



StrongHERin12

Beginner



welcome to StrongHERin12!

StrongHERin12 is a 12 week strength program to help you build lean muscle mass, lose body fat and help you feel more confident and sexy in your body.

Over the course of the 12 weeks, you'll have a set program to help you move your body and be guided through each movement with regressions and progressions.

As women, our hormones start to shift as we age and this program focuses on resistance (strength) training to help support you through that process.

Lifting weights is great from an overall health perspective and it is also great for:

- Improving your metabolism
- Promoting lean muscle mass and fat loss
- Regulating blood glucose
- Improving bone density
- Improving your posture
- Managing stress
- Feeling confident and sexy AF

I'm so excited to have you here - your journey to StrongHERin12 begins now!



hi I'm *tiana*,

Your Mindset and Transformation BFF with a background in holistic nutrition and movement who specializes in the integration of functional nutrition, mindset and holistic living. I created StrongHERin12 to destroy the myth that lifting weights will make women bulky.

The goal of this program is to empower women to build both the physical and mental strength that's needed to take on any challenge. I strongly believe through building physical strength we can cultivate the resilient mindset that's needed to push through and strengthen the belief that you are capable of doing anything.



“

when the *why* is big enough, the
how becomes strong enough to
overcome and succeed

”

setting your *intentions*

Take a moment to reflect on what brought you here, what you hope to accomplish over the next 90 days and set some intentions.

What are your intentions for this program? What is your big WHY?

During this program, I am committed to:

Keeping your above responses in mind, create 3 affirmations as your reminder as to why you are doing this program:

I am:

I am:

I am:





getting started

The goal of the program is to be accessible and it's been designed for you to do at home or at the gym.

There are a few key pieces of equipment that are required if you're doing the program from home.

You'll need:

- Any form of weights, whether that's a set or two of dumbbells or kettlebells
- Small loop resistance band (aka booty band)

You can use the timer on your phone or you can download one from the app or google play store so that you can 'set it and forget it'. Just search 'workout timer' and you'll get a bunch of free options.



regressions and *progressions*

This program is meant to be a progressive program which means that each week a variable will change.



Some ways to progress are:

- Increasing your reps
- Increasing your sets
- Increasing your weights
- Taking less rest period
- Slowing down a movement

The main thing to remember is that week over week, one of the variables should be changing.

You're given a range to work within, allowing yourself room to progress. The goal is to steadily build over the 12 weeks so pace yourself accordingly when choosing your weights.

Again, you know your body best and can assess in the moment what it needs.

Start the program off with a weight that can not only challenge you but that you can also move with good form throughout. Over time you'll notice that certain weights will start to feel lighter. This is a sign that you're getting stronger!

When increasing your weights, always remember that you want to be moving safely through each movement.

And just like we progress, we can also regress. If a movement feels difficult or you need to work on your form a little bit more, you can keep your reps and/or weights the same until you feel ready to progress. Remember; regressions are cool ;)

Always remember quality over quantity – our egos have no place in this program. We want to always ensure we're moving safely.

Another thing to note:

You will know best when it's time to increase your weights. Don't fear the weights and challenge yourself safely.



some commonly asked *questions*

What if I don't know how to do an exercise?

All movements in the program have video demonstrations included. Simply click the exercise to be taken directly to the demo.

Can I do cardio with this program?

You may have noticed that there are no cardio days in this program. as this is strictly a strength based program.

If you would like to incorporate some Low Intensity Steady State (LISS) sessions you can absolutely do that. I'd also recommend increasing your step count, so get outside and get walking! A great goal is anything north of 5k a day.

A few recommendations on LISS cardio:

- Put it at the end of your workout OR in a separate session (i.e. weights in the AM, cardio in the PM)
- Make it no more than 20 minutes
- Max 1-2 sessions a week depending on how many strength days you have programmed in

how do I structure my *workouts*?

This will depend on which version of the program you're doing. Below are recommendations for each version with mandatory rest/recovery days included.

You can change the order anytime. You will know your body best so listen to it carefully! My recommendation is no more than 2 consecutive strength days without incorporating some recovery to allow your body to rest in between sessions.

