BRDR & PHASE 1 RESET

OVERVIEW

An introduction to the BRDR Program, the Regulation Framework, and your Phase 1 Reset process.

FIRST THINGS FIRST

WHAT'S INSIDE

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CONTENT & ACCESS NOTES

- **Content unlocks one week at a time,** with the exception of On Ramps, which can be more than 1 week per your discretion. Weekly drops keep you focused and on track.
- **New weeks open on Mondays**, with the following week's prep notes (meaning: you have a full week to prep for the following week.)
- **The monthly support call schedule is posted in the Community.** Bring your questions!
- **Fitness plans are delivered via PDF,** with an optional 6-month free trial to the Ideal Age Fitness App for BRDR participants. The app is ideal if you need video demos for exercises. Trial signup details are in the community and course Phase 1 On Ramp.
- **For course and community login details,** refer to your Welcome email.

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HOW TO USE THIS OVERVIEW

This overview will help level-set and get you familiar with the BRDR approach, the Phase 1 Reset process, and your tools for success.

> **This is not a to-do list! It's a guide to prepare you for (and help you complete) your weekly instructions and action items, which are found in the BRDR course.** These are released to you weekly, via the course materials, to keep you accountable and on track. You'll receive an email every week when they're open to you. Login details are in your inbox.

THE LEVEL SET

- **BRDR is not a body recomp sprint.** It's about first giving *to* your body without asking anything additional in return (that's Phase 1 Reset); and second, working *with* your body during the process of changing it (that's Phase 2 Recomp). This takes 6 months *minimum*.

  The likelihood of body recomposition beginning in the Phase 1 Reset is good, but the official efforts come in Phase 2 Recomp. Why? Because recomp works far better on a system that's been fed and regulated for long enough that the body *trusts it*. (The Regulation Framework in a nutshell.)

  Be ready: this process is not always linear, it will take patience, and it can come with some emotional ups and downs. Real, sustainable results come *when you fully commit to the process for the long haul*.

- **You are not required to track calories or weigh food in Phase 1 Reset.** Instead, you'll be tracking the 5 Signs that tell you how you're *really* doing—and you'll be putting pen to paper using the Tuning In & Checking In packet to do it. (This is a bigger deal than it sounds like—see next point.)

  In Recomp, we *will* track caloric intake. There are a few options for doing this, and you'll choose the one that's right for you.

- **The hardest part of this whole program is probably not the food or the workouts.** It's tuning out external noise, tuning in to yourself, tracking what *actually* matters, *and doing it long enough that it makes a real, sustainable difference.*

  Most of us have never prioritized ourselves or our bodies in that way, and if we have, we haven't done it for long enough. *It's time.*

BRDR & RESET ORIENTATION

Body Recomp Done Right is built on The Regulation Framework and contains 2 main phases, which together make up over 6 months of programming, coaching, accountability, and support. *An optional 3rd phase, Real Life VIP, opens to you after your 6 month Reset/Recomp journey.*

PHASE ONE

Reset

10 weeks: 1+ week of On Ramp, 8 weeks of Reset, and 1 "Bridge to Recomp" week. **This is where you implement your Anchors and watch the 5 Signs.** We regulate the system and build the base every Recomp plan should have.

PHASE TWO

Recomp

18 weeks: 1+ week of On Ramp, 16 weeks of Recomp, and 1 "Bridge to Real Life" week. This is the body recomposition work that builds on your Reset foundations. The Anchors and 5 Signs stay (with small, intuitive shifts), and **additional tracking and metrics begin.**

PHASE THREE (OPTIONAL)

Real Life (VIP)

This optional membership opens to you after the 6 month Reset/Recomp journey, and **it comes with more resources for your "maintenance phase:"** Masterclasses, expert guests, office hours, and ongoing support for anything life throws your way.

WHY RESET COMES FIRST

Body recomposition is a metabolic process, and your metabolism and your nervous system are linked: you can't ask your metabolism to shift in a sustainable, healthy way without regulating the nervous system, and you can't regulate a system that's constantly stretched to its limits.

IMPORTANT NOTE

You've seen food and fitness challenges before. And while BRDR adds what most programs and challenges miss (the Regulation Framework), this is not a secret formula! **The real magic is in the support calls, the ongoing guidance, and the community**—all of which help you do the right things *for long enough to make a difference*.

Note: Look for the ⚓ symbol. In Reset, you regulate using 5 "anchors," and form the habits that set the foundation for long-term change (not rebounds and restarts).

THE REGULATION FRAMEWORK

You've likely heard weight loss and body recomposition discussed in a *multitude* of ways:

> "It's nothing but calories in, calories out.
> It's your cortisol! It's your hormones!
> No! It's your gut, your sleep, your inflammation, and your blood sugar!
> You need to boost your metabolism!
> This (*insert expensive biohack here*) is the key!"

None of these are entirely wrong (*except for the biohacking*). In certain scenarios, almost all of them have a role to play—which, unfortunately, makes it even harder to know where to start.

The good news: there's a common thread; a system running underneath it all.

We believe that **the common thread is *your nervous system,* because it communicates with and impacts every system in your body**, including your metabolism. That's the metabolism-nervous system connection, and BRDR leverages it from start to finish.

To do this, we start by *regulating* the nervous system, and *regulation* only happens when the body truly feels safe. (Many of us have spent decades *accidentally* communicating "danger" to our nervous systems!) To change course, we send "safety signals" from 3 distinct directions:

THE REGULATION FRAMEWORK—THREE DIRECTIONS OF NERVOUS SYSTEM REGULATION

DIRECTION ONE

Outside In

Messenger: food. Your most direct, most accessible, and most easily modifiable safety signals come from what you eat. It's how you tell your body, every day, multiple times, that resources are available.

DIRECTION TWO

Inside Out

Messengers: fitness and fascial work. When your training is the right *kind* of challenge and your fascial flows slow you down enough to tell your nervous system *you're not in danger*, good things happen.

DIRECTION THREE

Top Down

Messenger: expressive writing. Your nervous system detects mental stress and overwhelm and reads it as *danger.* We use this simple, science-based way to quiet the cognitive loops that keep us stuck.

Note: the order matters. We don't jump right into a calorie deficit like most programs. Instead, we use nutrition, movement, and cognitive strategies to buffer inevitable stress and send safety signals to the nervous system. Your whole job in Phase 1 Reset: do this long enough that your body believes you. *That* is how sustainable habits form, and sustainable habits are the #1 thing that makes change stick. We build on this in Phase 2 Recomp.

RESET FOOD

Food is the "Outside In" direction from your Regulation Framework. You'll learn much more about the Phase 1 Reset approach to food in the course's Reset On Ramp and from your resource packets. For now, start with the questions below and remind yourself why *this time, it's truly different*.

START WITH THESE 3 QUESTIONS, IN ORDER

- **Are you eating enough?** This is first for a reason! Under-eating is a huge nervous system stressor and the single easiest lever to move when you're getting started.
- **Are you eating consistently?** Help your body trust that resources are *always* available.
- **Is your eating balanced?** Once you're feeding your body enough and consistently, work up to a healthy, balanced plate 80% of the time.

WHAT MAKES RESET DIFFERENT

- **Servings, not grams or percentages.** There's a time and a place for macros and logging, but Reset isn't it. Here, we learn to eyeball our targets to build agency and self-trust.
- **Making sure you get *enough*.** Calorie and macro recommendations are starting points, not maximums. Meals bring the bulk of your calories, but snacks can fill in the gaps.
- **Variety is key, but boring is beneficial!** A varied diet is great for your body and for your ability to stay engaged, but starting out simple and repetitive builds momentum.
- **Ranch dressing is a blessing.** A little full-fat ranch dressing makes any meal work. That's not a cheat, it's a *real strategy*.

BREAKFAST IS YOUR ANCHOR.

Changing your food can be hard, but in Reset, you don't have to get every meal perfect from the get-go. Our focus Is smart habit formation, and good food habits start with BREAKFAST.

DAILY IN RESET

⚓ Breakfast (Outside In)

Don't skip it, and coffee doesn't count! Every morning, breakfast is your first action step (or your second, if you do your flow or writing first thing). Focus on protein, carb, and fat, but keep it simple so that the habit can form through easy repetition.

