

KINGDOM FITNESS

SIS, THE GLUTES AIN'T RETIRED!

A Strength Guide for Grown Women

*Strong Legs.
Confident Curves.
Arms With
an Assignment.*



LUCIUS ALSTON

A KINGDOM FITNESS STRENGTH GUIDE FOR GROWN WOMEN

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Strong legs. Confident curves. Arms with an assignment.

By Lucius Alston

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Welcome to your next strong chapter

This manual is for mature Black women who want to build strength, develop their glutes and legs, train their arms, and feel more capable in everyday life. You do not have to become younger, smaller, or somebody else to begin. You need a starting point that fits you and a plan you can repeat.

You may have come for the jeans. Stay for getting out of a chair more easily, carrying your own bags, and discovering what your body can learn. We will work the whole body, give the glutes extra attention, and keep the humor. Your body is welcome before the first repetition.

How this book works

Read the safety and setup pages first. Learn the exercise cards, choose the supported version when needed, then alternate Workouts A and B on two nonconsecutive days. Use the 12-week schedule as a flexible guide. Repeat a week whenever your body needs it. Record your sessions and celebrate progress in ability as well as appearance.

This is general fitness education for independently exercising adults, not medical treatment, rehabilitation, or an individualized prescription. People with symptoms, recent surgery, repeated falls, or condition-specific restrictions need an appropriate clinician or physical therapist to help adapt it. The 12-week routine is an original sample program, not a clinically validated intervention.

The exercise illustrations show the main positions; read their paired instructions for breathing, dosage, and modifications. The cover is celebratory artwork, not a predicted result. Shape and training responses vary. No exercise promises a particular butt shape or removes fat from one chosen body part.

Sis, let's talk. *Your calendar may say grown. That does not mean your muscles have submitted retirement papers.*

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Use the exercise numbers in each workout to find the matching instructions. All repetition counts marked “each side” apply separately to the right and left. The journal pages are designed for handwriting or editing in Word.

QUICK START

Your first week starts here

1 Set two appointments

Choose two strength days at least one day apart: Monday and Thursday, for example. Allow about 25 to 40 minutes including warm-up and rests; a very gentle first session can be shorter. Reserve an uncluttered place with a fixed counter and a sturdy chair.

2 Read before lifting

Review the safety page. Practice the movement without added weight before trying dumbbells. You should be able to breathe steadily and move under control. A supported start is a real start.

3 Begin with Workout A

In week 1, do one set of each listed movement, generally 6 to 8 comfortable repetitions. Use the separate time targets for the core and balance exercises. Rest 60 to 120 seconds, longer when needed. Stop the set with several good repetitions still possible.

4 Follow with Workout B

Do B on your second strength day. Do not add a glute challenge on the days between. Easy walking, comfortable movement, and brief supported balance practice can fill those days.

5 Write down what happened

Record the version, repetitions, weight, and how you felt. The next day, note soreness or joint symptoms. If everyday movement is harder because of the workout, lower the next dose. If symptoms persist or concern you, seek professional advice.

Your first success

Finish the week knowing how to perform the exercises, how to adjust them, and when to rest. You do not have to earn soreness. You do not have to sweat through your hairstyle to prove that you worked.

Sis, let's talk. *We are making an appointment with ourselves. Everybody else has been booking our time for years.*

READ BEFORE EXERCISING

Your knees get a vote

Get individualized guidance when needed

Before starting, ask a clinician about exercise if you have unexplained symptoms, an unstable or uncontrolled medical condition, recent surgery, a recent fracture, repeated falls, or instructions restricting activity. With osteoporosis, joint replacements, heart or lung disease, diabetes complications, or significant pain, ask which movements and loads are appropriate. A diagnosis does not automatically prohibit exercise; the details matter.

Stop and get urgent help

Stop exercising and call 911 for chest pressure or pain, fainting, severe or unusual shortness of breath, or possible stroke signs such as sudden face drooping, arm weakness, or difficulty speaking. Do not try to finish the set or drive yourself when an emergency may be occurring.

Stop the movement and reassess

Sharp pain, new swelling, numbness, dizziness, joint instability, or pain that changes your gait is a reason to stop. Do not train through it. Seek medical advice for persistent, worsening, or unexplained symptoms. Muscle effort can feel challenging; joint pain is not a training target.

Make the room work for you

Use a stable chair with no wheels and put it against a wall. Hold a fixed countertop for standing support. Wear secure shoes, clear pets and rugs from the space, and keep weights off walkways. Do not step onto a chair or improvised stack. Keep a phone nearby.

Breathe through the work

Exhale as you rise, push, pull, or lift; inhale during the easier return. Do not hold your breath or strain. Follow any clinician-provided blood pressure, blood glucose, fluid, or exertion instructions. This book does not replace them.

A little muscle tenderness after a new workout can occur. Severe muscle pain, marked swelling, unusual weakness, or dark urine after exertion needs prompt medical evaluation. More pain does not mean more benefit.

Sis, let's talk. *"No pain, no gain" is not the family motto here. We read the signals before we raise the weight.*

EXPECTATIONS AND BODY CONFIDENCE

Build your shape without fighting yourself

What we are training

Your gluteal muscles help extend and stabilize the hips. The thighs and calves help you stand, walk, climb, and manage steps. Your triceps straighten the elbows; they work alongside the chest, shoulders, and back. Balanced training gives those muscles a useful job instead of chasing one isolated feature.

What training can and cannot promise

Progressive resistance training can build strength and muscle. Muscle development can change appearance, but the amount and timing vary. Genetics, bone structure, body fat, skin elasticity, hormones, medications, nutrition, and training history all influence the result. Twelve weeks is a period for building habits and assessing progress, not a deadline for a new body.

Arm exercises do not selectively burn the fat on the backs of the arms. Glute exercises cannot guarantee a round, high, or identical-to-the-cover backside. Loose skin and cellulite can remain even when you are strong. Neither is evidence that you failed.

Choose two kinds of goals

Choose one appearance goal if it motivates you, and one function goal that you can practice. For example: “I want fuller-looking glutes, and I want to rise from my dining chair with less help.” Track the second goal alongside any optional measurements. You may get stronger before you see a visible change.

Start with respect

You do not need insulting before photos, public weigh-ins, or comparisons with your younger self. Take private pictures only if you want them. Wear clothes you can move in now. Your present body is the body doing the work.

Our cultural voice is shared joy, not a claim that all Black women have the same body, family, food, or faith. Choose the jokes and examples that sound like home to you. Leave the rest.

Sis, let's talk. *The mirror may be dramatic. Your workout log is usually more reliable. Give both of them the correct amount of authority.*

EQUIPMENT AND TRAINING LANGUAGE

Set up your home training space

What you need

Start with a fixed countertop or sturdy wall, a stable chair, secure shoes, and this book. Light dumbbells are useful for rows, curls, hinges, and kickbacks. Select weights you can grip comfortably. Matching sealed water bottles can work for very light practice. A nonslip mat is optional; the program has a floor-free path.

A loop band is optional for later side steps, not a requirement. Inspect it for cracks, keep it away from the face, and follow its instructions. Do not attach a band to a door handle or uncertain anchor. No machines, step platforms, ankle weights, or expensive bundle are required.

Term	Plain meaning
Repetition or rep	One complete movement out and back.
Set	A group of repetitions followed by a rest.
Load	The resistance, such as a dumbbell or body weight.
Range of motion	How far you move while staying comfortable and controlled.
Repetitions in reserve	How many more good repetitions you think you could do.
Nonconsecutive days	Strength days with at least one day between them.

Pick the right starting weight

A suitable first weight allows smooth repetitions, steady breathing, and no straining. In the early weeks, stop when you could still do about 3 to 4 more good repetitions. As you learn, most working sets can finish with about 2 to 3 left. Never test your maximum to choose a beginner weight.

If you can do only a few awkward repetitions, reduce the load or choose an easier version. If you have no weights, use the body-weight movements and practice rows and curls without load until suitable resistance is available; that practice is not equivalent to loaded strength work.

Sis, let’s talk. *The dumbbells do not need to match the curtains. They do need to match what you can control.*

BEFORE AND AFTER EVERY WORKOUT

Warm up and finish well

A five to seven minute warm-up

Begin with 2 minutes of easy walking or seated marching. Add 30 seconds of shoulder rolls, then 30 seconds of gentle elbow bending and straightening. Spend 1 minute alternating supported heel raises and small side steps. Finish with 3 to 5 easy chair rises or supported mini squats, followed by 3 to 5 unweighted hip hinges. Move slowly; this is preparation, not a test.

