



Foundation

Programme (Home Edition)



Welcome

If you're reading this, you've already taken the first step. Not toward becoming smaller.
Not toward chasing a number on the scale. But toward becoming stronger.

At DB Fitness we focus on building muscle, improving fitness, increasing confidence and
creating healthy habits that support you for life.

You do not need to be fit to start.

You do not need experience.

You do not need perfect nutrition.

You simply need to begin.

The goal is to help you become stronger physically, mentally and emotionally through learning the basics of a good strength training routine, building better nutrition and staying consistent movement.

So excited you are here. Let's get started!

The Philosophy

- Build Yourself For Longevity
- Strength training is one of the most powerful tools for women's health.
- Muscle is protective.
- Food is fuel.
- Consistency beats perfection.
- Progress takes time.
- Strong is healthy.
- Every woman deserves to feel capable in her own body and have a strong community to back her.



Getting started

- ☐ Take progress photos
- ☐ Record body measurements
- ☐ Record body weight (optional)
- ☐ Set realistic goals
- ☐ Plan your training days
- ☐ Plan your meals
- ☐ Set a daily step goal
- ☐ Commit to 6 weeks
- ☐ Show up even when you don't want to



Why this programme exists

Most women don't struggle because they aren't capable. They struggle because they try to do too much, too soon.

They follow advanced programmes, restrictive diets, unrealistic workout plans, or rely on quick fixes that aren't sustainable. A few weeks later, life gets busy, motivation fades, and they find themselves starting over again.

DB Foundations was created to change that.

This programme is designed specifically for beginners who want to learn how to strength train properly, build confidence in lifting weights, and create habits that actually last.

The goal is not to exhaust you. The goal is not to make you sore every day. The goal is not to make you lose as much weight as possible in the shortest amount of time.

The goal is to help you build a foundation.

This programme starts at a manageable pace, allowing your body and mind time to adapt to training while developing the skills needed to progress safely and effectively.

Remember, every strong woman started as a beginner.

There is no rush. Focus on showing up, learning, and improving one session at a time.

Small actions, repeated consistently, create lasting results.



Who is this for?

- You are completely new to strength training
- You are returning to exercise after a long break
- You are struggling to stay consistent
- You feel intimidated by gyms or fitness programmes
- You want to learn proper exercise technique
- You want to start building strength, confidence, and healthy habits
- You want a realistic and sustainable approach to fitness

What you will need

- 1 light pair of dumbbells - (2kg or 3kg)
- 1 heavier pair of dumbbells - (4kg or 5kg)
- Booty bands
- Exercise Mat
- Optional - yoga block, stable bench or chair

Progressive overload

Progressive overload is the gradual increase of training demands over time—such as weight, reps, sets, or effort—to continuously challenge your body and promote strength and fitness improvements.

Each week you must improve one variable:

- Add reps
- Increase weight
- Slow tempo (speed)
- Improve form (mind muscle connection, focus)
- Add 1 extra round

Small increases weekly = big changes over 6 weeks.

Progression Guide

Week 1-2

Focus on learning technique.

Week 3-4

Increase repetitions before increasing weight.

Week 5-6

Increase weight where appropriate.



How to get the best results

1. Train Consistently

Make sure to complete the workouts every week it is the best way to see results.

2. Prioritise Protein

Aim for protein at every meal.

3. Walk Daily

Movement outside the gym matters.

4. Sleep More

Recovery drives progress.

5. Be Patient

Real transformation takes time.

Strength training fundamentals

The Main Movements

Squat - A squat involves bending at the hips and knees to lower your body before standing back up.

Examples: Squats, Goblet Squats, Box Squats, Sit-to-Stands.

Hinge - A hinge involves pushing your hips backwards while keeping a strong spine, targeting the glutes and hamstrings.

Examples: Romanian Deadlifts (RDLs), Deadlifts, Good Mornings, Hip Hinges.

Lunge - A lunge involves stepping forward, backward, or sideways while lowering your body under control.

Examples: Reverse Lunges, Forward Lunges, Split Squats, Step-Ups

Push - A push movement involves pushing weight away from your body using the chest, shoulders, and triceps.

Examples: Push-Ups, Chest Press, Shoulder Press, Incline Push-Ups

Pull - A pull movement involves pulling weight towards your body using the back and biceps.

Examples: Rows, Band Rows, Bent Over Rows, Lat Pulldowns

Carry - A carry involves holding and moving with weight while maintaining posture, balance, and core stability.

