

8-Week Strong at Home

A beginner-friendly strength program for women,
with simple high-protein recipes to match.

WARM UP · LIFT · PROGRESS · EAT · TRACK

3 home sessions a week · 8 protein recipes · 4 trackers

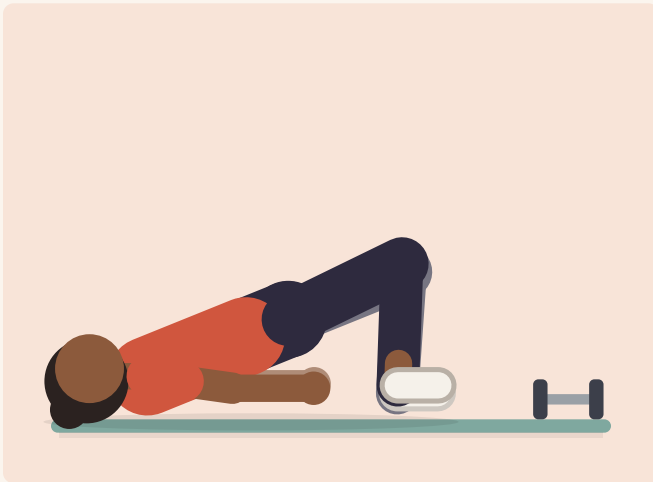
STUDIO SAMPLE · NOT MEDICAL ADVICE · NO RESULTS PROMISED



Stronger, one session at a time.

For women who want to start strength training at home, with a clear plan to follow and food that supports it.

Strength training can feel like it belongs to people who already know what they are doing. This plan is for everyone else. It gives you ten foundational movements, three short sessions a week and a simple rule for when to make things harder. The World Health Organization notes that muscle strengthening benefits everyone [1], and strength and impact exercise helps keep bones strong. [7] You need a mat, a sturdy chair or step and a pair of light dumbbells; filled water bottles work while you learn.



By the end, you will have...

Eight weeks of structured practice, ten movements you can do with confidence, a record of every session, a week of protein-forward meal ideas and a clear view of what to do next.

How to use this edition

Start with the readiness check on page 4. Pages 6-8 explain how the plan works; pages 9-13 teach each exercise. Follow the sessions on pages 14-16, eat from pages 18-26 and log everything on the trackers on pages 27-30.

A STUDIO SAMPLE, READ THIS FIRST

Created by Forgewick in September 2026 to show the quality of our ebook work. It is general fitness and nutrition information, not medical advice, and it has not been reviewed by a doctor, physiotherapist or dietitian. If you are pregnant or recently postpartum, injured, or living with a health condition, talk to a qualified professional before you start. Everyone responds differently; no particular result is promised.

Five sections. Eight weeks.

Follow it in order the first time, then use the linked sections to jump to what you need.

01	Start safely and well	04
	Readiness check, when to see a doctor, how the plan works, effort and progression, and the warm-up.	
02	The exercise library	09
	Ten illustrated movements with step-by-step cues and easier and harder options.	
03	The 8-week program	14
	Phase 1 and Phase 2 sessions, a week-by-week map, and recovery between sessions.	
04	Eat for strength	18
	Protein made simple, then eight original high-protein recipes with protein per serving.	
05	Track your progress	27
	A session log, a protein planner, an eight-week habit tracker and an end-of-program review.	

Strength is a skill. The aim is not a perfect session; it is showing up, three times a week, and doing a little more over time.

Before you start: a readiness check.

Answer each question honestly. It takes two minutes and tells you whether to speak to a professional first.

Question	Yes	No
Has a doctor ever said you have a heart condition or high blood pressure?	☐	☐
Do you feel pain in your chest at rest, in daily life or when you are active?	☐	☐
In the past 12 months, have you lost your balance because of dizziness, or lost consciousness?	☐	☐
Have you been diagnosed with another long-term medical condition?	☐	☐
Do you take prescribed medicine for a long-term condition?	☐	☐
Do you have a bone, joint or muscle problem that could get worse if you became more active?	☐	☐
Has a doctor ever said you should only exercise under medical supervision?	☐	☐
Are you pregnant, or have you given birth in the past year?	☐	☐

IF YOU ANSWERED YES TO ANY QUESTION

Speak to your doctor or a qualified exercise professional before you start, and share this plan with them. Many people with a yes answer can still train; they may just need changes. If you answered no to everything, start gently with week 1 and increase slowly.

This is a simplified, plain-language check modelled on the general health questions of the PAR-Q+, the international pre-participation screening questionnaire. It is not the official form, which you can complete free at eparmedx.com. [4] Re-check if your health changes.

Know when to stop.

Strength training should feel challenging, not alarming. These signs mean stop and get help.

STOP EXERCISING AND SEEK MEDICAL HELP IF YOU HAVE

- Chest pain, pressure or tightness
- Dizziness, faintness or blurred vision
- Sudden, sharp pain in a joint, muscle or your back
- Breathlessness far beyond what the effort explains
- A racing, fluttering or irregular heartbeat
- Any symptom that worries you

Normal: muscles that feel worked

Muscles that feel tired during a set and a little tender for a day or two afterwards, especially in the first weeks, are common when you start something new. Soreness that is severe, lasts longer than a few days or comes with swelling is a reason to rest and ask a professional.

Pregnancy and the year after birth

Talk to your midwife, doctor or a women's health physiotherapist before starting or continuing strength training. The NHS advises against lying flat on your back for long periods, particularly after 16 weeks of pregnancy, because it can make you feel faint. [5] Floor exercises in this plan (pages 9 and 12) may need swapping.

THIS PLAN IS NOT A SUBSTITUTE FOR CARE

It cannot assess your health, diagnose pain or treat an injury. If you have a condition, an injury or pelvic floor symptoms such as leaking or heaviness, a qualified professional can tailor exercise to you.

The plan at a glance.

Eight weeks, two phases, three full-body sessions a week. Each session takes about 30-40 minutes.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	A	●	B	●	C	●	●
Week 2	A	●	B	●	C	●	●
Week 3	A	●	B	●	C	●	●
Week 4	A	●	B	●	C	●	●
Week 5	A	●	B	●	C	●	●
Week 6	A	●	B	●	C	●	●
Week 7	A	●	B	●	C	●	●
Week 8	A	●	B	●	C	●	●

● Walk or move

● Full rest

Phase 1: learn the moves

Phase 2: build

01 Two to three strength days a week

Public health guidance recommends muscle-strengthening activity that works all the major muscle groups on at least 2 days a week [1][2]. This plan uses 3 full-body sessions, in line with ACSM guidance for beginners of 2-3 days a week. [3]

02 A day between sessions

Any three non-consecutive days work: Monday, Wednesday and Friday is only an example. On the other days, walk or move in ways you enjoy.

