



FREE RESOURCE

Starter Strength Plan

A simple 2-day-a-week program to get you
moving with confidence. No experience needed.

Lou Sutherland

Confidence = Evidence = Action

lousutherland.com · [@ItsLouSutherland](https://www.instagram.com/ItsLouSutherland)

YOUR FIRST REP STARTS HERE

Welcome to the Starter Strength Plan

This is a simple 2-day-a-week strength program for real beginners. No gym experience needed, no fancy equipment, no two-hour sessions. Two workouts a week, 30 to 40 minutes each, built around the movements your body was designed to do: push, pull, squat, hinge, and carry.

My coaching rule is simple: I will never program anything for you that I have not done myself many times over. Everything here is science first, tested in the real world.

How to use this plan

1. Train twice a week with at least one rest day between sessions, for example Monday and Thursday.
2. Start lighter than you think you need. The first two weeks are for learning the movements, not testing your limits.
3. Write down what you lift every session. That written record is your evidence, and evidence builds confidence.
4. Warm up before every session: 5 minutes of easy cardio, then 10 arm circles, 10 leg swings each side, and 10 bodyweight squats.

Confidence = Evidence = Action. Every session you complete is evidence that you are becoming someone who trains. Stack the evidence.

WORKOUT A

Day A: Push + Squat

Exercise	Sets x Reps	Rest	Coaching cue
Goblet Squat (hold a dumbbell at your chest)	3 x 8-10	90 sec	Sit down between your heels, chest proud, stand up strong
Push-Up (from knees or against a bench is fine)	3 x 6-10	90 sec	Body in one straight line, lower with control
Dumbbell Shoulder Press (seated or standing)	3 x 8-10	90 sec	Press straight up, finish with biceps by your ears
Plank	3 x 20-40 sec	60 sec	Squeeze your glutes, do not let your hips sag
Farmer's Carry (dumbbell in each hand)	3 x 30-40 m	90 sec	Walk tall, shoulders back, grip hard

Finish with 5 minutes of easy walking and some gentle stretching. Done. That is a complete session.

WORKOUT B

Day B: Pull + Hinge

Exercise	Sets x Reps	Rest	Coaching cue
Dumbbell Romanian Deadlift	3 x 8-10	90 sec	Push your hips back, soft knees, feel the back of your legs
One-Arm Dumbbell Row (hand on a bench)	3 x 8-10 each side	90 sec	Pull your elbow to your hip, no twisting
Glute Bridge (floor, feet flat)	3 x 10-12	60 sec	Drive through your heels, squeeze at the top for 2 seconds
Dumbbell Bicep Curl	2 x 10-12	60 sec	Elbows glued to your sides, control the way down
Dead Bug	3 x 8 each side	60 sec	Lower back pressed into the floor the whole time

If any movement hurts (sharp pain, not muscle burn), stop and swap it out. Sore muscles a day or two after training is normal. Joint pain is not.

MAKE IT COUNT

Progress week to week

Strength is built by doing a little more over time. This is called progressive overload, and it is the single most important principle in this plan.

Week	Your focus
1-2	Learn the movements. Light weights. Finish every session feeling like you had 2-3 reps left in the tank.
3-4	Same weights, aim for the top of every rep range. 10 reps where you did 8.
5-6	Hit the top of the rep range on every set? Add a small amount of weight and drop back to the lower reps.

Track your sessions

Date	Workout	Exercise highlights (weight x reps)	How it felt
	A / B		
	A / B		
	A / B		
	A / B		
	A / B		
	A / B		
	A / B		
	A / B		
	A / B		
	A / B		
	A / B		
	A / B		

First step: book a free 15-minute chat with me. You are one decision away from the clarity you have been looking for. Let's make today day one.

Not ready yet? No worries. Keep following me at @ItsLouSutherland and I will be here every step of the way. And if you have a health or fitness question, send me a DM, I am always happy to help. You get answers, and I learn how to help people better. Win-win.