minutes	Strength: Dumbbell Based Workout	Cardio Based Activity 35 minutes	Strength: Core	Rest & Stretch	Strength: Bodyweight Workout plus Cardio Based Activity 10-15 minutes

**DISCLAIMER OF LIABILITY.** Injuries of all types can occur when participating in exercise, physical fitness, and training programs, hence Journey to Fitness, L.L.C strongly encourages all clients to obtain a comprehensive physical examination by a licensed physician PRIOR to undertaking any exercise or training and you fully assume the risk of any resulting injury. In consideration of performing or participating in these types of activities this content is being made available and should be used at your own risk.