



# ONLINE FIT CLUB

*Getting started guide for new members*

*Silvia*  
FITNESS



## Welcome to Morning Strength Club

A place where you build strength safely, improve your fitness, and develop confidence with resistance training.

The workouts are structured to train the whole body across the week, allowing each muscle group to work, recover, and become stronger over time.

If you are new to strength training, it is completely normal to feel unsure about where to start.

This guide will help you:

- Start your workouts safely
- Learn proper technique
- Understand how to choose weights
- Build confidence with strength training

Remember, strength training is not about rushing or lifting the heaviest weights immediately.

It is about learning good movement, building consistency, and gradually becoming stronger over time.



## YOUR FIRST WEEKS: THE LEARNING PHASE

---

When you first start strength training, your goal is not to lift heavy weights. Instead, your first 1–2 weeks should focus on learning the exercises.

During this phase:

- Use lighter weights
- Focus on correct technique
- Move slowly and with control
- Learn how each exercise feels
- Notice how your body responds

This phase helps your muscles, joints, and nervous system adapt to new movements.

Even experienced lifters sometimes use this approach to reset technique and improve movement quality.

There is no rush. Good technique always comes first.



## Master the Technique

Before increasing the weight, ask yourself:

- ✓ Can I perform the movement with control?
- ✓ Can I maintain good posture throughout the exercise?
- ✓ Do I feel the correct muscles working?
- ✓ Can I complete the repetitions without rushing?

If the answer is yes, you can gradually start increasing the weight.

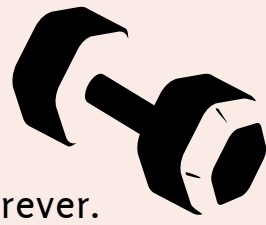
If not, stay with lighter weights until the movement feels comfortable and controlled.

Remember:

Good technique builds strong bodies.

Poor technique builds injuries.

# When You're Ready for More



Starting with lighter weights is important, but this is not where you stay forever.

Once your technique feels controlled and confident, your body will need more challenge to continue improving. That is where progression begins.

In the next workbook, you will learn:

- When to increase your weights
- How to know if your weights are too light or too heavy
- How to safely challenge your muscles to get stronger

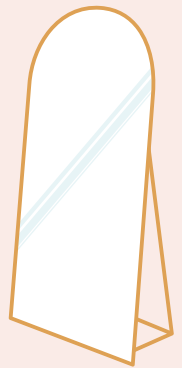
Take your time with this phase, and when you feel ready, move on to the next guide: “How to Progress and Build Strength.”

## Use a Mirror or Record Yourself

A very effective way to improve your technique is to watch your movement.

You can do this by:

- Exercising in front of a mirror
- Recording yourself with your phone



Sometimes what we feel and what we actually do are different.

You may think your posture is correct when it isn't, or you may think your form is wrong when it is actually good.

Watching yourself helps you:

- Improve posture
- Correct alignment
- Notice imbalances between sides
- Improve movement quality



Even professional athletes use video to improve their technique.



## Setting Up Your Workout Space

Creating a simple workout space helps your sessions run smoothly.

You do not need a large area, but it should allow you to move comfortably.

Try to have:

- Enough space to step, squat, and move safely
- Your equipment close by (dumbbells, bands, mat)
- A stable floor surface
- A screen where you can clearly see the workout

Having everything ready before you begin makes it easier to stay focused on the workout.

# Muscle Soreness: What Is Normal?

If you are new to strength training, you may feel muscle soreness a day or two after exercising.

This is called Delayed Onset Muscle Soreness (DOMS).

It usually appears 24–48 hours after a workout and gradually improves within a few days.

You may feel:

- Mild muscle tenderness
- Tightness when moving
- Slight stiffness when stretching



This is a normal sign that your muscles are adapting.

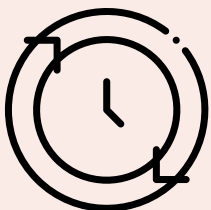
Light movement, stretching, and staying active can help reduce stiffness.

## When Soreness Is Not Normal

Pay attention if you experience:

- Sharp pain during exercise
- Pain in joints instead of muscles
- Pain that gets worse over time
- Severe pain that limits normal movement

In these cases, allow your body time to recover before training again.





## Track Your Progress the Right Way

The scale is not always the best way to measure your progress.

Your body can become stronger, more toned, and more defined without big changes in weight.

Instead, try tracking your progress using:

- Progress photos (front, side, back)
- How your clothes fit
- How strong you feel during workouts
- Improvements in balance and control

Taking photos every few weeks can help you notice changes that are easy to miss day to day.

## A Final Reminder

Everyone starts somewhere. Focus on quality of movement, not speed. Consistency is more important than intensity. Allow your body time to adapt to new exercises.

The goal is not to be perfect.

The goal is to show up, stay consistent, and become stronger over time.