



Week 4: Becoming

Recognize what is changing and practice the habits you want to carry forward.

COMPLETE THIS WEEK

Workouts 10, 11 & 12. 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
22	Plan with confidence	Choose your final three workout days and the level—bodyweight or dumbbells—that lets you move well.
23	Repeat what works	Choose a breakfast, lunch, or snack that has consistently kept you fueled and satisfied.
24	Move because you can	Choose movement that feels supportive today. There is no required number—showing up is the practice.
25	Notice beyond scale	Pay attention to clothing fit, posture, stamina, mood, sleep, digestion, and confidence.
26	Prepare for imperfect	Write your personal return plan for the next missed workout, busy week, or meal that does not go as planned.
27	Celebrate strength	During today's workout or movement, notice control, endurance, balance, or weight that has improved.
28	Finish the week	Complete any remaining weekly workout. Choose three foundations you want to keep after Day 30.

End-of-week reflection

My win: _____

What I will adjust next week: _____



WORKOUT 10 • BODYWEIGHT FIRST

Full-Body Becoming

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

3-MINUTE WARM-UP

March + reach • Squat + chest opener • Good morning • Move through each for about 1 minute.

#	Bodyweight movement	Optional weight progression
1	Squat + reach	Squat + press
2	Alternating reverse lunge	Reverse lunge + curl
3	Standing pull-down	Bent-over row
4	Single-leg kickstand hinge	Romanian deadlift
5	Incline push-up	Floor press instead
6	Lateral lunge	Lateral lunge + clean
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 • Full-body reach • Move through each for about 1 minute.

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



WORKOUT 11 • BODYWEIGHT FIRST

Lower-Body Strength + Sweat

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

3-MINUTE WARM-UP

Ankle mobility • Hip opener • Squat + reach • 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	Good morning	Romanian deadlift
4	Curtsy lunge + calf raise	Hold weights at sides
5	Sumo squat pulse	Hold one weight at chest
6	Glute bridge march	Weight across hips
7	Skater or fast side step	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 12 • BODYWEIGHT FIRST

Upper Body + Confident Finish

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

3-MINUTE WARM-UP

Shoulder rolls • Arm sweeps • March + 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
3	Shoulder press motion	Shoulder press
4	Plank shoulder tap	Renegade row at counter
5	Triceps wall press	Triceps extension
6	Standing cross-crunch	Hold one light weight
7	Punches	Use very light weights

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

3-MINUTE COOLDOWN

Box breathing • Chest stretch • Triceps stretch • Move through each for about 1 minute.

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