RESET FITNESS

Fitness is one of your "Inside Out" directions from your Regulation Framework. Resistance train 3 days/week (with an optional 4th) to add muscle without taxing your nervous system. A PDF of your plan is provided, and a 6-month free trial to the Ideal Age Fitness app is also available.

FITNESS PLAN: ON RAMP → WEEK 4

Foundation

Build (or reinforce) a foundation of efficiency, muscle, and muscle memory. **3 sets, 8–12 reps**.

FITNESS PLAN: WEEK 5 → BRIDGE TO RECOMP

Tempo

Same plan, now with pauses and slow eccentrics on select movements. **3-4 sets, 8–12 reps**.

WHAT'S IN IT, AND WHAT ISN'T

- **Compound movements across every pattern:** hinge, squat, push, pull, plus optional midlife-centric stuff that usually gets skipped (hips, tibs, calves, grip).
- **Walking is the cardio.** Up to an hour a day if it feels good, but 3–4 times a week at about 30 minutes is the sweet spot. For workday walking, we love an under-desk Walking Pad.
- **No sprints, no high-intensity conditioning, no going to failure.** Not because that's bad, but because it's the wrong ask for Reset (and, sometimes, for Recomp).
- **Lower systemic demand by design.** We use stable movement patterns to challenge your muscles to grow; we're not focused on balance, coordination, or agility. This doesn't mean you're not working hard—it means you're working hard at the right things for this phase.

Note: the Phase 1 Reset plan is written for a gym, but every single movement has a low-equipment or banded alternate. To do this at home, you'll want a set of adjustable dumbbells, resistance bands, and mini resistance bands at minimum. (See our SHOP)

WORKOUT/RECOVERY ARE YOUR ANCHORS.

Your workouts are planned for you, but don't expect to be perfect from day 1. Fitness is a hard thing to balance, and finding your way is part of the process.

DAILY IN RESET

⚓ **Workout or Recovery (Inside Out)**

Challenging yourself AND resting your body are two sides of the same coin. Workout results won't root if you aren't challenging yourself, but they also won't root if you aren't RECOVERING. Your priority will be finding a balance between movement and rest.

RESET FLOWS & EXPRESSIVE WRITING

We know food and fitness are crucial to body recomp, but it's not just because they directly promote fat loss. It's also because they "talk" to your nervous system! Now, meet the additional tools you'll use throughout BRDR to send safety signals to your nervous system (whether you're in a calorie deficit or not).

These additional tools are your BRDR Fascial Flows and your Expressive Writing practice—from both the "Inside Out" *and* the "Top Down" directions in your Regulation Framework. They are simple, doable, quick, high-ROI actions that are *profoundly* helpful in releasing mental and physical tension, calming the nervous system, and setting the stage for regulation and recomp.

You need just 15 minutes, a few times a week, at home, with space and supplies you already have. And **while these seem minor in comparison to other body recomposition tools, they are absolutely crucial to the journey. That's why they're 2 of your 5 Phase 1 Reset Anchors.**

3-5 DAYS/WEEK IN RESET, 4+ MINUTES

Fascial Flows (Inside Out)

Slow down and "talk" to your nervous system through your connective tissue as you gently work through tension patterns. Your primary nervous system flow is introduced immediately; your secondary flow is introduced in Week 6.

3-5 DAYS/WEEK IN RESET, 10 MINUTES

Expressive Writing (Outside In)

Anxious feelings, a racing mind, and looping thought patterns can keep your nervous system in fight or flight. Pen-to-paper expressive writing is a proven cognitive strategy to dislodge the "stuck" and find calm.

WHY NOT MORE?

- **"More" isn't always better**. We often think that the only way we can calm our bodies and minds is through a time-intensive meditation practice or hours of restorative yoga, but the more we put on our plates, the more stressed we get! The truth is, when you stack quick, easy practices like fascial flows and expressive writing *with* the food and fitness anchors, your overall approach is incredibly comprehensive.

- **Small actions make a HUGE difference, and quickly.** You'll be shocked at how much and how rapidly these modalities impact your stress and mood—which can transform your life.

- **Small is easier to stick with.** What we *really* need are the simplest tools, used consistently—*and to do them even when they don't feel necessary*. And even with something this simple, the challenge is big: deep down, we often want things to be complex, time consuming, and "hard" in order to feel we're earning the results. Not here!

THE RESET EXPERIENCE

Tuning in and checking in are a crucial part of the Phase 1 Reset experience. Below, you'll find your Anchors and your 5 Signs, all of which you'll check-in with nightly on your Support Sheets.

⚓ **First up, your Phase 1 Reset Anchors.** You've seen 4 of them already, but your 5th is also vital. Remember: small things done consistently are what actually change a system.

ANCHOR	WHAT YOU DO
Nervous System Flow INSIDE OUT, 3-5 DAYS/WEEK	4+ minutes, with a video to follow along. Great AM or PM. In the morning, follow it with the optional active full-body flow.
Breakfast OUTSIDE IN, DAILY	Don't skip, and try to eat within an hour of waking. (If needed, make it quick, and plan for a 2nd breakfast to top it off!)
Workout and/or Recovery INSIDE OUT, DAILY	Training and recovery are 2 sides of the same coin, and can't do their jobs without each other.
Writing TOP DOWN, 3-5 DAYS/WEEK	Expressive writing for 5-10 minutes, morning, evening, or any time (not journaling, although journaling is great, too).
Course & Community 5 DAYS/WEEK	Log in on Mondays for your new course content, and check the community daily. Post consistently for accountability!

ⓘ **Next, your 5 Signs.** We don't start with tracking macros. In Reset, you track 5 things that matter more *right now* than a macro split. (Your cycle gets an optional spot to cross-reference)

Hunger **Energy** **Sleep** **Stress runway way/mood** **Digestion**

WHY SELF-REPORTING RATHER THAN A WEARABLE?

Because the point isn't just the data. The point is the **act** of paying attention. Most of us have spent years outsourcing the question of how we're doing to a ring, an app, or a scale, while missing the signs that *actually* matter.

> **Note: weekends are optional** for almost everything except prepping for the week ahead.

RESET WEEKLY SNAPSHOT

Here's what you'll do every week with the help of the course, community, and resource packets.

WHERE YOUR TIME GOES

WHAT	HOW MUCH TIME
Meal Prep	**1–2 hours**, once, over the weekend to prep you for Monday and the week ahead. You'll get more efficient over time! ***Anchor: Breakfast***
Workouts	**2-3 hours (maintenance) or 3-4 hours (muscle gain)** total during the week. Walking is a bonus. ***Anchor: Movement/Recovery***
Regulation	**15 minutes a day, 3-5 days a week.** This includes fascial flows *and* cognitive work (easily broken up into a few minutes, AM and PM) ***Anchors: NS Flow & Writing***
Logging In	**1 hour total.** Course materials are 30-45 minutes (mostly audio); community check-ins are quick. ***Anchor: Course & Community***

> **Note: If there are days when you can only manage one thing, prioritize the fifteen minutes of regulation.** The daily regulation is what makes Reset really work.

Here's what you'll find in the course every week. After On Ramp, each week has 3 lessons: **what to know and what to do**, a **topic highlight** for added insight into parts of the BRDR approach, and a **check-in** to prep for next week.

TOPIC HIGHLIGHTS

Topic highlights do NOT appear in order of importance.

WEEK	HIGHLIGHT		
On Ramp	Orientation	**Week 5**	**Rest: You're Restored**
Week 1	**Calories: You're Resourced**	**Week 6**	**Fascia: You're Unwinding**
Week 2	**Carbs: You're Fueled**	**Week 7**	**Brain: You're Unburdened**
Week 3	**Movement: You're Capable**	**Week 8**	**Safety: Reset Complete**
Week 4	Mindset Check	**Bridge to Recomp**	Survey & Habit Check

RESET RESOURCE PACKETS

Print the packets during On Ramp for quick guidance and help staying on track in Phase 1 Reset! **You also have printables for your Menus, Menu Template, and Workout Plan.**

SELF ASSESSMENT

WHAT'S IN IT	WHAT IT'S FOR
Calories You Need	Your number one priority: getting ENOUGH.
Moving For Your Goal	Decide whether you want to maintain or build, and how it fits in.
Visualize Your Week	Bring intentionality to deciding where it all actually fits.
What You Want	Your real "why."

