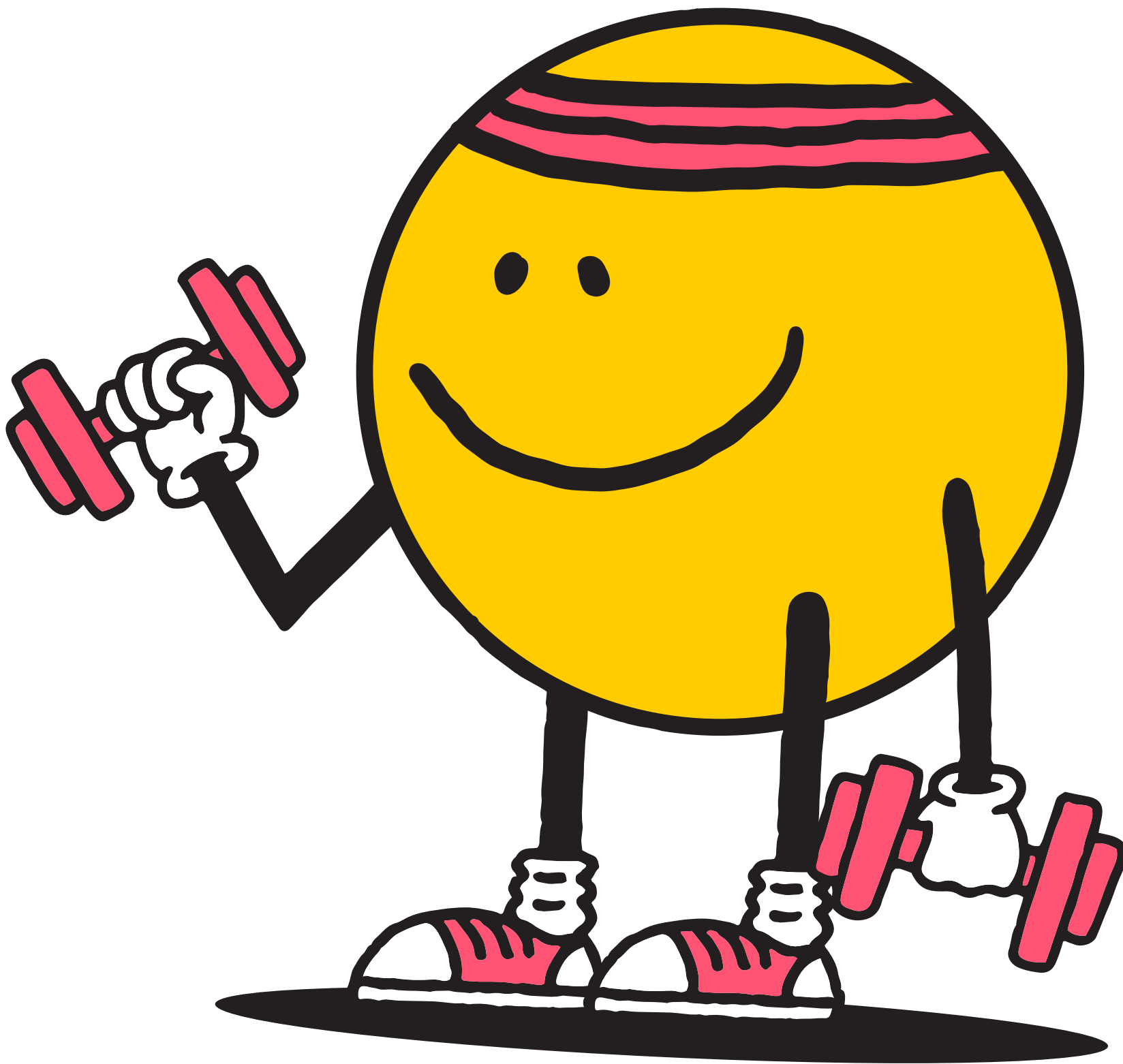
