



PATTY WILSON COACHING

— FREE GUIDE · WOMEN 35+

The 5-Move *Strength Starter*

*Build real strength at home in 20 minutes.
Dumbbells optional.*

5 moves

3-week plan

Workout log included

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Muscle is the engine. *Let's build yours.*

You don't need a fancy gym or an hour you don't have. Five foundational moves, done well, three times a week, is where strength after 35 begins.

From your mid-30s on, you lose muscle every decade unless you train it. That muscle helps keep your metabolism up, your bones and joints supported, and your body strong and capable for everything you love doing. Cardio has its place, but it can't replace strength work.

These five moves cover every major muscle group. Start with your bodyweight, get the form right, and add weight when you're ready. I'll show you exactly how, week by week.

What you need

- ☐ A kitchen counter or a sturdy chair
- ☐ A mat or carpet for the floor work
- ☐ A pair of light dumbbells (optional)
- ☐ A resistance band (optional, for rows)
- ☐ 20 minutes, three days a week



3×

PER WEEK

Non-consecutive days is plenty to start.

20 min

PER SESSION

Short and consistent beats long and rare.

2–3 sets

EACH MOVE

Of 8–12 reps, leaving 2 in the tank.

Your 20 minutes, *start to finish.*

3 MIN

Warm up

- March in place, 1 minute
- 10 arm circles each way
- 10 slow bodyweight squats
- 10 hip hinges, hands on hips

15 MIN

The five moves

Do all your sets of one move, then go to the next. Rest 45 to 60 seconds between sets.

- **Squat:** legs and glutes
- **Hip hinge:** glutes, hamstrings, back
- **Push-up:** chest, shoulders, core
- **Row:** upper back and posture
- **Glute bridge:** glutes and hips

2 MIN

Cool down

- Hamstring stretch
- Chest opener in a doorway
- Child's pose
- Three slow, deep breaths

Three rules *for every rep*

1

Leave 2 in the tank

Stop each set when you could do about 2 more good reps. That's the right effort: challenging, never sloppy.

2

Slow on the way down

Take 2 to 3 seconds to lower. Control is where the strength is built, and it keeps your joints happy.

3

Breathe out on the effort

Exhale as you stand, press, pull, or lift. Don't hold your breath.

Picking your weight

Choose a weight where the last 2 reps feel hard but your form stays clean. If you can easily do 3 or 4 more, it's time to go a little heavier.

Sore vs. pain

Sore muscles a day or two later are normal. Sharp pain is not. If a move hurts, back off, check your form, and use the easier version.



COACH PATTY TIP

Put your sessions in your calendar like a meeting: Monday, Wednesday, Friday. You don't skip meetings with your boss, so don't skip the ones with yourself.

Master these. *Bodyweight first.*

1

Squat

Legs + glutes

WHY Builds your legs and glutes, the foundation of everything.

Dumbbell optional

SETUP

Feet shoulder-width apart, toes turned out slightly. Chest tall, eyes forward.

THE MOVE

Sit back like you're reaching for a chair. Keep your chest tall, then drive through your heels to stand.

COMMON MISTAKE

Knees caving in or heels lifting. Push your knees out over your toes and keep your whole foot down.

EASIER Squat down to a chair, tap, and stand.

HARDER Hold one dumbbell at your chest (goblet squat).

2

Hip Hinge / Deadlift

Glutes + back

WHY Strong glutes and back support you through every bend, lift, and carry in your day.

Dumbbells optional

SETUP

Feet hip-width, soft knees. Hold weights in front of your thighs, or hands on your hips.

THE MOVE

Push your hips back with a flat back until you feel the stretch in your hamstrings, then squeeze your glutes to stand up.

COMMON MISTAKE

Rounding your back, or bending your knees so it turns into a squat. Hips go back, not down.

EASIER Hands on your thighs, slide them to just above your knees.

HARDER Two dumbbells, 3 seconds on the way down.



COACH PATTY TIP

Learning the hinge? Stand a few inches in front of a wall and reach your hips back to touch it. That's the motion. Step a little farther away as it gets easy.

Film one set

Prop your phone up and record a set from the side. You'll spot a rounded back or lifting heels in seconds.

Use a mirror

Face a mirror for squats so you can see whether your knees stay out over your toes.

Push, then pull. *Always both.*

3

Push-Up (incline is fine)

WHY Works your chest, shoulders, and core. Start with your hands on a counter.

Chest + core

No equipment

SETUP

Hands on a counter, a little wider than your shoulders. Walk your feet back until your body is in a straight line.

THE MOVE

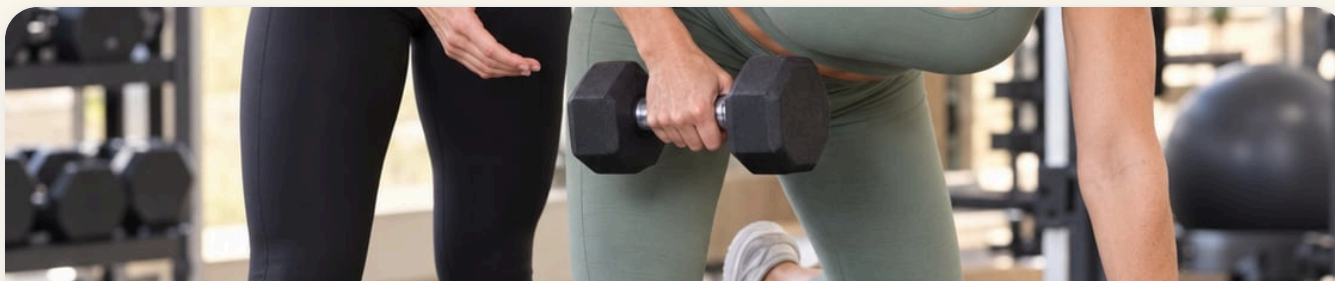
Lower your chest toward the counter with control, elbows about 45° from your body, then press back up.