03 Phase 1 (weeks 1-4): learn the moves

Two sets of each exercise, easier versions, lots of practice. Phase 2 (weeks 5-8) adds a third set and harder versions.

LIFE HAPPENS

Missed a session? Do the next one on the plan; there is no need to catch up. If you miss a week, repeat the last week you completed.

How hard, and when to progress.

One simple scale tells you how heavy to go. One simple rule tells you when to go heavier.

REPS IN RESERVE: HOW MANY MORE YOU COULD HAVE DONE



01 Finish each set with reps to spare

Stop each set when you could have done about 3 more good reps in Phase 1, or about 2 more in Phase 2. Your technique should look the same on the last rep as the first.

02 Use the two-step rule to progress

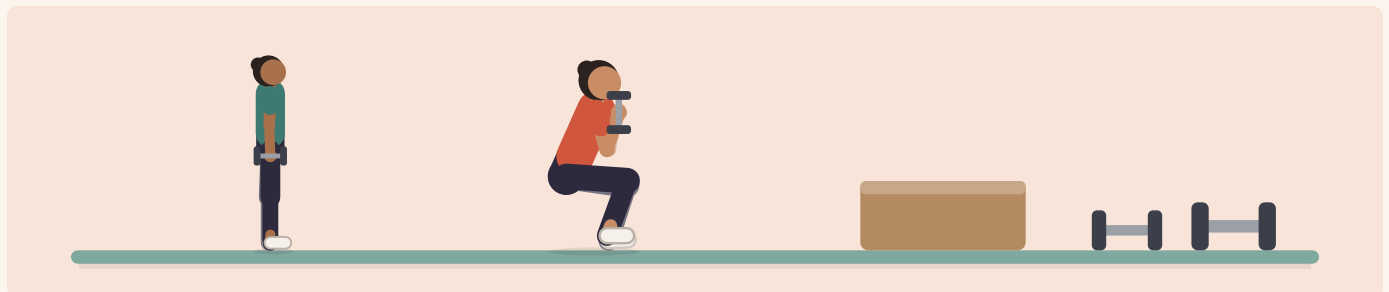
Each exercise has a rep range, such as 8-12. First, add reps until you reach the top of the range on every set. When you can do 1-2 reps more than the top of the range for two sessions in a row, choose a heavier dumbbell or a harder version and drop back to the bottom of the range. ACSM suggests a 2-10% load increase at this point. [3]

03 Rest between sets

Rest about 1-2 minutes between sets, or move between two exercises for different body parts.

What you need

- **A mat or carpet:** for floor exercises.
- **A sturdy chair, bench or step:** one that will not slide, for incline push-ups and support.
- **Dumbbells:** a lighter and a heavier pair, or adjustable ones. Filled water bottles work while you learn.

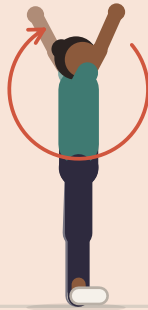


A five-minute warm-up.

Do this before every session. Move smoothly and gradually make each move bigger.



March on the spot
60 seconds, arms swinging



Arm circles
10 forwards, 10 backwards



Hip hinges
10 slow reps, hands on hips



Squat to a chair
8 reps, touch and stand



Reverse lunges
5 each leg, hold a chair if needed



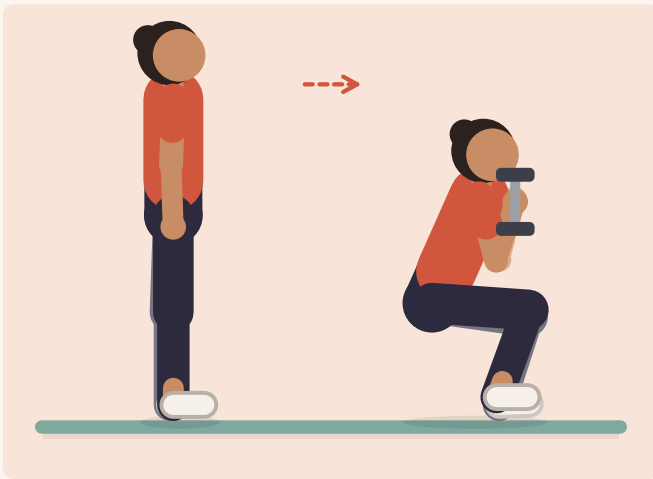
Glute bridges
10 reps, pause at the top

Cool down after each session

Walk slowly for two minutes, then hold each of these stretches gently for about 20-30 seconds a side, breathing normally. Stretching should feel mild, never painful.

- **Thigh stretch.** Standing, hold a chair, bring one heel towards your bottom.
- **Hamstring stretch.** Heel on a low step, leg straight, hinge forward from the hips.
- **Chest stretch.** Hands clasped behind you, gently lift your chest.
- **Child's pose.** Kneel, sit back towards your heels and reach your arms forward.

Squat and glute bridge.



Squat (bodyweight to goblet)

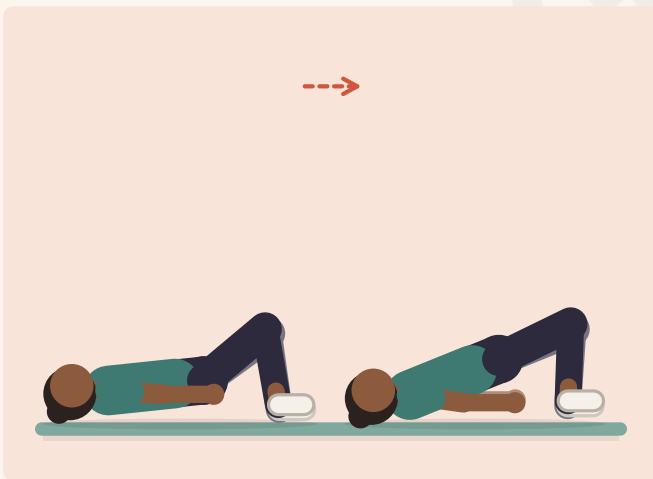
WORKS THIGHS, GLUTES, CORE

1. Stand with feet about hip- to shoulder-width apart, toes turned out slightly.
2. Push your hips back and bend your knees, keeping your chest lifted and knees in line with your toes.
3. Lower as far as is comfortable, then push through your whole foot to stand tall.

Easier: Squat down to touch a chair seat, then stand (see the warm-up).

Harder: Hold one dumbbell upright against your chest (a goblet squat); pause for 2 seconds at the bottom.

Coach's cue: Breathe in on the way down, out as you stand.



