



Week 2: Returning

Consistency is not a perfect streak. It is how quickly and kindly you return.

COMPLETE THIS WEEK

Workouts 4, 5 & 6. My planned workout days: _____ / _____ / _____

DAILY FOUNDATIONS Fuel with the plate | Prioritize protein | Drink water | Follow the beverage reset | Choose movement | Return without guilt

Day	Focus	Your direction
8	Plan the week	Choose your three workout days and identify the one obstacle most likely to interrupt your plan.
9	Eat before ravenous	Use regular meals and a planned protein-rich snack when needed instead of saving most of your food for nighttime.
10	Choose movement	Walk, rebound, dance, run, skip, bike, or move another way that helps you reconnect with your body.
11	Check satisfaction	After one meal, pause and ask: Was I physically satisfied? What might this meal need next time?
12	Protect the minimum	On a busy day, keep the smallest version: water, protein, a balanced plate, and a few minutes of movement.
13	Release all-or-nothing	If a choice goes sideways, return at the next meal or next available movement opportunity.
14	Review and reset	Finish any remaining weekly workout. Record what helped you return instead of starting over.

End-of-week reflection

My win: _____

What I will adjust next week: _____



WORKOUT 4 • BODYWEIGHT FIRST

Full-Body Strength

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

March + reach • Good morning • Alternating lunge • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Squat + knee drive	Goblet squat
2	Reverse lunge + reach	Hold one weight at chest
3	Incline push-up	Floor press instead
4	Single-leg kickstand hinge	Hold weights at sides
5	Glute bridge march	Weight across hips
6	Lateral lunge	Hold one weight at chest
7	Low-impact jack	Weighted push-out jack

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Hip-flexor stretch • Chest stretch • Forward fold • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



WORKOUT 5 • BODYWEIGHT FIRST

Legs + Balance

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

Ankle rolls • Hip openers • Squat + reach • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Split squat right	Hold weights at sides
2	Split squat left	Hold weights at sides
3	Sumo squat	Hold one weight at chest
4	Single-leg hinge right	Hold weights at sides
5	Single-leg hinge left	Hold weights at sides
6	Squat hold + heel lift	Hold one weight at chest
7	Skater step or hop	Hold one weight at chest

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Quad stretch • Figure-four stretch • Calf stretch • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.



WORKOUT 6 • BODYWEIGHT FIRST

Posture + Core

30 minutes • 40 seconds work / 20 seconds rest • 7 exercises • 3 rounds

3-MINUTE WARM-UP

Shoulder rolls • Arm sweeps • Torso rotation • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Incline push-up	Floor press instead
2	Standing pull-down	Bent-over row instead
3	Plank shoulder tap	Renegade row at counter
4	Superman pull	Light reverse fly instead
5	Bird dog	Light weights in hands
6	Side plank at wall or knees	Hold light weight overhead
7	Single-leg cross-crunch	Hold one light weight

ROUND 1 → 90-sec water break → ROUND 2 → 90-sec water break → ROUND 3

3-MINUTE COOLDOWN

Box breathing • Chest stretch • Upper-back stretch • Move through each for about 1 minute.

YOUR WIN: You finished at the level your body needed today.