THE FOOD SUCCESS PACKET

WHAT'S IN IT	WHAT IT'S FOR
Portion Cheat Sheets	Protein, Carb, Fat. Helping you eyeball what you need.
Macro Overlap Map	Just an FYI! How we view foods in terms of macro categories.
Your Plate, Simplified	An easy plate-building structure for *your* daily needs.
30 Meals, Less Thinking	A second helpful structure for building a complete plate easily.
One Meat, Three Meals	Cook two proteins on a weekend, get six unique dinners.

THE TUNING IN & CHECKING IN PACKET

WHAT'S IN IT	WHAT'S IT'S FOR
The 5 Signs Assessment	The only metrics that matter in Phase 1, and how to track them.
Weekly Support Sheets	Your best friend for habituating daily accountability.

AFTER YOUR RESET

By Bridge To Recomp Week, you've very likely seen and felt some body recomposition happening, but that isn't the main goal of Phase 1 Reset.

The main goal is spending the full Phase 1 in Reset mode, forming the habits and foundation that will prepare you for Phase 2 Recomp. Your system will be primed to step into a real, targeted recomposition plan and actually succeed at it and sustain it.

WHAT YOU SHOULD NOTICE BY THE END OF YOUR RESET

- **Your 5 Signs should be in good shape.** Steadier energy, better sleep, a longer stress runway (this is HUGE), and happier digestion.
- **Hunger should be balanced**—present at breakfast and at regular mealtimes, not absent all morning and ambushing you at dinner. ("Not being hungry until 1pm" is NOT a badge of honor.)
- **Your mindset should be solid.** You'll notice you've stuck with it through momentum dips, and stayed committed when you normally would have lost interest.
- **You'll feel more fit, more capable,** and proud of your ability to navigate a plan in REAL LIFE.

WHAT'S HAPPENING UNDERNEATH

In addition to the obvious shifts, the action items and Anchors in Phase 1 Reset can support key systems that carry you in Phase 2 Recomp:

- **Improved insulin sensitivity and glucose management**
- **Enhanced circulation and nutrient delivery**
- **Improved hormone balance**
- **A more diverse gut microbiome**
- **Regulated inflammation**
- **More balanced cortisol**

The take-home: doing a LITTLE of the *right things, for long enough*, does a LOT in your life. Eating enough, moving enough, and spending a few minutes tending to your nervous system a few days a week *consistently* is doing considerably more than we might think.

PHASE 1: RESET

SELF-ASSESSMENT

Get centered and aligned with yourself, your reality, and your priorities—because when you know where you are, it's easier to get where you want to go.

WHAT'S INSIDE

2 **How Many Calories You Need:** make sure you're getting enough

3 **Moving For Your Goal:** maintain vs. build

4 **Visualize Your Week:** where it all actually fits

5 **What You Want:** the real why underneath

HOW MANY CALORIES YOU NEED

Your first priority and your primary safety signal is to eat enough sheer calories for what your body needs. We can get a close estimate of what you need using a TDEE calculator like the one linked below. Enter your age, sex, height, and weight to see your estimated BMR plus a **Daily Calorie Requirements** table with five activity levels. Read the row that matches your current reality. That number should determine how you plan your meals during Reset. The Food Success Packet will help!

Note: if you're using the 4 day fitness plan for Phase 1 and challenging yourself as indicated, your needs will likely fall between the MODERATE and HEAVY calculations. If you're using the fitness plan, but only completing 2-3 days each week, or you're unable to challenge your body as indicated just yet, your needs will likely fall between the LIGHT and MODERATE rows. Remember that this is your starting point; your individual needs may vary! That's what the guidance you'll find in the community is for.

https://www.inchcalculator.com/bmr-calculator/

WHAT YOU'RE REALLY EATING

Write out an ordinary day of eating in the space below and assess whether it's aligned with your goals. For more insight, feed it into an AI platform to get an estimate of how many calories you're eating in a day.

HONEST ASSESSMENT

Am I eating enough? Are there enough calories coming in that my body feels resourced and safe? Y/N

Am I eating consistently? Am I having 3-4 meals at regular intervals daily, not fasting, skipping, or over-correcting later? Y/N

Am I eating balanced? A whole protein, fiber-rich carb, extra free fiber, & healthy fat on most plates, most days? Y/N

How can I close the gap between what I need and what I'm getting?

MOVING FOR YOUR GOAL

First, decide what your track is: maintenance, or muscle building. Recomp usually involves the goal of adding muscle, but you get to choose! And remember to focus: muscle is built by resistance training; conditioning and HIIT are great when used properly, but they don't build muscle the way lifting does. Be sure you're able to focus on what matters during Reset and leave the rest.

TRACK

Maintain

Keep the muscle you have

- **2 days / week full-body resistance** training
- Effort: **RPE 7–8** — 2–3 reps left in the tank
- Roughly **2–6 hard sets** per muscle group /week
- Daily walks are important for added movement as well as recovery.
- The **Phase 1 BRDR Workout Plan** checks all these boxes for you, no thinking required.

How will I fit this in, and what feels unclear or unsure?

TRACK

Build

Add muscle

- **3–4 days / week** resistance training
- Effort: **RPE 7–9** — close to, not to, failure
- Roughly **10+ hard sets** per muscle group /week
- Daily walks for circulation and recovery
- Ensure adequate **protein & carbs** to fuel it
- The **Phase 1 BRDR Workout Plan** checks all these boxes for you, no thinking required.

How will I fit this in, and what feels unclear or unsure?

HIIT, high-intensity work including Peloton, and fitness that's not crafted for progressive overload takes a backseat during Reset. Your number one priority is your muscle for the next 8 weeks!

VISUALIZE YOUR WEEK

Habituating your daily anchors and weekly prep is the core of this program. Start strong with a plan!

The 5 anchors: how will I ensure each one happens, and where will they fit?

Nervous system flow *a moment of regulation*

Writing *pen to paper*

Breakfast *the resourcing meal*

Movement / recovery *lift, walk, or rebuild*

Community check-in *you're not doing this alone*

Sketch out a possible weekly rotation, including your anchors and prep sessions.

MON	TUE	WED	THU	FRI	SAT	SUN

WHAT YOU WANT

Write down what you want.
Instead of starting with your goals (you're here, so we already know your goal is to STICK TO THE PLAN), start with your WANTS. Do you want to feel great, and look as good as you feel, for your high school reunion? Show your daughter what it means to take care of yourself? Have enough energy to get through the day? Write it ALL down in the space below (you'll notice that pen-to-paper is a theme of this program). No “want” is wrong.

Now go back and pick the 3 that are most important to you. Let these be your “why” for the next 6 months, so you don't lose sight of why you're here.

PHASE 1: RESET

TUNING IN & CHECKING IN

Print this packet & keep it at your bedside for nightly check-ins!

WHAT'S INSIDE

2	**Tuning In & Checking In:** how the daily practice works
3	**The 5 Signs Assessment:** how you're gauging your personal experiences
3-11	**8 Weekly Support Sheets:** one page per week, filled in each night

TUNING IN & CHECKING IN

One of the most crucial parts of Phase 1 is tuning in and checking in **with intention**—so you're listening to your body *and* showing up for yourself.

We do this with good, old-fashioned pen to paper each night before bed, using the eight weekly Support Sheets in this packet. Here's what you'll see on them.

Tuning In: The 5 Signs Assessment

This is where you tune in to a few important ways your body communicates with you.

Hunger **Energy levels** **Sleep quality** **Stress runway & mood** **Digestion**

For each of the 5 signs except hunger, you'll assess on a simple scale of 1–5. Hunger gets an arrow instead. Full guidance is on the next page!

Your cycle

Also an important sign, which is why there's space to cross-reference it in your tracker. It's completely optional, though—the 5 signs are still the most important **daily** indicators you'll assess each night.

P	F	L	M
Period	Follicular	Luteal	Post-menopause

Checking In: Daily Anchors

This is where you make sure you're showing up for yourself in your Reset phase by remembering the Daily Anchors. It's as simple as checking the boxes!

Community Check-In/Challenge	Nervous System Flow	Breakfast	Workout OR Recovery	Writing

Anything else intentional—morning or evening light, a sleep target, a walk—goes in the **Extras** column.