Glute bridge

WORKS GLUTES, BACK OF THIGHS

1. Lie on your back, knees bent, feet flat and hip-width apart, arms by your sides.
2. Press through your heels to lift your hips until your body is in a line from shoulders to knees.
3. Pause, squeezing your glutes, then lower slowly.

Easier: Lift only part of the way; keep the range pain-free.

Harder: Rest a dumbbell across your hips, or lift one foot for a single-leg bridge.

Coach's cue: Pregnant? Ask your midwife about lying on your back. [5]

Incline push-up and bent-over row.



Incline push-up

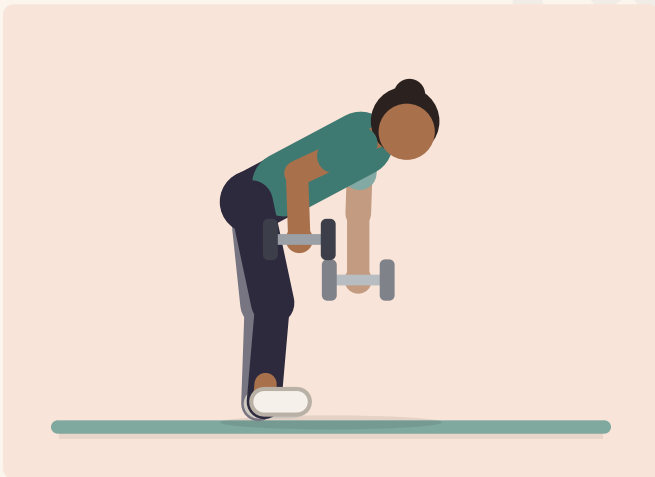
WORKS CHEST, SHOULDERS, BACK OF ARMS

1. Place your hands on a sturdy bench, step or table edge, slightly wider than your shoulders.
2. Step your feet back until your body is in a straight line from head to heels.
3. Bend your elbows to lower your chest towards the edge, then push away.

Easier: Use a higher surface, such as a kitchen worktop or a wall.

Harder: Use a lower surface, then try push-ups from your knees or toes on the floor.

Coach's cue: Elbows angle back at about 45°, not flared out.



Bent-over dumbbell row

WORKS UPPER BACK, SHOULDERS, ARMS

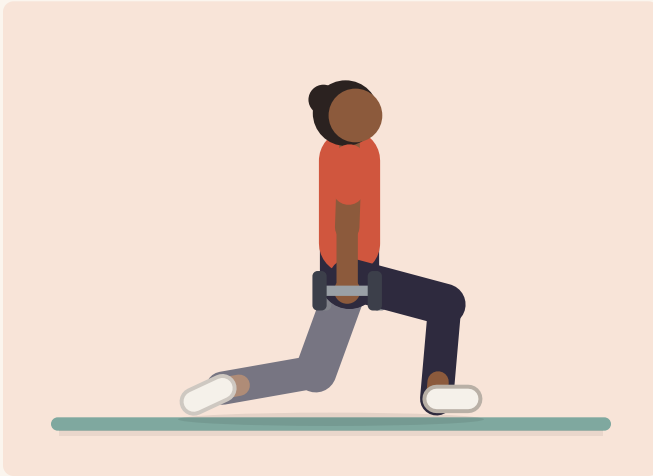
1. Hold a dumbbell in each hand. Soften your knees and hinge forward from your hips, back flat.
2. Pull your elbows back towards your hips, squeezing your shoulder blades together.
3. Lower slowly until your arms are straight.

Easier: Row one arm at a time with your other hand resting on a chair.

Harder: Use heavier dumbbells, or pause for 2 seconds at the top.

Coach's cue: Keep your neck long; look at the floor a little ahead.

Reverse lunge and Romanian deadlift.



Reverse lunge

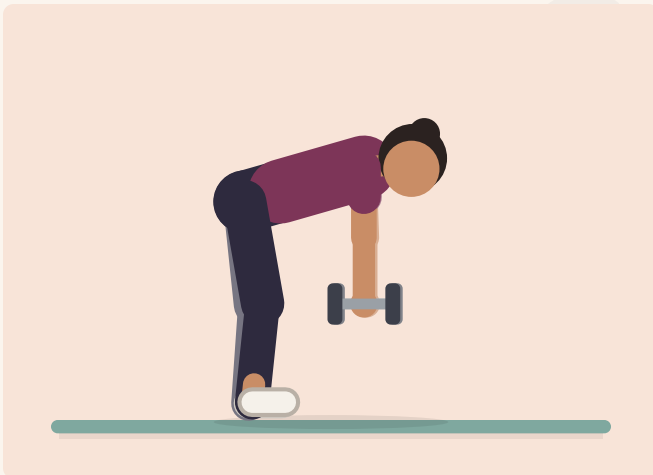
WORKS THIGHS, GLUTES, BALANCE

1. Stand tall, holding a chair for balance if you like.
2. Step one foot back and lower until both knees are bent, back knee hovering above the floor.
3. Push through your front foot to return. Finish all reps, then switch legs.

Easier: Hold a support and take a shorter step, or lower only part of the way.

Harder: Hold a dumbbell in each hand by your sides.

Coach's cue: Most of your weight stays on the front foot.



Romanian deadlift

WORKS BACK OF THIGHS, GLUTES, BACK

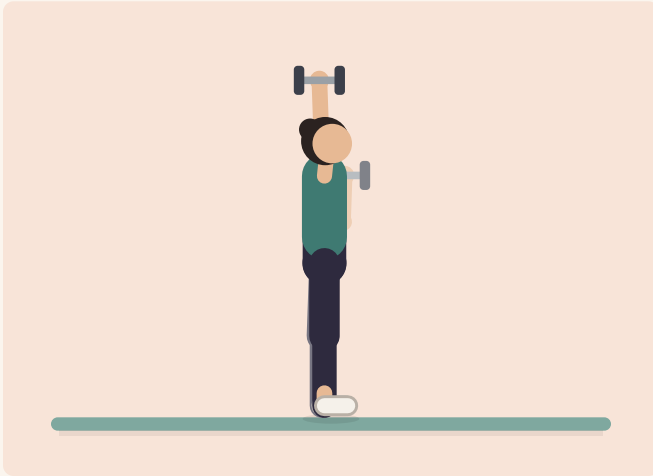
1. Stand holding dumbbells in front of your thighs, knees slightly bent.
2. Push your hips back and slide the weights down your legs, back flat, until you feel a stretch in the back of your thighs.
3. Drive your hips forward to stand tall.

Easier: Practise the hip hinge with hands on hips and no weights.

Harder: Use heavier dumbbells and take 3 seconds to lower.

