THE REP ROOM

HOME STRENGTH GUIDE · BACKED BY RESEARCH

START STRONG AT HOME

Your simple 15 to 20 minute strength routine. Six movements, no equipment, and a plan for your first four weeks.



BUILT BY THE COACHES OF THE REP ROOM

Every recommendation in this guide is grounded in current research. See pages 7 and 8.

The Rep Room London · 1615 N Routledge Park, Unit 39, London, ON · thereproomlondon.com

HOW IT WORKS

STRENGTH IS SIMPLER THAN YOU THINK

Everything we do in the gym comes back to six basic movements. Practise them a little each week and you build the strength that keeps you independent, steady on your feet and doing the things you love.[1]



01

2 TO 3 DAYS A WEEK[2,3,4]

Leave a day between sessions so your body can recover and adapt. Walking on the days in between is a bonus.[5]

02

15 TO 20 MINUTES[6,7]

A short warm-up, six movements done as a circuit, and a short cool-down. That's it.

03

REAL EFFORT, GOOD FORM[4,8]

Pick the version where the last 2 or 3 reps feel challenging, but your form stays smooth and controlled.

YOUR SESSION AT A GLANCE

WARM-UP	STRENGTH CIRCUIT	COOL-DOWN
3 minutes	6 movements, 2 to 3 rounds, rest 1 minute between rounds · 12 to 15 minutes	2 minutes

HOW HARD SHOULD IT FEEL?[9]

AIM FOR 6 TO 8 OUT OF 10

1	2	3	4	5	6	7	8	9	10

Easy. You could chat all day.

Warming up.

Your target. Challenging, but you could do 2 or 3 more reps with good form.

Too hard for now.

Questions or ready for more? **226-387-2749** · **info@thereproomlondon.com**

THE REP ROOM

BEFORE AND AFTER

WARM UP, COOL DOWN, STAY SAFE

WARM-UP · 3 MINUTES

1. **March on the spot** · 60 seconds
   Lift your knees and swing your arms. Hold a counter if you need to.
2. **Arm circles** · 30 seconds
   Small circles forward, then backward. Let them grow bigger.
3. **Hip circles** · 30 seconds
   Hands on hips, draw slow circles each way.
4. **Calf raises** · 10 reps
   Hold the counter, rise up onto your toes, lower slowly.
5. **Practice sit-to-stands** · 5 easy reps
   A rehearsal for your first movement.

COOL-DOWN · 2 MINUTES

1. **Slow breathing** · 60 seconds
   In through the nose for 4, out through the mouth for 6.
2. **Calf stretch** · 20 seconds each
   Hands on the wall, one foot back, heel down.
3. **Chest opener** · 20 seconds
   Hands behind your back or on a door frame, open the chest.

OUR COACHING TIP

Move slowly and with control. Two seconds down, a short pause, then up. Quality beats speed every time.

LISTEN TO YOUR BODY[10,11]

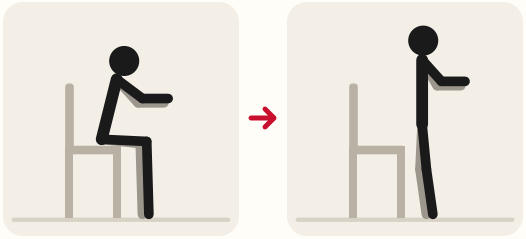
- **Green: keep going**
  Mild effort, muscle burn, or soreness that settles by the next day is normal. That's your body adapting.
- **Yellow: adjust**
  Discomfort in a joint that builds as you go. Switch to the easier version, reduce the range, or slow down.
- **Red: stop**
  Sharp or worsening pain, chest pain, dizziness, or unusual shortness of breath. Stop and contact your doctor.

If you have a heart or lung condition, recent surgery, or have been told to limit your activity, check with your doctor or physiotherapist before starting. This guide is general information, not medical advice.[12]

YOUR SIX MOVEMENTS · PART 1

SQUAT, HINGE, PUSH[1,13,14]

Do each movement once, in order, then rest for a minute. That's one round. Weeks 1 and 2: two rounds. Weeks 3 and 4: up to three.



1 SIT-TO-STAND[15,16]

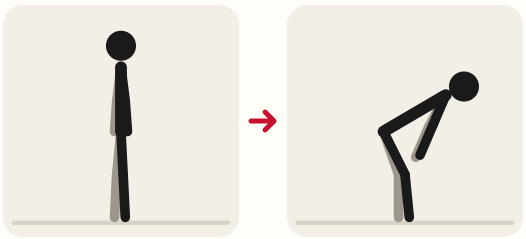
SQUAT · LEGS AND HIPS

1. Sit near the front of a sturdy chair, feet flat and hip-width apart.
2. Lean forward slightly, push through your whole foot and stand tall.
3. Slowly sit back down, reaching your hips back to the chair.

8 TO 12 REPS

Easier Use your hands on your thighs, or a higher seat.