Examples: Farmer Carries, Suitcase Carries, Loaded Carries

Master these and your body will become stronger everywhere.



6 week programme

Training Days: 3 Days Per Week

Goal: Learn movement patterns, build confidence, establish consistency and develop strength safely.

Rest Days: Walking, stretching, mobility work or complete rest.

Week 1-2
Bodyweight or
2kg-3kg Dumbbells

Week 1 - Week 2

Monday Lower body	Tuesday 20 min walk or rest day	Wednesday Upper body	Thursday 20 min walk or rest day	Friday Full body	Saturday Stretch day or rest day	Sunday 30-45 minute walk
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Monday

Warm up (EXAMPLE)

March on spot x 1 minute
Bodyweight Squats x 10
Alternating side lunges x 8
Side lunges x 8
Glute Bridges x 8
Hip Circles x 10 each side

Goblet Squat 3 x 10-12 reps

Tip: Hold dumbbell against the chest with both hands.
Keep chest proud and sit your hips back as if sitting into a chair.

Romanian Deadlift (RDL) 3 x 10-12 reps

Tip: Push hips backwards and keep dumbbells close to legs.

Static Lunge 3 x 8-10 reps per leg

Tip: Drive the knee forward to help back stay straight.

Glute Bridge 3 x 12-15 reps

Tip: Squeeze glutes hard at the top and relax them as you lower.

Side To Side Walks 3 x 12 steps from left to right

Tip: Keep low in a squat the entire time.

Front to Back Walks 3 x 12 steps from front to back

Tip: Keep low in a squat the entire time.

Wall Sit 2 x 30 seconds

Wednesday

Warm up (EXAMPLE)

Arm Circles x 20
Band Pull Aparts x 15
Shoulder Dislocates x 15
Shoulder Rolls x 15
Walk outs x 8

Chest Press 3 x 10-12 reps

Tip: Lower slowly and press strongly.

Bent Over Row 3 x 10-12 reps

Tip: Pull elbow towards hip.

Seated Shoulder Press 3 x 10 reps

Tip: Brace your core before pressing.

Rear Delt Fly (2kg weights) 3 x 12 reps

Tip: Move from the shoulders, not the neck.

Lateral Raises (2kg weights) 3 x 12 reps

Tip: Lift only to shoulder height.

Tricep Kickbacks 3 x 12 reps

Tip: Keep elbow fixed.

Bicep Curls 3 x 15 rep

Tip: Keep your elbows pinned to your ribcage and fully extending your arms at the bottom of the movement.

Friday

Warm up (EXAMPLE)

Torso Twists x 12
Jumping Jacks x 1 minute
Leg swings x 10 each leg
Bodyweight Squats x 10
Arm Circles x 20
Hip Hinges x 10

Sumo Squat 3 x 12 reps

Tip: Wide stance toes point out slightly, keep upper body locked and bend the knees only.

Knee Push ups 3 x 8 reps

Tip: Place hands in wide position and wide fingers for good grip.

Good Mornings 3 x 8-10 reps

Tip: Hold the dumbbell close to your chest and hinge hips back.

Reverse lunge 3 x 8 reps each leg

Tip: Step backwards and try get legs and 90° lower under control.

Overhead tricep press

Tip: Keep elbows facing forward.

Bird Dog 3 x 10 per side

Tip: Keep core engaged.

Plank 3 x 20-30 seconds

Bodyweight Squats 1 minute

Glute Bridge Hold 30 seconds



6 week programme

Training Days: 3 Days Per Week

Goal:

Increase repetitions or you can increase weight if you can comfortably perform reps in good form. You can drop lower reps if you go heavier.

Week 2-4

2kg - 3kg

Week 2 - Week 4

Monday

**Lower
body**

Tuesday

**20
min walk**
or rest day

Wednesday

**Upper
body**

Thursday

**20 min
walk**
or rest day

Friday

**Full
body**

Saturday

**Stretch
day**
or rest day

Sunday

**30-45
minute
walk**

Monday

Warm up (EXAMPLE)

March on spot x 1 minute
Bodyweight Squats x 10
Alternating side lunges x 8
Side lunges x 8
Glute Bridges x 8
Hip Circles x 10 each side

Goblet Squat 3 x 10-12 reps

Tip: Hold dumbbell against the chest with both hands.
Keep chest proud and sit your hips back as if sitting into a chair.

Romanian Deadlift (RDL) 3 x 10-12 reps

Tip: Push hips backwards and keep dumbbells close to legs.

Static Lunge 3 x 8-10 reps per leg

Tip: Drive the knee forward to help back stay straight.