Coach's cue: Think “hips back”, not “bend down”.

Overhead press and dead bug.



Overhead press

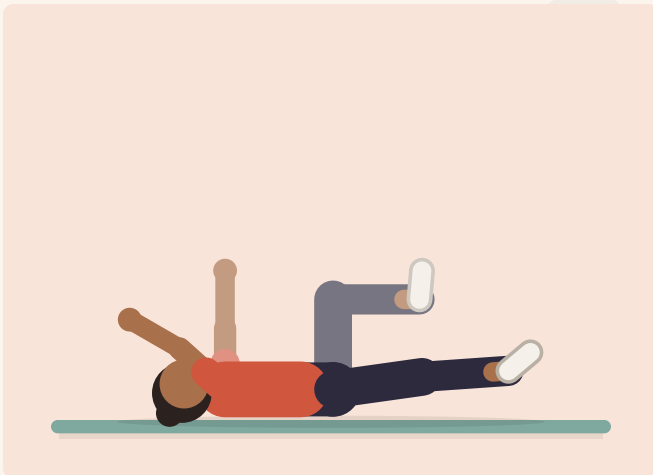
WORKS SHOULDERS, BACK OF ARMS, CORE

1. Sit or stand tall with dumbbells at shoulder height, palms facing in.
2. Brace your stomach and press the weights up until your arms are straight overhead.
3. Lower with control back to your shoulders.

Easier: Sit on a sturdy chair, or press one arm at a time.

Harder: Stand, and use heavier dumbbells as you progress.

Coach's cue: Ribs down: avoid arching your lower back.



Dead bug

WORKS DEEP CORE MUSCLES

1. Lie on your back, arms reaching to the ceiling, knees bent above your hips.
2. Gently press your lower back towards the floor.
3. Slowly reach one arm back and straighten the opposite leg, only as far as your back stays still. Return and switch.

Easier: Move only your legs, one at a time, keeping your arms still.

Harder: Move more slowly and hold the reach for 2 seconds.

Coach's cue: Pregnant? Ask your midwife about lying on your back. [5]

Bird dog and plank.



Easier: Move only an arm or only a leg at a time.

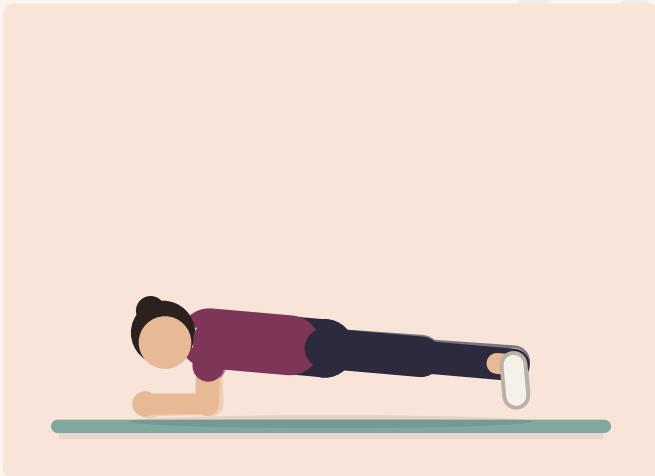
Harder: Hold each reach for 3 seconds and move more slowly.

Coach's cue: Imagine balancing a cup of tea on your lower back.

Bird dog

WORKS CORE, BACK, HIPS

1. Kneel on all fours, hands under shoulders and knees under hips.
2. Reach one arm forward and the opposite leg back, level with your body, keeping your hips square.
3. Pause for 2 seconds, return and switch sides.



Plank

WORKS CORE, SHOULDERS

1. Rest on your forearms, elbows under your shoulders.
2. Step your feet back so your body is in a straight line; squeeze your glutes.
3. Hold while breathing steadily, then rest.

Easier: Keep your knees on the floor, or plank with your hands on a table.

Harder: Hold for longer, or lift one foot for a few seconds at a time.

Coach's cue: Stop the set when your hips start to sag.

Phase 1: weeks 1-4. Learn the moves.

Two sets of each exercise with the easier versions. Leave about 3 reps in reserve (page 7).

SESSION A · E.G. MONDAY			
Exercise	Sets × reps	Rest	Page
Squat (bodyweight or to a chair)	2 × 8-12	60-90 s	9
Incline push-up	2 × 6-10	60-90 s	10
Glute bridge	2 × 10-15	60 s	9
Bent-over dumbbell row	2 × 8-12	60-90 s	10
Dead bug	2 × 6-8 each side	45 s	12
SESSION B · E.G. WEDNESDAY			
Exercise	Sets × reps	Rest	Page
Reverse lunge (holding a support)	2 × 6-10 each leg	60-90 s	11
Overhead press (seated)	2 × 8-12	60-90 s	12
Romanian deadlift	2 × 8-12	60-90 s	11
Bird dog	2 × 6-8 each side	45 s	13
Plank (knees down if needed)	2 × 15-30 s	45 s	13
SESSION C · E.G. FRIDAY			
Exercise	Sets × reps	Rest	Page
Goblet squat (light dumbbell)	2 × 8-12	60-90 s	9
Bent-over dumbbell row	2 × 8-12	60-90 s	10
Glute bridge	2 × 10-15	60 s	9
Overhead press (seated)	2 × 8-12	60-90 s	12
Plank	2 × 15-30 s	45 s	13

Always start with the warm-up on page 8 and finish with the cool-down. Page numbers link to the exercise library.

Phase 2: weeks 5-8. Build strength.

A third set and harder versions. Leave about 2 reps in reserve and use the two-step rule to progress.

SESSION A · E.G. MONDAY			
Exercise	Sets × reps	Rest	Page
Goblet squat	3 × 8-12	90 s	9
Push-up (lower incline or from knees)	3 × 6-12	90 s	10
Single-leg glute bridge	3 × 8-12 each leg	60 s	9
Bent-over dumbbell row (heavier)	3 × 8-12	90 s	10
Dead bug (slow, 2-s reach)	3 × 8-10 each side	45 s	12
SESSION B · E.G. WEDNESDAY			
Exercise	Sets × reps	Rest	Page
Dumbbell reverse lunge	3 × 8-10 each leg	90 s	11
Overhead press (standing)	3 × 8-12	90 s	12
Romanian deadlift (heavier)	3 × 8-12	90 s	11
Bird dog (3-s hold)	3 × 8 each side	45 s	13
Plank	3 × 20-40 s	45 s	13
SESSION C · E.G. FRIDAY			
Exercise	Sets × reps	Rest	Page
Goblet squat with 2-s pause	3 × 8-10	90 s	9
Bent-over dumbbell row	3 × 8-12	90 s	10
Glute bridge with a dumbbell	3 × 10-15	60 s	9
Push-up (your hardest good version)	3 × 6-12	90 s	10
Plank with alternate foot lifts	3 × 20-40 s	45 s	13

Sets, reps and rest follow ACSM guidance for novices: 1-3 sets of 8-12 reps, 2-3 days a week. [3] Page numbers link to the exercise library.