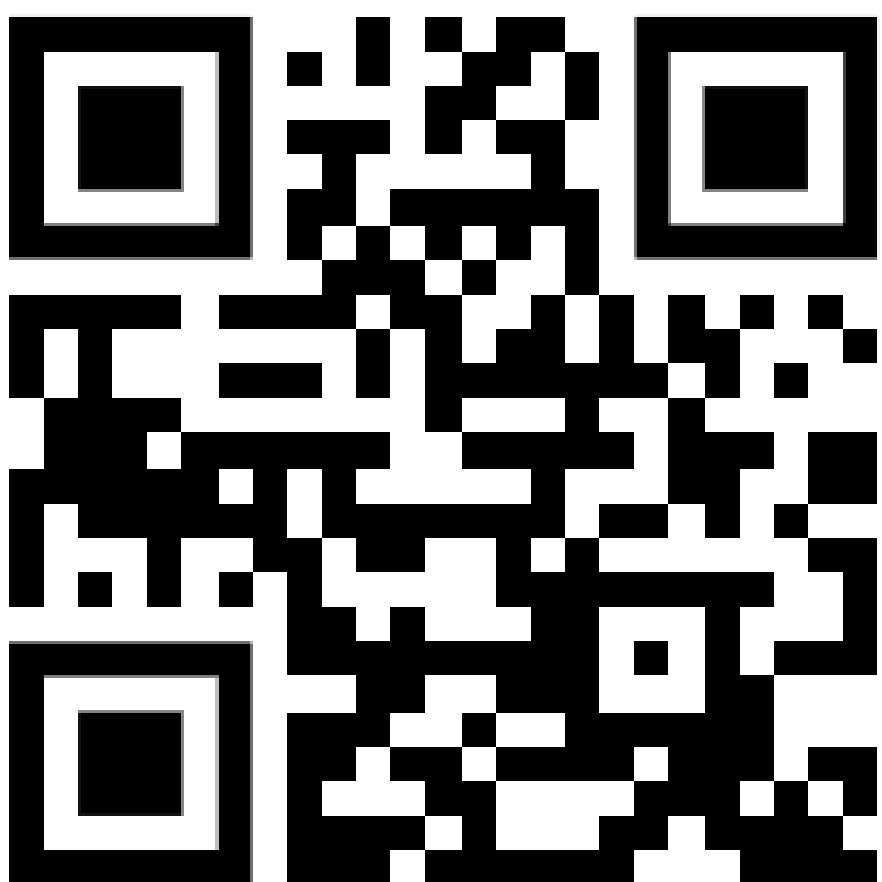