NOTES: Monday is typically Day 1.
Weekends (marked as days 6 and 7) are optional for almost everything *except* prepping for the following week.

THE 5 SIGNS ASSESSMENT

This is about how you **feel**, and becoming more attuned to your body. Over time you'll be able to scan your Support Sheets and see trends and improvements.

Don't agonize over your score or over-analyze the signs. The examples below are for guidance; you don't have to fit perfectly in the boxes.

ASSESSING HUNGER

↑	B	↓
Ravenous or uncomfortably hungry more than once in a day	Balanced hunger, aligned with mealtimes	Not really hungry for most of the day

ASSESSING ENERGY LEVELS

1	2	3	4	5
Awful: super low energy, dragging, crash mode, no motivation	Not great: low energy, 1–2 crashes,motivation low	Neutral: no crashes & enough motivation for required tasks	Good: steady energy, good motivation, good productivity	Excellent: high energy, motivation, and productivity

ASSESSING SLEEP Bonus: next to your 1–5, add a "/#h" for hours of sleep (e.g. 4/8h)

1	2	3	4	5
Awful: could not fall asleep, woke multiple times, not restorative	Not great: difficulty falling asleep, woke up at least once, not restorative	Neutral: fell asleep fairly easily, not necessarily restorative but not disastrous	Good: fell asleep fairly easily, slept through, felt good waking up	Excellent: fell asleep easily, slept through, felt restored & energetic waking up

ASSESSING STRESS RUNWAY & MOOD

1	2	3	4	5
Awful: zero bandwidth & everything sets me off, feeling negative, STRESSED	Not great: low bandwidth, "off" day with above-average stress	Neutral: average bandwidth, not negative but not overtly positive, average stress	Good: decent bandwidth, feeling positive, coping well with stressors	Excellent: high bandwidth, positivity, and tackling stressors easily

ASSESSING DIGESTION

1	2	3	4	5
Awful: constant gas, bloating, irregularity, stool issues, or all of the above	Not great: intermittent discomfort and/or stool issues	Neutral: not perfect, but nothing life-limiting	Good: mostly predictable, and good stool formation	Excellent: like clockwork, regular, award-winning stool

WEEK ___ SUPPORT SHEET

□ Grey box = optional

Fill in each spot using the guidance on page 2. Cycle phase is completely optional, and so are weekend tune-ins. Make notes as needed.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger *↑ B ↓*	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	Notes
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6 *optional*							
Day 7 *optional*							

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CHECK IN: Daily Anchors

	Community check-in	NS flow	Breakfast	Workout OR recovery	Writing	Extras?	Notes
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Day 2	□	□	□	□	□		
Day 3	□	□	□	□	□		
Day 4	□	□	□	□	□		
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WEEK ___ SUPPORT SHEET

□ **Grey box = optional**

Fill in each spot using the guidance on page 2. Cycle phase is completely optional, and so are weekend tune-ins. Make notes as needed.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	**Hunger** *↑ B ↓*	**Energy** *1–5*	**Sleep** *1–5*	**Stress runway & mood** *1–5*	**Digestion** *1–5*	**Notes**
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PHASE 1: RESET

FOOD SUCCESS PACKET

Print this packet & keep it where you cook!

WHAT'S INSIDE

2-4	**Protein, Carb & Fat Cheat Sheets:** making it handy
5	**Where Macros Overlap:** how we sort the foods that are more than 1 thing
6	**Your Plate, Simplified:** pick a protein, a carb, a fiber, a garnish
7	**30 Meals, Less Thinking:** 10 breakfasts, 10 lunches, 10 dinners
8	**One Meat, Three Meals:** cook 1 meat, don't get bored

PROTEIN 20–30g CHEAT SHEET

Prioritize lean meats & seafood in your daily routine; enjoy fattier meats & seafood weekly to keep your macros balanced. *Most meats will lose about 25% of their weight when cooked. Not all hands are the same size! Measure once so you know where your anatomy falls.*

3.5 to 4 oz COOKED



One flat hand

As long as your hand, as thick as your palm.

Lean meats & seafood

	PER HAND
Chicken breast	**31g**
Turkey breast	**30g**
Top round & flank steak	**30g**
Venison, bison, elk	**29g**
Tuna, fresh	**29g**
Pork tenderloin	**26g**
Tilapia	**26g**
Ground beef 93/7	**26g**
Shrimp	**24g**
Haddock, sole & flounder	**24g**
Cod & halibut	**23g**
Canned chicken	**22g**
Scallops	**21g**
Canned tuna	**20g**
Lean deli meat *	**15–19g**

*** These run light on protein.** 1.5–2 servings will get you closer to your target. Enjoy!

Fattier meats & seafood

	PER HAND
Chuck roast, braised	**30g**
Top sirloin	**27g**
Ground beef 80/20	**26g**
Chicken thigh	**25g**
Pork chop, bone-in	**25g**
Tinned sardines	**25g**
Ribeye, NY strip	**24g**
Pork shoulder roast	**23g**
Salmon	**22g**

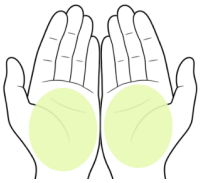
NOT MEASURED BY HAND

Protein powder	**20–25g** / 1 scoop
Low fat cottage cheese	**21g** / ¾ cup
Whole eggs	**19g** / 3 large
Greek yogurt, nonfat	**17g** / ¾ cup
Egg whites	**13g** / ½ cup
Jerky	**9g** / 1 oz

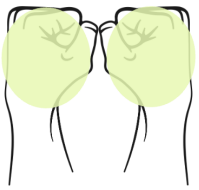
Common serving sizes—these will not always provide target protein.

CARB 25–30g CHEAT SHEET

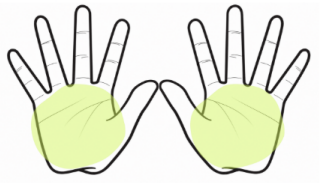
Prioritize phytonutrient-rich fruits and vegetables, but enjoy grains and legumes, too! **Note: this list is not exhaustive.** *Not all hands are the same size! Measure once so you know where your anatomy falls.*



2 cupped hands
⅔ cup
Grains, beans & starches
Cooked, or canned & drained



2 fists
1 ⅓ cup
Fruit



2 flat hands (or more!)
FREE FIBER! Eat as much as you like.

PER 2 CUPPED HANDS	
Plantain	**31g**
Rice	**30g**
Chickpeas	**30g**
Pasta	**29g**
Sweet potato	**28g**
Black beans	**27g**
Lentils	**27g**
Quinoa	**26g**
Banana (raw)	**23g**
Corn	**21g**
Potato	**20g**
Acorn squash	**20g**
Oatmeal *	**19g**
Green peas *	**17g**
Butternut squash *	**15g**
Delicata squash *	**12g**

PER 2 FISTS	
Grapes	**36g**
Mango	**33g**
Cherries	**29g**
Pineapple	**29g**
Blueberries	**29g**
Orange	**28g**
Pear	**28g**
Apple	**23g**
Peach	**20g**
Raspberries	**20g**
Cantaloupe *	**18g**
Watermelon *	**15g**
Strawberries *	**15g**

PER 2 FLAT HANDS	
Arugula	Fresh herbs
Asparagus	Green beans
Bell peppers	Kale
Bok choy	Mushrooms
Broccoli	Onions
Brussels sprouts	Radish
Cabbage	Romaine
Carrots	Snap Peas
Cauliflower	Spaghetti Squash
Celery	Spinach
Cucumber	Tomatoes
Eggplant	Zucchini

*** These run light on carbs.** 1.5+ servings will get you closer to your target. Enjoy!

NOT MEASURED BY HAND

Dried fruit	**28g** / ¼ cup
Sourdough bread	**23g** / 1 slice*
Honey*	**17g** / 1 tbsp
Thin sliced whole grain bread*	**15g** / 1 slice

FAT 15g CHEAT SHEET

One serving, three shapes depending on whether you pour it, spoon it, or pick it up. *Not all hands are the same size! Measure once so you know where your anatomy falls.*



1 Tbs

1 thumb
Pour it



2 Tbs

2 thumbs
Spoon it



¼ cup

1 small palmful
Pick it up (perfect as garnish!)