Your week-by-week map.

What changes each week. Tick off each week on the habit tracker (page 29).

Week	Sets	Effort	Focus this week
1	2	3-4 in reserve	Learn each movement with the easiest version. Choose weights that feel comfortable. Film a set or use a mirror.
2	2	3 in reserve	Add 1-2 reps to any exercise where the last set felt easy.
3	2-3	3 in reserve	Recovering well? Add a third set to the first two exercises of each session.
4	2	3 in reserve	A lighter week: back to 2 sets. Record your benchmarks in Session C (page 30).
5	3	2-3 in reserve	Phase 2 begins: switch to the harder versions on page 15.
6	3	2 in reserve	Push towards the top of each rep range.
7	3	2 in reserve	Two-step rule: beat the top of the range by 1-2 reps for two sessions? Go heavier (page 7).
8	3	2 in reserve	Repeat your benchmarks in Session C and complete the review on page 30.

Why a lighter week 4?

Progress comes from training and recovering. Easing off before Phase 2 gives your body a chance to catch up and gives you a moment to check your technique.

After week 8, repeat Phase 2 with heavier dumbbells, or see page 30 for other next steps.

Between sessions: walk, rest, sleep.

Strength sessions are three days of the week. What you do with the other four matters too.



01 Walk and move on non-lifting days

Guidelines also recommend at least 150 minutes of moderate activity a week, such as brisk walking, spread across the week. [1][2] A 20-30 minute walk on most days covers it. Moderate means you can talk, but not sing. [14]

02 Sit less

Break up long periods of sitting with a short walk or a stretch. [2]

03 Keep one day for full rest

Rest days are part of the plan. Gentle walking or stretching is fine.

04 Protect your sleep

Keep a regular bedtime and wind-down routine. If you are short on sleep, keep the session but leave an extra rep in reserve.

LISTEN TO YOUR BODY

Tired, unwell or aching? Swap a session for a walk, or do only the warm-up and one set of each exercise. Stop and seek help for any of the signs on page 5.

Protein, simply.

Enough protein, spread across the day, supports the work you do in your sessions.

Adults need a baseline of about **0.75 g of protein per kg of bodyweight a day** in UK guidance [8], or 0.8 g/kg in the US. [9] People who strength train often eat more. A 2018 review of 49 trials found protein's extra benefit for muscle gains levelled off at about **1.6 g/kg a day** [10], and the International Society of Sports Nutrition suggests 1.4-2.0 g/kg for most exercising people, with **about 20-40 g per meal** spread across the day. [11]

Food	Portion	Protein (about)
Greek yogurt, 0% fat	150 g pot	15 g
Eggs	2 large	12 g
Chicken breast, cooked	100 g	30 g
Tinned tuna, drained	1 small tin (about 100 g)	20-25 g
Salmon fillet, cooked	100 g	22 g
Firm tofu	100 g	12-17 g
Cottage cheese	100 g	11 g
Red lentils, cooked	150 g	13 g
Edamame beans	80 g	9 g
Milk	250 ml glass	8 g

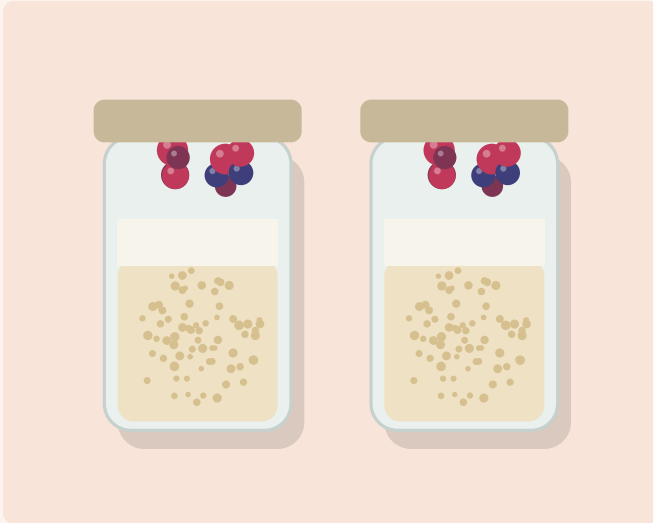
Approximate values rounded from USDA FoodData Central. [12]

A WORKED EXAMPLE, NOT A TARGET

A woman who weighs 65 kg would have a baseline of about 49 g a day (65×0.75). At 1.4-1.6 g/kg she might aim for about 91-104 g, for example 25-30 g at three meals plus one or two protein snacks. Your needs depend on your body, health and goals. If you have kidney disease or another medical condition, are pregnant or breastfeeding, ask your doctor or a registered dietitian before changing how much protein you eat.

Berry protein overnight oats

Made the night before; ready when you wake up.



SERVES 1

PREP + COOK 5 min + overnight

PROTEIN ABOUT 27 G PER SERVING

Ingredients

- 50 g (½ cup) rolled oats
- 150 g 0% fat Greek yogurt
- 100 ml milk, or a fortified soya drink
- 1 tbsp chia seeds
- 80 g berries, fresh or frozen
- ½ tsp cinnamon; honey to taste (optional)

Method

1. Stir the oats, yogurt, milk, chia seeds and cinnamon together in a jar or tub.
2. Top with the berries, cover and refrigerate overnight, or for at least 4 hours.
3. In the morning, stir, loosen with a splash of milk if thick, and add honey if you like.

SWAPS + KEEPING

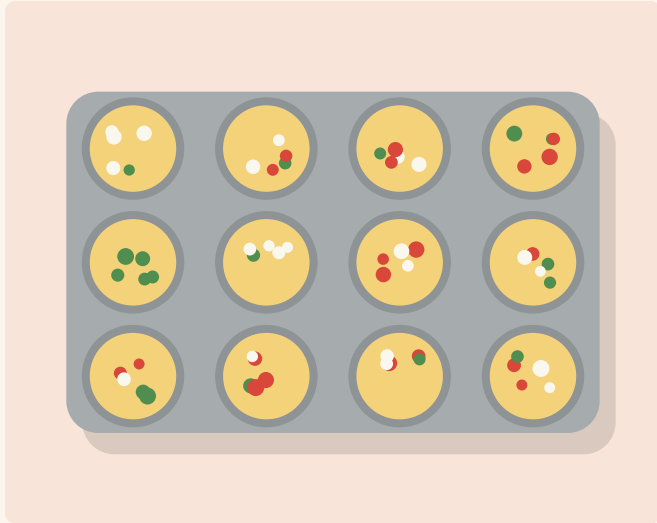
Swap the berries for a grated apple or a chopped banana. Keeps for up to 2 days in the fridge, so make two at once. Oats may contain gluten; use certified gluten-free oats if you need them.

