



VOL. I

4-WEEK STRENGTH BUILDING

Let's get **STARTED**

4-WEEK STRENGTH BUILDING

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WINGATE CERTIFIED
PERSONAL TRAINER



Yael Muroff

4-WEEK STRENGTH BUILDING PROGRAM

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Not too heavy, and not too easy but just the right amount of resistance to really get results

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BEFORE WE START...

I'm not just taking you on an unguided path, by setting up your goals, you have a higher likelihood to stick with it and succeed!

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Before you go, check in with yourself to mark your progress and remind yourself of your goals



HEY, I'M Yael!

Wingate Certified Personal Trainer

Welcome to LET'S GET STARTED!

I fell in love with working out when I was serving in the army. After 12-hour shifts in a closed room, I needed to move. The mental shift I felt after my simple workouts was life changing. For the first time, working out didn't feel like a punishment or a path to look a certain way. It became a mental shift and tool to feel grounded, strong, and connected to myself.

This is what inspired me to become a personal trainer. For 3+ years I have been helping my clients feel their strongest selves both physically and mentally.

THIS is my biggest goal, to help you feel your best self. I know that working out can feel intimidating and overwhelming so I hope that this guide helps you find a positive relationship with exercise and confidence to work out and become your strongest self.

Just getting started is a huge accomplishment in itself! I am so proud of you for being here and I am with you on this journey, every step of the way!

xoxo. Yael

LET'S DO IT!



WELCOME TO THE PROGRAM

WELCOME TO THE PROGRAM

WELCOME TO THE PROGRAM WELCO

it's time TO WORKOUT

We are about to get started but first let me introduce some helpful terms that you will find throughout the guide.

HERE'S EVERYTHING YOU NEED TO KNOW

DB = Dumbbell

KB = Kettlebell

Reps

Repetitions are the number of times you are going to complete a certain exercise without resting.

Sets

A set is one round of the designated rep number
ex: 3X10 reps

Reps in Reserve
(RIR)

Reps in Reserve is a method to measure the intensity of a lift by estimating how many more repetitions you could have performed before failure.

Rate of Perceived
Exertion (RPE)

A 1–10 scale of how hard a set feels:
RPE 6 = ~4 reps left • RPE 7 = ~3 reps left
RPE 8 = ~2 reps left • RPE 9 = 1 rep left
RPE 10 = max effort, no reps left

Progressive
Overload

Progressive Overload means increasing the intensity over time. This may be through adding weight, reps, sets, tempo and many more. By applying progressive overload, your body can continue to adapt and grow. And, through staying with the same workouts for a number of weeks, your body can adapt while repeatedly challenging the same muscles.

WELCOME TO THE PROGRAM

WELCOME TO THE PROGRAM

WELCOME TO THE PROGRAM

WELCOME TO THE PRO





How to choose the weights to use?

For this program, I want you to choose weights that for the first week you can comfortably get 10 reps. This means that when you finish your set, you should feel that it was challenging but not impossible and that you have maybe 2-3 RIR (reps in reserve).

Week 2,3,4: aim for slightly higher weights
OR increase your reps by 1-2

before we start...

LET'S SET UP FOR SUCCESS

01

DEFINE YOUR TOP 2-3 GOALS

Goals are meant to be motivational so make these reasonable and achievable. Keep them small. Make this something challenging, that you will be so proud of at the end of the 4 weeks but not entirely impossible.

02

PUT YOUR WORKOUTS IN YOUR CALENDAR

Planning is a major key to success. Working out is a meeting with ourselves and that deserves its own slot in our calendars. By scheduling it, we are making it a priority. It's totally fine if you have to move these around during the week but having them in there will be super vital to getting them done.

SUN	MON	TUES	WED	THURS	FRI	SAT
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03

CHECK IN WITH YOURSELF

After each workout, notice how you feel: energized or more tired? Strong? Weak? How was your fueling and sleep last night? What are you PROUD of?

STAY ACCOUNTABLE

this is the best gift you can give yourself

Workout Planner

Month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						
						



LET'S TALK FOOD.

We all have our own relationships with food. While I hope that yours feels positive and supportive, I know that with all the outside noise from social media, diet culture, and societal norms, our feelings can become complicated.

But here's the hard truth:
FOOD = FUEL

Food is not the enemy, it's energy and key to our recovery.

If food feels complicated right now, like your fitness goals, **start small**. On the next few pages, I have laid out some suggestions for *before* and *after* your workouts to help you maximize your efforts and feel good.

You've got this! One workout, one meal, one step at a time.

TIME TO EAT!



Food Food Food Food

HOW TO FUEL BEFORE A WORKOUT?

3-4 HOURS BEFORE*

Balanced Meal:

- Carbohydrates
- Protein
- Fat
- Fiber

My Favorites:

- Tofu Stir-fry
- Avocado toast with eggs



1-2 HOURS BEFORE

Smaller Meal/Snack

- Carbohydrates
- Protein

My Favorites:

- Protein Bar
- Toast with Almond Butter
- Chocolate Chip Pancakes



30-60 MINUTES BEFORE

High CARB Snack

- Simple Sugars

My Favorites:

- Dates
- Challah with honey
- Applesauce Pouch



WHY?