PER THUMB	
Olive oil	**14g**
Avocado oil	**14g**
High oleic sunflower oil	**14g**
Coconut oil	**14g**
Ghee	**13g**
Butter	**12g**

PER 2 THUMBS	
Mayo	**21g**
Tahini	**18g**
Nut & seed butters	**16g**
Pesto	**15g**
Creamy dressing	**14g**
Heavy cream	**11g**

PER PALMFUL	
Almonds, pecans	**18g**
Sunflower, pumpkin seeds	**17g**
Walnuts	**16g**
Cashews	**14g**
Shredded coconut	**13g**
Avocado (½ whole)	**11g**

NOT MEASURED BY HAND

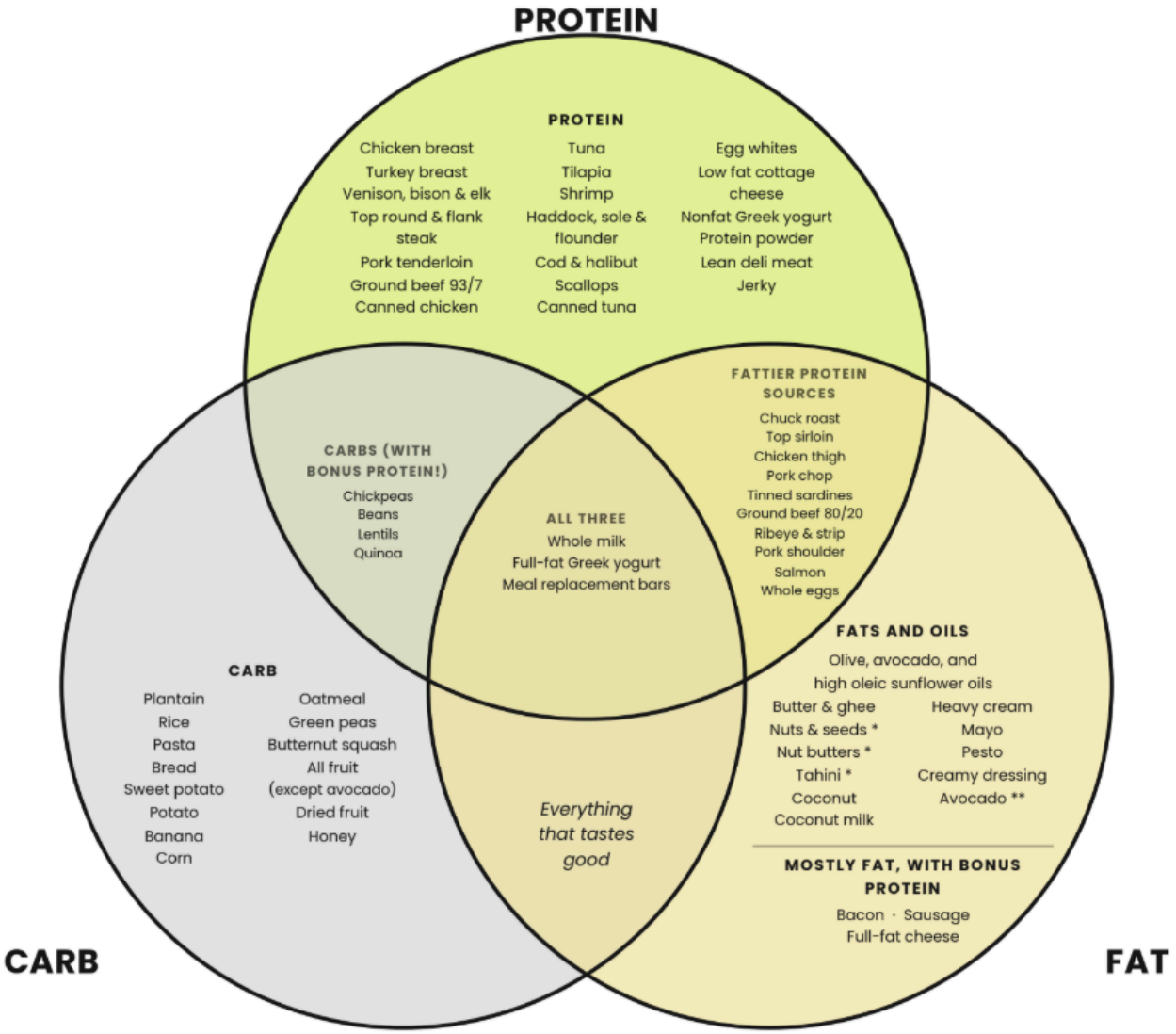
Bacon	**15g** / 4–5 slices
Sausage	**15g** / 2 oz
Coconut milk, canned	**13g** / ¼ cup
Full-fat cheese	**14g** / 1½ oz
Whole eggs	**15g** / 3 large

FAT ALREADY ON YOUR PLATE?

Ribeye **22g** · Chuck roast **20g** · Pork shoulder **19g** · Ground beef 80/20 **18g** · Top sirloin **14g** · Pork chop **13g** · Salmon **12g** · Tinned sardines **12g** · Chicken thigh **8g**

WHERE MACROS OVERLAP

Real food rarely contains just one macronutrient! We tend to categorize overlapping foods as shown below. **(You will NOT be tested on this!)**



Note: "Free fiber" sits outside this map entirely!

* Nuts, seeds, and nut butters provide negligible protein, so we don't count them as both.

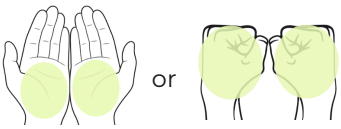
** Avocados' carbohydrate content is almost entirely from fiber, so we don't count it as a fat/carb combo.

YOUR PLATE, SIMPLIFIED

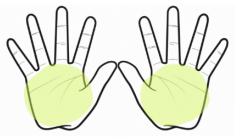
Pick one from each column, starting with Protein and working your way to the Garnish to pull it all together!



STEP 1
Protein
1 flat hand



STEP 2
Carb
2 cupped hands / 2 fists



STEP 3
Fiber
2 flat hands (or more)!



STEP 4
Garnish
Thumb(s) or palm

LEANER CUTS
Chicken breast
Turkey breast
Top round, flank steak
Venison, bison, elk
Pork tenderloin
Ground beef 93/7
Tuna, fresh
Tilapia
Shrimp
Haddock, sole, flounder
Cod, halibut
Scallops
Canned chicken
Canned tuna

FATTIER CUTS
Chuck roast
Top sirloin
Ground beef 80/20
Chicken thigh
Pork chop
Tinned sardines
Ribeye, NY strip
Pork shoulder
Salmon

MEASURED, NO HANDS
Protein powder, 1 scoop
Cottage cheese, ¾ cup
Whole eggs, 3 large
Greek yogurt, ¾ cup
Egg whites, ½ cup
Lean deli meat, 1½ hands

2 CUPPED HANDS
Cooked, or canned & drained
Plantain
Rice
Quinoa
Oatmeal
Potato
Sweet potato
Corn
Green peas
Butternut, acorn, delicata squash
Banana (raw)
Chickpeas
Black beans
Lentils

2 FISTS
Grapes
Mango
Cherries
Pineapple
Blueberries
Orange
Pear
Apple
Peach
Raspberries
Cantaloupe
Watermelon
Strawberries

MEASURED, NO HANDS
Bread, 1 slice
Dried fruit, ¼ cup
Honey, 1 tbsp

Arugula
Asparagus
Bell peppers
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Fresh herbs
Green beans
Kale
Mushrooms
Onions
Radish
Romaine
Snap peas
Spaghetti squash
Spinach
Tomatoes
Zucchini

1 THUMB
Olive oil
Avocado oil
High oleic sunflower oil
Coconut oil
Ghee
Butter

2 THUMBS
Mayo
Tahini
Nut & seed butters
Pesto
Creamy dressing (Ranch, etc)
Heavy cream

1 SMALL PALMFUL
Almonds, pecans
Sunflower, pumpkin seeds
Walnuts
Cashews
Shredded coconut
Avocado, ½ whole

MEASURED, NO HANDS
Bacon, 4–5 slices
Sausage, 2 oz
Full-fat cheese, 1½ oz
Coconut milk, ¼ cup

GETTING ENOUGH

One plate lands around **475 calories**—a little less with lean protein, a little more with fattier cuts. Use the TDEE calculator in the On-Ramp to determine what you need, then see the chart below to help get comfortable eyeballing it.

