



THE NINETY DAYS · STRENGTH

THE FIVE MOVEMENTS

Two full-body sessions in week five and three from week six, on days that are not back to back. Every session is the same five movements. Pick the version that fits where you are and what you have, and move up when it gets easy.

WARM UP Five minutes of easy walking, then one light set of the first movement.	SETS Two sets of 8 to 12 in weeks five and six. After that, two or three sets.	EFFORT Stop each set with two or three good repetitions left.	PROGRESS When the last set feels easy, add a little weight or move to the next version.
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MOVEMENT	START HERE	AT HOME	AT THE GYM	WHAT TO WATCH
1 Squat	Stand up from a chair and sit back down, slowly.	Goblet squat holding one dumbbell at your chest.	Leg press, or a barbell squat once you have learned it.	Knees follow the line of your toes. Stand all the way up.
2 Hinge	Hip bridge: lie on your back and lift your hips.	Romanian deadlift with two dumbbells.	Trap-bar deadlift.	Push your hips back and keep your back flat. Keep the weight close to your legs.
3 Push	Push-up with your hands on a wall.	Push-up with your hands on a bench or the floor.	Dumbbell bench press or a chest press machine.	Lower slowly. Keep your body in one straight line.
4 Pull	Row with a band anchored in a door.	One-arm dumbbell row, other hand on a bench.	Seated cable row or lat pulldown.	Pull your elbows back and down. Do not shrug.
5 Carry	Walk holding a full shopping bag in each hand.	Farmer carry: a heavy dumbbell in each hand.	Heavier farmer carry, or a trap bar.	Stand tall, short steps, about 40 steps a set.

A SAMPLE WEEK, FROM WEEK SIX

Mon Strength	Tue Walk	Wed Strength	Thu Walk	Fri Strength	Sat Walk	Sun Rest or walk
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YOUR LOG: WRITE THE WEIGHT OR VERSION FOR EACH SESSION

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
Squat								
Hinge								
Push								
Pull								
Carry								

Some soreness a day or two later is normal. Sharp pain is not: stop that movement and get it checked. A few sessions with a trainer or physical therapist to check your form are money well spent.