# A STRONG START

A Happy Lifts Mini Guide to help  
you begin your strength journey  
with confidence and care.



With Love, Coach Brina  
[HappyLifts.com](http://HappyLifts.com)



**Start where you are.** This guide is your gentle introduction to lifting—the Happy Lifts way. No pressure. No intimidation. Just strong, supportive guidance to help you begin. Let's move with intention, learn what our body can do, and build the confidence to keep going. You don't have to do it alone.

Strength training isn't just about muscles—it's about how your body moves. **We build our workouts around movement patterns**, not muscle groups. These are the natural ways your body already moves through life—picking things up, reaching, squatting down, pulling open doors,

**SQUAT**

**PUSH**

**HINGE**

**PULL**

**LUNGE**

**CARRY**

**You already move this way in real life. Lifting just teaches you to move better.**

**Build Your Pillar:** Your pillar is your body's foundation—from your feet to your core. When your feet grip the floor, your glutes activate, and your core braces, you create full-body stability. That's what keeps you strong, steady, and safe in every lift.

## Core Bracing 101

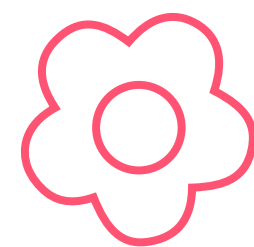
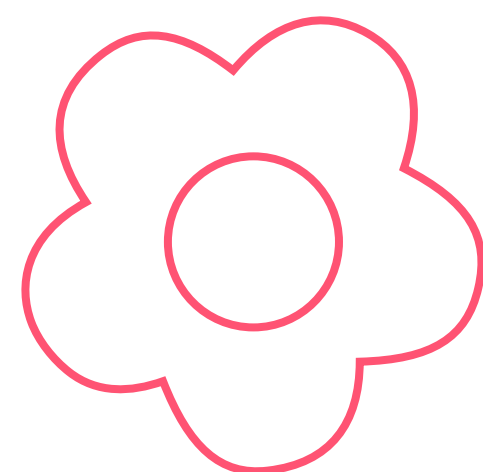
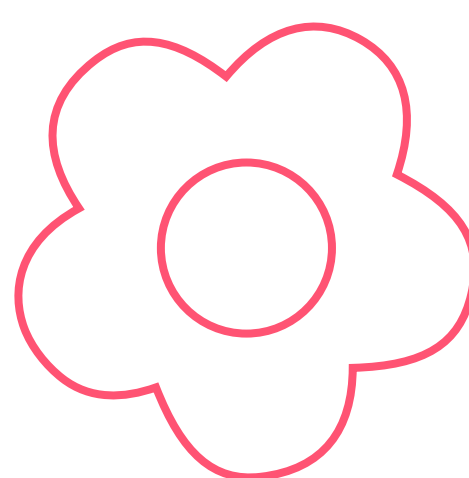
Your core isn't just your abs—it's your entire trunk working to keep you stable. Bracing means creating tension in your core to protect your spine and support your movements. You use this when you lift, push, carry, and even stand tall. Think of it like turning on your body's internal weight belt.

### Try This: Core Bracing Practice

#### Exhale + Brace (3 rounds)

- Sit or lie on your back with knees bent.
- Inhale through your nose, filling your belly with air.
- Exhale slowly through your mouth like you're blowing out candles.
- As you exhale, gently draw your ribs down and feel your abs tighten.
- Hold that gentle brace for 3–5 seconds, then relax.

**You're not sucking in—  
you're creating firmness**



# FULL BODY WORKOUT

**WARM UP:** Don't skip your warm up! This preps your body for lifting and keeps you safe.

## **Cat - Cows & Thoracic Rotation**

Move your spine!

## **Banded Lateral Steps**

Prep your pillar!

## **Dead Bugs**

Wake up your core!

A warm-up doesn't have to look the same for everyone—different bodies need different things. A good warm-up gets your blood flowing, wakes up your muscles, and helps you feel connected and ready to move. You should feel focused and prepared, not tired.

## LET'S LIFT!

### **Squat Pattern**

**Exercise:** Box Squat to Stand

**Sets/Reps:** 2 sets of 8

**Focus:** Sit with control, stand.

Keep knees tracking over toes.

## **Hinge Pattern**

Exercise: Wall Hip Hinge Drill

Sets/Reps: 2 sets of 6–8 slow reps

Focus: Push your hips back, keep your back flat, tap the wall with your butt.

## **Lunge Pattern**

Exercise: Step-Back Lunge to Balance

Sets/Reps: 2 sets of 6 per leg

Focus: Keep your front foot planted and move slow. Use support if needed.

## **Push Pattern**

Exercise: Incline Push-Ups

Sets/Reps: 2 sets of 6

Focus: Lower with control. Keep your core tight and shoulders away from your ears.

## **Pull Pattern**

Exercise: Row

Sets/Reps: 2 sets of 8

Focus: Pull elbows back, squeeze shoulder blades together.  
No shrugging.



## **Carry Pattern**

**Exercise:** March in Place

**Sets/Reps:** 2 rounds of 30 seconds

**Focus:** Keep your ribs down, core braced, and stand tall.

**COOL DOWN:** A cool down is your chance to slow down, breathe, and thank your body. It gently brings you back to center—helping your muscles recover and your mind settle. Let it be a moment of care, not just a task.

**Supine Twist – 30 sec/side**

**Seated Forward Fold – 30 sec**

**Deep Breathing –  
3 slow breaths, hands on belly**

**TAKE A MOMENT TO  
CHECK IN WITH YOURSELF**

What does it look like for me to start with what I've got—physically and mentally?