Glute Bridge 3 x 12-15 reps

Tip: Squeeze glutes hard at the top and relax them as you lower.

Side To Side Walks 3 x 12 steps from left to right

Tip: Keep low in a squat the entire time.

Front to Back Walks 3 x 12 steps from front to back

Tip: Keep low in a squat the entire time.

Wall Sit 2 x 30 seconds

Wednesday

Warm up (EXAMPLE)

Arm Circles x 20
Band Pull Aparts x 15
Shoulder Dislocates x 15
Shoulder Rolls x 15
Walk outs x 8

Chest Press 3 x 12-14 reps

Tip: Lower slowly and press strongly.

Bent Over Row 3 x 12-14 reps

Tip: Pull elbow towards hip.

Seated Shoulder Press 3 x 12 reps

Tip: Brace your core before pressing.

Rear Delt Fly (2kg weights) 3 x 12 reps

Tip: Move from the shoulders, not the neck.

Lateral Raises (2kg weights) 3 x 12 reps

Tip: Lift only to shoulder height.

Tricep Kickbacks 3 x 12 reps

Tip: Keep elbow fixed.

Bicep Curls 3 x 15 rep

Tip: Keep your elbows pinned to your ribcage and fully extending your arms at the bottom of the movement.

Friday

Warm up (EXAMPLE)

Torso Twists x 12
Jumping Jacks x 1 minute
Leg swings x 10 each leg
Bodyweight Squats x 10
Arm Circles x 20
Hip Hinges x 10

Sumo Squat 3 x 12 reps

Tip: Wide stance toes point out slightly, keep upper body locked and bend the knees only.

Knee Push ups 3 x 8 reps

Tip: Place hands in wide position and wide fingers for good grip.

Good Mornings 3 x 8-10 reps

Tip: Hold the dumbbell close to your chest and hinge hips back.

Reverse lunge 3 x 8 reps each leg

Tip: Step backwards and try get legs and 90° lower under control.

Overhead tricep press

Tip: Keep elbows facing forward.

Bird Dog 3 x 10 per side

Tip: Keep core engaged.

Plank 3 x 20-30 seconds

Bodyweight Squats 1 minute

Glute Bridge Hold 30 seconds



6 week programme

Training Days: 3 Days Per Week

Goal:

Increase weight where appropriate, you can also choose between exercises listed and carry on till you are more comfortable to progress.

Week 5-6

2kg, 3kg - 4kg

Week 5 - Week 6

Monday Lower body	Tuesday 20 min walk or rest day	Wednesday Upper body	Thursday 20 min walk or rest day	Friday Full body	Saturday Stretch day or rest day	Sunday 30-45 minute walk
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Monday

Warm up (EXAMPLE)

March on spot x 1 minute
Bodyweight Squats x 10
Alternating side lunges x 8
Side lunges x 8
Glute Bridges x 8
Hip Circles x 10 each side

High Squat or Suitcase Squats 3 x 10-12 reps

Tip: Hold dumbell against the chest with both hands.
Keep chest proud and sit your hips back as if sitting into a chair.

Deadlift or RDL's 3 x 10-12 reps

Tip: Push hips backwards and keep legs straight no bend.

Forward Step Lunges 3 x 10 -12 reps per leg

Tip: Drive the knee forward to help back stay straight.

Single leg GB or Glute Bridge 3 x 12-15 reps

Tip: Squeeze glutes hard at the top and relax them as you lower.

Curtsey Lunge or Side lunge 3 x 12 reps

Tip: Keep back leg behind like a curtsey to someone.

Calf raises

Tip: Keep the movement controlled. Put pressure on big toe area instead of outer foot.

Wall Sit Test how long you can hold. or

Plank Test how long you can hold.

Wednesday

Warm up (EXAMPLE)

Arm Circles x 20
Band Pull Aparts x 15
Shoulder Dislocates x 15
Shoulder Rolls x 15
Walk outs x 8

Chest Press or Knee Push ups 3 x 12 reps

Tip: Lower slowly and press strongly.

Chest fly 3 x 12 reps

Tip: Pull elbow towards hip.

Seated Shoulder Press or Arnold Press 3 x 12 reps

Tip: Arnold press think wrists face you, face out and press.

Frontal Raises (2kg weights) 3 x 12 reps

Tip: Move from the shoulders, not the neck.

Around the world (2kg weights) 3 x 10 reps

Tip: Lift only to shoulder height.

