The Strength Solution

45 to 60 min workouts 2x per week

By Nikki Naab-Levy, B.S. Exercise Science

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Hey, I'm Nikki. 👋 **[PLEASE READ THIS FIRST!]**

I'm a strength and nutrition coach who helps women get stronger and build muscle with less pain, injury, and frustration.

I'm excited to help you start your strength journey! Inside you'll find customizable routines that you can adapt to your fitness level, with exercise alternatives to work around joint issues and hypermobility or increase the intensity.

Over the years, **I've helped hundreds of women find an approach to strength training that fit their lives - even with chronic conditions, demanding careers, and packed schedules.**

And if you love these workouts, they're just a taste of what you'll find inside my app based program Total Package Strength.

If you ever need more support, don't hesitate to reach out via email or DM me on Instagram @naablevyfitness.

xx Nikki

EQUIPMENT

These workouts can be done at home or in the gym. CLICK HERE to download an equipment guide.

Required equipment:

- Medium and heavy set of dumbbells
- Lighter and heavier jumpstretch bands
- A door anchor or something sturdy like a squat rack to tie the band to.
- A chair, box, or bench that you can safely sit on.

Optional equipment:

- Pull-up bar
- Small Props: Gliding discs, Foam roller, Yoga blocks
- A weight bench
- Something you can safely step on & off of (e.g. a box, weight bench, or staircase)
- Kettlebells
- Barbells and / or a squat rack

WORKOUT INSTRUCTIONS

CLICK HERE for a video on how to follow the workouts.

- Complete each workout in order from beginning to end.
- Each strength exercise comes with exercise alternative you can choose from.
- If possible rest for 48 hours between each workouts to allow for recovery.

Where to find the video demos

- Each exercise name will be underlined. *This is a clickable link!*
- Clicking the link will take you to a short video demonstration.
- You'll find written instructions below each video.

CLICK HERE for a tutorial on how to find the video demos for each exercise.

HOW TO CUSTOMIZE YOUR WORKOUT

For each strength exercise and some warm-ups, you'll see multiple exercise options.

Here's how to choose which exercise to perform:

- Pick just ONE exercise from each block.
  - For example: In block A1, if you choose goblet squats, do ONLY goblet squats. Then move on to the next block (A2 or B1). Don't do multiple exercises from the same block.
- The first exercise listed is the base exercise. If you're unsure of what to pick, start there. The other exercises provide you with additional equipment options, modifications and ways to increase challenge.

HOW TO PICK THE RIGHT WEIGHT

RPE stands for rate of perceived exertion. It helps you choose the right weight. For these workouts, choose a weight that comes to an RPE of 7 or 8 for each exercise.

CLICK HERE to watch a video demo of how to pick the right weight.

RPE	Intensity
10	Your absolute max.
9.5	No reps left. Can do slightly more load
9	1 rep left in the tank
8.5	Can do 1 more rep. Maybe 2
8	2 reps left in the tank
7.5	Can do 2 more reps. Maybe 3
7	3 reps left in the tank
5-6	4 to 6 reps left in the tank
1-4	Very light effort. Can do forever.

👉 If you're prone to pain or hypermobile and worried about overdoing it, then choose a weight that is an RPE of 6!

HOW TO MODIFY THE WORKOUTS

1. Do fewer sets per exercise.
2. Perform fewer repetitions of each exercise.
3. Use a lighter weight or band.
4. Choose a different exercise alternative.

HOW TO MAKE THE WORKOUTS HARDER

1. Do more sets per exercise.
2. Perform more repetitions of each exercise.
3. Use a heavier weight or band.
4. Choose a different exercise alternative.

EXERCISE NAME TERMINOLOGY

- RDL = Romanian deadlift
- BW = Bodyweight
- DB = Dumbbell
- KB = Kettlebell
- Iso = Isometric
- SA = Single arm
- Z Press = Overhead Press in a straddle position

ON THE NEXT PAGE YOU WILL FIND THE WORKOUTS

👉 **If you get confused reading the workouts, CLICK HERE for a step by step video tutorial of how to follow the workouts!**

WORKOUT 1

Click on the exercise names to watch the video demos. They are hyperlinks.

- When following the workouts, choose ONE exercise from each section. For example, in A1, pick DB Chest Press OR Horizontal Band Press - not both.
- For isometric (iso) exercise alternatives hold for 15-20 s / side or 30-45 s total.
- If doing barbell deadlift and barbell overhead press, option to complete all of one before moving to the next, if you don't want to strip the bar between sets.

