How to Start Strength Training at Home (Step by Step)

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A fully illustrated 29-step guide to starting strength training at home: plan safe sessions, master the core lifts, progress gradually, and fuel and recover for real gains.

Phase 1 — Plan a Safe Strength Routine

1. **Aim for two full-body sessions a week**
   Aim for two full-body sessions a week.
2. **Cover all the major muscle groups**
   Cover all the major muscle groups.
3. **Write a simple four-move session**
   Write a simple four-move session.
4. **Set a measurable eight-week goal**
   Set a measurable eight-week goal.
5. **Clear enough floor for full movement**
   Clear enough floor for full movement.
6. **Warm up dynamically for five minutes**
   Warm up dynamically for five minutes.
7. **Pick a resistance you can control**
   Pick a resistance you can control.

Phase 2 — Learn the Core Lifts

8. **Practise each pattern bodyweight first**
   Practise each pattern bodyweight first.
9. **Load a goblet squat**
   Load a goblet squat.
10. **Press up keeping one straight line**
    Press up keeping one straight line.
11. **Hinge into a dumbbell deadlift**
    Hinge into a dumbbell deadlift.
12. **Row a band toward your ribs**
    Row a band toward your ribs.
13. **Bridge to work the glutes**
    Bridge to work the glutes.
14. **Control a dead bug for the core**
    Control a dead bug for the core.
15. **Brace with a plank**
    Brace with a plank.

Phase 3 — Progress Without Breaking Down

16. Add reps until you reach twelve

Add reps until you reach twelve.

17. Then increase the resistance

Then increase the resistance.

18. Add a set or shorten the rest

Add a set or shorten the rest.

19. Log every single session

Log every single session.

20. Leave two reps in reserve

Leave two reps in reserve.

21. Stop on sharp pain, not soreness

Stop on sharp pain, not soreness.

22. Rest a day between sessions

Rest a day between sessions.

Phase 4 — Fuel, Recover and Keep It Going

23. Eat enough protein to build muscle

Eat enough protein to build muscle.

24. Sleep seven to nine hours

Sleep seven to nine hours.

25. Stay hydrated through the day

Stay hydrated through the day.

26. Use a minimum session on busy days

Use a minimum session on busy days.

27. Deload every sixth to eighth week

Deload every sixth to eighth week.

28. Retest a benchmark every eight weeks

Retest a benchmark every eight weeks.

29. Add variety only after a solid base

Add variety only after a solid base.

Sources

1. NHS — Live Well
   https://www.nhs.uk/live-well/
2. NHLBI — High Blood Pressure
   https://www.nhlbi.nih.gov/health/high-blood-pressure
3. WebMD — health information
   https://www.webmd.com/
4. National Cancer Institute
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Written as a checklist from https://www.howcompass.com/how-to/How-to-Start-Strength-Training. Corrections: https://www.howcompass.com/co