YOUR DAILY NEED	MEALS ~475 calories	SNACKS ~200 calories	LANDS AT
1,600	**3**	**1**	**1,625**
1,800	**3**	**2**	**1,825**
2,000	**3**	**3**	**2,025**
2,200	**4**	**1**	**2,100**
2,400	**4**	**2**	**2,300**

30 MEALS, LESS THINKING

These are just *Your Plate, Simplified* in action. Every meal is near a 475 calorie target, and is built in the same order **(protein → carb → fiber → fat/garnish).** Amounts/measurements are aligned with hand cues, so once you see the pattern, you can eyeball future meals easily with just your hands.

10 Breakfasts

Veggie Scramble (450 cals)
2 whole eggs · ½ c egg whites · ⅔ c diced cooked potato · spinach, peppers & onion · ½ Tbs (½ thumb) butter

Berry Yogurt Bowl (475 cals)
¾ c Greek yogurt · 1 ½ c strawberries · 1 Tbs honey · ¼ c walnuts

PBJ Yogurt Bowl (460 cals)
¾ c Greek yogurt · 2 Tbs berry jam · 2 Tbs peanut butter

Loaded Berry Smoothie (480 cals)
½ c Greek yogurt · 1 scoop protein powder · ½ c orange juice · 1 ½ c frozen berries · ¼ c coconut milk

Loaded Tropical Smoothie (455 cals)
½ c Greek yogurt · 1 scoop protein powder ·1 ¼ c frozen mango · ½ cucumber · ¼ c light coconut milk

Orange Julius Smoothie (455 cals)
1 c orange juice · ⅓ c 0% Greek yogurt · 1 scoop protein powder · ¼ c coconut milk · ½ tsp vanilla · ice cubes (optional)

Cottage Cheese Bowl (460 cals)
1 c cottage cheese · 1 ¾ c pineapple · ¼ c shredded coconut

Breakfast Hash (440 cals)
4 oz lean (93/7) ground beef · ¾ c cooked sweet potato · onion & bell pepper · ½ Tbs (½ thumb) sunflower oil

Salmon Toast (445 cals)
3 ½ oz salmon · 1 slice sourdough · arugula & tomato · ½ avocado

Chicken Apple Hash (455 cals)
4 oz chicken breast · 1 large apple, chopped & sauteéd · sauteéd onion to taste · 1 Tbs butter · cinnamon & sage to taste

Sausage Skillet (465 cals)
2 whole eggs · ¼ c egg whites · ¾ c cooked potato · cooked zucchini to taste · 2 oz sausage (cook first, then drain)

10 Lunches

The Big Salad (495 cals)
3 oz chicken breast · ½ c chickpeas · cucumber, tomato & red pepper · dressing: 1 Tbs oil + 1 Tbs red wine vinegar + ½ tsp honey

Tuna Plate (475 cals)
1 can tuna (4 oz) · 1 large apple · celery · 6 sourdough crackers · dressing: 1 Tbs mayo + 3 Tbs Greek yogurt

Burrito Bowl (450 cals)
4 oz lean ground beef (93/7) · ⅔ c rice · peppers, red cabbage & salsa · ¼ avocado (½ palmful)

Meaty Half Sando (450 cals)
6 oz deli meat · 1 slice sourdough · greens, tomato & onion · 1 Tbs mayo · 1 Tbs Greek yogurt

Deli Plate (485 cals)
4 oz deli meat · 8 sourdough crackers · carrots, celery & hummus · 1 oz cheese

Shrimp Rice Bowl (475 cals)
5 oz shrimp · ⅔ c rice · broccoli & snap peas · 1 Tbs sesame oil · 1 Tbs coconut aminos

Summer Salad (490 cals)
3 oz grilled chicken · 2 c strawberries · mixed greens · 1 oz feta · dressing: 1 Tbs olive oil + 1 tsp honey + 1 Tbs vinegar

Steak Salad (480 cals)
3 oz flank steak · ¾ c sweet potato · arugula & radish · 1 Tbs olive oil

Sardines on Toast (485 cals)
1 tin sardines, drained · 2 slices toast · arugula & tomato · ½ Tbs (½ thumb) oil (if tin doesn't already have oil)

Waldorf Chicken Salad (480 cals)
1 can chicken (4 oz drained) · ½ apple, chopped · ¼ c grapes · celery, romaine · 2 Tbs (½ palmful) pecans · dressing: 1 Tbs mayo + 3 Tbs Greek yogurt

10 Dinners

Sheet Pan Chicken (450 cals)
3.5 oz chicken breast · ¾ c potato · Brussels sprouts · 1 Tbs oil for roasting

Taco Time (460 cals)
4 oz lean (93/7) ground beef, cooked with taco seasoning · cabbage, tomato, peppers & onion · ¼ c shredded cheese · ¾ c corn, black beans, or handful of corn chips

Harvest Chicken Bowl (480 cals)
3 ½ oz chicken breast · 1 Tbs dried cranberries · butternut squash & Brussels sprouts roasted in 1 Tbs sunflower oil · dressing: 1 tsp honey + 1 Tbs apple cider vinegar + ¼ tsp dijon

Bison Skillet (470 cals)
4 oz ground bison · ⅔ c black beans · onion & tomato · ¼ avocado (½ palmful)

Salmon & Rice (465 cals)
4 oz salmon · ⅔ c rice · bok choy & mushrooms · ½ Tbs (½ thumb) sesame oil

Pot Roast (445 cals)
3 ½ oz chuck roast · ¾ c potato · carrot & green beans · 2 Tbs pan juices

Pork Chops & Apples (460 cals)
4 oz pork chop · 1 large apple, roasted · sauteéd green cabbage

Fish Taco Bowl (480 cals)
5 oz cod · 1 c ripe plantain · red cabbage · ¼ avocado (½ palmful) · 2 Tbs sour cream

Scallops & Chutney (450 cals)
6 oz scallops · 1 ¼ c mango · lime, cilantro, cucumber, red onion · 2 Tbs coconut cream

Pork, Potato & Pepps (490 cals)
4 oz pork tenderloin · ¾ c sweet potato · peppers & onion · 1 Tbs olive oil

10 SNACKS *Snacks are meant to be healthy, yet flexible and filling (not addictive)!*

1. Meat stick & fruit or dried fruit
2. Deli turkey with apple slices
3. Apple with peanut butter
4. Hard boiled eggs & fruit
5. Cheese & crackers
6. Fruit & nuts
7. Jerky, fruit, & coconut flakes
8. A few bites of leftovers
9. Carrots, hummus, & hard boiled egg
10. Pepperoni & crackers

Note: all meats and eggs mentioned above are meant to be *cooked*. (We hope that goes without saying.)

ONE MEAT, THREE MEALS

No more eating the same leftovers all week! Cook your meat plain (not bland; salting and browning are a must!) and make it into different meals all week long.

NOTES:
Each meal makes 2 servings; calorie counts are per serving *inclusive of the "serve with" suggestion!*
Bloom your dried spices! Ground spices go into hot fat/oil for 30 seconds before adding meat. Dried leafy herbs want moisture and time, so simmer or steep them. Better yet, crush them right before using to release more flavor.