If the room is cold or you feel stiff, take longer at an easy pace. A warm-up should leave you more comfortable, not tired. If symptoms worsen while warming up, stop and reassess instead of adding weight.

Practice the first repetition

Before every new movement, check your feet, support, breathing, and the space around you. Try one unweighted repetition. Adjust the chair or stance before you start counting. During a workout, take the time needed to move safely between sitting, standing, and the floor.

A three to five minute cool-down

Walk slowly or march gently for 1 to 2 minutes. Let your breathing settle. If comfortable, add a supported calf stretch: hands on a wall, one foot behind you, back heel down, both feet facing forward. Hold gently for 15 to 20 seconds each side, without bouncing.

For an optional chest stretch, sit tall and gently draw your elbows back with your arms low; stop before shoulder discomfort. Hold 10 to 15 seconds. Stretching is optional comfort work, not a requirement for soreness prevention. Never force a joint into a painful position.

The water and breathing check

Keep water available, sip as needed, and follow prescribed fluid restrictions. You should not finish a beginner session feeling faint or unable to recover your breath. Sit safely and get help if symptoms occur.

Sis, let's talk. *A warm-up is not wasted time. Even the church microphone gets a sound check before the solo.*

FORM AND PROGRESSION

Make progress without rushing

Move with intention

For most lifts, take about 2 seconds to lift and 2 seconds to lower. A brief pause is fine. These are reminders to avoid jerking, not stopwatch rules. Keep the neck relaxed, the ribs over the pelvis, and the knees moving in the same general direction as the toes. Use a range that suits your joints.

Earn the next step

First learn a comfortable movement. Then add repetitions within the listed range. When you reach the top of that range on every set in two sessions with good control, no concerning symptoms, and 2 to 3 repetitions still available, consider the smallest practical increase in weight. Return to the lower end of the repetition range after increasing it.

Change one variable at a time. Do not add weight, extra sets, and a third strength day together. For a body-weight movement, first use better control or a slightly greater comfortable range. Reduce hand support only if balance remains secure; holding a counter is always allowed.

Use recovery as information

If muscle soreness interferes with normal tasks, repeat or reduce the dose next time. If joint pain appears, stop the offending exercise and use a comfortable alternative only if it does not reproduce the symptoms. Persistent symptoms need advice, not a new internet challenge.

Rest is part of the set

Rest 60 to 120 seconds between sets and exercises, or longer until breathing and steadiness are comfortable. Do both sides of a one-sided exercise, resting between sides if needed, then take the full rest. These workouts are not timed circuits.

Know when to hold steady

A demanding workweek, poor sleep, illness, or a medication change may make your usual effort feel different. Maintaining or reducing the workload is sensible. Do not exercise through fever or significant illness. Resume gradually when recovered.

Sis, let's talk. *Progressive overload means adding a little challenge. It does not mean loading every problem in your life onto one squat.*

Meet your training sisters



Vivian is our silver-curl sister in plum. Denise wears the braids and gold. Loretta brings the short silver curls, cream outfit, and a laugh that arrives before she does. These are fictional guides, not clients, testimonials, or before-and-after stories. They represent different ways of showing up, not different levels of worth.

Their agreement

Vivian: “I came for stronger legs and a better entrance.” Denise: “I came because carrying groceries should not require a committee.” Loretta: “I came because y’all said there would be sitting. Now I see the chair has an agenda.”

They agree on three things: nobody gets teased for modifying, nobody gets photographed without permission, and everybody is allowed to begin. Let that be your agreement with yourself, too.

Sis, let’s talk. *You can bring the confidence, the questions, and the cute leggings. Leave the comparison contest in the parking lot.*

A WALK THROUGH THE WORKOUT

Your first session with the sisters

Before the music starts

Vivian sets her chair against the wall. Denise moves the water bottle out of the walking path. Loretta puts the phone within reach and says, “If anybody calls, tell them I am in a meeting with my future knees.” Check how you feel, then read the exercise cards you will use. Start with Workout A.

Warm up before you perform

Walk or march gently, loosen the shoulders, and practice a few easy chair rises and hinges as described in the warm-up. Do not begin with your heaviest weight. Your first five minutes are a conversation with the body you have today.

The first set is information

Try six controlled chair rises, using hands when needed. Stop earlier if control fades or symptoms appear. Rest, then move to the bridge or standing hip extension. The number written in the book is a starting guide, not a contract requiring you to ignore your body.

Take the rest you need

Denise starts discussing dinner between sets. That is fine. Catch your breath and steady your feet before the next movement. Do not turn a sensible rest into a frantic race because somebody’s watch is beeping. A beginner session should leave room for learning.

Make one sensible adjustment

Perhaps the row weight is comfortable but too heavy for the kickback on another day. Use a lighter weight for the kickback. Perhaps standing feels better than getting on the floor. Use the standing option. Record the choice so you do not have to solve the same problem next time.

Finish with a note

Cool down and record the version, repetitions, and load. Write one useful sentence: “Higher chair felt better,” or “Needed a longer rest after rows.” The following day, note how ordinary tasks feel. You are gathering evidence to help the next workout.

Sis, let’s talk. *Loretta says, “I completed the session and still had energy to mind my business.” That is an excellent beginner outcome.*

THE SISTERS SHOW THE MOVEMENT

See exercises 1 and 2

01 CHAIR SIT TO STAND



START



FINISH

02 SUPPORTED MINI SQUAT



START



FINISH

Use these positions with the instructions on the next page. Move through a comfortable range, keep breathing, and return slowly to the start.

LEARN THE MOVEMENT BEFORE ADDING LOAD

Exercise guide 1 to 2

01 Chair sit to stand

Works: Thighs and glutes

Set up: Sit near the front of a firm chair against a wall. Feet about hip-width apart, heels under or slightly behind the knees. Use the armrests if needed.

Move: Lean your chest forward from the hips. Press through both feet and stand, breathing out. Finish tall without leaning backward. Reach your hips toward the chair and lower slowly until seated.

Dose: Start with 6 to 8 repetitions. Work toward 8 to 12 as the weekly plan allows.

Make it easier: Use a higher stable chair or armrests. If you cannot rise safely, use seated knee extensions and get help choosing a progression.

Progress: Stand with less hand assistance, then hold one light dumbbell close to the chest only when balance and form are reliable.

Watch for: Avoid dropping into the seat, pushing the knees inward, or using momentum. The chair stays still.

The chair is a training partner. It is not a trampoline.

02 Supported mini squat

Works: Thighs and glutes

Set up: Stand facing a fixed counter, holding it lightly. Feet comfortably apart; keep the whole foot on the floor.

Move: Send the hips slightly backward as you bend the knees a small amount. Keep the chest comfortably lifted. Exhale as you straighten to standing. Begin shallow; depth is not the goal.

Dose: 6 to 8 repetitions initially; later 8 to 12.

Make it easier: Use a smaller bend. Substitute chair rises if those feel better. Stop if neither option is comfortable.

Progress: Gradually increase comfortable depth before adding any external weight. Keep support whenever needed.

Watch for: Do not hang backward from the counter, bounce at the bottom, or force a painful knee bend.

We are lowering into a squat, not searching the floor for somebody's contact lens.

Sis, check this. If the chair moves, the setup is not ready. Use a firm seat against a wall, and keep your whole foot grounded. Sis, furniture with wheels is transportation, not training equipment.

THE SISTERS SHOW THE MOVEMENT

See exercises 3 and 4

03 HIP HINGE



04 GLUTE BRIDGE



Use these positions with the instructions on the next page. Move through a comfortable range, keep breathing, and return slowly to the start.

LEARN THE MOVEMENT BEFORE ADDING LOAD

Exercise guide 3 to 4

03 Hip hinge

Works: Glutes and back of thighs

Set up: Stand hip-width apart with soft knees. Practice empty-handed beside a counter. Keep your spine long and your neck aligned.

Move: Move your hips backward as the torso tips forward. Let the knees bend slightly. Stop before the back rounds or discomfort appears. Exhale and press the feet down to return tall; do not lean back.

Dose: 6 to 8 practice repetitions; later 8 to 12.

Make it easier: Make the motion smaller and use one hand on the counter. If your back hurts, omit it and seek help with the pattern.