Note: these are samples weeks based on each version of the StrongHERin12 series. You can start the program any day of the week.

beginner

- Monday - Day 1 - WORK
- Tuesday - REST
- Wednesday - Day 2 - WORK
- Thursday - REST
- Friday - Day 3 - WORK
- Saturday - REST
- Sunday - REST

**You can use your rest days for low impact movement (again listen to your body). Some examples are long walks, yoga, pilates, LISS.*

intermediate

- Monday - Day 1 - UPPER
- Tuesday - Day 2 - LOWER
- Wednesday - REST*
- Thursday - DAY 3 - UPPER
- Friday - REST
- Saturday - DAY 4 - LOWER
- Sunday - REST

**You can use your rest days for low impact movement (again listen to your body). Some examples are long walks, yoga, pilates, LISS.*

advanced

- Monday - Day 1 - SQUAT/PUSH
- Tuesday - Day 2 - TOTAL BODY
- Wednesday - REST
- Thursday - Day 3 - PULL/HINGE
- Friday - Day 4 - TOTAL BODY
- Saturday - REST
- Sunday - Day 5 - HIIT/CONDITIONING

**The 5th day is optional but if you are choosing the 5 day version, I would strongly advise against including any cardio in the program and focus on your recovery on your rest days.*



Some helpful *acronyms* and *definitions*

Throughout the program you'll see acronyms and words that you may not recognize. Below are the definitions of the ones that are included in the program.

Acronyms:

- Alt – Alternating
- BW – Bodyweight
- DB – Dumbbell
- RB – Resistance band
- SL – Single Leg
- SA – Single Arm

definitions:

- Repetition (Reps) – A single complete movement or exercise
- Sets – A set is a combination of reps without rest. For example, 10 squats performed consecutively would be one set of 10. It can also be referred to as rounds and you'll see these 2 used interchangeably in the program
- Circuit Training – A set of exercises combined with little or no time between sets
- Rest – The time between sets or exercises
- Tempo – The speed at which the exercise is performed
- Unilateral – Refers to working one side of the body at a time. For example, a single arm row is considered a unilateral exercise because you work the right arm and then the left. Another example could be a split squat as you work one leg at a time

Some other things to note...

The workouts will vary in time depending on your level and your pace. While there are guidelines given in each program that you can work within, you may feel you need more rest, which is fine.

The workouts can range anywhere from 35 to 60 minutes, ensuring you have time for a good warm up and cooldown.

As you work your way through each week you'll be improving your endurance and your cardiovascular health, so you may find that you'll need less rest which means you may be moving through your workouts at a steadier and quicker pace.

tracking your *progress*

It's always extremely helpful to track your progress when you're following any program. You'll need to know where you are in order to know where you need to go.

Some ways I would recommend tracking your progress:

Your weight (if the scale isn't triggering for you)

Measurements - your waist, hip, chest, butt, arms, legs

Pictures - take pictures in a bikini or form fitting clothes from the front, both sides (arms outstretched) and the back

These can be done every 3 weeks.

There are also others ways to track your progress that don't involve the scale or measurements such as:

- Energy levels
- Sleep
- Appetite
- Digestion and bowel movements
- Overall mood

These are called non-scale victories (NSV). They are equally, if not slightly, more important as the scale victories.

Please don't discount the NSVs - these are the ones that help contribute to your overall mental health. The more you celebrate them, the more you will want to keep going. It creates a positive feedback loop.

The goal of the program is to help you lose weight and fat AND help empower you to feel confident, sexy and strong in your body.

progress tracker

Every 3 weeks, take your measurements and record them and your weight on the sheet below.

Take progress pictures from all angles as well so you can visually see your progress.



Week 1 Starting weight: _____lbs
Starting waist measurement: _____inches
Starting hip measurement: _____inches
Starting chest measurement: _____inches
Butt measurement: _____inches

Week 3 Weight: _____lbs
Waist measurement: _____inches
Hip measurement: _____inches
Chest measurement: _____inches
Butt measurement: _____inches

Week 6 Weight: _____lbs
Waist measurement: _____inches
Hip measurement: _____inches
Chest measurement: _____inches
Butt measurement: _____inches

Week 9 Weight: _____lbs
Waist measurement: _____inches
Hip measurement: _____inches
Chest measurement: _____inches
Butt measurement: _____inches

Week 12 Ending Weight: _____lbs
Ending waist measurement: _____inches
Ending hip measurement: _____inches
Ending chest measurement: _____inches
Ending butt measurement: _____inches

let's chat *fuel*

While this program doesn't include a meal plan, I recommend focusing on whole foods (foods with only one ingredient) as much as possible and limit processed foods. This means fruits, vegetables, proteins and fats. Properly fuelling your body starts in the kitchen with focusing on whole foods and balanced macronutrients.