	MEAL ONE (Serves 2)	MEAL TWO (Serves 2)	MEAL THREE (Serves 2)
GROUND BEEF Salt and brown 2—2 ¼ lbs over medium-high heat. Drain. **≈ 6 servings**	**Taco Night (475 cals)** Bloom 1 tsp cumin and 1 tsp chili powder in 2 Tbs (2 thumbs) of fat/oil. Then add plain beef to heat and coat. **Serve with** ⅔ c rice, black beans, or a handful of corn chips, sliced peppers and onion, pico, cilantro and lime.	**Meaty Marinara (495 cals)** Heat 1 Tbs (1 thumb) fat/oil. Add 2 cloves minced garlic. When softened, add 1 c marinara. Stir in beef and simmer 10 mins. **Serve with** ⅔ c cooked pasta or spaghetti squash with 1 slice garlic toast. Top with 1 Tbs grated parmesan.	**Bulgogi Bowl (495 cals)** Whisk 2 Tbs soy sauce or coconut aminos, 2 cloves minced garlic, 1 tsp grated ginger, 2 tsp sesame oil and 1 tsp honey. Heat 1 Tbs (1 thumb) oil, then add beef to warm and coat. **Serve with** ⅔ c rice, cucumber and carrot.
CHUCK ROAST Salt and sear one 2.5 lb roast. Slow cook with broth and onion. Done when it shreds easily with a fork. Save the juice! **≈ 6 servings**	**Pot Roast (460 cals)** Warm the shredded beef in its own juices with 1 tsp thyme, 1 bay leaf and ½ sliced onion. **Serve with** ⅔ c baked potato (scooped from the skin) and green beans, 1 Tbs juices spooned over.	**Barbacoa (500 cals)** Bloom 1 tsp chipotle powder and 1 tsp cumin in the reserved juices. Add juice of ½ orange and ½ lime. Toss with beef, spread on a sheet pan, and broil 3–5 mins until the edges crisp. **Serve with** ⅔ c rice, red cabbage, ¼ avocado (½ palmful) and cilantro.	**Vietnamese Beef Bowl (490 cals)** Whisk 2 Tbs fish sauce, juice of 1 lime, 2 cloves minced garlic and 1 tsp chili oil. Heat in a pan, then toss with beef to warm and coat. **Serve with** ⅔ c rice, pickled carrot, fresh cucumber and mint.
CHICKEN BREAST Salt 2lbs (~4) chicken breasts an hour ahead, then roast at 425°F until the inside reaches 165°F (~20 mins). Rest before slicing or shredding. **≈ 6 servings**	**Mediterranean (515 cals)** Whisk juice of ½ lemon with 1 Tbs (1 thumb) of oil and 1 tsp dried oregano, crushed. Let it sit 10 mins, then toss with sliced chicken. **Serve with** ⅔ c chickpeas, cucumber and tomato, and 1 oz feta.	**Buffalo Ranch (480 cals)** Toss shredded chicken in 4–6 Tbs buffalo sauce until coated. **Serve with** ⅔ c sweet potato, romaine, and celery in lettuce cups, with a drizzle of ranch or a Greek yogurt–ranch blend.	**Coconut Curry (495 cals)** Bloom 2 tsp curry powder and 1 tsp ground ginger in 1 Tbs (1 thumb) of oil for 30 seconds. Add ½ c light coconut milk, peppers, and green beans, and simmer until they soften. Add diced chicken until warmed through. **Serve with** ⅔ c rice
PORK TENDERLOIN Salt and sear two pork loins (about 2 lbs), then roast at 400°F until inside reaches 145°F (~20 mins). **≈ 6 servings**	**Apple & Mustard (500 cals)** Whisk together 1 Tbs Dijon, 1 tsp thyme and 3 Tbs (3 thumbs) of oil. Dress sliced pork with ⅓ of mixture, toss brussels sprouts and apples in the rest. Roast Brussels sprouts and apples at 425° for 20-25 mins, adding pork for the last 5 mins. **Serve with** love!	**Cuban Mojo (460 cals)** Heat 1 Tbs (1 thumb) of oil and add 3 cloves minced garlic, 1 tsp cumin and 1 tsp oregano (it should sizzle, but not brown). Whisk in juice of 1 orange and 1 lime. Spoon over cold or room-temp pork. **Serve with** ⅔ c black beans, ⅓ c rice and cabbage.	**Sweet & Sour (510 cals)** Bloom 1 tsp ground ginger in 2 Tbs (2 thumbs) of oil. Add ½ c chopped pineapple, peppers, snap peas, and 1 Tbs soy sauce or coconut aminos and sauté until the vegetables slightly soften, then toss the pork to glaze. **Serve with** ⅔ c rice
SHRIMP Salt and boil or roast 3 lbs for 2–3 mins. Pull when it curls into a C (not an O). Chill fast and eat cold! Reheated shrimp goes rubbery. **≈ 6 servings**	**Shrimp Salad (480 cals)** Whisk 2 Tbs Greek yogurt, ¼ c mayo and a squeeze of lemon. Fold in cold shrimp and 1 chopped celery rib. **Serve with** 1 apple on a bed of romaine.	**Ceviche Bowl (450 cals)** Toss cold shrimp with juice of 2 limes, ¼ c chopped cilantro and ¼ thin-sliced red onion. Let it sit 10 mins. **Serve with** red cabbage; ¾ c plantain or 1 ½ c mango; and ½ avocado (1 palmful).	**Cold Sesame Bowl (465 cals)** Whisk 1 Tbs rice wine vinegar, 1 tsp minced ginger and 2 Tbs (2 thumbs) sesame oil, then toss with cold shrimp. **Serve with** ⅔ c rice, cucumber, and snap peas.

MENU PLANNER TEMPLATE

Notes:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 1 *Breakfast #1*							
Meal 2 *Breakfast #2*							
Meal 3 *Lunch*							
Meal 4 *Dinner*							

Notes: *These menus are just suggestions to make life easier—they're not required! Depending on how many meals are ideal for you (see the Food Success Packet) you might want to modify, forgo 1 of the 4 meals to fit your needs, or add snacks to fill gaps. Share your favorite meals in the Community!*

Shopping List

Servings approach: calculate quantity for shopping list based on the number of servings you/your family needs.

PHASE 1: RESET

WORKOUT PLAN

10 weeks of growing and maintaining muscle using mostly bilateral movements with an emphasis on stability to reinforce movement patterns and build efficiency, control and capacity.

5 WEEKS (Course: On Ramp → Week 4)

Foundation

Build a foundation of efficiency, muscle, *and muscle memory* using 6 crucial movement patterns with straightforward reps.

3 sets · steady, controlled reps

5 WEEKS (Course: Week 5 → Bridge Week)

Tempo

Same overall plan, now with pauses and slow eccentrics on select movements to build muscle and control using time under tension. *This may add a few minutes to the workout!*

3 sets · pauses/slow eccentrics on select lifts

HOW TO EXECUTE

- **Keep the load light during On-Ramp.** On-Ramp is for familiarizing yourself with the movements, so go lighter than you normally would, focus on form, and aim to have 3 to 4 reps left in the tank at the end of each set. Listen to your body!
- **After On-Ramp, pick a weight you can lift for the prescribed number of reps with only 1–2 reps left in the tank.** Know that once you're comfortable with the movements, you can usually do more than you think! *But remember...*
- **You'll probably want to drop the load (weight you're lifting) in week 5 through Bridge week, and that's ok.** Pauses and slow eccentrics are harder than they look. Less load, more time under tension is the driving force for change in these weeks.
- **Supersets maximize rest efficiency.** Each block contains two non-competing movements, which allows one muscle group to rest while the other works. Rest ~30 seconds between each movement if needed, and rest longer (~90 seconds) between superset rounds.
- **An hour of training, 3 days a week is important.** You can break it into two 30-minute chunks if needed! If you must skip or shorten occasionally, it's better to skip Day 3. Day 4 is always optional. **Short on time?** Skip the finisher. If you're even shorter on time, skip Block 3 as well.
- **Walking is the cardio.** Up to an hour a day if you can and if it feels good, but less is fine, too. The sweet spot: 3–4 times/week for 30 minutes each time. It doesn't have to happen right after your workout. For workday walking, we love the Walking Pad.

Every movement here and in the workout app lists alternate options. If your gym doesn't have the specified machine, if you're exercising at home, or if something doesn't feel right, take the alternative.