Progress: Hold light dumbbells close to the thighs and slide them along the legs as you hinge. Add load only after the pattern is comfortable.

Watch for: The movement comes mainly from the hips. Do not reach toward the floor by rounding the back.

Send the hips backward like you are closing a drawer gently. No slamming.

04 Glute bridge or standing hip extension

Works: Glutes

Set up: For the bridge, lie on a mat with knees bent, feet flat, arms relaxed. Choose this only if you can get down and up safely. Otherwise use the standing option below.

Move: Exhale, gently brace the abdomen, and press through the feet to lift the hips. Stop when hips align comfortably with torso and thighs, before the back arches. Lower slowly.

Dose: 6 to 8 repetitions initially; later 8 to 12.

Make it easier: Standing option: hold a counter, stand tall, and move one leg a short distance backward with the knee nearly straight. Keep the pelvis facing forward and lower back still. Return; repeat each side.

Progress: For bridges, add a brief gentle pause at the top before considering resistance. For standing work, improve control first; do not make a huge backward kick.

Watch for: Avoid driving through the neck, arching the back, or continuing through cramping. Reduce range or stop if symptoms occur.

Your hips are lifting. Your lower back does not need to audition for the job.

Sis, check this. For a hinge, keep the neck aligned with the spine and let the gaze follow the torso. For a bridge, stop before the back arches. Sis, the hips are working; the spine does not need a solo.

THE SISTERS SHOW THE MOVEMENT

See exercises 5 and 6

05 STANDING SIDE LEG RAISE



06 SUPPORTED SIDE STEP



Use these positions with the instructions on the next page. Move through a comfortable range, keep breathing, and return slowly to the start.

LEARN THE MOVEMENT BEFORE ADDING LOAD

Exercise guide 5 to 6

05 Standing side leg raise

Works: Outer hip muscles

Set up: Hold a fixed counter. Stand tall with both feet forward and the standing knee soft.

Move: Move one leg a small distance sideways, keeping toes facing ahead. Keep your trunk upright and pelvis level. Lower under control without swinging. Complete one side, then switch.

Dose: 6 to 8 each side initially; later 8 to 12 each side.

Make it easier: Use a smaller range and both hands for support. If you cannot stand safely, try gentle seated side steps without resistance.

Progress: Add a short pause at the outer position. Optional light loop band above the knees only if it does not upset balance.

Watch for: Avoid tilting your torso, rotating the toes toward the ceiling, or hiking the hip.

A little movement with control beats a big kick with a dramatic exit.

06 Supported side step

Works: Hips and lateral control

Set up: Stand alongside a long fixed counter with room to travel. Face the counter, hands within reach. Begin without a band.

Move: Take a small step sideways, then bring the other foot toward it without crossing or dragging. Take 4 to 6 steps, then return in the opposite direction. Keep toes forward.

Dose: One trip out and back is one set here. Start with 1 trip; later 2 trips with a rest.

Make it easier: Use shorter steps or a stationary side toe tap while holding the counter.

Progress: Add a light loop band above the knees only after unbanded stepping is easy. Keep steps small and controlled.

Watch for: Do not cross the feet, pull on movable furniture, or keep moving after the counter ends.

This is not the line dance portion yet. Save the fancy footwork for a steady day.

Sis, check this. Keep the side raise modest. For traveling side steps, use a long fixed counter and stay within reach; the picture shows only one step. Sis, this is a controlled step, not the electric slide.

THE SISTERS SHOW THE MOVEMENT

See exercises 7 and 8

07 SUPPORTED CALF RAISE



START



FINISH

08 SEATED KNEE EXTENSION



START



FINISH

Use these positions with the instructions on the next page. Move through a comfortable range, keep breathing, and return slowly to the start.

LEARN THE MOVEMENT BEFORE ADDING LOAD

Exercise guide 7 to 8

07 Supported calf raise

Works: Calves and ankle strength

Set up: Face a counter, both hands resting on it. Feet hip-width apart, weight balanced.

Move: Press through the balls of both feet and lift the heels. Rise only as high as you can control. Pause briefly, then lower the heels gently.

Dose: 6 to 8 repetitions initially; later 8 to 12.

Make it easier: Stay seated with feet under the knees; raise and lower both heels.

Progress: Use a slower lowering phase. Keep support; no need to attempt single-leg raises in this plan.

Watch for: Avoid rolling the ankles outward, bouncing, or gripping the floor with curled toes.

We are practicing height. Heels remain optional for the celebration.

08 Seated knee extension

Works: Front of thighs

Set up: Sit in a stable chair, feet on the floor. Sit tall with the back supported if needed.

Move: Straighten one knee through a comfortable range without snapping it locked. Pause briefly and lower the foot. Switch sides after completing the repetitions.

Dose: 6 to 8 each side initially; later 8 to 12.

Make it easier: Lift the foot only slightly, or keep the heel on the floor and gently slide the foot forward.

Progress: Add control and a brief pause. Use added ankle resistance only with appropriate instruction.

Watch for: Do not swing the leg, lean far back, or force a painful knee to straighten.

You are allowed to train sitting down. The chair has finally joined the ministry.

Sis, check this. Calf raises lift the heels; knee extensions straighten the knee. Keep the rest of the body quiet. Sis, we assigned one department at a time, not the whole building.

THE SISTERS SHOW THE MOVEMENT

See exercises 9 and 10

09 WALL PUSH-UP



START



FINISH

10 SUPPORTED ONE-ARM ROW



START



FINISH

Use these positions with the instructions on the next page. Move through a comfortable range, keep breathing, and return slowly to the start.

LEARN THE MOVEMENT BEFORE ADDING LOAD

Exercise guide 9 to 10

09 Wall push-up

Works: Chest, shoulders and triceps

Set up: Face a wall, palms around shoulder height and slightly wider than the shoulders. Step back enough to feel a gentle lean. Feet stay planted.

Move: Bend the elbows and bring your chest toward the wall, body moving together. Keep elbows angled comfortably down and out rather than flared wide. Exhale as you press away.

Dose: 6 to 8 repetitions initially; later 8 to 12.

Make it easier: Stand closer to the wall and use a smaller elbow bend. If wrists or shoulders hurt, stop and seek a suitable alternative.

Progress: Move the feet slightly farther back, only while maintaining traction and a straight body line. A fixed counter push-up is a later option with coaching.

Watch for: Avoid shrugging, sagging the lower back, or jutting the chin toward the wall.

The wall can handle the pressure. Your shoulders should not have to handle a bad angle.

10 Supported one-arm row

Works: Upper back and arms

Set up: Place one hand on a fixed counter. Use a comfortable staggered stance and a small hip hinge. Hold a light dumbbell in the other hand with the arm hanging down.

Move: Draw the elbow back toward the hip without twisting the torso. Keep the shoulder away from the ear. Lower the weight slowly. Repeat on the other side.

Dose: 6 to 8 each side initially; later 8 to 12.

Make it easier: Use no weight to learn the motion or reduce the hinge. If standing is difficult, try the seated option described on the seated routine page.

Progress: Use the smallest available weight increase after two well-controlled sessions at the top of the range.

Watch for: Avoid yanking the weight, rotating the chest, rounding the back, or lifting the elbow far past the body.

Pull the elbow back like you are moving your purse away from somebody with sticky fingers.

Sis, check this. In the row, keep the support hand planted and the torso still. In the wall push-up, move chest and hips together. Sis, the chin does not get to finish the repetition before everybody else.

THE SISTERS SHOW THE MOVEMENT

See exercises 11 and 12

11 BICEPS CURL



START



FINISH

12 SUPPORTED TRICEPS KICKBACK



START



FINISH

Use these positions with the instructions on the next page. Move through a comfortable range, keep breathing, and return slowly to the start.

LEARN THE MOVEMENT BEFORE ADDING LOAD

Exercise guide 11 to 12

11 Seated or standing biceps curl

Works: Front of arms

Set up: Sit tall or stand securely with arms beside you. Hold light weights, palms forward or facing inward if that feels better.

Move: Bend the elbows to bring the weights toward the shoulders. Keep elbows near the ribs. Exhale while lifting and lower slowly without snapping the elbows straight.

Dose: 6 to 8 repetitions initially; later 8 to 12.

Make it easier: Use very light bottles or empty hands. Sit down if balance is a concern.

Progress: Increase weight a little when the current load is controlled at the top of the range.