Carbohydrates are our body's main source of energy. Carbs are broken down into glucose and muscles use this for fuel. Increasing carb storage before a workout will ensure you have enough energy for your body to effectively perform.

Protein builds muscle. Eating protein before a workout can help improve muscle mass, muscle recovery, muscle strength, and muscle performance.

Fat is the main source of energy after the glycogen storage is used up. This is essential for longer moderate to low impact workouts.

*if you work out in the morning, focus on eating a balanced meal before bed and eating a high carb snack before your workout

Food Food Food Food

HOW TO FUEL AFTER A WORKOUT?

30-60 MINS AFTER

Balanced Meal:

- High Protein
- Fast-Digesting Carbs
- Hydration

My Favorites:

- Protein Shake
- Yogurt with Granola + Honey
- Overnight Oats



Aim for 15-30g of Protein after workout



WHY?

MAXIMIZE RECOVERY

Exercise triggers muscle protein breakdown. The rate of muscle protein breakdown depends on the type of exercise, the intensity, the volume, and frequency.

YOUR RECOVERY CHECKLIST

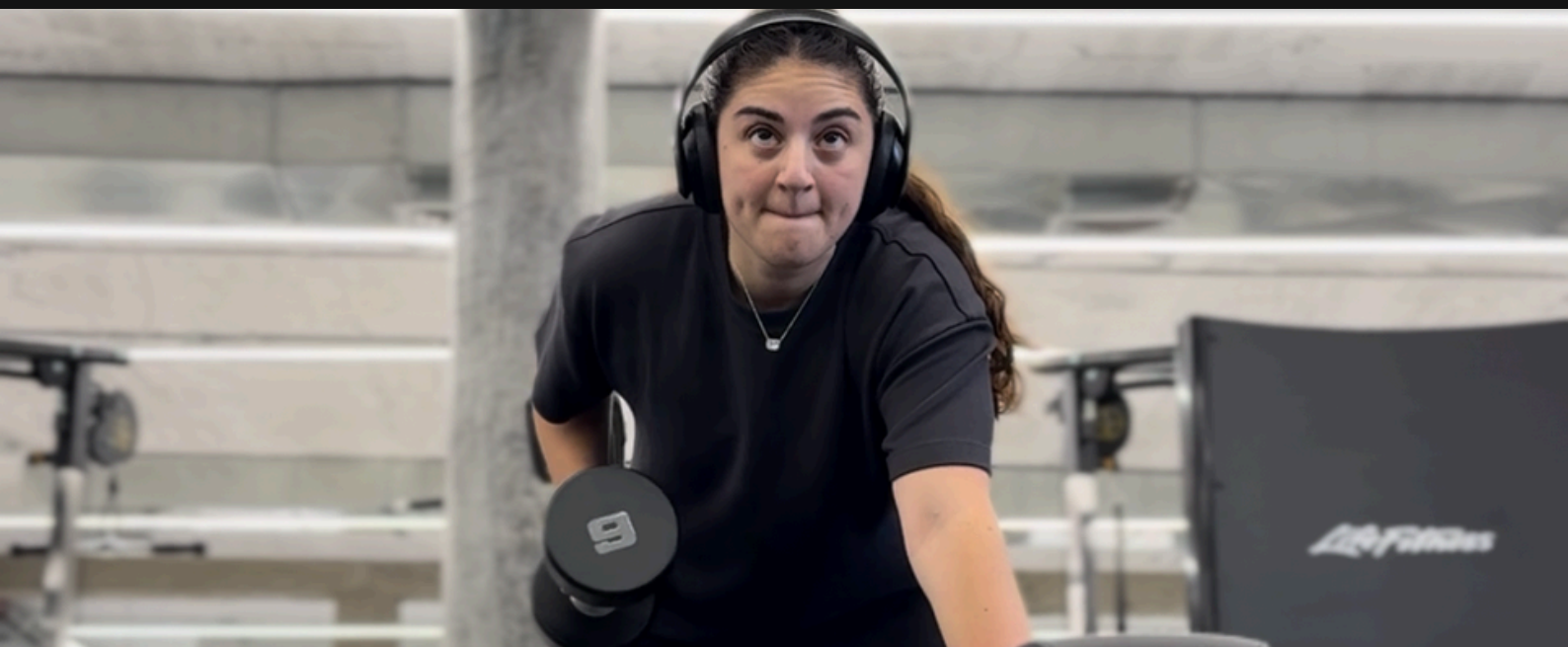
- ✓ Protein within 1–2 hours of your workout
- ✓ Carbs to refill your energy stores
- ✓ Water throughout the day (add electrolytes if you sweat a lot)
- ✓ 5 minutes of stretching or a slow walk to cool down
- ✓ 7–9 hours of sleep – this is when your muscles rebuild