COMMON MISTAKE

Hips sagging or elbows flaring straight out to the sides. Squeeze your glutes and keep your elbows angled back.

EASIER Hands on a wall.

HARDER A lower surface: a sturdy bench, then the floor.



4

Row

WHY Balances all the pushing and helps counter rounded, desk-hunched posture.

Upper back

Dumbbell or band

SETUP

Hinge forward slightly with a flat back, one hand on a chair or bench, weight in the other hand.

THE MOVE

Pull the weight (or a band) to your ribs and squeeze your shoulder blades together. Lower slowly.

COMMON MISTAKE

Shrugging toward your ears or yanking the weight up. Keep your shoulders down and move with control.

EASIER Seated band row, band around your feet.

HARDER Heavier weight with a 2-second squeeze at the top.

The push-up ladder

Wall, then counter, then a sturdy bench, then the floor. Move down one rung when 3 sets of 12 feel easy.

No dumbbells yet?

Row with a backpack of books or a full water jug. Anything with a handle you can grip safely works.

Finish on the floor. *Wake up your glutes.*

5

Glute Bridge

WHY Wakes up the glutes that sitting all day puts to sleep.

Glutes + hips

No equipment

SETUP

On your back, knees bent, feet flat on the floor hip-width apart, arms by your sides.

THE MOVE

Drive through your heels to lift your hips, squeeze your glutes hard at the top, then lower slowly.

COMMON MISTAKE

Arching your lower back to get higher. Keep your ribs down and let your glutes do the lifting.

EASIER A smaller lift, with a pause at the top.

HARDER A dumbbell across your hips, or one leg at a time.



Your week

Mon	Strength session
Tue	Walk or rest
Wed	Strength session
Thu	Walk or rest
Fri	Strength session
Weekend	Move for fun

Rest a day between sessions

Your muscles get stronger on the days in between. Any three non-consecutive days work.

A little more *each week.*

Rest a day between sessions. Sore is fine; sharp pain is not. Back off and check your form.

WEEK	SETS × REPS	LOAD	FOCUS
Week 1	2 × 8	Bodyweight	Form. Learn each move slowly and own it.
Week 2	3 × 8–10	Add light dumbbells where you can	Control. Same form, a little more work.
Week 3	3 × 10–12	A little heavier on squats, hinges, rows	Strength. Challenge the big movers.

Move by move, *week by week*

MOVE	WEEK 1	WEEK 2	WEEK 3
1. Squat	Bodyweight, to a chair if needed	Light dumbbell at your chest	A little heavier dumbbell
2. Hip hinge	Hands on hips	Light dumbbells	A little heavier, slow lowering
3. Push-up	Hands on a counter	Counter, slower on the way down	Try a lower surface
4. Row	Light band or dumbbell	Light dumbbell	A little heavier
5. Glute bridge	Bodyweight	Pause 2 seconds at the top	Dumbbell across your hips

When to move up

If you finish every set with more than 2 good reps to spare and your form is solid, you're ready for the next step. If not, repeat the week. There's no rush.

After week 3

Keep 3 × 10–12 and nudge the weight up when it gets easy. That simple habit, repeated, is how strength keeps building.



COACH PATTY TIP

Write your weights down. The log on the next page is your proof you're getting stronger, even on the days the mirror doesn't show it yet.

Your 3-week *workout log.*

For each move, write the weight and reps (for example, "10 lb × 10", or "BW × 8" for bodyweight). Rate how the session felt (1 = easy, 5 = very hard).

SESSION	DATE	SQUAT	HINGE	PUSH-UP	ROW	BRIDGE	FELT 1-5
WEEK 1 · 2 × 8 · BODYWEIGHT							
Day 1							
Day 2							
Day 3							
WEEK 2 · 3 × 8-10 · ADD LIGHT DUMBBELLS							
Day 1							
Day 2							
Day 3							
WEEK 3 · 3 × 10-12 · A LITTLE HEAVIER							
Day 1							
Day 2							
Day 3							

Something that's easier now than on Day 1:

My strength goal for the next month:

Strong start. *Let's build on it.*

You've got the moves. When you want a real progression, coaching, and someone in your corner, I'm here.

“

Patty has been my personal coach for years. She took me from a lean runner to the strongest and fittest shape of my life with PR's in just about every race. She is motivating, energizing and upbeat but relentless when it comes to keeping her clients accountable. She is exactly what you need to achieve personal goals.

CATHERINE A., PERSONAL TRAINING CLIENT

Book your free 15-minute call

Tell me how your three weeks went and where you want to be in 90 days. I'll map out your best next step, no pressure.

pattywilsoncoaching.com/contact



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