Watch for: Do not rock the torso, shrug, or bend the wrists backward.

The curl is in your elbows. Your whole body does not need to join the conversation.

12 Supported triceps kickback

Works: Back of arms

Set up: Support one hand on a fixed counter and hinge slightly. Hold a very light weight in the other hand. Bring that upper arm beside the torso with the elbow bent.

Move: Keep the upper arm still while gently straightening the elbow behind you. Do not force the lockout. Bend it slowly back to the start. Switch sides.

Dose: 6 to 8 each side initially; later 8 to 12.

Make it easier: Practice without a weight. If the position troubles your shoulder or back, omit it; the wall push-up already trains the triceps.

Progress: First control the upper arm, then increase resistance very slightly. This usually needs a lighter weight than a row.

Watch for: Avoid swinging, lifting the shoulder, or arching the back. Do not expect this to remove arm fat or loose skin.

Give the triceps an assignment. No need to put the whole arm on trial.

Sis, check this. Keep curls and kickbacks light enough that the upper arms stay where they belong. The elbow bends or straightens while the torso stays quiet. Sis, if you need a windup, you picked a throw, not a lift.

THE SISTERS SHOW THE MOVEMENT

See exercises 13 and 14

13 WALL PLANK



SET UP



HOLD

14 SEATED BRACE AND MARCH



START



FINISH

Use these positions with the instructions on the next page. Move through a comfortable range, keep breathing, and return slowly to the start.

LEARN THE MOVEMENT BEFORE ADDING LOAD

Exercise guide 13 to 14

13 Wall plank

Works: Trunk control and shoulders

Set up: Place forearms on a wall with elbows around shoulder height. Step back a little, feet secure. Keep a long line from head through hips.

Move: Gently tighten the abdomen as if preparing for a soft cough. Keep breathing normally while holding still. Step closer before relaxing.

Dose: Begin with 10 to 15 seconds; later 15 to 25 seconds. One hold is one set.

Make it easier: Stand closer or shorten the hold. Stop if shoulders, back, or wrists become uncomfortable.

Progress: Step a little farther back only if you can hold your alignment and breathe. Longer is not automatically better.

Watch for: Avoid sagging, arching, shrugging, or holding your breath.

This is a plank, not a silent prayer contest. We need to hear you breathing.

14 Seated brace and march

Works: Trunk control and hip movement

Set up: Sit tall on a sturdy chair, feet flat. Hold the seat lightly if helpful; do not lean back.

Move: Breathe out gently, keep the torso quiet, and lift one foot a small distance. Put it down and alternate. Continue breathing instead of bracing hard.

Dose: Start with 4 to 6 lifts each side; later 6 to 10 each side.

Make it easier: Keep both feet down and practice gentle abdominal tension for one breath, then relax.

Progress: Lift slightly higher without rounding the back or tilting the pelvis.

Watch for: Avoid breath-holding or straining. New pelvic pressure, bulging, or leakage merits a lower effort and advice from a pelvic health professional.

The march can be small. We are training control, not leading the parade.

Sis, check this. For the wall plank, keep forearms supported and breathe. For the march, a small foot lift is enough; do not chase the height in a picture. Sis, this is control practice, not marching-band tryouts.

THE SISTERS SHOW THE MOVEMENT

See exercises 15 and 16

15 SUPPORTED STAGGERED STANCE



SET UP



HOLD

16 SUPPORTED TOE TAP



START



FINISH

Use these positions with the instructions on the next page. Move through a comfortable range, keep breathing, and return slowly to the start.

LEARN THE MOVEMENT BEFORE ADDING LOAD

Exercise guide 15 to 16

15 Supported staggered stance

Works: Balance practice

Set up: Stand beside a fixed counter with a hand on it. Place one foot slightly ahead of the other, keeping a comfortable side-to-side gap.

Move: Look ahead and stand quietly, weight shared between both feet. Keep a hand on support. Switch which foot is forward.

Dose: Start with 10 seconds each position; build to 20 seconds. Do 1 to 2 rounds.

Make it easier: Widen the stance. If still unsteady, skip this and ask for a balance assessment.

Progress: Bring the feet a little closer front-to-back only if secure. You do not need to let go or close your eyes.

Watch for: Never practice beside stairs or without support. Stop if dizzy.

Balance training is not a dare. The counter is invited to stay.

16 Supported alternating toe tap

Works: Weight shifting and coordination

Set up: Stand at a fixed counter with both hands available. Feet comfortably apart. No step or platform is needed.

Move: Shift weight gently to one leg and tap the other toes a short distance forward. Return, then alternate. Keep your trunk upright and the supporting knee soft.

Dose: Start with 4 to 6 taps each side; later 6 to 10.

Make it easier: Tap only a few inches or use seated alternating toe taps.

Progress: Slow the return and make each weight shift deliberate. Keep hand support.

Watch for: Do not reach so far that you lean, drag the feet, or lose balance.

Small steps still count. Ask anybody who has crossed a room in a new pair of shoes.

Sis, check this. Keep the counter within reach, feet comfortably separated, and movements small. Support is part of the exercise. Sis, nobody receives a trophy for letting go before she is ready.

MORE COACHING FOR HIPS AND LEGS

Glute school without the guesswork

A squat and a hinge are different

In a squat, the knees and hips bend together as you lower. In a hinge, the hips move backward with a smaller knee bend as the torso tips. Both can involve the glutes, but they are not interchangeable pictures. Practice them empty-handed. If your hinge becomes a deep knee bend, make the motion smaller and focus on the hips going backward.

You do not have to feel a dramatic burn

A strong burning sensation is not required for a useful set. You may feel the thighs during chair rises and the back of the thighs during a hinge. Judge the movement by control and comfort. If all you feel is lower-back discomfort, stop and get help with the pattern rather than doing more repetitions.

Keep the side raise modest

The side leg raise is not an audition for a high kick. Lift only far enough that the pelvis stays level and the trunk remains upright. When the body leans to create extra height, the picture may look bigger while the movement becomes less controlled. Return the foot quietly.

Make the bridge a hip movement

Press through the feet, lift the pelvis, and stop before the lower back arches. Keep the head resting and the neck comfortable. If the back takes over or a hamstring cramps, lower the hips, rest, and adjust or use the standing alternative. Do not push through pain to reach the height in an illustration.

Give shape time to develop

Train consistently, use an appropriate challenge, and allow recovery. A daily hundred-squat challenge is not a requirement for this program. You cannot order a particular shape from the exercise menu, but you can build a more capable relationship with the body doing the work.

Sis, let's talk. Vivian: *"I want my glutes to announce my arrival."* Denise: *"First let them help you get out of the car."* Both goals are welcome; one gives us something useful to practice today.

MORE COACHING FOR THE UPPER BODY

Arm school with no swinging allowed

Use the right weight for the exercise

A row often allows more resistance than a kickback. A curl may need a different weight again. Choose each load by how the movement looks and feels, not by whether the dumbbells form a matching set. Keep enough effort in reserve to finish with control.

Let the elbow do its own job

During a curl, keep the upper arm close to the ribs and bend the elbow without rocking. During a kickback, keep the upper arm beside the torso while the elbow straightens. If the shoulder is doing a large backward swing, lighten the weight and practice the smaller motion.

Make the row a pull not a twist

Keep the chest aimed toward the floor at a comfortable angle and draw the elbow toward the hip. The torso should not rotate to fling the weight upward. Use counter support, a small hinge, and a weight you can lower as deliberately as you lift it.

Press the wall with your whole body aligned

In a wall push-up, the chest and hips travel together. Do not send only the chin toward the wall or allow the lower back to sag. Step closer if the exercise is too difficult. Stop if wrists or shoulders hurt instead of forcing the angle.

Train the arms without insulting them

The backs of your arms contain muscle, skin, and fat. Strengthening the muscle does not guarantee that skin tightens or fat disappears there. Let the workout be about what your arms can do. They have hugged people, lifted things, and helped you live; they deserve respectful coaching.

Sis, let's talk. *Loretta: "My arms kept waving after I stopped." Vivian: "Then let's give them a schedule." Denise: "And a rest break. We do not manage employees or elbows by hollering."*

A PRACTICAL PROGRESSION EXAMPLE

A little heavier means a little

This example explains the decision process. The record is fictional and does not prescribe a starting load. Your comfortable resistance may be lower or higher. Use the smallest suitable increase available and keep your own restrictions in mind.