Harder Arms crossed, lower over 3 seconds, or hold a weight at your chest.



2 HIP HINGE

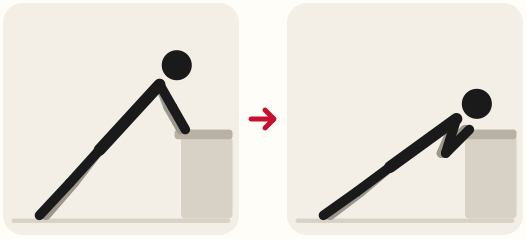
HINGE · BACK OF HIPS AND LEGS

1. Stand tall, feet hip-width, knees soft, hands on your thighs.
2. Push your hips back and slide your hands toward your knees. Keep your back long.
3. Squeeze your glutes and drive your hips forward to stand tall.

10 REPS

Easier Smaller range, with your bottom brushing a wall behind you.

Harder Hold a backpack or jug, or stand on one leg with a counter for support.



3 COUNTER PUSH-UP

PUSH · CHEST, SHOULDERS AND ARMS

1. Hands on a kitchen counter, slightly wider than your shoulders.
2. Walk your feet back until your body forms a straight line.
3. Lower your chest toward the counter, then press back up.

8 TO 12 REPS

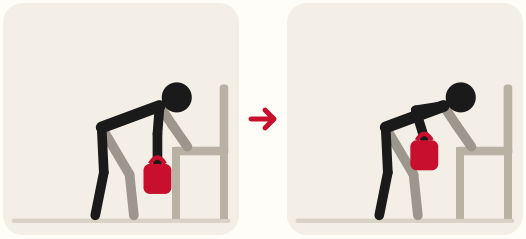
Easier Use a wall, or step your feet closer.

Harder Use a lower surface, like a sturdy bench or stair.

YOUR SIX MOVEMENTS · PART 2

PULL, STABILIZE, MOVE

Household items work perfectly: a backpack with a few books, a grocery bag, or a jug of water. Start light and focus on smooth, controlled reps.



4 SUPPORTED ROW

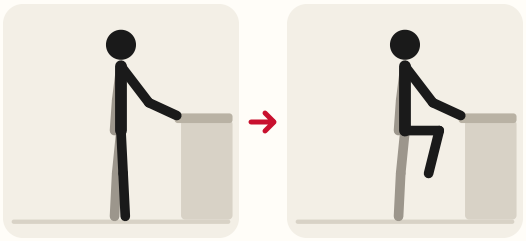
PULL · UPPER BACK AND ARMS

1. Rest one hand on a chair, step back and hinge forward, back long.
2. Hold a bag or jug in the other hand, arm hanging straight down.
3. Pull it to your hip, elbow close to your side, then lower slowly.

8 TO 12 REPS EACH ARM

Easier A lighter bag, a few books in a backpack.

Harder A heavier bag, or a 2-second squeeze at the top.



5 STANDING MARCH[17,18]

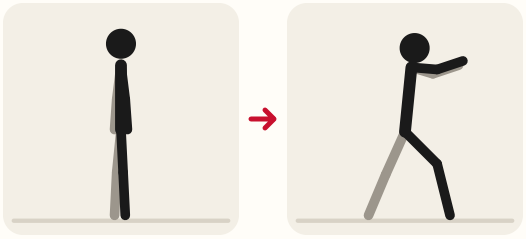
STABILIZE · CORE AND BALANCE

1. Stand tall beside a counter, one hand resting on it.
2. Brace your stomach as if about to be nudged, ribs down.
3. Lift one knee to hip height, hold 2 seconds, lower with control. Switch.

10 EACH SIDE, 2-SECOND HOLD

Easier Hold the counter with both hands, smaller lift.

Harder Hands off the counter, or hold each lift for 5 seconds.



6 STEP AND REACH[17,18]

MOVE · IN EVERY DIRECTION

1. Stand tall. Step one foot forward and reach both arms ahead.
2. Push back to the start. Repeat stepping out to the side, then back.
3. Switch legs. Use a counter nearby for balance if you need it.

3 EACH DIRECTION, EACH LEG

Easier Shorter steps, one hand on the counter.

Harder Bigger steps, or add a step up onto the bottom stair.

YOUR PLAN

YOUR FIRST FOUR WEEKS[1,4]

WEEK 1
LEARN THE MOVES

2 sessions
2 rounds

Easier versions. Focus on form.

WEEK 2
BUILD THE HABIT

2 to 3 sessions
2 rounds

Move to the standard version where it feels good.

WEEK 3
ADD A LITTLE

3 sessions
2 to 3 rounds

Slow the lowering to 3 seconds.

WEEK 4
OWN IT

3 sessions
3 rounds

Try one harder version you're ready for.