carbs

Carbs are a source of energy and help you perform during the program. The exact amount of carbs will vary on an individual basis and where one is on their nutrition journey.

protein

Protein is essential for building muscle and should be eaten with every meal. As you will be progressing through this program, you'll need sufficient protein to help your body repair and recover and build that lean muscle mass. You should aim to have protein with every meal. A good measure is 0.8-1g per pound of bodyweight.

fats

Fats are your friend! Fats are beneficial for many reasons: hormone regulation, appetite satiety, brain function and metabolism to name a few. Fats are essential for your progress while on this program and should be included in every meal.

A last note about fuel: there are foods that may cause inflammation or digestive issues. You've taken the time to invest in YOURSELF and train hard while on this program so you should also be fuelling smarter. A Lamborghini doesn't take regular gas in their car so why should you?

Aim to reduce/limit the following during the program:

- Alcohol
- Artificial sweeteners
- Gluten
- Dairy

If you want more support with your nutrition you can join [The Shift Method](#) where we go a little deeper into macronutrients and structuring your meals as well as helping you create sustainable nutrition and lifestyle shifts.

clean *pantry* guide

Here are a few pantry items that I recommend keeping on hand during this program.

Fruits and vegetables

- Artichoke Hearts
- Arugula
- Asparagus
- Avocado
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Collards Greens
- Cucumbers
- Eggplant
- Endives
- Fennel
- Garlic
- Kale
- Lemons
- Leafy greens
- Limes
- Lettuce
- Mushrooms
- Olives
- Radicchio or endive
- Spinach
- Squash
- Swiss Chard
- Zucchini
- Frozen berries (Blueberries, strawberries, and raspberries are wonderful)
- Frozen veggies (use them for sides, soups and stir-fry)

**if available*

***although these items are technically processed you can find them with a minimal ingredient list*

proteins

- Grass - fed* beef, bison, and lamb
- Organic* chicken and turkey sausage
- Organic free - range* chicken and turkey breast
- Wild* - caught fish (sole, salmon and halibut)
- Wild* - caught scallops
- Wild* - caught shrimp

fats

- Unsweetened coconut, almond or cashew milk (choose ones with the least amount of ingredients)
- Seeds - chia, hemp, pumpkin, sesame, whole flax (grind fresh before each use), sunflower
- Unsweetened nut butters, tahini
- Nuts - raw almonds, cashews, pecans, walnuts, macadamia nuts, brazil nuts, pistachios
- Oils - coconut, avocado, olive for cooking
- Extra virgin olive oil (for raw use in dressings)

some other helpful items to have on hand

- Vinegars with no added sugars (try red wine vinegar, or champagne vinegar)
- Fresh salsa**
- Guacamole**
- Dijon or prepared yellow mustard (unsweetened, including honey)
- Organic chicken & vegetable broths
- Coconut aminos

a note on *hydration*

As you're increasing the demands on your body, you will need to make sure you're hydrating your body adequately.

A great baseline to start is 2 liters of water per day and increasing from there. Ideally, if you are following the program you should be aiming for 3-4 liters of water per day.

You can also add in electrolytes (pink himalayan sea salt), citrus, herbs to give it flavour and help you hit your targets.

a final word

People will ask you why. They will question your desire and your motivation. Some may even make you feel like what you are doing is a waste of time or not significant.

Always remember that you are changing for YOU. This journey is all about you, not them. You want to look back after 90 days and feel accomplished and proud of yourself that you did it. That you didn't give up even in the challenging moments.

It doesn't matter where you are on your journey, today is day 1 and you will feel stronger both mentally and physically knowing that you stayed focused, prioritized yourself and did it for YOU.

Lastly, have fun with this program! Show yourself some grace and compassion and don't be so hard on yourself. You're building a new habit which takes time and patience.

This program is specifically designed to be 12 weeks to help you ease into this new lifestyle and habits, adopting a different mindset and shifting from feeling unsure or insecure to confident and strong so that you can feel powerful from the outside in.



StrongHERin12

Beginner

You're given a rep range to work in for each 3 week block.

Each week as you repeat the program, a variable should be changing so ensure you are recording your reps and weights used, so you can track your progress week over week.