Session	Example row record	Decision
First	2 sets of 8 with a light weight; controlled	Keep the weight and practice
Later	2 sets of 10; several good reps remain	Keep the weight; add reps gradually
Later still	2 sets of 12; good form and recovery	Repeat to confirm
Next session	2 sets of 12 again; good control	Consider the smallest weight increase
After increasing	2 sets of about 8, still controlled	Build within the range again

What if the next weight is too much

Return to the previous load. A jump that changes your posture, makes you strain, or removes control is too large for now. You can stay with the current resistance, improve the movement, and seek a smaller increment later. The rack does not get the final vote.

What if one side is weaker

Use a manageable dose for each side and avoid forcing the weaker side to imitate the stronger one. Keep records. New or marked one-sided weakness needs assessment. Small longstanding differences are a reason for patient coaching, not punishment sets.

Sis, let’s talk. Denise says, “I lifted the heavier one in the store.” Loretta says, “For three seconds, while holding your purse with your teeth.” We are choosing a training weight, not winning a shopping argument.

STAND TALL AND BUILD

Workout A

Warm up first. Complete the exercises in order, finishing the prescribed sets of one exercise before moving on. Rest 60 to 120 seconds, or longer if needed. Use the week-by-week table to choose one or two sets. This is a full-body session, not a race.

Order	Exercise	Target after the introductory weeks
1	01 Chair sit to stand	8 to 12 repetitions
2	04 Glute bridge OR standing hip extension	8 to 12; standing version each side
3	10 Supported one-arm row	8 to 12 each side
4	09 Wall push-up	8 to 12
5	05 Standing side leg raise	8 to 12 each side
6	07 Supported calf raise	8 to 12
7	13 Wall plank	15 to 25 seconds per hold

Choose your version

Floor-free path: use standing hip extension in place of the bridge. Supported path: use a higher chair, smaller movement ranges, and counter support. If chair rises are not possible, use exercise 08 and seek help progressing to standing. Reduce or omit any movement that provokes symptoms.

Optional finish

If you are steady and not fatigued, practice exercise 15 for 10 to 20 seconds in each foot position, one or two rounds with support. Balance practice should stop before wobbling becomes uncontrolled. Cool down afterward.

Your record

Date _____ Week _____

Weights or versions _____

What felt strong _____

What needs adjustment _____

Sis, let's talk. *Stand tall at the end because you finished your work, not because we asked your lower back to lean into next Tuesday.*

HIPS LEGS AND ARMS WITH AN ASSIGNMENT

Workout B

Use the same warm-up, rest, and progression rules as Workout A. Keep at least one recovery day between A and B. This session changes the emphasis while keeping a squat pattern, hip work, a push, a pull, and trunk practice.

Order	Exercise	Target after introductory weeks
1	02 Supported mini squat	8 to 12 repetitions
2	03 Hip hinge	8 to 12
3	10 Supported one-arm row	8 to 12 each side
4	09 Wall push-up	8 to 12
5	11 Biceps curl	8 to 12
6	12 Triceps kickback	8 to 12 each side
7	14 Seated brace and march	6 to 10 lifts each side

Match the day to your body

Use chair rises if they feel better than mini squats. Substitute standing hip extension if hinging is uncomfortable and the extension is symptom-free. If kickbacks bother your shoulder or back, omit them; the push-up still trains the triceps. Do not replace a painful exercise with another painful exercise.

Optional finish

If energy and steadiness remain, do one unbanded trip of supported side steps, exercise 06. This is optional, not a requirement to “finish off” the glutes. You can instead do a brief supported toe-tap practice, exercise 16. Cool down.

The gym option

You can use the same routine in a gym with a stable bench at an appropriate height and a fixed support. A trainer can teach an individualized machine alternative, such as a row or leg press, after checking setup and restrictions. Do not guess at machine settings or substitute an unfamiliar heavy lift.

Sis, let's talk. *Those arms have carried enough responsibilities for free. Today they get a training plan and a rest break.*

A SEATED STARTING ROUTINE

The chair is equipment too

Use this as a gentler entry point when standing exercise is not currently practical. It is not equivalent to the full glute-strengthening routine and does not replace balance rehabilitation. If you cannot stand safely or have a new loss of function, get a clinician or physical therapist to help build your plan.

Set up and warm up

Sit in a stable chair against a wall, feet supported. Spend 2 to 3 minutes with easy toe taps, gentle shoulder rolls, and comfortable arm movements. Keep breathing. Use back support when needed.

Movement	Begin here
08 Seated knee extension	1 set of 6 each side
07 Seated calf raise	1 set of 8
11 Seated biceps curl	1 set of 6 to 8
Seated row practice	1 set of 6 to 8; instructions below
14 Seated brace and march	1 set of 4 to 6 lifts each side
Seated glute squeeze	5 gentle squeezes of 3 seconds; relax fully between

Seated row practice

Sit tall and tip slightly forward from the hips, without rounding the back. With empty hands or very light weights at your sides, draw elbows gently backward close to the body, then return. Stop if your back or shoulders object. This is a modest pulling practice; it may not provide the same stimulus as a well-loaded supported row.

Progress modestly

Rest 60 to 120 seconds as needed. Repeat on two nonconsecutive days. Add one or two repetitions only when comfortable, eventually reaching 8 to 12 for the moving exercises. A second set is optional after several well-tolerated sessions. Do not add all increases at once. If standing becomes safe, learn a few supported chair rises with professional guidance. Finish seated sessions with quiet breathing.

Sis, let's talk. *Seated does not mean defeated. It means we selected the right starting position.*

TWO STRENGTH DAYS EACH WEEK

Your twelve week training map

Schedule A and B on nonconsecutive days, such as Monday and Thursday. The numbers below apply to strength movements, not balance holds or side-step trips. Use the specific core and balance doses on their exercise cards. Progress only when form and recovery are good; repeat a week whenever needed.

Week	Sets per exercise	Repetitions	Main task
1	1	6 to 8	Learn both workouts
2	1	6 to 8	Repeat and improve control
3	1; optional 2 for first two moves	8 to 10	Add volume only if recovered
4	Same as week 3	8 to 10	Review, do not test maximums
5	1 to 2	8 to 10	Build toward 2 sets gradually
6	2 if tolerated	8 to 12	Keep several reps in reserve
7	2 if tolerated	8 to 12	Consider one small load increase
8	1 to 2	8 to 12	Repeat or ease back as needed
9	2 if tolerated	8 to 12	Use consistent, controlled loads
10	2 if tolerated	8 to 12	Progress one variable only
11	2 if tolerated	8 to 12	Practice quality and consistency
12	1 to 2	8 to 12	Compare with your starting point

A week that fits real life

Monday: A. Tuesday: easy or moderate walking as tolerated. Wednesday: easy movement and optional supported balance. Thursday: B. Friday: comfortable walking. Saturday: a walk, gentle dancing, or enjoyable activity. Sunday: rest or easy movement. You may move the days while preserving recovery.

If only one strength day happens, resume the alternating sequence next time. Do not cram two workouts together to catch up. For walking duration, use your current capacity and the walking page, not the strength progression table.

LEARN WITHOUT TRYING TO IMPRESS ANYBODY

Weeks one through four

Week 1 Meet the movements

Read the cards before the first session. Do one easy set per exercise in A and B. Put the lightest suitable weight within reach. Your main task is to learn the setup, move without holding your breath, and finish feeling you could have done a little more. Record which version you used.

Week 2 Repeat on purpose

Use the same exercises and loads. Look for smoother lowering, steadier feet, and less need to think about every step. Do not chase soreness. If week 1 left you unusually fatigued or sore for daily tasks, shorten the session or reduce repetitions.

Week 3 Add a little

When the first two weeks were well tolerated, move toward 8 to 10 repetitions. You may add a second set to the first two exercises only; keep everything else at one set. If that feels like too much, add only repetitions or simply repeat week 2. The calendar does not outrank your recovery.

Week 4 Notice the evidence

Compare your notes with week 1. Does the same chair rise feel steadier? Can you control the lowering? Are you breathing through each repetition? Make these observations under similar conditions. You do not need a timed test, heavier weight, or an audience.

Your four week review

My most comfortable starting exercise _____

A movement that needs help _____

A daily task that feels different _____

My next two workout appointments _____

If you have not progressed yet, examine the reason without blame: symptoms, unfamiliar technique, limited equipment, or a schedule that does not fit. Solve one problem. Four weeks of practice is valuable even when your measurements are unchanged.