Hammer curls 3 x 12 rep

Tip: Keep elbow fixed.

Bicep Curls or Wide Curls 3 x 15 rep

Tip: Keep your elbows pinned to your ribcage and fully extending your arms at the bottom of the movement.

Friday

Warm up (EXAMPLE)

Torso Twists x 12
Jumping Jacks x 1 minute
Leg swings x 10 each leg
Bodyweight Squats x 10
Arm Circles x 20
Hip Hinges x 10

Sumo Squat or Jump squats 3 x 12 reps

Tip: Jump squats try to land softly on your front foot.

Knee Push ups 3 x 8 reps

Tip: Place hands in wide position and wide fingers for good grip.

Cobra Push Ups or Dips 3 x 8-10 reps

Tip: Hold the elbows close to the waist. Don't flare out.

Reverse lunge or Jump lunges 3 x 10 reps each leg

Tip: Step backwards and try get legs and 90° lower under control.

Pull Overs 3 x 10

Tip: Keep shoulder blades flat and lower back flat.

Thrusters or Burpees 2 x 8-10

Tip: Keep weights on shoulder. Power through the press of the squat to lift weights up.

Half Rep Squats (Bodyweight) 2 x 15

Tip: This is a half squat so not full range up or down.



Strength Training Fundamentals

Strength training is one of the most effective ways to improve your health, build muscle, increase confidence, and support long-term wellbeing.

1. Master Movement Before Weight

The goal is not to lift the heaviest weight possible.
The goal is to perform every movement with control, confidence, and proper technique.
Focus on moving well first. Strength will follow.

2. Progressive Overload

Your body adapts to the challenges you place on it.
To continue getting stronger, you need to gradually increase the demands placed on your body over time.

This can be achieved by:

- Increasing weight
- Completing more repetitions
- Improving technique
- Increasing range of motion
- Training more consistently

Small improvements over time create lasting results.

3. Consistency Beats Perfection

Three good sessions every week will always outperform occasional bursts of motivation followed by long periods of inactivity.

Focus on showing up.

4. Recovery Is Part of Training

Your body becomes stronger when it recovers. Prioritise:

- Quality sleep
- Adequate protein intake
- Hydration
- Rest days
- Daily movement

Recovery is not a sign of weakness. It is part of the process.

5. Quality Over Quantity

More is not always better. Focus on:

- Good form
- Controlled repetitions
- Appropriate weights
- Consistent effort

Every repetition should have purpose.



Grocery List

PROTEIN SOURCES

Aim to include a protein source with every meal.

Meat & Poultry

Chicken Breast
Chicken Mince
Chicken Thighs (skin removed)
Lean Beef Mince
Lean Beef Steak
Extra Lean Beef Strips
Turkey Breast
Turkey Mince
Biltong (low fat)

Fish & Seafood

Tuna
Salmon
Hake
Snoek
Sardines
Pilchards
Prawns
Seafood Mix

Dairy & Eggs

Eggs
Egg Whites
Greek Yoghurt
Plain Low-Fat Yoghurt
Cottage Cheese
Low-Fat Cream Cheese

Plant-Based Proteins

Tofu
Tempeh
Lentils
Chickpeas
Black Beans
Kidney Beans
Edamame Beans
Pea Protein

Convenience Proteins

Whey or Vegan Protein Powder
Ready Cooked Chicken Strips
Tuna Pouches
Protein Bars



SMART CARBOHYDRATES

Choose mostly slow-release carbohydrates to provide energy, improve recovery and keep you fuller for longer.

Grains & Cereals

Oats
Weet-Bix
Bran Flakes
Wholegrain Cereal

Rice & Grains

Brown Rice
Basmati Rice
Wild Rice
Quinoa
Couscous

Bread & Wraps

Whole Wheat Bread
Rye Bread
High Fibre Wraps
Whole Wheat Pitas
Seeded Bread

Starchy Carbohydrates

Sweet Potato
Potatoes
Butternut
Pumpkin

Legumes

Lentils
Chickpeas
Mixed Beans
Butter Beans

HEALTHY FATS

Healthy fats support hormone health, brain function and overall wellbeing.

Avocados
Olive Oil
Almonds
Walnuts
Cashews
Pecan Nuts
Nut Butters

VEGETABLES

Aim for at least 3-5 servings daily.

Spinach
Lettuce
Rocket
Cucumber
Tomatoes
Peppers
Broccoli
Cauliflower
Green Beans
Mushrooms
Carrots
Baby Marrow
Cabbage
Beetroot
Asparagus
Mixed Stir Fry Vegetables

FRUIT

Choose a variety throughout the week.