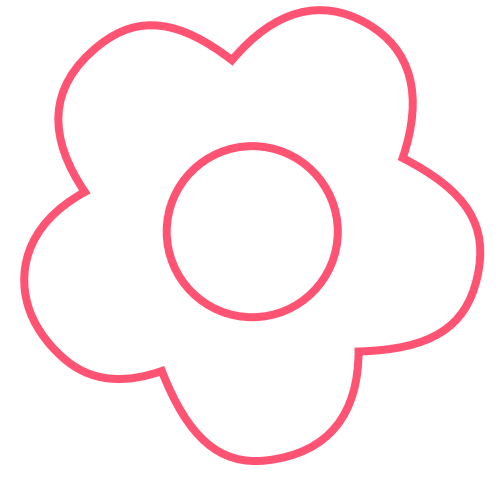
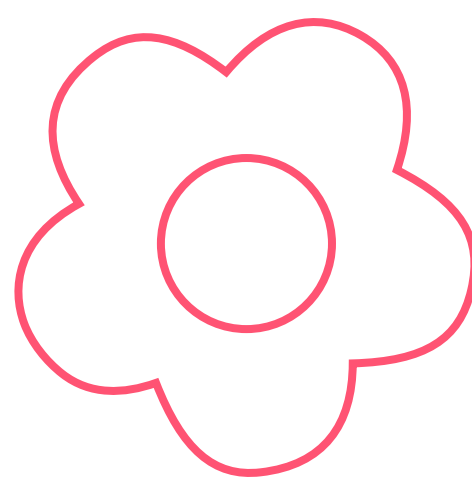
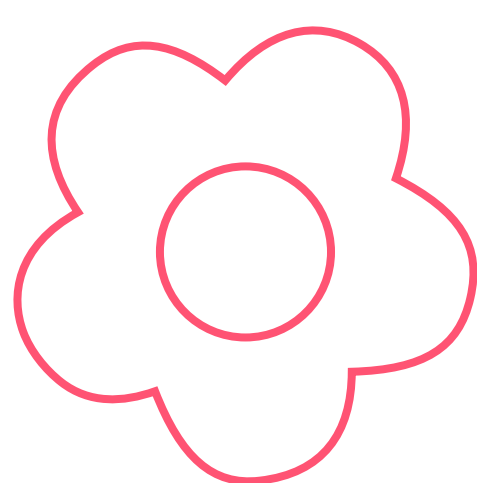
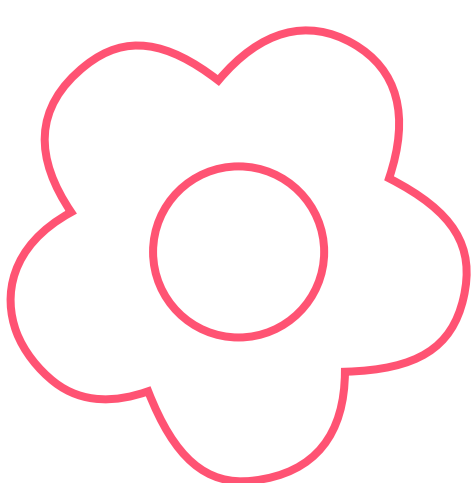
When I slow down and pay attention to how I move, what do I notice?  
(Do certain parts of my body feel tight, weak, strong, or unfamiliar?)

Where in life am I trying to rush progress instead of building a foundation?  
(This week, we focused on foundational patterns. How does that idea apply out of the gym too?)