Warm Up	Sets	Reps
Bent Elbow Book Opener	1-2	3-5 / side
90/ 90 Hip Switch | Seated Hip Rotations	1-2	10-12 total
Dumbbell (DB) Floor Press (light weight)	1-2	8-10
Spiderman Lunge | Modified Spiderman Lunge	1-2	6-8 total
Air Squat | Box Squat (option to use light weight)	1-2	8-10

	Strength	Sets	Reps	Rest
A1	Goblet Squat | Box Squat | Foam Roller Squat | DB Front Rack Squat | Barbell Back Squat	2-3	8-10	0
A2	DB Chest Press | Horizontal Band Press | DB Floor Press | Barbell Bench Press	2-3	8-10	90 s
B1	DB Split Squat | Isometric Split Squat | Band Split Squat | KB Clean to Back Stepping Lunge	2-3	6-8 / side	0
B2	Single Arm (SA) DB Bench Supported Row | SA Seated Band Row | SA Band Bench Supported Row | SA Gorilla Row	2-3	6-8 / side	90 s
C1	DB Glute Bridge | Bodyweight Glute Bridge | Band Glute Bridge | Barbell Glute Bridge	2-3	6-8	0
C2	DB Alt Bicep Curl | DB Isometric Bicep Curl | Band Single Arm Bicep Curl | DB Alt Hammerhead Curl	2-3	12-16 total	0
C3	Supine Pallof Press | Seated Pallof Press | 1/2 Kneeling Pallof Press | Side Plank w/ Band Press	2-3	6-8 / side	60 s

Cool Down	Sets	Reps
X-Rolls	1	4-5 / side
Hip Release	1	3-5 each direction / side
Constructive Rest | Wave Breathing | Legs Up the Wall	1	2-5 min

WORKOUT 2

Click on the exercise names to watch the video demos. They are hyperlinks.

- When following the workouts, choose ONE exercise from each section. For example, in A1, pick DB RDL OR Band RDL - not both.
- For isometric (iso) exercise alternatives hold for 15-20 s / side or 30-45 s total.
- If doing barbell deadlift and barbell overhead press, option to complete all of one before moving to the next, if you don't want to strip the bar between sets.

Warm Up	Sets	Reps
Hamstring Flossing	1-2	6-8 / side
Foam Roll Lats | Tail Wag	1-2	6-8 / side
T-Spine Extension w/ Figure 4 Legs | Hips Back Cat Cow	1-2	4-6 / side
Dumbbell RDL (light weight) | Resistance Band RDL	1-2	8-10
Single Arm (SA) DB Overhead Press (light weight) | SA Band Diagonal Press | SA Band Overhead Press	1-2	8 / side

	Strength	Sets	Reps	Rest
A1	DB RDL | Band RDL | DB Sumo Deadlift | Barbell Conventional Deadlift | Barbell Sumo Deadlift	2-3	8-10	0
A2	DB Overhead Press | Diagonal Band Press | One DB Double Arm Overhead Press | Barbell Overhead Press	2-3	8-10	90 s
B1	Single Arm (SA) Horizontal Band Press | SA DB Floor Press | SA DB Chest Press | Push-Up	2-3	6-8 / side	0
B2	Posterior Step Down | Side Leg Lift w/ Mini Band | Towel Lunge | DB Loaded Posterior Step Down	2-3	6-8 / side	90 s
C1	Single Arm (SA) Band Lat Pulldown | Isometric SA Band Lat Pulldown | DB Pullover | Assisted Pull-Ups	2-3	6-8 / side	0
C2	Lateral Squat | Isometric Lateral Squat | Band Assisted Lateral Squat | Cossack Squat	2-3	6-8 / side	0
C3	Iso Hip Flexor Pull on Box | Iso Hip Flexor Pull Plank | Iso Hip Flexor Pull at Wall | Supine Iso Hip Flexor Pull **MINI BAND OPTIONAL!**	2-3	15 s / side	60 s

Cool Down	Sets	Reps
Supine Arm Circles | Supine Elbow Circles	1	3-6 each direction
Prone Cat Cow | X-Rolls	1	6-8
Wave Breathing | Constructive Rest | Legs Up the Wall	1	2-5 min