A sample week could look like:

Monday – Day 1 – WORK

Tuesday – REST

Wednesday – Day 2 – WORK

Thursday – REST

Friday – Day 3 – WORK

Saturday – REST

Sunday – REST

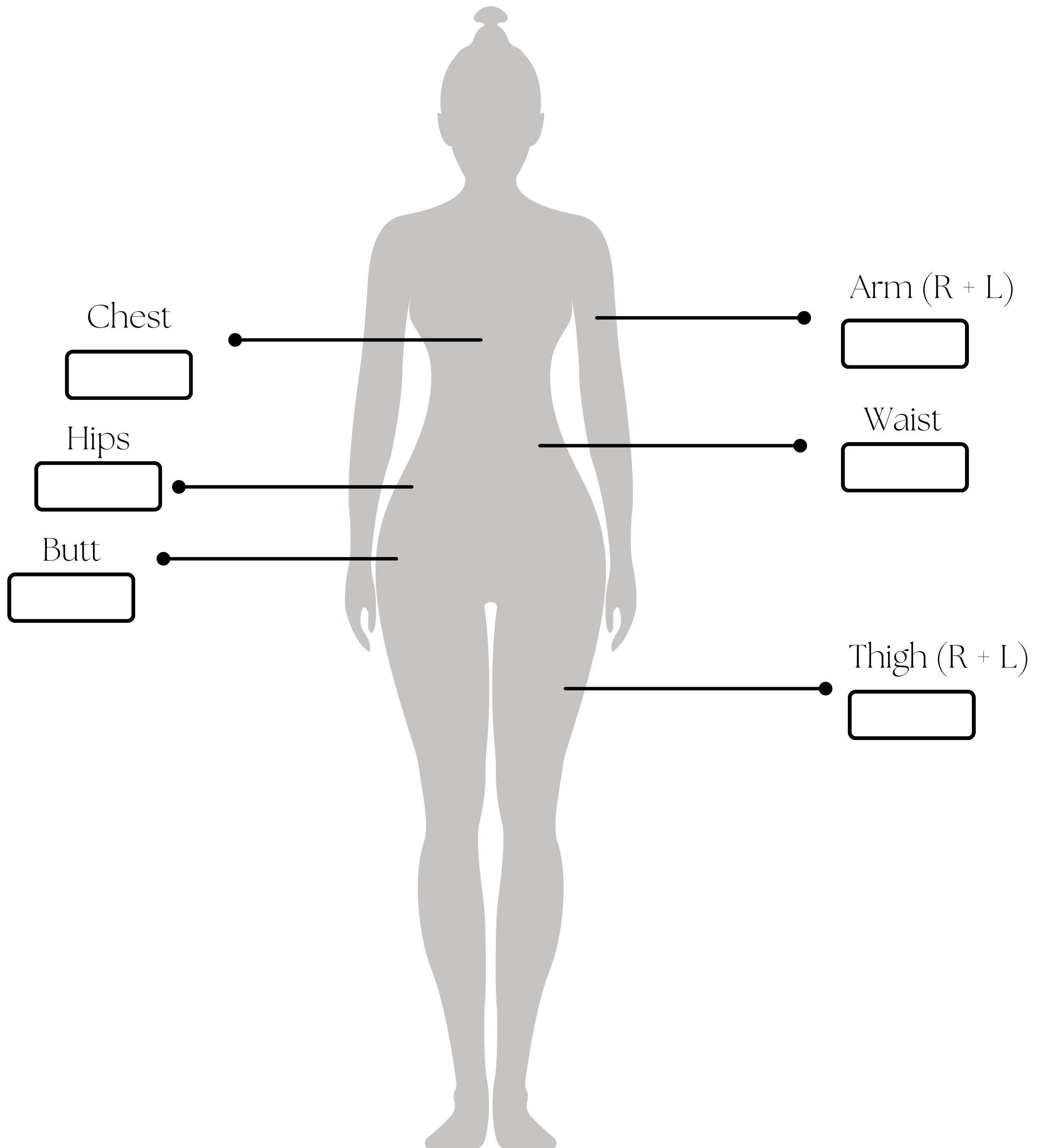
*You can use your rest days for low impact movement (again listen to your body). Some examples are long walks, yoga, pilates, LISS.

PHASE ONE

weeks
one - three

measurement *tracker*

WEEK 1	
DATE:	
WEIGHT:	



PHASE 1 : WEEK 1 - 3

days 1-3

Perform 2 sets of the following circuit, 10-12 reps of each exercise. Rest 60-90 seconds after each set (or as needed).

