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