

ALEX'S FOUR-WEEK FOUNDATION

Adult beginner / Build muscle / Three full-gym days

TRAIN WITH STRUCTURE. STAY CONSISTENT.

FICTIONAL PROFILE

Alex / Beginner / 3 days / 45-60 minutes

Focus example: Chest + Upper back

STARTING PROFILE

Fictional example used only to demonstrate the paid deliverable

Height 1.78 m / Weight 76.0 kg

BMI 24.0 - Healthy-weight range

BMI is a general weight-for-height screening measure. It does not directly measure body fat or distinguish muscle from fat.

No reported limitations / unrestricted example diet

BMI is not used as a diagnosis or as a measure of training quality.

STARTING NUTRITION TARGETS

Deterministic estimates, not measured metabolism

Starting calories: 2620 kcal/day (range 2444-2804)

Starting protein: 135 g/day

Starting fat: 85 g/day

Starting carbohydrate: 330 g/day

Hydration starting range: 2-3 L/day

BMI is a general weight-for-height screening measure. It does not directly measure body fat or distinguish muscle from fat. Your maintenance calories are estimated from a predictive equation and reported activity. Your actual needs may differ. This is a general starting range. Weather, sweat rate,

WHY THIS PROGRAM

Three repeatable full-body sessions with balanced focus

Three non-consecutive sessions provide regular practice and recovery for a beginner.

Simple repeatable movement patterns keep progression easy to understand.

Chest and upper-back work receive extra attention while legs, shoulders and core remain balanced.

The full-gym setting supports stable beginner options and straightforward substitutions.

WEEKLY SCHEDULE

Leave at least one recovery day between sessions

DAY 1 / Foundation strength

DAY 2 / Movement and muscle

DAY 3 / Balanced full body

FOUNDATION STRENGTH

Workout 1 of 3

01 Goblet squat

3 sets / 8-12 / Rest 90s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

02 Dumbbell bench press

3 sets / 8-12 / Rest 90s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

03 Seated cable row

3 sets / 8-12 / Rest 90s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

04 Dumbbell Romanian deadlift

3 sets / 8-10 / Rest 90s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

05 Dead bug

3 sets / 8/side / Rest 60s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

MOVEMENT AND MUSCLE

Workout 2 of 3

01 Leg press

3 sets / 10-12 / Rest 90s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

02 Incline dumbbell press

3 sets / 8-12 / Rest 90s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

03 Lat pulldown

3 sets / 8-12 / Rest 90s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

04 Glute bridge

3 sets / 10-15 / Rest 90s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

05 Pallof press

3 sets / 10/side / Rest 60s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

BALANCED FULL BODY

Workout 3 of 3

01 Split squat

3 sets / 8/side / Rest 90s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

02 Cable fly

3 sets / 12-15 / Rest 60s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

03 Chest-supported dumbbell row

3 sets / 8-12 / Rest 90s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

04 45-degree back extension

2 sets / 10-15 / Rest 60s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

05 Front plank

3 sets / 30-45 sec / Rest 60s / RIR 2

Use a controlled range of motion and keep the working joints aligned.

EXERCISE GUIDANCE & SUBSTITUTIONS

Use only like-for-like options from the launch catalogue

Goblet squat: Barbell back squat or Front squat. Stop the set if technique changes or pain occurs.

Dumbbell bench press: Push-up or Incline push-up. Stop the set if technique changes or pain occurs.

Leg press: Goblet squat or Barbell back squat. Stop the set if technique changes or pain occurs.

Incline dumbbell press: Push-up or Incline push-up. Stop the set if technique changes or pain occurs.

Split squat: Reverse lunge or Dumbbell reverse lunge. Stop the set if technique changes or pain occurs.

Cable fly: Dumbbell lateral raise or Cable lateral raise. Stop the set if technique changes or pain occurs.

FOUR-WEEK PROGRESSION

Progress repetitions before load

WEEK 1: Learn each movement and finish every set with about three repetitions in reserve.

WEEK 2: Add one repetition per set where technique remains consistent.

WEEK 3: Reach the top of each repetition range before adding a small amount of load.

WEEK 4: Keep loads stable and confirm that recovery and technique remain consistent.

RECOVERY & TRAINING RULES

Consistency and technique come before intensity

Leave at least one rest day between sessions.

Use easy walking or mobility work on non-training days.

Stop any exercise that causes pain rather than normal muscular effort.

Warm up with easy movement and specific ramp-up sets.

Keep most work at the prescribed repetitions in reserve.

Review recovery before adding load.

EXAMPLE DAY OF MEALS

General fitness support - not medical nutrition therapy

Breakfast: 80 g oats, 200 g Greek yogurt, 150 g berries / about 873 kcal and 45 g protein

Lunch: 1 serving chicken rice bowl, 2 cups mixed vegetables / about 873 kcal and 45 g protein

Dinner: 160 g salmon, 350 g potatoes, 1 bowl green salad / about 873 kcal and 45 g protein

MEAL SWAPS & GROCERY GUIDE

Adjust portions gradually while monitoring energy and recovery

Breakfast: Equivalent meal

Lunch: Equivalent meal

Dinner: Equivalent meal

Grocery summary: Oats and rice, Chicken and salmon, Greek yogurt, Potatoes, Berries and mixed vegetables, Salad vegetables

SAFETY & ESTIMATION NOTES

Read before starting any program

This sample is general educational material, not a prescription.

Energy and nutrition figures are predictive estimates.

This sample provides general fitness and nutrition guidance and does not replace medical advice, physiotherapy or individual care from a registered dietitian.

Stop exercise and seek appropriate help for chest pain, fainting, severe breathlessness or acute injury.

Nutrition figures are starting estimates and should be adjusted using real-world energy, recovery and progress.