Warm up

Squat

Front raises

Perform 2 sets of the following circuit, 10-12 reps of each exercise. Rest 60-90 seconds after each set (or as needed).

Deadlift

Pushups

Perform 2 sets of the following circuit, 10-12 reps (or time indicated) of each exercise.
Rest 60-90 seconds after each set (or as needed).

Curtsy lunge (each leg).

Bent over row

Plank hold (20-30 seconds).

Cooldown

Daily Check In

- How much water did I drink today?
- How many hours did I sleep last night?
- How am I feeling today?



halfway through *month 1*

Alright, the first three weeks are done!

How are you feeling?

It's important to take a moment of pause and do a quick self check-in.

What are 2-3 wins for the last 3 weeks? Remember that no win is too small and every little win counts.

My wins were:

We're moving into weeks 4 to 6 and changing up a couple of variables. You'll notice that the sets have increased. Remember that these are guidelines and if you need a little extra time than what is outlined, then take it. You know your body best and should always listen to it.

Continue to record your reps, sets, and weights used to track your progress!

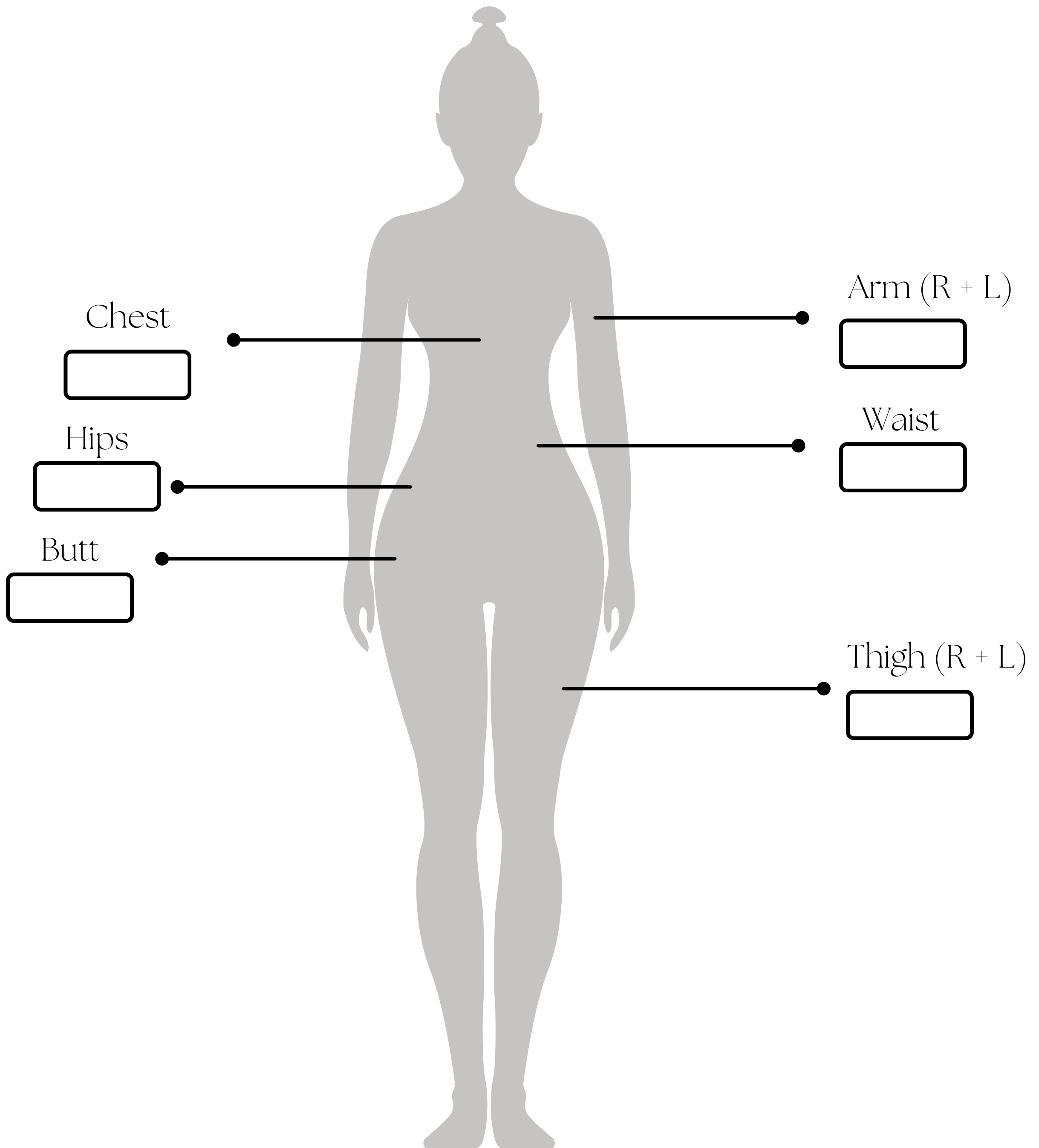
PHASE ONE

weeks

four - six

measurement *tracker*

WEEK 4	
DATE:	
WEIGHT:	



PHASE 1 : WEEK 4 - 6

days 1-3

Perform 3 sets of the following circuit, 10-12 reps of each exercise. Rest 60-90 seconds after each set (or as needed).

Warm up

Squat

Front raises

Perform 3 sets of the following circuit, 10-12 reps of each exercise. Rest 60-90 seconds after each set (or as needed).

Deadlift

Pushups

Perform 3 sets of the following circuit, 10-12 reps (or time indicated) of each exercise.
Rest 60-90 seconds after each set (or as needed).

Curtsy lunge (each leg)

Bent over row

Plank hold (20-30 seconds)

Cooldown

Daily Check In

- How much water did I drink today?
- How many hours did I sleep last night?
- How am I feeling today?

“

There is no limit to what we, as
women, can accomplish.

Michelle Obama

”

welcome to the second half of StrongHERin12

Congratulations! You've finished the first 6 weeks which means you're halfway through the program!

You've made it to the halfway point in the program, what now?

By now your body has learned the basic movements and is ready to keep moving. These next 6 weeks we'll be changing up some of the movements, as well as some of the variables to keep you progressing and to increase the intensity.

Let's do a quick check-in to see; how are you sleeping? Are you limiting your screen time before bed? Are you getting in your 2-3 litres of water a day? How are your bowel movements? How is your stress management?

Take some time to pause and reflect on what the last 6 weeks have felt like for you and appreciate how far you've come. Remembering to practice patience and grace with yourself while you're on this journey is the most important thing you can do for yourself.

