DAVID O'SHEA

STRENGTH & NUTRITION

6-WEEK STRENGTH STARTER

**BUILD STRENGTH.
BOOST CONFIDENCE.
FEEL BETTER.**

- 2 WORKOUTS PER WEEK
- HOME OR GYM FRIENDLY
- SIMPLE PLAN. REAL RESULTS.
- BEGINNER FRIENDLY

SIMPLE. EFFECTIVE. SUSTAINABLE.

HOW IT WORKS

Simple, flexible and beginner friendly.



1 2 WORKOUTS PER WEEK

Complete Workout A and Workout B each week.
Leave 2–3 days between sessions if possible.



2 CHOOSE YOUR EXERCISE

Pick ONE option from each row based on your equipment and current ability.



3 FOLLOW THE SETS & REPS

Use the sets, reps and rest times shown for the current week.



4 PROGRESS GRADUALLY

Add reps first. Then add a small amount of load when you can.



5 BE CONSISTENT

Don't chase perfect. Aim to complete both workouts each week for 6 weeks.



IMPORTANT

This plan is for generally healthy adults starting strength training. It is not rehab or medical advice.
If an exercise causes pain, stop and choose a better option.

DAVID O'SHEA
STRENGTH & NUTRITION

WORKOUT A

FULL-BODY FOCUS

MOVEMENT	CHOOSE ONE		
1. SQUAT 	Bodyweight Squat	Goblet Squat	Leg Press or Squat Variation
2. HINGE 	Glute Bridge / Hip Hinge	DB / KB RDL	Cable Pull-Through or RDL
3. PUSH 	Wall or Incline Push-Up	DB Floor Press	Chest Press Machine
4. PULL 	Band Row	One-Arm DB Row	Seated Cable Row
5. SINGLE-LEG 	Supported Split Squat	Reverse Lunge	Step-Up or Split Squat
6. CARRY / CORE 	March with Bracing	Farmer Carry	Farmer Carry

WEEKS 1–2		
2 SETS	8–12 REPS	20–30 SEC CARRY

REST 60–90 SECONDS BETWEEN SETS

Finish most sets with ~2 good reps still in the tank.

DAVID O'SHEA
STRENGTH & NUTRITION

WORKOUT B

FULL-BODY FOCUS

MOVEMENT	CHOOSE ONE		
1. HINGE 	Glute Bridge / Hip Thrust	DB / KB Deadlift	Trap Bar Deadlift
2. SINGLE-LEG 	Supported Reverse Lunge	DB / KB Split Squat	Step-Up or Split Squat
3. PUSH 	Incline or Regular Push-Up	DB Shoulder Press	Landmine or Machine Shoulder Press
4. PULL 	Loaded Backpack Row	One-Arm DB / KB Row	Lat Pulldown or Assisted Pull-Up
5. SQUAT 	Tempo Bodyweight Squat	Goblet Squat	Hack Squat or Leg Press
6. CARRY / CORE 	Dead Bug	Suitcase Carry	Suitcase Carry or Pallof Press

WEEKS 1–2		
2 SETS	8–12 REPS	20–30 SEC CARRY / SIDE*
REST 60–90 SECONDS BETWEEN SETS		

Finish most sets with ~2 good reps still in the tank.

*Carries: 20–30 seconds or metres per side.

WEEKS 1–6 PROGRESSION

HOW THE PLAN BUILDS OVER 6 WEEKS

WEEK	FOCUS	SETS	REPS	RIR*
1	Learn & Adapt	2	8–12	2–3
2	Build Consistency	2	8–12	2–3
3	Add Reps	3	8–12	1–2
4	Add Load	3	8–12	1–2
5	Progress Load	3	6–10	1–2
6	Push Week	3	6–10	0–1

RIR (Reps In Reserve) = how many good reps you could still do with perfect form.



Weeks 1–2: Focus on technique and building consistent habits.



Weeks 3–4: Increase reps within the range. When you hit the top end, add a small amount of load.



Weeks 5–6: Add load and challenge yourself while maintaining good form.

Start light. Move well. Progress gradually.

DAVID O'SHEA
STRENGTH & NUTRITION

PROGRESSIVE OVERLOAD

GET A LITTLE BETTER EACH WEEK



1 ADD REPS FIRST

Work towards the top of the rep range for all sets.



2 ADD LOAD

Once you can complete the top end of the rep range with good form, increase the weight slightly.



3 IMPROVE QUALITY

Better control, stronger contractions, better range of motion.



4 TRACK YOUR TRAINING

Write down your exercises, sets, reps and loads. Beat your last best.



Small, consistent progress creates big results.

RECOVERY & LIFESTYLE



REST DAYS

Take 2–3 days between workouts.
This is where you get stronger.



SLEEP

Aim for 7–9 hours per night.
Better sleep = better results.



NUTRITION

Eat enough protein, whole foods
and drink plenty of water.



MOVE DAILY

Aim for 7,000–12,000 steps
per day.



LISTEN TO YOUR BODY

Soreness is normal. Pain is not.
Adjust if needed.



Consistent training + good recovery
= long term progress.

DDS
DAVID O'SHEA
STRENGTH & NUTRITION

WHAT'S NEXT?

YOU'VE GOT THE PLAN. NOW LET'S TAKE IT FURTHER.

- Personalised Training Programs
- Nutrition Coaching
- Accountability & Support
- Help You Build Sustainable Habits

READY TO WORK WITH ME?

DM ME ON INSTAGRAM

OR VISIT MY WEBSITE TO LEARN MORE.

@davidoshea_strengthnutrition

davidosheastrengthnutrition.com

LET'S BUILD YOUR STRONGEST YOU.