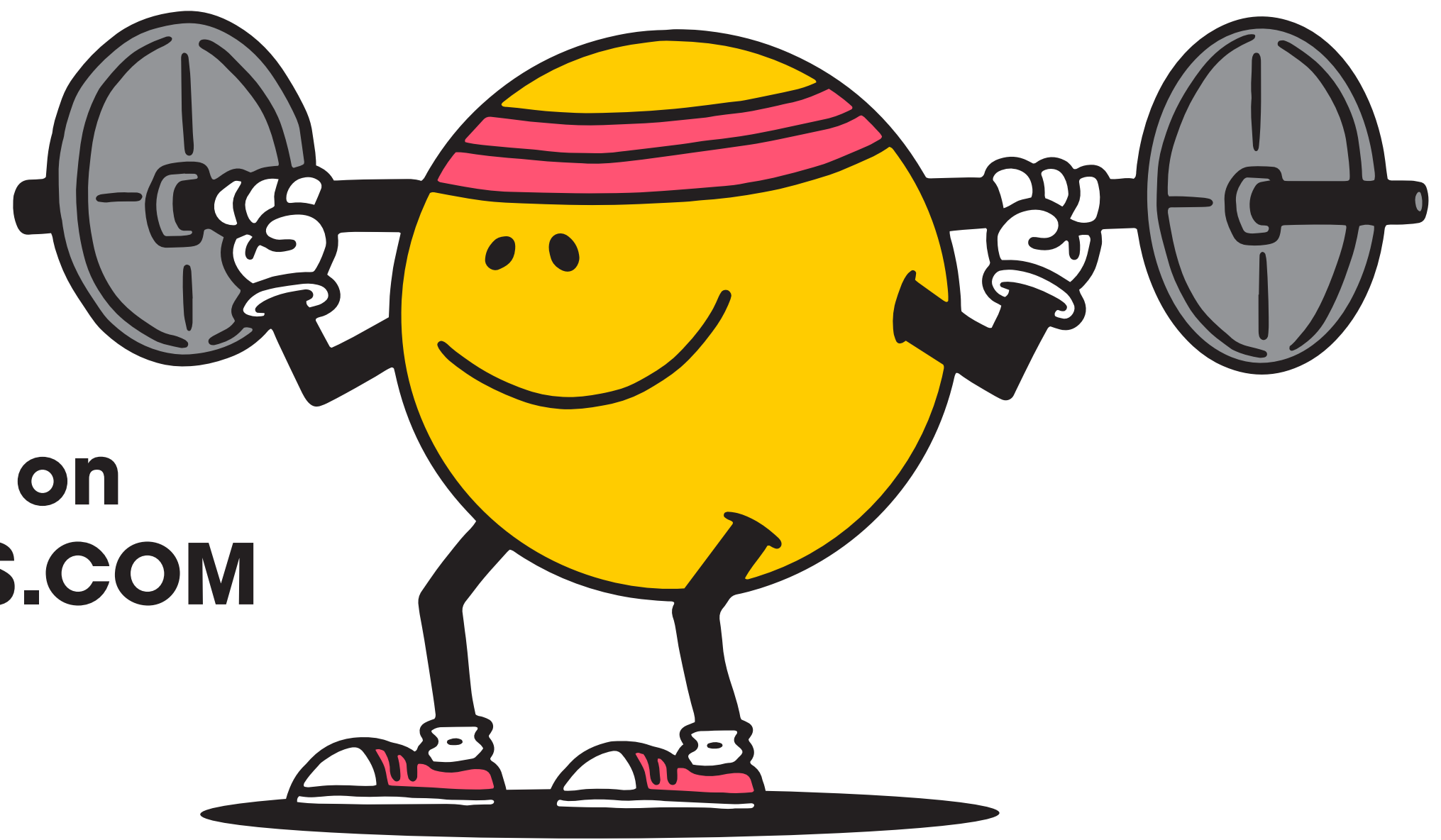
How would it feel to trust my body more—even if I don't feel "ready" yet?  
(What would change if I trained from a place of curiosity instead of pressure?)