Sis, let's talk. *We are not competing with the woman on the next mat. We do not know her knees, her sleep, or her backstory.*

BUILD A ROUTINE YOU CAN RECOVER FROM

Weeks five through eight

Week 5 Add sets gradually

If the first month went well, move toward two sets on more exercises. Add a second set to only one or two movements at a time. Stay at one set where you need to. Longer sessions are not automatically better; a useful dose is one you can repeat.

Week 6 Let the last repetitions work

Choose a resistance that makes the end of the set feel meaningfully challenging while allowing 2 to 3 more good repetitions. Keep 8 to 12 as the working range. If the weight forces you to swing or strain, it is too much for that set today.

Week 7 Consider one small increase

If you have reached 12 controlled repetitions on every set of an exercise in two sessions, with good recovery, use the smallest practical increase. Return to about 8 repetitions. Progress individual exercises separately; your curl and your hip hinge do not need the same weight.

Week 8 Review and adjust

Keep the workload steady if it suits you. If fatigue has accumulated, do one set instead of two, use easier versions, or take extra recovery time. A lighter week is an adjustment, not a punishment. If pain is driving the change, address the pain rather than merely changing the calendar.

What more effort should look like

Your last repetitions may slow a little, but they should still look like the first. You can exhale through the hard part. Your stance is steady. The joints feel comfortable. You finish each exercise knowing what happened, rather than wondering how you survived it.

If the only available next weight is a large jump, stay with the current weight and improve control. You can obtain an intermediate load later. Do not make an unsafe increase just because the dumbbell rack has limited choices.

Sis, let's talk. *The weight is allowed to challenge you. It is not allowed to drag you into a public argument.*

OWN YOUR STRENGTH

Weeks nine through twelve

Week 9 Be consistent

Continue two strength days. Keep two sets when tolerated, and one when that is the appropriate dose. You now have enough notes to see what supports a good session: time of day, a meal, a quieter room, or more rest between exercises.

Week 10 Progress with a reason

Apply the same two-session rule before adding resistance. If the top of the repetition range still feels challenging, keep the load. You do not need to change exercises every week. Familiar movements make it easier to recognize progress.

Week 11 Protect the habit

Keep the appointments through ordinary life interruptions. On a busy day, use one set of the first four movements in your scheduled workout after warming up, then cool down. A shortened session is useful, but should not become a reason to ignore persistent fatigue or symptoms.

Week 12 Compare fairly

Use the same chair and exercise versions from your baseline where appropriate. Compare comfortable repetitions at the same weight, steadiness, and everyday ability. Do not push to exhaustion to prove the program worked. Optional photos and measurements should use similar lighting, clothing, and measuring locations.

Define your win

You may notice strength before shape, consistency before confidence, or better control before heavier weights. Record what is true. If nothing seems to be improving, review attendance, load, sleep, food, and technique with a qualified trainer. Unexplained declining ability belongs in a medical conversation.

Your next step is another sustainable block of training, not a sudden leap into daily high-volume workouts. Maintain the movements that serve you. Add variety when it improves enjoyment or addresses a specific goal, and learn new exercises before loading them.

Sis, let's talk. *The graduation requirement is not "make the room stare." It is "know how to keep taking care of yourself." The entrance you make is your business.*

MOVEMENT BETWEEN STRENGTH DAYS

Walking dancing and staying steady

Build from where you are

If you are inactive, begin with a comfortable 5-minute walk or several shorter bouts. If that is too much, do less. If you already walk comfortably for longer, keep your usual amount while adjusting to strength training. Add a few minutes only when the current amount is well tolerated.

For adults 65 and older, CDC guidance includes at least 150 minutes of moderate aerobic activity weekly, muscle-strengthening work on at least two days, and balance activity. When health or ability limits that amount, doing what you can still matters. Adults under 65 also benefit from regular aerobic and strengthening activity. [1]

Use the talk test

At a moderate pace you can talk, but not sing comfortably. You do not need to reach that intensity immediately. Easy walking is a valid starting point. Follow any individualized exertion limits, and slow or stop for concerning symptoms. [1, 2]

Make movement enjoyable

Walk in a well-lit indoor space, use a level outdoor route, or dance gently near a clear support area. Music can make the time pleasant; choose a pace that lets you control your steps. Avoid quick pivots, slippery floors, or unfamiliar choreography when balance is uncertain.

Practice balance briefly

On two or three days each week, if safe, practice supported staggered stance or toe taps for a few minutes. Keep the counter in reach and stop before fatigue undermines control. Recurrent unsteadiness or falls need assessment; this book is not a substitute for individualized fall-prevention care. [5]

Break up long sitting periods with comfortable movement when practical. Walking supports health and endurance; it does not replace progressive resistance work for your glute and arm goals.

Sis, let's talk. *Your playlist may take you back to 1988. Your workout still needs to respect how your body feels today.*

EVERYDAY NUTRITION

Feed the muscle and keep the flavor

Give regular meals a place

Training works better as part of an adequately nourished life. Build regular meals that include a protein food, vegetables or fruit, a satisfying carbohydrate, and some fat. Avoid skipping meals to “make up” for food or exercise. An aggressive diet can leave you tired and make consistency harder.

Include protein across your day

Eggs, fish, chicken, beans, lentils, tofu, yogurt, and other foods can contribute protein. Variety and amounts should fit your appetite, preferences, health, and overall diet. You do not need a special brand or shake to begin. If you need a personal protein target, ask a registered dietitian, especially if you have kidney disease or other dietary restrictions. [3]

Keep familiar foods at the table

Greens, cabbage, okra, sweet potatoes, beans, fish, and rice can all fit. Choose preparation methods and portions that support your needs. Flavor can come from onions, garlic, herbs, vinegar, citrus, and spices. Cultural food is not a problem to erase; the overall pattern matters.

Make room for carbohydrates and fats

Oats, potatoes, rice, fruit, and whole-grain bread can supply energy. Nuts, seeds, avocado, and oils add flavor and fats. This guide does not prescribe a calorie target or label an entire food group as forbidden. Weight-change goals need their own realistic plan.

Hydrate according to your needs

Keep water accessible, especially when active in warm conditions. Follow prescribed fluid restrictions. If diabetes medication can cause low blood glucose, follow your care team’s monitoring and treatment plan around exercise. Do not change medication doses based on this book.

Supplements are optional, not the foundation. “Booty growth” pills, detox teas, and fat-burning promises are not part of this program. Ask a clinician or pharmacist about supplements that could interact with your medicines.

Sis, let’s talk. *You do not have to break up with Sunday dinner. You may need to stop treating every plate like the restaurant is closing forever.*

FLEXIBLE MEAL PLANNING

A week of practical food ideas

These are ideas, not a prescribed diet. Adjust portions, ingredients, and meal timing to your appetite, allergies, budget, and medical advice. Mix and repeat meals; seven entirely different dinners are not required.

Day	Breakfast idea	Lunch or dinner idea
Monday	Eggs, toast and fruit	Baked fish, greens and rice
Tuesday	Plain yogurt, oats and berries	Bean bowl with vegetables and chicken or tofu
Wednesday	Oatmeal with milk or fortified soy milk	Turkey or lentil chili with a side salad
Thursday	Egg and vegetable scramble	Chicken or chickpeas, cabbage and sweet potato
Friday	Yogurt and fruit with nuts if suitable	Salmon or tofu, green beans and rice
Saturday	Peanut butter toast and milk if suitable	Vegetable and bean soup with a sandwich
Sunday	Your usual balanced breakfast	Family meal with protein, produce and a satisfying starch

A small preparation session

Cook one protein or bean dish, wash or prepare a vegetable, and make one starch. Store food safely and follow food-safety guidance for refrigeration and reheating. Frozen vegetables and canned beans can reduce preparation time; choose options that fit any sodium restrictions.

When you need a snack

Try fruit with yogurt, crackers with cheese, or a small portion of nuts if suitable. If you train soon after eating, choose what settles comfortably. There is no required post-workout product or minute-by-minute eating ritual in this beginner plan.

Your shopping notes

Protein foods _____

Vegetables and fruit _____

Starches and grains _____

Convenient backup meal _____

Sis, let's talk. Meal preparation can mean making enough for tomorrow. It does not require forty-seven matching containers and a ring light.