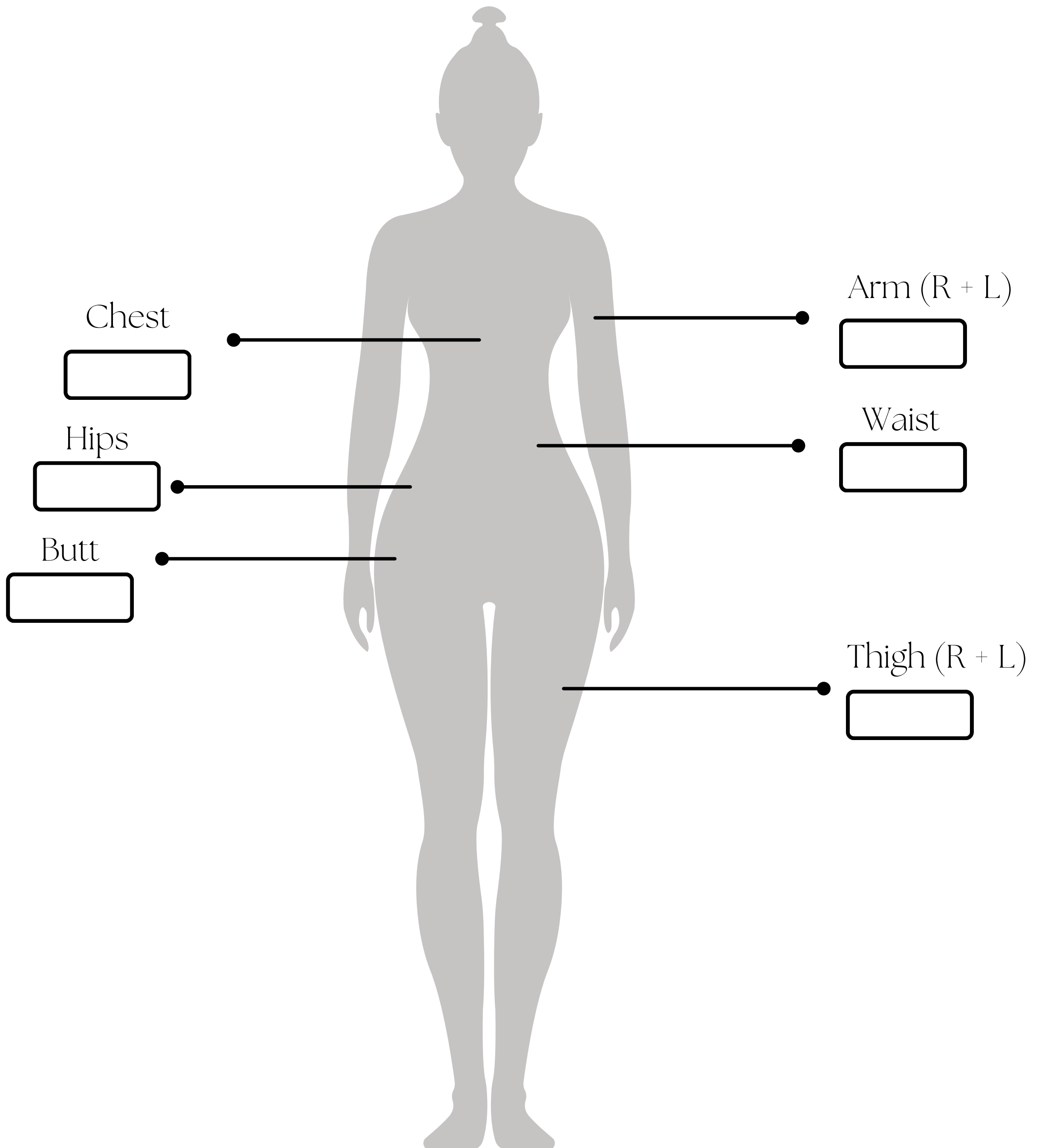


PHASE TWO

weeks
one - three

measurement *tracker*

WEEK 1	
DATE:	
WEIGHT:	



PHASE 2 : WEEK 1 - 3

days 1-3

Perform 3 sets of the following circuit, 10-12 reps of each exercise.
Rest 60-75 seconds after each set (or as needed).

Warm up

Reverse lunge

Shoulder press

Perform 3 sets of the following circuit, 10-12 reps of each exercise.
Rest 60-75 seconds after each set (or as needed).

SL Deadlift*

Standing OH tricep extension

*Use modification if you are not balanced

Perform 3 sets of the following circuit, 10-12 reps (or time indicated) of each exercise.
Rest 60-75 seconds after each set (or as needed).

Glute bridge

Single arm bent over row

Lower ab crunches (30-40 seconds)

Cooldown

Daily *Check In*

- How much water did I drink today?
- How many hours did I sleep last night?
- How am I feeling today?



9 weeks in!

Alright team, we are now in the homestretch of the program with only three weeks left to go!

It's time to check in and celebrate your wins!

My wins for the last 3 weeks were:



Just like the first 6 weeks, we're changing up a few variables to keep you challenged. Remember to always check in with your body and see where you may be at.

Are you ready to get started? Let's do this!

