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COACHING & PERFORMANCE

FREE STARTER GUIDE

THE 5-DAY BEGINNER PLAN

A simple, effective week to get you moving with intent. Warm up 5–10 minutes before each session, leave 1–2 reps in the tank, and add a little weight or a rep each week. Rest 60–90 seconds between sets. New to a move? Ask a trainer or look it up — and start light.

DAY 1 — FULL-BODY STRENGTH

Dumbbell goblet squat	**3 × 10**
Dumbbell bench press	**3 × 10**
Lat pulldown (machine)	**3 × 10**
Dumbbell Romanian deadlift	**3 × 10**
Plank	**3 × 30s**

DAY 2 — CONDITIONING & CORE

Incline walk or bike	**20 min**
Lying leg raises (on floor)	**3 × 12**
Crunches	**3 × 15**
Russian twists	**3 × 20**
Sit-ups	**3 × 12**

DAY 3 — PUSH FOCUS

Incline dumbbell press	**3 × 10**
Dumbbell shoulder press	**3 × 10**
Dumbbell lateral raise	**3 × 12**
Triceps pushdown (cable)	**3 × 12**
Push-ups	**3 × max**

DAY 4 — STRETCH & RECOVERY

Easy walk	**25–30 min**
Arm across your chest	**2 × 30s each**
Arm behind your head	**2 × 30s each**
Reach down for your toes	**2 × 30s**
Heel-to-butt quad stretch	**2 × 30s each**

DAY 5 — LOWER BODY & PULL

Leg press (machine)	**3 × 12**
Dumbbell Romanian deadlift	**3 × 10**
Seated cable row	**3 × 10**
Leg curl (machine)	**3 × 12**
Calf raise	**3 × 15**
Dumbbell rear-delt raise	**3 × 15**

NUTRITION BASICS (KEEP IT SIMPLE)

Protein: aim for ~0.8–1g per pound of bodyweight

Whole foods first: build meals around protein + veg

Sleep: 7–9 hours — recovery is where you grow

Water: half your bodyweight (lbs) in ounces daily

Don't skip meals: steady fuel beats crash diets

Be consistent: 80% right every day wins

WANT A PLAN BUILT ONLY FOR YOU?

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This is the starter. Your custom training, cardio, mobility & nutrition — plus 24/7 coaching — starts with a free 30-minute workout.

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