HOW THE PROTEIN ADDS UP

Oats about 6.5 g, Greek yogurt about 15 g, milk about 3.5 g, chia seeds about 2 g and berries under 1 g: about 27 g in one serving. Estimated from typical USDA FoodData Central values; brands vary. [12]

Spinach and feta egg muffins

Twelve grab-and-go muffins for breakfasts and snacks.



SERVES 4 (3 muffins each)

PREP + COOK 10 min + 20 min

PROTEIN ABOUT 21 G PER SERVING

Ingredients

- 8 large eggs
- 200 g cottage cheese
- 60 g feta, crumbled
- 80 g spinach, chopped
- 1 red pepper, finely diced
- 4 spring onions, sliced
- Black pepper; oil for the tin

Method

1. Heat the oven to 180°C / 160°C fan / 350°F and oil a 12-hole muffin tin well.
2. Whisk the eggs and cottage cheese, then stir in the spinach, pepper, spring onions, feta and black pepper.
3. Divide between the holes and bake for 18-22 minutes until set in the centre (71°C / 160°F). [13]
4. Cool for 5 minutes, then loosen with a knife.

SWAPS + KEEPING

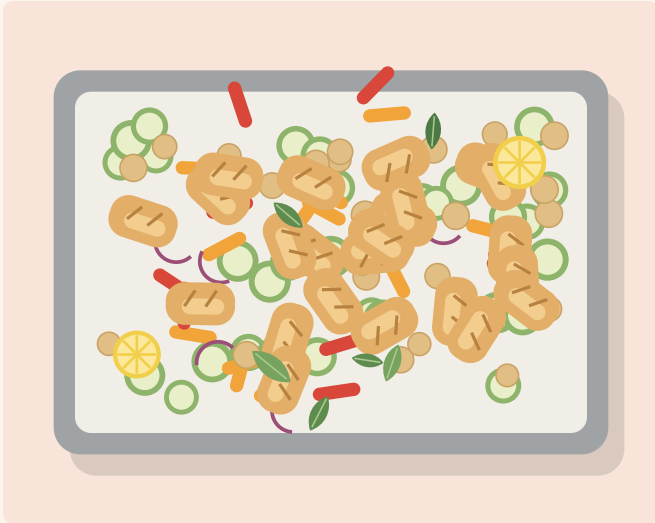
Use any leftover vegetables, or add chopped cooked chicken. Cool, then refrigerate for up to 3-4 days; they also freeze well. Reheat until steaming hot, or eat cold.

HOW THE PROTEIN ADDS UP

Eggs about 50 g, cottage cheese about 22 g, feta about 8.5 g and vegetables about 4 g: about 85 g in total, or about 21 g in each serving of 3 muffins. Estimated from typical USDA FoodData Central values; brands vary. [12]

Lemon chicken and chickpea traybake

One tray, ten minutes of hands-on time, with a garlic yogurt sauce.



SERVES 4

PREP + COOK 10 min + 30 min

PROTEIN ABOUT 37 G PER SERVING

Ingredients

- 500 g chicken breast, in chunks
- 1 tin (400 g) chickpeas, drained
- 2 courgettes and 2 peppers, in chunks
- 1 red onion, in wedges
- 2 tbsp olive oil, 1 lemon (zest + juice)
- 2 tsp dried oregano, 1 tsp smoked paprika
- Sauce: 150 g 0% Greek yogurt + 1 small garlic clove, grated

Method

1. Heat the oven to 220°C / 200°C fan / 425°F.
2. Toss the chicken, chickpeas, vegetables, oil, lemon zest and spices on a large tray in a single layer. Use two trays if crowded.
3. Roast for 25-30 minutes, turning once, until the vegetables are charred at the edges and the chicken reaches 74°C / 165°F. [13]
4. Squeeze over the lemon juice. Serve with the yogurt sauce, and rice or bread if you like.

SWAPS + KEEPING

Vegetarian: use a second tin of chickpeas and 200 g halloumi instead of the chicken. Refrigerate leftovers within 2 hours and eat within 3-4 days; good cold in a lunchbox.

HOW THE PROTEIN ADDS UP

Chicken about 112 g, chickpeas about 17 g, yogurt about 15 g and vegetables about 5 g: about 149 g in total, or about 37 g per serving. Estimated from typical USDA FoodData Central values; brands vary. [12]

Tuna, white bean and lemon salad

No cooking, five minutes, and it travels well.



SERVES 2

PREP + COOK 10 min

PROTEIN ABOUT 33 G PER SERVING

Ingredients

- 2 small tins (145 g each) tuna in water, drained
- 1 tin (400 g) cannellini beans, drained
- 100 g cherry tomatoes, halved
- ½ cucumber, diced
- ½ small red onion, finely sliced
- 2 handfuls of rocket or salad leaves
- Dressing: 1 tbsp olive oil, juice of ½ lemon, 1 tsp mustard

Method

1. Whisk the dressing in a large bowl.
2. Add the beans, tomatoes, cucumber and onion and toss.
3. Flake in the tuna and fold through gently, then serve on the leaves.

SWAPS + KEEPING

Swap the tuna for 3 chopped hard-boiled eggs or tinned salmon. Pack the leaves separately if you are taking it to work, and keep it cold. Eat within 1 day.

HOW THE PROTEIN ADDS UP

Tuna about 46 g (about 200 g drained), cannellini beans about 17 g and salad about 3 g: about 66 g in total, or about 33 g per serving. Estimated from typical USDA FoodData Central values; brands vary. [12]

Turkey and black bean chili

A big, freezer-friendly pot for busy weeks.



SERVES 4

PREP + COOK 10 min + 35 min

PROTEIN ABOUT 33 G PER SERVING

Ingredients

- 1 tbsp oil; 1 onion and 2 peppers, diced
- 500 g lean turkey mince
- 2 garlic cloves, crushed
- 2 tsp mild chili powder, 2 tsp cumin, 1 tsp smoked paprika
- 2 tins (400 g) chopped tomatoes
- 1 tin (400 g) black beans, drained
- To serve: 120 g 0% Greek yogurt, coriander, rice or a baked potato

Method

1. Heat the oil in a large pan and cook the onion and peppers for 5 minutes.
2. Add the turkey and cook, breaking it up, until browned. Stir in the garlic and spices for 1 minute.
3. Add the tomatoes and beans. Simmer for 25 minutes, stirring now and then, until thick and the turkey reaches 74°C / 165°F. [13]
4. Serve topped with yogurt and coriander.