Apples
Pears
Bananas
Berries
Oranges
Grapefruit
Kiwi
Peaches
Plums
Watermelon
Pineapple



Protein Focused Snacks

Greek yoghurt and berries
Cottage cheese and cucumber
Boiled eggs
Protein shake
Tuna on rice cakes
Chicken strips
Biltong
Protein pudding

Sweet Options

Apple with peanut butter
Frozen Greek yoghurt
Banana with cinnamon
Protein oats
Dark chocolate (2-3 blocks)
Protein smoothie

Crunchy Options

Rice cakes and cottage cheese
Whole wheat crackers and tuna
Popcorn
Roasted chickpeas
Edamame beans
Mixed nuts small portion

On-The-Go Snacks

Protein bar
Biltong
Fruit
Protein shake
Nuts
Boiled eggs

Build every meal around:

Protein
Vegetables
Smart Carbohydrates
Healthy Fats

The goal isn't to eat perfectly.

The goal is to eat consistently, fuel your body properly, and support your strength training goals.

FUEL YOUR BODY FOR PERFORMANCE

Many convenience foods contain high amounts of added salt, sugar, and calories while providing very little nutritional value.

Enjoy these foods occasionally, but focus on building most of your meals around nutrient-dense foods that support your goals.

Remember

Even healthy foods can contribute to excess calorie intake if portion sizes are consistently larger than your body's needs.

You don't need to be perfect.

Focus on creating balanced meals, eating mindfully, and building habits you can maintain for life.

The goal isn't to eat less.

The goal is to fuel your body better.

Strong bodies are built through consistent training, quality nutrition, and sustainable habits.



A MESSAGE FROM THE FOUNDER

Firstly, thank you for choosing DB Fitness.

Whether you're completely new to exercise, returning after a long break, or simply looking for a healthier and more sustainable approach to fitness, I want you to know that you belong here.

DB Fitness was created to help women of all ages, backgrounds, and fitness levels discover just how strong they are capable of becoming.

This programme isn't about chasing perfection, shrinking yourself, or comparing your journey to anyone else's.

It's about learning to move confidently, building healthy habits, improving your strength, and creating a lifestyle that supports your wellbeing for years to come.

Most importantly, it's about becoming part of a community of women who support, encourage, and inspire one another.

My goal has always been to create more than just workouts. I want DB Fitness to be a place where women feel welcomed, supported, educated, and empowered every step of the way.

As you work through this programme, remember that every workout completed, every healthy meal chosen, every walk taken, and every small improvement matters.

Progress isn't made through perfection.

Progress is made through consistency.

If you need additional support, guidance, accountability, or a more personalised approach, I would love to help.

DB Fitness offers personalised one-on-one online coaching, tailored training programmes, and ongoing support to help you achieve your goals.

Email: sadu.dbfitness@gmail.com

Instagram: [@db.fit_ess](https://www.instagram.com/db.fit_ess)

Thank you for reading this and good luck!

I'm incredibly excited to be part of your journey.

Keep showing up. Keep building. Keep getting stronger.

With love,

Saadiyah
Founder | DB Fitness
Discipline Builds Fitness



Disclaimer

Medical Disclaimer

By participating in any DB Fitness programme, you acknowledge that you are voluntarily taking part in physical exercise activities and do so at your own risk.

If you have any medical conditions, injuries, are pregnant, postpartum, or have concerns regarding your health, please consult with your healthcare provider before beginning any exercise or nutrition programme.

DB Fitness is not responsible for any injury, illness, loss, or damage that may occur as a result of participation in this programme.

Individual Results

Results will vary from person to person.

Your progress is influenced by factors including consistency, nutrition, sleep, stress management, effort, recovery, medical history, and lifestyle habits.

DB Fitness cannot guarantee specific weight loss, muscle gain, body composition changes, or performance outcomes.

Nutrition Guidance

Any nutrition information provided within this guide is intended for educational purposes only and should not be considered medical advice. Nutritional recommendations are designed to support a healthy lifestyle and should be adapted to your individual needs, preferences, allergies, intolerances, and medical requirements.

Programme Participation

Participants are encouraged to exercise within their own ability level and select appropriate weights, intensities, and modifications where necessary. Always prioritise proper technique and safety over speed, weight, or performance.

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Commitment to Progress

This programme is designed to support long-term health, strength, confidence, and sustainable habits. Success comes from consistent effort over time—not perfection. Show up, do your best, and