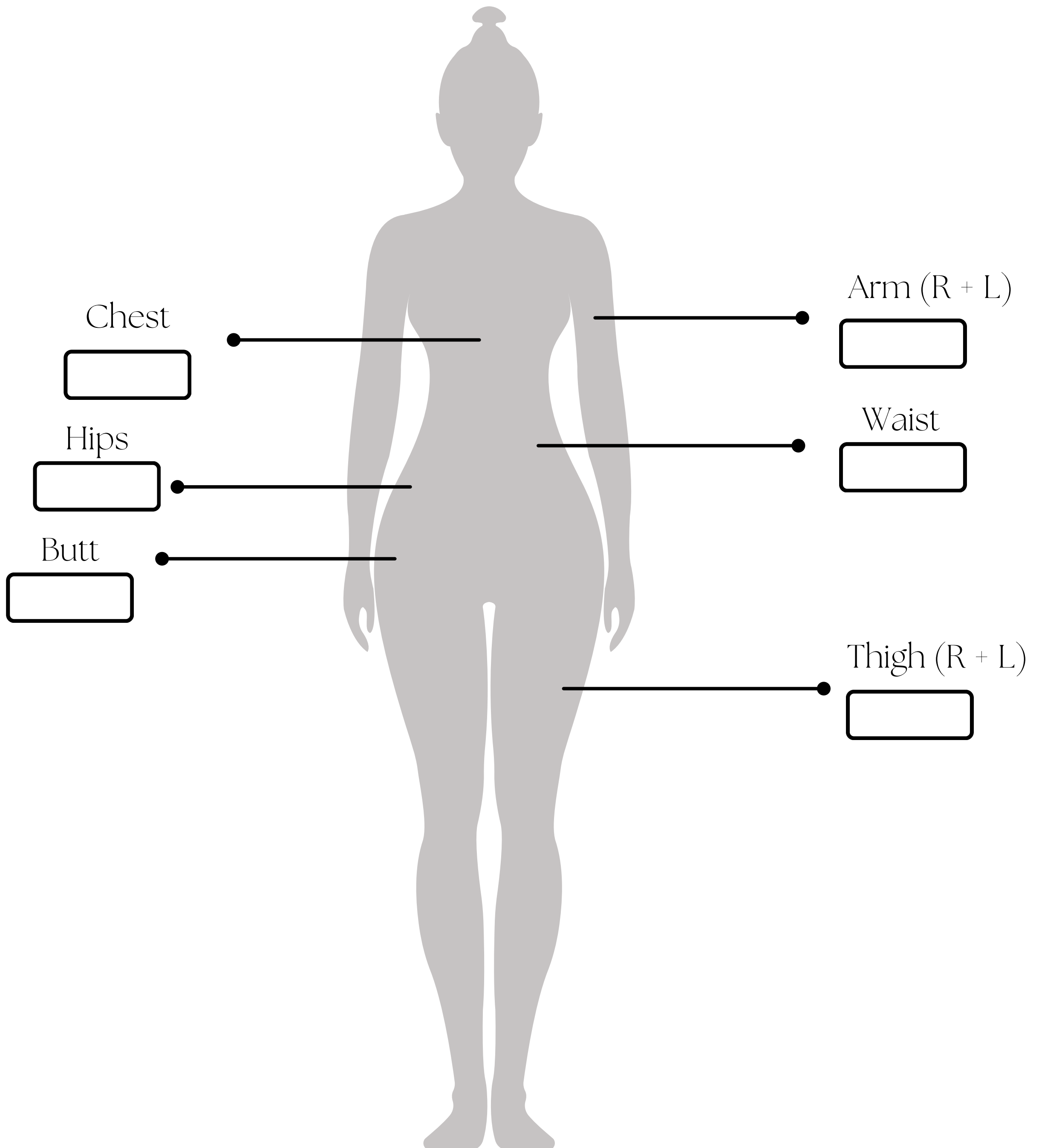
PHASE TWO

weeks

four - six

measurement *tracker*

WEEK 4	
DATE:	
WEIGHT:	



PHASE 2 : WEEK 4 - 6

days 1-3

Perform 3 sets of the following circuit, 12-15 reps of each exercise.
Rest 60-75 seconds after each set (or as needed).

Warm up

Reverse lunge

Shoulder press

Perform 3 sets of the following circuit, 12-15 reps of each exercise.
Rest 60-75 seconds after each set (or as needed).

SL Deadlift

Standing OH tricep extension

*Use modification if you are not balanced

Perform 3 sets of the following circuit, 12-15 reps (or time indicated) of each exercise.
Rest 60-75 seconds after each set (or as needed).

Glute bridge

Single arm bent over row

Lower ab crunches (35-45 seconds)

Cooldown

Daily *Check In*

- How much water did I drink today?
- How many hours did I sleep last night?
- How am I feeling today?

you've done it!

Congratulations on finishing StrongHERin12 Beginner!

You finished the 12 weeks!

You should be very proud of yourself for completing these 12 weeks even in the moments where you may have wanted to give up.

How do you feel?

Take a moment to check in with yourself and body and see how you're feeling – not just physically but emotionally and mentally.

What have been some of your biggest wins over the last 12 weeks?

What have you learned about yourself throughout the process?

What have you enjoyed the most about doing this program?

what's *next*?

The journey doesn't have to end here.

If you want to take your movement and strength goals to the next level,
StrongHERin12 intermediate is waiting for you!

StrongHERin12 intermediate is the next level in the series to build on what you have already done and takes you through another 12 weeks of progressive movements.

If you want to learn more about making the nutrition and lifestyle changes to complement this program or any of the others in the StrongHERin12 series, you can work directly with me through 1:1 coaching or join the next cohort of The Shift Method group program.



