



The At-Home Strength Menu™

Choose a few movements that fit your space, ability and equipment to create a simple full-body session at home.



You do not need a home gym. A sturdy chair, a resistance band or a pair of manageable weights can offer plenty of options.

No Equipment



- ☐ Chair sit-to-stand
Legs and hips



- ☐ Wall push-up
Chest, shoulders and arms



- ☐ Supported calf raise
Calves and ankles



- ☐ Standing hip extension
Hips and glutes



- ☐ Supported step-back
Legs and balance



- ☐ Wall plank
Core and shoulders

Resistance Band



- ☐ Band row
Upper back and arms



- ☐ Band chest press
Chest and arms



- ☐ Band pull-apart
Upper back and shoulders



- ☐ Band squat
Legs and hips

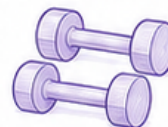


- ☐ Band side step
Outer hips



- ☐ Band deadlift
Hips and back of legs

Dumbbells or Household Weights



- ☐ Goblet squat
Legs and hips



- ☐ Dumbbell deadlift
Hips and back of legs



- ☐ Supported row
Upper back and arms



- ☐ Seated shoulder press
Shoulders and arms



- ☐ Suitcase carry
Grip and core



- ☐ Biceps curl
Front of arms



Build My At-Home Session

Choose 4 to 6 exercises.

Include at least one lower-body movement, one push or pull, and one carry or core option.

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

Sets: _____ Repetitions or time: _____ Rest: _____

Check Your Space

- ☐ Chair is sturdy and will not slide.
- ☐ Floor is clear of clutter.
- ☐ Band is free of cracks or tears.
- ☐ Household weights are securely closed.
- ☐ I have enough room to move safely.



Need More Support?

Use a wall, chair or countertop.



Short on Time?

Choose four exercises or complete one set.



Low-Energy Day?

Use lighter resistance or practice the movements.



Gentle Reminder

Household objects vary in size, shape and grip. Use only items you can hold securely.



Martine's Midlife Wellness Tip

Keep your band or weights where you can see them. A visible reminder makes starting much easier.



When to Modify or Stop

Modify or stop for sharp pain, dizziness, chest pain, unusual shortness of breath, new weakness or loss of control.