COMMON SITUATIONS

Adapt the plan to your body

Situation	A practical adjustment
Knee discomfort	Reduce squat depth or try a higher chair. Stop if pain persists; do not force a knee angle.
Floor transfers are difficult	Use standing hip extension instead of bridges. Keep all other work upright or seated.
Low-back discomfort	Reduce or omit hinging and kickbacks. A clinician or physical therapist can assess persistent symptoms.
Shoulder or wrist discomfort	Try a smaller wall push-up range or a closer stance. If symptoms remain, stop; do not improvise painful substitutions.
Balance concerns	Keep both hands on a fixed support. Use seated options and seek assessment for falls or new unsteadiness.
Osteoporosis or a joint replacement	Follow your clinician’s movement and loading restrictions. Do not force bending, twisting, or range.
Pelvic pressure or leakage	Reduce effort, breathe out with exertion, and consult a pelvic health professional if symptoms continue.
Fatigue or poor sleep	Use fewer sets, lighter resistance, or an extra rest day. Persistent unexplained fatigue needs assessment.

Modifications are choices, not guarantees

An easier-looking exercise is not automatically right for every condition. Try a comfortable option only when appropriate for you. If the same symptom returns, stop and obtain guidance. Do not use pain medicine simply to push through a workout.

Menopause and changing seasons

Sleep, temperature comfort, recovery, and body composition can change over time. Use breathable clothing, a comfortable room, and a flexible schedule. Training can remain part of your life without being sold as a cure for every hormonal symptom. Ask your clinician about symptoms affecting your daily life.

Sis, let’s talk. *Modifying a workout is not cheating. It is what happens when wisdom shows up wearing sneakers.*

SLEEP REST AND COMEBACKS

Recovery belongs in the program

Leave room to rebuild

Keep at least one day between full-body strength sessions. Easy movement can feel good on the days between, but you do not need daily hard glute work. More volume is not always better. Begin with a workload that leaves energy for the rest of your life.

Protect your sleep opportunity

Choose a regular sleep and wake schedule when possible. Make the room comfortable and allow a wind-down period. If poor sleep, heavy snoring, or daytime sleepiness is persistent, discuss it with a clinician. Exercise is not a substitute for investigating a sleep problem.

Read soreness correctly

Mild muscle tenderness after a new activity may settle with time and comfortable movement. It is not proof of muscle growth and does not need to be recreated. Joint pain, marked swelling, or worsening symptoms are different signals. Use the safety page rather than trying to “walk off” something concerning.

Return after a missed week

If you were simply busy and feel well, resume with one set and a comfortable load, then rebuild. After illness, injury, surgery, or new medical restrictions, follow appropriate guidance before returning. Do not double the next workout to repay a missed session.

Make a low-energy decision

Ask three questions: Do I have symptoms that mean I should stop? Can I move safely with a smaller dose? Will rest serve me better today? Choosing rest for a good reason is compatible with consistency. Repeated unexplained low energy deserves attention.

Recovery also includes boundaries. Your training appointment does not always need to be the first thing erased when somebody else needs something. Plan a realistic time, ask for support, and let the plan be small enough to survive a normal week.

Sis, let's talk. *Rest is part of the assignment. We are not collecting exhaustion like church anniversary programs.*

THE SISTERS IN YOUR CORNER

Confidence without a comparison contest



These illustrated sisters represent joy and possibility, not three bodies you must copy. You may be quiet, glamorous, athletic, brand new to exercise, or starting over. There is room for your version of grown.

Choose the right workout friend

Choose someone who respects modifications, keeps private information private, and celebrates showing up. Agree before training: no body insults, no surprise photos, and no pressure to use the same weight. A useful partner asks “How did that feel?” before saying “Do more.”

Optional faith reflection: Caring for yourself can be an act of stewardship, not a contest in deservingness. Strength, size, disability, and illness do not measure someone’s faith. Let encouragement help you make the next good decision.

Sis, let’s talk. *Bring the friend who says “I saved you a chair,” not the one who announces your measurements before the prayer.*

HONEST ANSWERS

Questions women actually ask

Will this lift my butt

It may develop the muscles that influence its appearance, especially with consistent progressive training. It cannot guarantee a particular lift, size, or shape. Look for increased strength and useful function while allowing appearance changes to take their own course.

Can I lose the chicken wings

You can strengthen the muscles of the arms. Exercise cannot choose where fat is lost, and it may not eliminate loose skin. We can use the familiar phrase with a laugh, but your arms do not need an insult to deserve care.

Should I train the glutes every day

Hard glute sessions every day are not part of this beginner plan. Two well-executed full-body sessions with recovery give you a sustainable foundation. Easy walking or brief balance practice is a different kind of activity.

Do I have to get on the floor

No. Use the floor-free substitution for bridges. If getting down or up is difficult, do not make the floor a required part of your exercise session. You can discuss transfer practice with a physical therapist if it is a personal goal.

What if I never get sore

You can make progress without soreness. Track repetition quality, manageable resistance, and your ability to repeat the routine. Do not add volume solely to produce discomfort.

What if the scale does not change

Weight is only one measure and may not change with a strength program. Better control, more repetitions at the same load, and easier daily tasks are meaningful. If fat loss is also a goal, discuss a sustainable nutrition approach without expecting exercise to target one area.

Can I begin in my sixties or seventies

Age alone does not determine the starting dose. Current health, ability, and experience matter. Choose an appropriate version and get individualized support when needed. A gentle beginning is a beginning.

YOUR NEXT STRONG CHAPTER

Keep going after week twelve

Choose a sustainable next block

Continue A and B twice weekly for another four to six weeks if they still suit you. Use the same progression rules. Keep at least one recovery day between sessions. There is no graduation rule requiring a third day, heavy barbell, or more complicated exercise.

Get coaching when it will help

A qualified trainer can check movement and equipment setup, help choose loads, and develop a more personalized program. A physical therapist is appropriate when pain, balance limitations, or rehabilitation needs affect exercise. Bring your notes; they make the conversation more useful.

Write a promise you can keep

Instead of “I will never miss a workout,” try “I will schedule two opportunities each week, and when life interrupts, I will return without punishing myself.” The second promise leaves room for being human.

My next four-week goal _____

My two training days _____

The exercise I want help with _____

The person who supports my effort _____

My realistic backup session _____

A closing word from Kingdom Fitness

You are allowed to want a beautiful shape and a stronger life at the same time. Keep the goal honest, the laughter kind, and the work repeatable. Your body has carried you into this chapter. Give it patience, useful challenge, nourishment, and rest. Let your next step be something you can actually do.

Sis, let's talk. *Sis, the glutes ain't retired. And neither is your right to feel good walking into a room.*

A KINDER PLAN FOR REAL LIFE

When motivation leaves the group chat

Make starting easier than negotiating

Lay out shoes and the workout log. Put safe equipment where you can reach it, not where you can trip over it. Decide your first exercise before the session. When the plan is specific, you have fewer decisions to make while tired.

Use the short version on a busy day

After warming up, do one comfortable set of the first four exercises in your scheduled A or B workout, then cool down. This keeps a squat pattern, a hip movement, a push, and a pull. It is a time-saving version, not a reason to train through illness, dizziness, or pain.

Give yourself a return appointment

A missed Tuesday does not require abandoning the entire month. Choose the next realistic day and resume the sequence. “I will return Thursday after breakfast” is more useful than “I need to get my whole life together.” Keep at least one recovery day between full-body strength sessions.

Keep the reward connected to living

A relaxing bath if suitable, a favorite playlist, time with a friend, or a new book can mark effort. Food does not have to be earned, and exercise does not have to repay it. Celebrate the behavior you want to repeat.

A conversation worth borrowing

Vivian: “I was not in the mood.” Denise: “Did you do the warm-up?” Vivian: “Yes.” Loretta: “That is how they get you. Next thing you know, you have completed a reasonable amount of exercise and respected your limits.”

Some days beginning changes your mood; other days rest is the right choice. If fatigue or low motivation is persistent and affecting life beyond exercise, consider a conversation with a health professional. You deserve support, not another speech about willpower.

Sis, let's talk. *Motivation is a lovely guest. It is not dependable enough to be the landlord.*

CLOTHES COMPLIMENTS AND BOUNDARIES

The confidence you take outside

Dress the body that is training today

Choose clothes that allow comfortable movement and do not require constant adjusting. Supportive undergarments and secure shoes can make the session more pleasant. You do not have to wait for a size change to own an outfit that fits.

