PEPPER HUSTLE / STRONGER

Prepare to feel ready

21 days | 3 classes per week | 30 minutes per class

A little preparation makes showing up easier. Use this checklist before Day 1. You can join STRONGER without completing STRONG first.

01 Gather your equipment

- [ ] **Upper-body dumbbells**
  1 or 2 kg each | 2.2 or 4.4 lb each
- [ ] **Lower-body dumbbells**
  4 or 5 kg each | 8.8 or 11 lb each
- [ ] **Kettlebell**
  Suggested starting weight: 8 kg | 17.6 lb
- [ ] **Long resistance band**
  Light to medium resistance
- [ ] **Sturdy chair and exercise mat**
  Chair without wheels; stable floor surface

Choose the weight for the exercise

These are starting suggestions. Some combinations need a lighter load or no weight. Follow the class guide and prioritise control over load.

02 Make time and clear your space

- [ ] Plan three 30-minute sessions and one backup window each week.
- [ ] Clear trip hazards. Set up your screen, equipment, water and towel.

My weekly workout windows

Session 1 _____

Session 2 _____

Session 3 _____

Your starting point

Small, practical steps. No perfect routine required.

03 Complete your personal audit

- [ ] Reflect on your starting point and choose one reason to stay consistent.

I want to feel stronger because...

Complete personal audit

04 Optional measurements: Day 1 to Day 21

Measurements are optional. Use the same tape, body landmarks, units, clothing and a similar time of day. Keep the tape level and comfortably snug.

Measurement	Day 1	Day 21
Chest		
Waist		
Hips		
Upper arm (same side)		
Thigh (same side)		

My units: cm / inches. Progress also includes consistency, technique and confidence.

05 Make food and training easier

- [ ] Choose your standard or vegetarian meal plan. Check cupboards, adjust meals and create your shopping list.
- [ ] Read the class guide, follow the warm-up and demonstrated options, then mark your workout complete.
- [ ] Plan for busy days. If you miss a session, adjust your schedule and continue.

Return to your STRONGER hub

Need support? Email info@pepperhustle.com. Stop if you feel pain or unusual discomfort and seek appropriate advice if unsure about an exercise.