SWAPS + KEEPING

Vegetarian: use 2 more tins of beans and 150 g red lentils with 300 ml extra water. Cool quickly; refrigerate for 3-4 days, or freeze in portions.

HOW THE PROTEIN ADDS UP

Turkey mince about 94 g, black beans about 17 g, tomatoes and vegetables about 10 g and yogurt about 12 g: about 133 g in total, or about 33 g per serving. Estimated from typical USDA FoodData Central values; brands vary. [12]

Sesame tofu and edamame noodles

A fifteen-minute plant-based stir-fry.



SERVES 2

PREP + COOK 10 min + 10 min

PROTEIN ABOUT 40 G PER SERVING

Ingredients

- 280 g firm tofu, patted dry and cubed
- 150 g frozen shelled edamame beans
- 100 g dried soba or wholewheat noodles
- 150 g broccoli florets; 1 pepper, sliced
- 2 tbsp reduced-salt soy sauce, 1 tsp sesame oil
- 1 garlic clove and a thumb of ginger, grated
- 1 tbsp oil; sesame seeds to finish

Method

1. Cook the noodles as the packet says, adding the edamame and broccoli for the last 3 minutes. Drain.
2. Heat the oil in a large pan and fry the tofu for 6-8 minutes, turning, until golden.
3. Add the pepper, garlic and ginger and stir-fry for 2 minutes.
4. Toss in the noodles and vegetables with the soy sauce and sesame oil. Scatter with sesame seeds.

SWAPS + KEEPING

Use tamari and rice noodles for gluten-free. Swap tofu for 250 g cooked chicken or prawns. Best eaten fresh; refrigerate leftovers within 2 hours and eat within 1-2 days.

HOW THE PROTEIN ADDS UP

Tofu about 42 g, edamame about 18 g, noodles about 13 g, vegetables about 5 g and soy sauce about 2 g: about 80 g in total, or about 40 g per serving. Estimated from typical USDA FoodData Central values; brands vary. [12]

Salmon, quinoa and greens bowl

Oven-baked salmon on quinoa with a lemony yogurt dressing.



SERVES 2

PREP + COOK 5 min + 20 min

PROTEIN ABOUT 38 G PER SERVING

Ingredients

- 2 salmon fillets (about 120 g each)
- 100 g (½ cup) dried quinoa, rinsed
- 100 g frozen peas; 100 g tenderstem broccoli
- ¼ cucumber, diced
- Dressing: 60 g 0% Greek yogurt, juice of ½ lemon, dill or mint
- 1 tsp olive oil; salt and pepper

Method

1. Heat the oven to 200°C / 180°C fan / 400°F. Cook the quinoa in 250 ml simmering water for 15 minutes.
2. Rub the salmon with the oil, season and bake for 12-15 minutes, until it reaches 63°C / 145°F and flakes easily. [13]
3. Steam or boil the broccoli and peas for 3-4 minutes.
4. Mix the dressing. Build bowls of quinoa, greens, cucumber and salmon, and spoon over the dressing.

SWAPS + KEEPING

Swap salmon for a tin of drained chickpeas roasted with paprika, or 2 eggs. Cooked quinoa keeps for 3-4 days in the fridge; cook a double batch for lunches.

HOW THE PROTEIN ADDS UP

Salmon about 48 g, quinoa about 14 g, peas and broccoli about 8 g and yogurt about 6 g: about 76 g in total, or about 38 g per serving. Estimated from typical USDA FoodData Central values; brands vary. [12]

Red lentil and tomato soup

A thick, warming soup topped with yogurt and seeds.



SERVES 4

PREP + COOK 10 min + 30 min

PROTEIN ABOUT 25 G PER SERVING

Ingredients

- 1 tbsp oil; 1 onion, 2 carrots and 1 celery stick, chopped
- 2 garlic cloves; 2 tsp ground cumin
- 250 g (1¼ cups) dried red lentils, rinsed
- 1 tin (400 g) chopped tomatoes
- 1.2 litres low-salt vegetable stock
- To serve: 200 g 0% Greek yogurt, 40 g pumpkin seeds

Method

1. Soften the onion, carrots and celery in the oil for 8 minutes. Add the garlic and cumin for 1 minute.
2. Add the lentils, tomatoes and stock. Simmer for 20-25 minutes until the lentils are very soft.
3. Blend until smooth, adding water if too thick. Season to taste.
4. Serve each bowl topped with yogurt and pumpkin seeds.

SWAPS + KEEPING

Vegan: top with extra seeds and a spoon of plain soya yogurt. Cool quickly; refrigerate for 3-4 days or freeze in portions. Reheat until steaming hot.

HOW THE PROTEIN ADDS UP

Red lentils about 60 g, yogurt about 20 g, pumpkin seeds about 12 g and vegetables about 9 g: about 101 g in total, or about 25 g per serving. Estimated from typical USDA FoodData Central values; brands vary. [12]

Weekly training log

Log reps × weight for every set. Tick “RIR” if you left the target reps in reserve.

WEEK _____ PHASE _____ DATES _____

SESSION A				DAY / DATE _____
Exercise	Set 1 reps × kg	Set 2 reps × kg	Set 3 reps × kg	RIR ok

SESSION B				DAY / DATE _____
Exercise	Set 1 reps × kg	Set 2 reps × kg	Set 3 reps × kg	RIR ok

SESSION C				DAY / DATE _____
Exercise	Set 1 reps × kg	Set 2 reps × kg	Set 3 reps × kg	RIR ok

TIP Use the two-step rule on page 7: when you beat the top of the range by 1-2 reps for two sessions, go heavier.

Protein planner

Work out a daily range, then plan simple protein at each meal.

MY DAILY RANGE

Bodyweight _____ kg $\times$ 0.75 = _____ g (baseline)

Bodyweight _____ kg $\times$ _____ g/kg = _____ g (my aim, agreed with a professional if needed)

Meal	Protein food	Portion	Protein (g)
Breakfast			
Lunch			
Dinner			
Snack 1			
Snack 2			
Total			

WEEKLY CHECK: DID EACH MAIN MEAL INCLUDE A PROTEIN FOOD?

Meal	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	☐	☐	☐	☐	☐	☐	☐
Lunch	☐	☐	☐	☐	☐	☐	☐
Dinner	☐	☐	☐	☐	☐	☐	☐

TIP About 20-40 g per meal, spread across the day, is a practical pattern. [11] See page 18 for portions and pages 19-26 for recipes.

