

A New Year, A Stronger You (8 Week Program)



You spent the end of 2023 promising yourself to prioritize fitness in 2024. It's time to show up with a more specific goal than to be better. It's A NEW YEAR and time for A STRONGER YOU! Here is your five-day-a-week training program for eight weeks. These strength and conditioning sessions will help you jump-start the fitness year. Almost anyone can participate, and you can perform your workout anywhere. Grab your dumbbells, and let's do something amazing! You need a set of dumbbells to challenge your strength for the final few reps of every set, or increase the weight. I added BODYWEIGHT BOOT CAMP to burn more calories, and a STABILITY day for core training. I have you covered during the week, and you can take a well-earned break on the weekend! Ladies and Gentlemen, its time to get strong. STRONG STRONG! Join me, and let's get our fit on!

Goal: Strength and Conditioning

Difficulty: ★★☆☆☆

Program Length: 8 weeks

Days per Week: 5

Duration of Workout: 60-75 Minutes

Note:

Success starts in the kitchen so eat according to your goals. A calorie surplus will help with weight gain. A calorie deficit will help lose it. Eat high quality protein, nutrient dense foods instead of calorie dense foods, and minimize processed foods to ensure that your weight goals aren't sabotaged by excess fat storage.

Equipment: Dumbbells, Floor Mat, Sweat Towel, Hydration

Workout Link:

<https://www.hamlettefitness.com/blog/new-year-a-stronger-you-workout-2024>

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Monday: Classic Weight Training

Exercise:	Sets:	x	Reps:
1. DB FLOOR PRESS	3 SETS	X	12-15 REPS
2. DB CURLS	3 SETS	X	12-15 REPS
3. TRICEP EXTENSIONS	3 SETS	X	12-15 REPS
4. DB RAISES	3 SETS	X	12-15 REPS
5. SHRUGS	3 SETS	X	12-15 REPS
6. BENTOVER ROWS	3 SETS	X	12-15 REPS
7. GOBLET SQUATS	3 SETS	X	12-15 REPS
8. FORWARD LUNGES	3 SETS	X	12-15 REPS
9. SUMO SQUATS	3 SETS	X	12-15 REPS
10. REVERSE LUNGES	3 SETS	X	12-15 REPS

Tuesday: Bodyweight Bootcamp Training

Circuit:	Rounds:	x	Reps:
CIRCUIT #1	2 ROUNDS	X	12-15 REPS
<ul style="list-style-type: none"> PUSHUPS RUSSIAN TWISTS BODYWEIGHT SQUATS LATERAL RAISES HIGH KNEES (60 SECONDS) 			
CIRCUIT #2	2 ROUNDS	X	12-15 REPS
<ul style="list-style-type: none"> PLANK TWISTS GLUTE BRIDGES CURTSY SQUATS REVERSE LUNGES JUMPING JACKS (60 SECONDS) 			
CIRCUIT #3	2 ROUNDS	X	12-15 REPS
<ul style="list-style-type: none"> PUSHUPS DEAD BUG GLUTE RAISES WALKING LUNGES ICE SKATERS (60 SECONDS) 			

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Wednesday: Compound Movements w/Dumbbells

Exercise:	Sets:	x	Reps:
1. DB THRUSTERS	3 SETS	X	12-15 REPS
2. RENEGADE ROWS	3 SETS	X	12-15 REPS
3. REVERSE LUNGE TO CURLS	3 SETS	X	12-15 REPS
4. FRONT TO LAT RAISES	3 SETS	X	12-15 REPS
5. CHEST PRESS TO FLYES	3 SETS	X	12-15 REPS
6. BENTOVER ROW TO KICKBACK	3 SETS	X	12-15 REPS
7. ONE-ARM CLEAN TO PRESS	3 SETS	X	12-15 REPS
8. PLANK-SHOULDER-KNEE TAP	1 SET	X	60 SECONDS
9. SPIDERMAN PLANKS	1 SET	X	60 SECONDS
10. SUPERMAN PLANKS	1 SET	X	60 SECONDS

Thursday: Mobility/Stability Training

Circuit:	Rounds:	x	Reps:
MOBILITY ROUND	3 ROUNDS	X	12-15 REPS
<ul style="list-style-type: none"> • HALO • GOOD MORNINGS • SWORD DRAW • HI-LO • ALTERNATING SUMO SQUAT • WALKING LUNGES 			
STABILITY ROUND	3 ROUNDS	X	12-15 REPS
<ul style="list-style-type: none"> • BIRD-DOG • PUSHUPS • STEP THROUGHES • SUPERMAN PLANK • AB WALKOUTS • (BULGARIAN) SPLIT SQUAT 			

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Friday: Dumbbell Circuit Training

Circuit:	Rounds:	x	Reps:
CIRCUIT #1 <ul style="list-style-type: none"> • ARNOLD PRESS • ONE-ARM ROW • PUSHUPS • RUSSIAN TWISTS (60 SECONDS) 	2 ROUNDS	X	15-20 REPS
CIRCUIT #2 <ul style="list-style-type: none"> • REVERSE LUNGES • DB CURLS • TRICEP EXT • IN & OUTS (60 SECONDS) 	2 ROUNDS	X	15-20 REPS
CIRCUIT #3 <ul style="list-style-type: none"> • SHRUGS • SPLIT SQUATS • PUSHUPS • FLUTTER KICKS (60 SECONDS) 	2 ROUNDS	X	15-20 REPS
CIRCUIT #4 <ul style="list-style-type: none"> • GOBLET SQUATS • LATERAL LUNGES • ROMANIAN DEADLIFT • SCISSOR KICKS (60 SECONDS) 	2 ROUNDS	X	15-20 REPS

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Tips for Success!

Make sure to **EAT** enough food to fuel you over the next eight weeks! These workouts burn about 250-500 calories for women, and roughly 500-800 for men. Workouts last every bit of 60-75 minutes including warmup and cool down. That's a lot to ask from your body for five days every week. If you don't feel strong enough or feel foggy even outside of training, you should probably eat more. Whatever you do, don't play with your food!

Your diet may not be perfect, but don't sabotage your work. Watch portion size and make the adjustments. Eat your favorite foods and snacks but don't be a snackivore. Eat fresh, minimally processed foods. Enjoy lean meats, vegetables, fruits, nuts, and everything else you already know you should eat. Eat less of what you probably already know you should eat less.

Beginners can modify the plan by making a weight or rep adjustment. You may perform using the same weight for sets of 15 reps until you are strong and confident enough in your progress to complete 20 reps. When you can perform 20 quality reps of that exercise, increase the weight and find a new 15 rep max. **GAINS!**

Listen to your body and learn its cues. You might be sore after every dumbbell session until your body adjusts to your demands. That's cool. This may be uncomfortable as you push yourself in ways you may not have before. You might even discover some new places where you didn't know you had muscle. Discomfort is okay, but pain isn't good and is **NOT** okay. Immediately discontinue a set that hurts. Go back to a 10-12 rep max and live there until you can safely and correctly perform the movement! Slow your roll, too! If your workout takes more than 90 minutes to complete, cool down and be done for the day. That's a lot of work. We have ten weeks to earn these gains, but they won't come if you're injured or overtraining.

Get enough sleep! This program should make you want to sleep anyway. Give your body a chance to repair and recover, and you'll feel yourself getting stronger. Plenty of rest means at least 6-7 hours. Give in and take that 30-minute power nap, too. I love those!

Keep showing up, and don't quit! You're about to learn something about yourself, and you'll find that you **CAN** do it! I'll see you in 8 weeks!