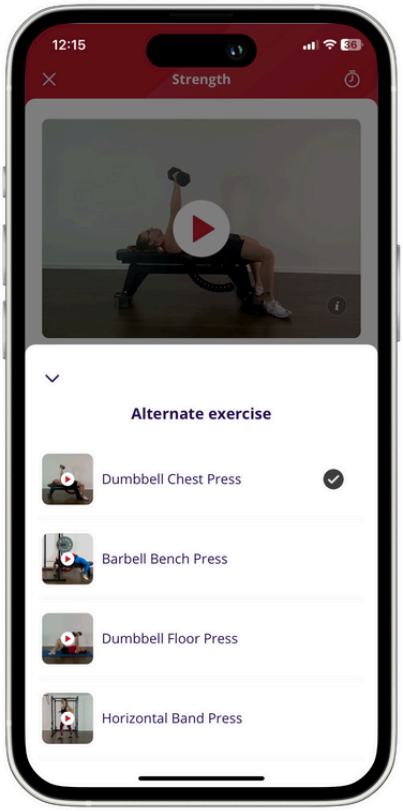
If you enjoyed these workouts, then check out Total Package Strength!

Total Package Strength is an ongoing progressive strength program that delivers your workouts straight to your phone via a mobile app.

Unlike this PDF, the app lets you watch the video demos and select exercise alternatives without needing to switch screens.

It also track your sets, reps, and resistance to monitor your progress.

If you have any questions about the program, email me at hello@naablevy.com or DM me @naablevyfitness on Instagram.



👉 CLICK HERE to learn more about Total Package Strength!

Total Package Client Success Stories 😍

"I'd recommend the program to anyone, especially if they struggle with a chronic condition"

I've been using Nikki's app and I absolutely love the experience. It's is EASY TO USE, and I appreciate the exercise variations that let me adjust for my energy and pain levels each day.

I appreciate how the exercises are paired, **making each session feel effective.** The workouts progress sensibly with built-in deload weeks, and you can easily adjust the schedule to fit your needs.

As someone who's hypermobile, I'm impressed with the program and recommend it, especially if you have a chronic condition and need ADAPTABLE WORKOUTS**.**

~ Adrienne J.

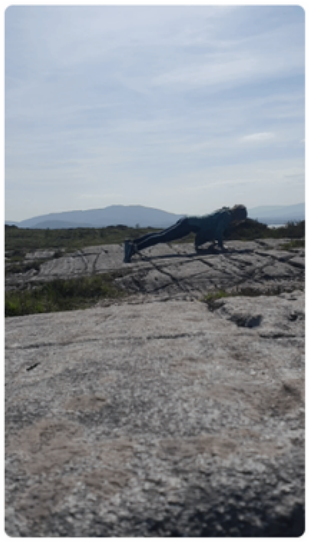
Andrea R
Client • 11h ago

Morning all and happy Monday! This is my FAFO week. 😂 I was able to up my squats and am inching closer and closer to 100lbs again. And I used the 35s on dead stop rows. Oooph that was challenging! But I felt like a badass with the bigger dumbbell 🤣🤣 I also upped my bench too. Feeling good! 💪🏻

I haven't lifted consistenly in years and it feels so good to be in a place to be able to move again.

👉 **CLICK HERE to learn more about Total Package Strength!**

More Results from App Users 🤩



Hey Nikki 👋
This happened a few days ago and I just needed to share it with you...my first full body push up at 44 years young!

It happened accidentally, I was stretching my legs in a downdog after a mini hike and suddenly it happened...I was on my own and decided I needed to video it in case I had made it up! 😅

"It is not an exaggeration to say that working with Nikki has changed my life."

I'm 54, perimenopausal, hypermobile and have a history of easily injuring myself. Being both STRONG and BENDY, it has been easy for me to blow past my limits and then get injured and exhausted.

Working with Nikki has taught me to **HONOR** and **ACKNOWLEDGE** where I'm at and **set realistic goals to not trigger pain, and exhaustion.**

Nikki is very supportive and responsive to any questions or feedback and the app is easy to use, **HAS GREAT VIDEOS** and it's easy to keep track of your personal training details.

~ Lara H.

👉 **CLICK HERE to learn more about Total Package Strength!**

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Advice received from NaabLevy Inc should not be relied upon for medical decisions. You acknowledge that your diet and exercise activities involve risks, which may include the risk of bodily injury or death, and that you assume those risks.

You should consult a licensed physician prior to beginning or modifying any diet or exercise program that you undertake, and you acknowledge that we have advised you of the necessity of obtaining such consultations.

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