**You don't have to be perfect to get strong  
—you just have to start.**

**Keep showing up, stay curious,  
and let strength meet you where you are.  
Your body is capable, your effort matters,  
and you're not in this alone.**



# WANT TO LEARN HOW TO LIFT WITH HAPPY LIFTS?

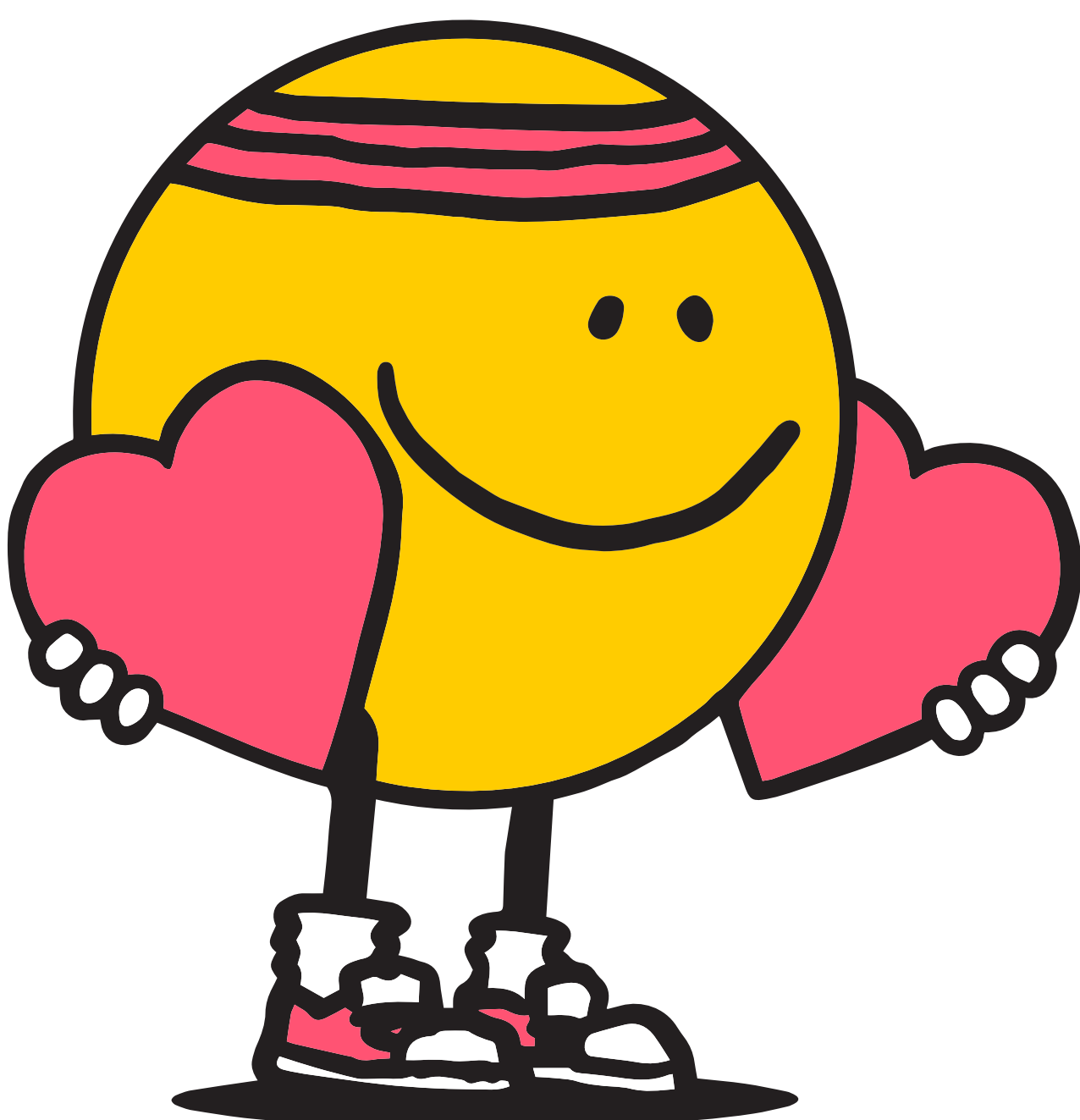


Sign up on  
**HAPPYLIFTS.COM**

**Use code: HAPPY45 for a FREE LIFT!**

**NEED HELP BUT CAN'T AFFORD IT?**

**Apply for our LIFTING SCHOLARSHIP!**



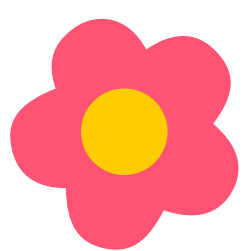


# COMING SOON!

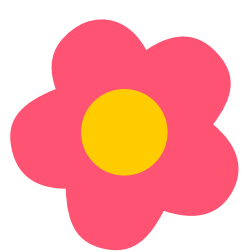
## HAPPY LIFTS ONLINE!