Accept the compliment you want

“You look strong” or “You seem more confident” can feel wonderful. You can also say, “Thank you; I am enjoying the workouts,” without discussing weight, measurements, or medical history. Your progress does not turn your body into public property.

Keep pictures your choice

Ask before taking or sharing workout photos. If you want your own progress pictures, choose a private place and repeat the same lighting and clothing. If pictures make you anxious or critical, leave them out. The log can tell a valuable story without a camera.

Replace one harsh sentence

Instead of “These legs look terrible,” try “I am practicing stronger legs.” Instead of “My arms are embarrassing,” try “I am learning to train my arms.” You do not have to love every feature every day to speak to yourself without cruelty.

Let the humor travel with you

Loretta: “Somebody asked who I was trying to impress.” Vivian: “What did you say?” Loretta: “The version of me carrying groceries in one sensible trip.” Denise: “One sensible trip, not every bag in the trunk. We discussed this.”

Wanting to feel attractive is allowed. So is wanting independence, strength, less intimidation in a gym, or a pleasant hour with friends. Your reason may change. Keep the plan flexible enough to serve the life you are living.

Sis, let's talk. *You may walk into the room feeling yourself. Just keep the doorway clear for the other sisters doing the same.*

PRINTABLE PROGRESS RECORD

Your starting point and check-ins

Complete at the beginning and again near weeks 4, 8, and 12. Use the same conditions when practical. These are personal observations, not diagnostic tests. Never push to exhaustion or remove needed support to improve a score.

Measure	Start	Week 4	Week 8	Week 12
Date				
Chair-rise version and comfortable reps				
Row weight and controlled reps each side				
Wall push-up distance and reps				
Usual comfortable walking minutes				
Daily task that feels easier				
Sessions completed in the last 4 weeks				

Optional appearance record

Measurements and photos are optional. If you use them, choose the same measuring location and conditions. Keep them private unless you choose otherwise. Changes in the tape measure do not tell the whole story.

Optional notes _____

My starting goals

One strength or daily-life goal _____

One appearance goal if I want one _____

A reason this matters to me _____

PRINT AND WRITE OR EDIT IN WORD

Weeks 1 and 2 journal

Week 1

Learn your setup. A careful first week counts.

Session	Date	Versions / load / sets / reps
Workout A		
Workout B		

Walking or other activity _____

Balance practice _____

Recovery and symptoms _____

One win / next adjustment _____

Week 2

Repeat the appointments. Familiarity is progress.

Session	Date	Versions / load / sets / reps
Workout A		
Workout B		

Walking or other activity _____

Balance practice _____

Recovery and symptoms _____

One win / next adjustment _____

PRINT AND WRITE OR EDIT IN WORD

Weeks 3 and 4 journal

Week 3

Add only what you can recover from.

Session	Date	Versions / load / sets / reps
Workout A		
Workout B		

Walking or other activity _____

Balance practice _____

Recovery and symptoms _____

One win / next adjustment _____

Week 4

Notice control and everyday ability.

Session	Date	Versions / load / sets / reps
Workout A		
Workout B		

Walking or other activity _____

Balance practice _____

Recovery and symptoms _____

One win / next adjustment _____

PRINT AND WRITE OR EDIT IN WORD

Weeks 5 and 6 journal

Week 5

Build toward a second set gradually.

Session	Date	Versions / load / sets / reps
Workout A		
Workout B		

Walking or other activity _____

Balance practice _____

Recovery and symptoms _____

One win / next adjustment _____

Week 6

Choose a challenge you can still control.

Session	Date	Versions / load / sets / reps
Workout A		
Workout B		

Walking or other activity _____

Balance practice _____

Recovery and symptoms _____

One win / next adjustment _____

PRINT AND WRITE OR EDIT IN WORD

Weeks 7 and 8 journal

Week 7

Progress one exercise at a time.

Session	Date	Versions / load / sets / reps
Workout A		
Workout B		

Walking or other activity _____

Balance practice _____

Recovery and symptoms _____

One win / next adjustment _____

Week 8

A lighter week is an intelligent option.

Session	Date	Versions / load / sets / reps
Workout A		
Workout B		

Walking or other activity _____

Balance practice _____

Recovery and symptoms _____

One win / next adjustment _____

PRINT AND WRITE OR EDIT IN WORD

Weeks 9 and 10 journal

Week 9

Keep your promises small enough to repeat.

Session	Date	Versions / load / sets / reps
Workout A		
Workout B		

Walking or other activity _____

Balance practice _____

Recovery and symptoms _____

One win / next adjustment _____

Week 10

Quality comes before another pound.

Session	Date	Versions / load / sets / reps
Workout A		
Workout B		

Walking or other activity _____

Balance practice _____

Recovery and symptoms _____

One win / next adjustment _____

PRINT AND WRITE OR EDIT IN WORD

Weeks 11 and 12 journal

Week 11

Your log is evidence of effort.

Session	Date	Versions / load / sets / reps
Workout A		
Workout B		

Walking or other activity _____

Balance practice _____

Recovery and symptoms _____

One win / next adjustment _____

Week 12

Celebrate honestly and plan your next chapter.

Session	Date	Versions / load / sets / reps
Workout A		
Workout B		

Walking or other activity _____

Balance practice _____

Recovery and symptoms _____

One win / next adjustment _____

MAKE EXTRA COPIES AS NEEDED

Reusable session log

Date _____ Week _____ Workout A / B / Seated

Before training: energy _____ symptoms _____

Warm-up completed _____

Exercise and version	Load	Set 1 reps	Set 2 reps

For one-sided exercises, record both sides, such as R 8 / L 8.

For holds, write seconds instead of repetitions.

After the workout

Effort and repetitions left _____

Any symptom or change _____

Cool-down _____

How I felt the following day _____

What I will keep or change next session _____

QUICK REFERENCE

Your fridge door reminder

Before

Check symptoms. Clear the space. Secure the chair. Warm up for 5 to 7 minutes. Choose the version that fits today.

During

Move slowly. Exhale on the effort. Stop with good repetitions still available. Rest 60 to 120 seconds or longer. Stop for concerning symptoms. No exercise earns the right to hurt you.

After

Cool down. Record what you did. Eat normally, hydrate within your needs, and allow recovery. Keep at least one day between full-body strength sessions.

Workout A	Workout B
Chair sit to stand	Supported mini squat
Bridge OR standing hip extension	Hip hinge
Supported one-arm row	Supported one-arm row
Wall push-up	Wall push-up
Standing side leg raise	Biceps curl
Supported calf raise	Triceps kickback
Wall plank	Seated brace and march

Weeks 1 and 2: generally 1 set of 6 to 8 reps. Later: build gradually toward 2 sets of 8 to 12 as tolerated. Follow individual instructions for holds and marches. Read the full cards before using this reminder.

Sis, let's talk. Consistency is doing the useful thing again. It is not buying a new outfit every time motivation leaves the house. Although the outfit may still be cute.

FURTHER READING

Sources and scope

The general activity recommendations and beginner movement principles were checked against the public resources below. The exact workout combinations, progression schedule, humor, and journal are original editorial choices. The listed organizations have not endorsed this manual. No claim of medical or clinical review is made.

1 Centers for Disease Control and Prevention — Older Adult Activity: An Overview

<https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html>

Weekly aerobic, strength, and balance recommendations; adapting activity to ability.

2 National Institute on Aging — Three Types of Exercise Can Improve Your Health and Physical Ability

<https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>

General resistance training, endurance, and gradual progression principles.

3 USDA MyPlate — Protein Foods Group

<https://www.myplate.gov/eat-healthy/protein-foods>

Protein food variety and the need to individualize amounts.

4 NHS — Strength exercises

<https://www.nhs.uk/live-well/exercise/strength-exercises/>

Examples of supported beginner strength movements.

5 NHS — Balance exercise handout

<https://assets.nhs.uk/prod/documents/NHS-balance-exercise.pdf>

Examples of gradual supported balance practice.

Sources consulted October 2026. Public guidance can change. For personal medical restrictions, use your own care team's current advice.

Authored for Kingdom Fitness by Lucius Alston with AI-assisted writing and original AI-generated caricature artwork. Exercise demonstrations accompany the written instructions; cover and friendship artwork are decorative. Illustrations are guides, not individualized form assessments. Reader edition formatted for US Letter printing and on-screen reading. Commercial print production may require a separate trim, bleed, and cover-spine layout.