



Full-Body Low-Impact Strength Workout

Low Impact Strength Workout

Full-Body Low-Impact Strength Workout — Regular

3x per week

Rest: 60 seconds

Tempo: Controlled 3-5 secs down, up

Never progress load and reps in the same week.

Progress one variable per week:

+1-2 reps per set OR

+5-10 lb to suitcase OR

Slower tempo (3-4 sec eccentric) OR

+5-10 sec to carries

1. Box Squats to Chair	1. 10-15	2. 10-15	3. 10-15	
	REST 60s	REST 60s	REST 60s	
	Use your body weight to start then when this becomes easy, add weight.			
2. Low-Impact Suitcase Deadlift	1. 10-12	2. 10-12	3. 10-12	
	REST 60s	REST 60s	REST 60s	
	Each side-load a small suitcase on one side and hinge at your hips.			
3. Wall Push Up	1. 10-15	2. 10-15	3. 10-15	
	REST 60s	REST 60s	REST 60s	
	When this becomes easy work on off a counter or chair.			
4. Bent-Over Suitcase Row	1. 10-15	2. 10-15	3. 10-15	
	REST 60s	REST 60s	REST 60s	
5. Low-Impact Suitcase Carry	1. 1 min	2. 1 min	3. 1 min	
	REST 60s	REST 60s	REST 60s	
	Each side-Pack a suitcase with managable weight and walk back and forth in a line. Working on grip strength. Put the number of lines in the reps position.			