Eight-week habit tracker

Tick each session as you finish it. Count the days you managed each habit.

Week	Session A	Session B	Session C	Walk days	Protein days	Bedtime days
1	☐	☐	☐	/ 7	/ 7	/ 7
2	☐	☐	☐	/ 7	/ 7	/ 7
3	☐	☐	☐	/ 7	/ 7	/ 7
4	☐	☐	☐	/ 7	/ 7	/ 7
5	☐	☐	☐	/ 7	/ 7	/ 7
6	☐	☐	☐	/ 7	/ 7	/ 7
7	☐	☐	☐	/ 7	/ 7	/ 7
8	☐	☐	☐	/ 7	/ 7	/ 7

Walk days: a walk of 20 minutes or more. Protein days: a protein food at all three meals. Bedtime days: lights out at the time you chose.

My habits, in my words

1. _____
2. _____
3. _____

TIP Aim for most, not all. Missing a day is normal; missing the next one is the thing to watch.

End-of-program review

Record benchmarks in week 4 and week 8 (Session C) and compare them with week 1 or your first session.

Benchmark	First session	Week 4	Week 8
Incline push-up: surface height and reps with good form			
Squat or goblet squat: dumbbell weight × reps (2 in reserve)			
Glute bridge: reps with a 2-second pause			
Plank: seconds with a straight body			
How confident do I feel with the ten movements? (1-10)			

WHAT CHANGED THAT I AM PROUD OF?

WHAT WAS HARDEST, AND WHAT HELPED?

What next?

- ☐ Repeat Phase 2 with heavier dumbbells or harder versions.
- ☐ Add a fourth session, or a class, if you are recovering well.
- ☐ Book a session with a qualified coach or physiotherapist to check technique and plan the next block.

Results vary from person to person; this review is for your own reflection only.

The useful fine print

The sources behind specific statements in this sample, and what this edition is.

1 / WHO: Physical activity fact sheet [Open the source](#)

World Health Organization. Adults should do at least 150-300 minutes of moderate-intensity aerobic activity a week (or 75-150 minutes vigorous) and muscle-strengthening activities at moderate or greater intensity involving all major muscle groups on 2 or more days a week; some activity is better than none; muscle strengthening benefits everyone. Supports pages 2, 6 and 17.

2 / NHS: Physical activity guidelines for adults aged 19 to 64 [Open the source](#)

NHS. Do strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week, and at least 150 minutes of moderate-intensity activity a week, spread across the week; reduce time spent sitting. Supports pages 6 and 17.

3 / ACSM position stand: Progression models in resistance training for healthy adults (2009) [Open the source](#)

American College of Sports Medicine, Medicine & Science in Sports & Exercise 41(3):687-708. For novices: 8-12 repetitions, 1-3 sets, 2-3 days a week, training the whole body; a 2-10% load increase when the current load can be lifted for 1-2 repetitions over the target on two consecutive sessions. Supports pages 6, 7, 14-16.

4 / PAR-Q+: The Physical Activity Readiness Questionnaire for Everyone [Open the source](#)

PAR-Q+ Collaboration. The international standard for pre-participation screening. The readiness check on page 4 is a simplified, plain-language version modelled on its general health questions; it is not the official form. Supports pages 4 and 5.

5 / NHS: Exercise in pregnancy [Open the source](#)

NHS. Talk to your midwife or doctor about exercise in pregnancy; avoid lying flat on your back for long periods, particularly after 16 weeks, as it can make you feel faint; avoid contact sports. Supports pages 5, 9 and 12.

6 / NHS: Strength exercises [Open the source](#)

NHS Live Well. Examples of simple strength exercises that can be done at home, supporting the choice of bodyweight and dumbbell movements in the exercise library on pages 9-13.

7 / Royal Osteoporosis Society: Exercise for bones [Open the source](#)

Bones get stronger when you use them; the best way to help bone strength is to do both impact and strength exercises, and balance exercises help keep you steady. Supports page 2.

8 / British Nutrition Foundation: Protein [Open the source](#)

The UK Reference Nutrient Intake for adults is 0.75 g of protein per kg of bodyweight per day, about 45 g a day for a 60 kg woman, with additional needs for growth, repair and pregnancy. Supports page 18.

9 / Harvard T.H. Chan School of Public Health: The Nutrition Source, Protein [Open the source](#)

The US National Academy of Medicine recommends that adults get a minimum of 0.8 g of protein per kg of bodyweight per day. Supports page 18.

10 / Morton RW et al. (2018), British Journal of Sports Medicine 52(6):376-384 [Open the source](#)

Systematic review and meta-analysis of 49 trials: protein supplementation increased resistance-training gains in muscle strength and size in healthy adults, with no further gains in fat-free mass beyond total intakes of about 1.6 g/kg/day. Supports page 18.

11 / Jager R et al. (2017), ISSN position stand: protein and exercise [Open the source](#)

Journal of the International Society of Sports Nutrition 14:20. A daily intake of 1.4-2.0 g/kg is sufficient for most exercising individuals; about 20-40 g of protein per meal, spread evenly every 3-4 hours across the day. Supports pages 18 and 28.

12 / USDA FoodData Central [Open the source](#)

US Department of Agriculture food composition database. Protein values for the foods on page 18 and the per-serving recipe estimates on pages 19-26 are rounded from typical entries; brands and portions vary, so all figures are approximate.

13 / FoodSafety.gov: Safe minimum internal temperatures [Open the source](#)

US government. Poultry, including turkey mince, 74°C / 165°F; fish 63°C / 145°F or until it flakes easily; egg dishes 71°C / 160°F. Supports the recipes on pages 20, 21, 23 and 25.

14 / CDC: Measuring physical activity intensity [Open the source](#)

US Centers for Disease Control and Prevention. The talk test: during moderate-intensity activity you can talk but not sing; during vigorous activity you cannot say more than a few words without pausing for breath. Supports page 17.

About this edition. Written, illustrated and designed by Forgewick, operated by Haris Sohail. Studio Edition 1.0, September 2026. All exercises, recipes, illustrations and worksheets are original. General fitness and nutrition information; not medical advice; not reviewed by a doctor, physiotherapist or registered dietitian. Protein figures are estimates. No testimonials or results are claimed.

© 2026 Haris Sohail trading as Forgewick. You may download this sample and print the worksheets for personal use. Contact partnerships@forgewick.com about a creator edition.



8-WEEK STRONG AT HOME

Three sessions a week. Stronger, step by step.

Ten movements, two phases, a clear rule for progress
and simple high-protein meals to go with them.

FORGEWICK

Original studio edition / forgewick.com/creators/strong-at-home-program