



Week 3: Growing

Growth asks for humility: pay attention, make an adjustment, and challenge yourself when ready.

COMPLETE THIS WEEK

Workouts 7, 8 & 9. 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
15	Midpoint check-in	Complete your Day 15 check-in. Notice changes in energy, strength, sleep, confidence, digestion, and consistency.
16	Choose progression	Move to 45 seconds of lifting and 15 seconds of rest. Add dumbbells only where you can keep control.
17	Fuel the work	Use the higher end of your carbohydrate range after training or when activity and true hunger call for more fuel.
18	Check environment	Make water visible and put one easy protein, produce, and emergency meal option within reach.
19	Practice flexibility	Modify a family favorite using the plate rather than labeling the entire meal good or bad.
20	Respond to hunger	If you are hungry soon after eating, look for the missing piece: protein, produce or fiber, carbohydrate, fat, or enough food.
21	Name the growth	Complete any remaining weekly workout. Write one thing your body can do now that felt harder on Day 1.

End-of-week reflection

My win: _____

What I will adjust next week: _____



WORKOUT 7 • BODYWEIGHT FIRST

Full-Body Power

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

3-MINUTE WARM-UP

March + arm swing • Squat • Good morning • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Squat to reach	Squat to press
2	Alternating row stance	Bent-over row
3	Reverse lunge + curl motion	Reverse lunge + biceps curl
4	Good morning	Romanian deadlift
5	Lateral lunge + reach	Lateral lunge + clean
6	Plank shoulder tap	Plank dumbbell drag
7	Fast march or high knees	Hold light weights

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

3-MINUTE COOLDOWN

Slow march • Quad stretch • Chest stretch • Move through each for about 1 minute.

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



WORKOUT 8 • BODYWEIGHT FIRST

Lower-Body Strength

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

3-MINUTE WARM-UP

Heel-toe rocks • Hip circles • Hamstring sweep • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Squat	Goblet squat
2	Alternating reverse lunge	Hold weights at sides
3	Sumo squat pulse	Hold one weight at chest
4	Glute bridge	Weight across hips
5	Lateral lunge	Hold one weight at chest
6	Curtsy lunge + calf raise	Hold weights at sides
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 • Hamstring stretch • Move through each for about 1 minute.

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



WORKOUT 9 • BODYWEIGHT FIRST

Upper Body + Core Strength

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

3-MINUTE WARM-UP

Arm circles • Wall slides • March + overhead reach • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Incline push-up	Floor press instead
2	Standing W squeeze	Bent-over row instead
3	Shoulder press motion	Shoulder press
4	Triceps wall press	Triceps extension
5	Bird dog row motion	Bird dog row
6	Dead bug	Hold one light weight
7	Arm punches	Use very light weights

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

3-MINUTE COOLDOWN

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

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