DAY ONE

Hinge · vertical press · quad iso · horizontal pull · hips · core & grip · tibs & calves

BLOCK 1: SUPERSET		COURSE WEEKS	COURSE WEEKS
HINGE	**Trap bar RDL** alt: dumbbell RDL	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–12**
VERTICAL PRESS	**Machine shoulder press** alt: standing single-arm landmine press · high-incline dumbbell press	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–12**

BLOCK 2: SUPERSET		COURSE WEEKS	COURSE WEEKS
QUAD ISO	**Leg extension** alt: bodyweight Spanish squat · goblet cyclist squat	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–10** *pause at contraction + slow eccentric*
HORIZONTAL PULL	**Seated cable row (neutral grip)** alt: banded row · bench-supported single-arm dumbbell row	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–10** *pause at contraction + slow eccentric*

BLOCK 3: SUPERSET		COURSE WEEKS	COURSE WEEKS
HIPS	**Standing cable hip abduction** alt: machine hip abduction · side lying hip abduction	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–12**
CORE & GRIP	**Suitcase carry** distance goes up as the weeks go on—see below	ON RAMP → WEEK 4 **3 sets/side**	WEEK 5 → BRIDGE **3 sets/side**

ON-RAMP → WEEK 2	WEEKS 3 → 6	WEEK 7 → BRIDGE
20 paces/side	30 paces/side	40 paces/side

Movement note: Each set is left arm followed by right arm. Turn around as space requires. If your grip or posture starts to slip, set the weight down, take a few breaths, and keep going until you reach the set number of paces. Goal: finish both arms without setting the weight down (except when switching sides). Once you get there easily, go heavier!

FINISHER: TIBS & CALVES — ***1 set of each to burnout***

Movement note: the variation rotates every week, and repeats in weeks 5–Bridge with a slow tempo and a pause: **wks On-Ramp, 1, & 5** long-sit banded dorsiflexion / banded flexion · **wk 2 & 6** seated tib raise / seated calf raise · **wk 3 & 7** standing tib raise / standing calf raise · **wks 4, 8, & Bridge** deficit tib raise (heel elevated) / deficit calf raise (toes elevated)

CARDIO: WALKING

DAY TWO

Knee-hip extension · vertical pull · hamstring iso · horizontal press · shoulder iso · tibs & calves · core & grip

BLOCK 1: SUPERSET		COURSE WEEKS	COURSE WEEKS
KNEE-HIP EXTENSION	**Leg press** alt: machine hack squat · goblet squat (dumbbell or kettlebell) · supported step-up	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–10** *pause at 90° knee flexion*
VERTICAL PULL	**Lat pulldown (overhand grip)** alt: assisted pull-up (overhand) · banded pulldown (overhand)	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–10** *pause at contraction + slow eccentric*

BLOCK 2: SUPERSET		COURSE WEEKS	COURSE WEEKS
HAMSTRING ISO	**Seated or lying hamstring curl** alt: banded prone hamstring curl	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–10** *pause at contraction + slow eccentric*
HORIZONTAL PRESS	**Machine chest press** alt: dumbbell bench press · push-ups	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–12**

BLOCK 3: SUPERSET		COURSE WEEKS	COURSE WEEKS
Movement note: Block 3 progression is lateral raise → tibs burnout → lateral raise → calves burnout → lateral raise			
SHOULDER ISO	**Dumbbell lateral raise**	ON RAMP → WEEK 4 **3 × 10–15**	WEEK 5 → BRIDGE **3 × 10–15**
	ON RAMP → WEEK 4 Side lying dumbbell lateral raise alt: cable lateral raise · standing DB lateral raise	**WEEK 5 → BRIDGE** Standing dumbbell lateral raise alt: side lying dumbbell lateral raise · cable lateral raise	
TIBS & CALVES	**Tibs or calves → burnout**	ON RAMP → WEEK 4 **1 set each → burnout**	WEEK 5 → BRIDGE **1 set each → burnout**
WEEKS: ON RAMP, 1 & 5 Long sit banded dorsiflexion; banded flexion	**WEEKS: 2 & 6** Seated tib raise; seated calf raise	**WEEKS: 3 & 7** Standing tib raise; standing calf raise	**WEEKS: 4, 8, & BRIDGE** Deficit tib raise; deficit calf raise
Movement note: add slow tempo + pause to tibs & calves weeks 5 → BRIDGE			

FINISHER: FARMER CARRY — ***1 minute (see notes)***

Movement note: Start a 1-minute timer and walk. If grip or posture slips, set weights down (don't stop timer), take a moment, and keep going. Goal: 1 minute without stopping. Once you get there, go heavier!

CARDIO: WALKING

DAY THREE

Hip thrust · horizontal pull · knee-hip extension · vertical pull · shoulder iso · posterior chain · grip

This day is key for muscle building but optional for maintenance, and it's the one to drop in a busy week if only 2 workouts are in the cards. (Day 4 is always optional, and it's not a substitute for or interchangeable with Day 3).

BLOCK 1: SUPERSET		COURSE WEEKS	COURSE WEEKS
HIP THRUST	**Machine hip thrust** alt: barbell thrust; DB weighted hip thrust	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–10** *pause at contraction + slow eccentric*
HORIZONTAL PULL	**Bench-supported dumbbell row (neutral grip)** alt: banded row, seated cable row	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–10** *pause at contraction + slow eccentric*

BLOCK 2: SUPERSET		COURSE WEEKS	COURSE WEEKS
KNEE-HIP EXTENSION	**Supported split squat** alt: supported DB step-up (mid shin box)	ON RAMP → WEEK 4 **3 × 8–12/side**	WEEK 5 → BRIDGE **3 × 8–12/side**
VERTICAL PULL	**Lat pulldown (underhand grip)** alt: assisted chin-up (underhand) · banded pulldown (underhand)	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–10** *pause at contraction + slow eccentric*

BLOCK 3: SUPERSET		COURSE WEEKS	COURSE WEEKS
SHOULDER ISO	**Dumbbell lateral raise**	ON RAMP → WEEK 4 **3 × 10–15**	WEEK 5 → BRIDGE **3 × 10–15**
	ON-RAMP → WEEK 4 Side lying dumbbell lateral raise alt: cable lateral raise · standing DB lateral raise		**WEEK 5 → BRIDGE** Standing dumbbell lateral raise alt: side lying dumbbell lateral raise · cable lateral raise
SECONDARY POSTERIOR CHAIN	**45 degree extension** alt: banded pull-through	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–12**

FINISHER: DEAD HANG — ***1 set to comfort level***

Movement note: time yourself. Hang until you're at the edge of comfortable (don't push it).

CARDIO: WALKING

DAY FOUR

Accessory hip thrust · vertical press · hips · horizontal press · shoulder iso · tibs & calves

This day is "extra insurance" for muscle building, but it's your most "optional" day.

EXTRA BODY, MOBILITY, & RECOVERY WORK

Day 4 builds additional ROM, joint mobility, flexibility, and recovery work into the warmup.

BLOCK 1: SUPERSET		COURSE WEEKS	COURSE WEEKS
ACCESSORY HIP THRUST	**Glute bridge w 2-second squeeze & slow eccentric** alt: none	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–12** *elevate feet for extra challenge*
VERTICAL PRESS	**Machine shoulder press** alt: standing single-arm landmine press, high incline bilateral DB press, banded overhead press	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–12**

BLOCK 2: SUPERSET		COURSE WEEKS	COURSE WEEKS
HIPS	**Side lying hip abduction + adduction series** alt: none	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–12**
HORIZONTAL PRESS	**Push ups** alt: hand elevated push ups	ON RAMP → WEEK 4 **3 × 8–12**	WEEK 5 → BRIDGE **3 × 8–12**

BLOCK 3: SUPERSET		COURSE WEEKS	COURSE WEEKS
Movement note: Block 3 progression is lateral raise → tibs burnout → lateral raise → calves burnout → lateral raise			
SHOULDER ISO	**Dumbbell lateral raise**	ON RAMP → WEEK 4 **3 × 10–15**	WEEK 5 → BRIDGE **3 × 10–15**
	ON RAMP → WEEK 4 Side lying dumbbell lateral raise alt: cable lateral raise · standing DB lateral raise		**WEEK 5 → BRIDGE** Standing dumbbell lateral raise alt: side lying dumbbell lateral raise · cable lateral raise
TIBS & CALVES	**Tibs or calves → burnout**	ON RAMP → WEEK 4 **1 set each → burnout**	WEEK 5 → BRIDGE **1 set each → burnout**
WEEKS: ON RAMP, 1, & 5 Long sit banded dorsiflexion; banded flexion	**WEEKS: 2 & 6** Seated tib raise; seated calf raise	**WEEKS: 3 & 7** Standing tib raise; standing calf raise	**WEEKS: 4, 8, & BRIDGE** Deficit tib raise; deficit calf raise
Movement note: add slow tempo + pause to tibs & calves weeks 5 → BRIDGE			

CARDIO: WALKING