Happy Lifts Online is your step-by-step guide to learning how to lift with confidence, from the comfort of your own space. Built for beginners and shy girls who want to feel strong without the gym pressure, this program teaches you how to lift, why it matters, and what to do every step of the way.

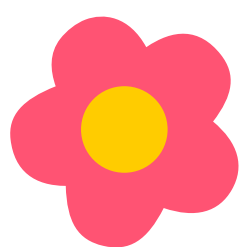
## WHAT'S INCLUDED?



12-Week Strength Program  
(Beginner-Friendly &  
Progressively Designed)



Guided Workbook with Check-Ins,  
Reflections & Mindset Tools



Weekly Cohort Zoom Classes

If you would like to be apart of our first class  
at a discounted rate (\$100- 12 weeks)  
Text me! (562)419-9977

**HappyLifts.com**

## **Your Review Makes a Huge Impact!**

Thank you for being part of Happy Lifts! Your review helps more women find us and feel confident stepping into the gym. Google ranks businesses higher when they have more detailed reviews, which means more shy girls will discover weightlifting and build strength!

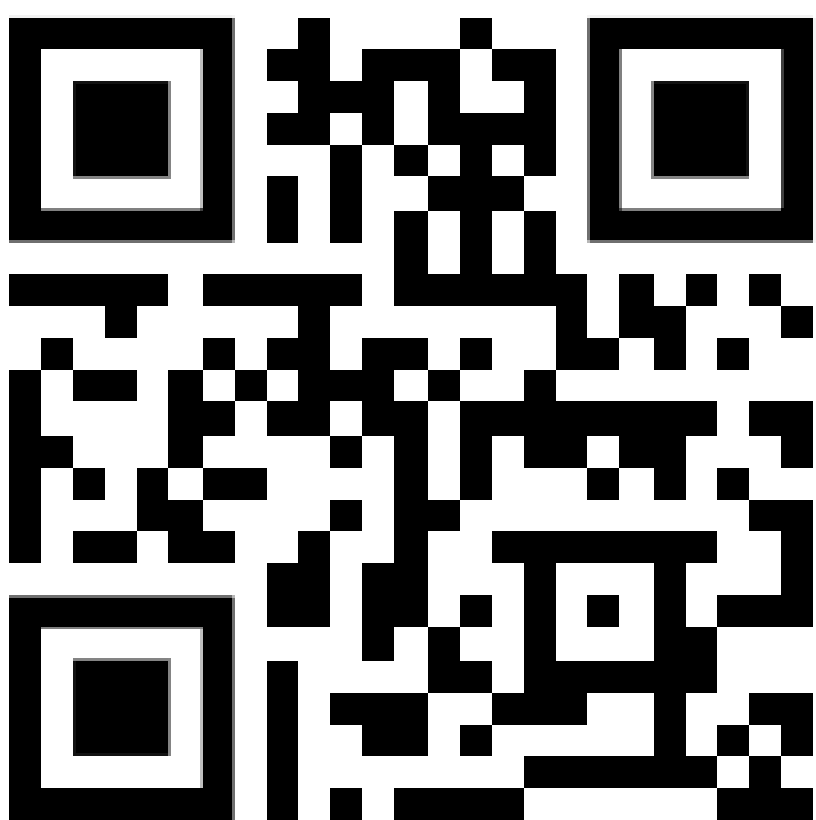
## **Want to make your review extra powerful?**

Mention key phrases like:

- Weightlifting in Long Beach
- Personal trainer for women
- Beginner-friendly strength training
- Supportive lifting community

Your words help us get seen. We hope that you feel inspired to be part of a big mission! Just scan the QR code and share your experience.

♥ Thank you for lifting Happy Lifts up!



**GOOGLE**



**YELP**