TICK OFF EVERY SESSION

GOAL: 10 SESSIONS IN 4 WEEKS

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	☐	☐	☐	☐	☐	☐	☐
WEEK 2	☐	☐	☐	☐	☐	☐	☐
WEEK 3	☐	☐	☐	☐	☐	☐	☐
WEEK 4	☐	☐	☐	☐	☐	☐	☐

MAKE IT STICK

ANCHOR IT[19,20]
Attach it to something you already do: after your morning coffee or before the evening news.

BOOK IT[21]
Put your sessions in your calendar like a meeting you would not cancel.

BRING SOMEONE[22,23]
A spouse, friend or neighbour makes it more fun and much harder to skip.

KEEP THE OTHER PILLARS[3,24,25,26]
Same wake-up time each day, and a palm of protein at every meal.

YOU DON'T NEED A PERFECT PLAN. YOU NEED A CONSISTENT ONE.

WHY IT WORKS

THE RESEARCH BEHIND YOUR ROUTINE

Every part of this guide follows current guidelines and research. Here is what the evidence says in plain language. The small red numbers throughout the guide match the sources on the next page.

HOW OFTEN

TWO TO THREE DAYS A WEEK

The World Health Organization, the Canadian 24-Hour Movement Guidelines and the American College of Sports Medicine's 2026 position stand all recommend strengthening the major muscle groups on **at least two days a week**.[2,3,4]

HOW LONG

A LITTLE GOES A LONG WAY

Across 16 large studies, regular muscle-strengthening was linked to a lower risk of early death, heart disease, cancer and diabetes, with the **biggest benefit at about 30 to 60 minutes a week**. Short, low-volume sessions still build strength and function.[6,7]

HOW HARD

CHALLENGING, NOT ALL-OUT

The 2026 ACSM position stand found that training to failure **does not add strength**, and suggests stopping with about 2 or 3 reps left in the tank. Strength gains hold up well across effort levels short of failure.[4,8,9]

THE MOVEMENTS

SIMPLE, FUNCTIONAL, PROGRESSIVE

The NSCA position statement on older adults recommends multi-joint movements like squatting, pushing and pulling, built up gradually, and concludes the benefits for strength, function and independence **largely outweigh the risks** when training is done well.[1]

AT HOME

A REAL START

Reviews of home-based programs in adults 60 and over show **small but real gains** in leg strength, balance and mobility, with no serious safety problems reported. A strong first step, and a reason to keep building from there.[13,14]

SIT-TO-STAND

A MOVEMENT THAT MATTERS

How well you rise from a chair closely tracks lower-body strength. In large studies, older adults who were slowest at chair rises had **about twice the mortality risk** of the fastest.[15,16]

BALANCE

FEWER FALLS

A Cochrane review of 39 trials found balance and functional exercise **cuts the rate of falls by 24%**. Global falls guidelines recommend this training at least three times a week, which is where weeks 3 and 4 of your plan land.[17,18]

STAYING SAFE

LISTEN, ADJUST, CHECK IN

Mild discomfort that settles by the next day is generally acceptable during exercise, which is the idea behind our green, yellow and red guide. Canada's Get Active Questionnaire helps you decide whether to **check with a health professional first**.[10,11,12]

HABITS

MAKE IT AUTOMATIC

Habits form through repetition in a consistent setting, typically over about **two months**, and missing a day doesn't undo your progress. Planning when and where you'll train helps people do more. Training with others can help you stick with it, though the effect is modest.[19,20,21,22,23]

THE OTHER PILLARS

SLEEP, PROTEIN, WALKING

Regular sleep timing is linked to longer life. Older adults do best with about **1.0 to 1.2 g of protein per kg** of body weight a day, and protein adds to strength gains. Around 6,000 to 8,000 steps a day captures most of the benefit of walking for adults over 60.[3,5,24,25,26]

WHY A COACH HELPS

At any age, a coach adds form feedback, smart progression and adjustments for old injuries. Research in older adults found that supervised strength and balance training produced larger gains than the same work done alone.[27]

SOURCES

REFERENCES

We lean on major guidelines, position statements and systematic reviews wherever we can. Some findings, like those on mortality, sleep and steps, come from observational studies: they show strong links, not proof of cause. This guide is general information, not medical advice.

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WHEN YOU'RE READY FOR MORE

BOOK YOUR FREE DAY 1 SESSION

Doing this at home is a great start. A coach can take you further:[27] checking your form, adjusting for old injuries and showing you how to progress safely. Day 1 is the first session of our Foundations program, and it's on us.

IN YOUR ONE-ON-ONE DAY 1

- Learn all six movements with good technique
- A simple workout structure you can use right away
- Talk through old injuries and your goals

TWO EASY STEPS

1. Call or email us for a short chat.
2. We book your one-on-one session.

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thereproomlondon.com/day-one

Your Day 1 is on us, with no commitment. Just a great first session with a coach.

THEN FIND YOUR FIT

REP FIT
Our flagship coached strength class, at your own pace.

JOINTWISE
Slow, controlled work for stiff joints, old injuries or life after physio.

REP SENIORS
Coached strength and balance alongside your peers.

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