[illegible]

Enjoy the process



FULL BODY WORKOUT #1



YOU'VE GOT THIS

BECOMING YOUR STRONGEST SELF

2 WORKOUTS
EACH WEEK

LET'S
DO IT

what are we working

This workout will work your full body

FULL BODY WORKOUT 1

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13

WARM UP X2 SETS

Prying Squat and
Hamstring Stretch

X5

Bodyweight Squat

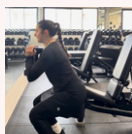
X5

Jump Squats

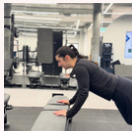
X10

ROUND 1 X3 SETS

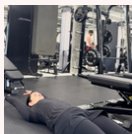
Goblet Squat



Incline Push Ups



Straight Leg Sit Ups



WEEK 1			WEEK 2			WEEK 3			WEEK 4		
WEIGHT	REPS	RIR	WEIGHT	REPS	RIR	WEIGHT	REPS	RIR	WEIGHT	REPS	RIR

ROUND 2 X3 SETS

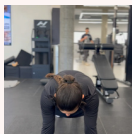
DB Reverse Lunges



DB Bent Over Row



High Plank (30 sec)



WEEK 1			WEEK 2			WEEK 3			WEEK 4		
WEIGHT	REPS	RIR	WEIGHT	REPS	RIR	WEIGHT	REPS	RIR	WEIGHT	REPS	RIR



Yael Muroff

4-WEEK STRENGTH BUILDING PROGRAM

FULL BODY WORKOUT #2



YOU'VE GOT THIS

BECOMING YOUR STRONGEST SELF

2 WORKOUTS
EACH WEEK

LET'S
DO IT

what are we working

This workout will work your full body



FULL BODY WORKOUT 2

בס"ד
15

WARM UP X2 SETS

90/90

X5

Goblet March

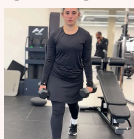
X5

Single Leg Romanian
Deadlift or Staggered

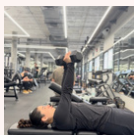
X10

ROUND 1 X3 SETS

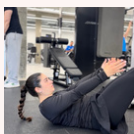
Split Squat



DB Chest Press



Hollow Hold (20 sec)



WEEK 1

WEEK 2

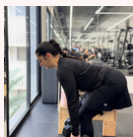
WEEK 3

WEEK 4

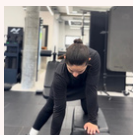
WEIGHT	REPS	RIR	WEIGHT	REPS	RIR	WEIGHT	REPS	RIR	WEIGHT	REPS	RIR

ROUND 2 X3 SETS

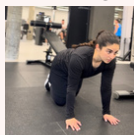
Romanian Deadlift



DB Single Arm Row



Bird Dog



WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEIGHT	REPS	RIR	WEIGHT	REPS	RIR	WEIGHT	REPS	RIR	WEIGHT	REPS	RIR



Yael Muroff

4-WEEK STRENGTH BUILDING PROGRAM

Check In

HOW ARE YOU FEELING?

01

HOW ARE YOU FEELING *PHYSICALLY*?

02

HOW ARE YOU FEELING *EMOTIONALLY*?

03

WHAT ARE YOU PROUD OF?

04

WHAT DO YOU WANT TO FOCUS ON NEXT?

05

WHAT DO YOU WANT TO REMEMBER/TAKE WITH YOU?

you did it!

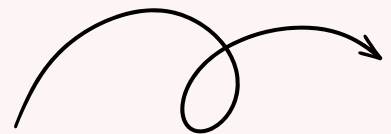
I'M SO PROUD OF YOU!

Taking the first step is always the hardest and you showed up for yourself not just physically but in so many more ways!

I hope you feel stronger physically and also mentally and emotionally. What you just showed yourself you are capable of in the gym is applicable to **everywhere** else in your life too! You are so much stronger than you may always give yourself credit for, and I hope this was proof to yourself.



**NEXT
STEPS**



Yael Muroff
PERSONAL TRAINER

YaelMuroff.com

 [@YMuroff](https://www.instagram.com/YMuroff)

Thank you for choosing my program! I am here to support you in any way I can!



ready for what's next? KEEP GETTING STRONGER

1:1 TRAINING

In-person sessions with me, focused on form, strength and your goals

HYBRID COACHING

In-person sessions plus a custom monthly plan and weekly check-ins

PROGRAMMING

A custom training plan built for you. Train anytime, anywhere

Here's what **real clients** are saying:

"I loved how encouraging, realistic, and supportive Yael is as a trainer. She always pushed me to do one more rep, but in a way that made me feel strong and capable."

NILI Z.

"I went from believing I could never go to a real gym or lift weights to having a yearly membership and doing my best to go almost every day!"

KINERET S.

"Training on my own, I was never able to really increase the weights, but with Yael I was able to really challenge myself and lift heavier than I ever thought!"

RACHEL B.

GET STARTED AT WWW.YAELMUROFF.COM

