FREE TRAINING PLAN

The Four Week Discipline Training Plan

Three short workouts a week, a daily walk, and five simple habits. The goal for the next four weeks is not perfection. It is showing up, doing the work, and logging it every single day.

How to use this plan

- Train three days a week. Monday, Wednesday, and Friday works for most people. Any three days with a rest day between them is fine.
- On the other days, walk for 20 to 30 minutes and do 10 minutes of mobility.
- Every workout starts with a 5 minute warm up: easy marching or walking, arm circles, and a few slow bodyweight squats.
- Pick a weight or variation that leaves about 2 to 3 good reps in the tank on each set. Form comes first.
- Rest 60 to 90 seconds between sets.
- Check off the daily tracker at the end of this plan before you go to bed.

Equipment

Bodyweight is enough. A pair of dumbbells or a resistance band makes some exercises easier to progress. Swap options are listed for each move.

Weekly progression

Week	What changes	Focus
Week 1	Do the listed sets and reps.	Learn the movements. Finish every session.
Week 2	Add 1 to 2 reps to every set.	Same exercises, a little more work.
Week 3	Add a fourth set to the first two exercises of each day.	Build volume and consistency.
Week 4	Keep week 3 sets and reps. Lower every rep slowly over 3 seconds.	Control and quality.

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THE WORKOUTS

Day A: Lower body and core

Exercise	Sets x Reps	Swap option
Squat (bodyweight or goblet)	3 x 10	Box squat to a chair
Reverse lunge	3 x 8 each leg	Split squat holding a counter
Glute bridge	3 x 12	Single leg bridge to progress
Dead bug	3 x 8 each side	Bent knee version
Side plank	3 x 20 sec each side	Knees down side plank

Day B: Upper body push and pull

Exercise	Sets x Reps	Swap option
Pushup	3 x 8	Hands on a bench or counter
One arm dumbbell row	3 x 10 each arm	Band row or backpack row
Shoulder press (dumbbell or pike pushup)	3 x 8	Band press
Reverse fly or band pull apart	3 x 12	Prone Y raise on the floor
Plank	3 x 30 sec	Knees down plank

Day C: Full body conditioning

Do 4 rounds of the circuit below. Move from one exercise to the next with little rest. Rest 60 seconds after each round. Finish with a 10 minute easy walk.

Exercise	Reps per round
Squat	10
Pushup (any version)	8
Reverse lunge	8 each leg
Mountain climbers	20 total
Glute bridge	12

Rest days

Walk 20 to 30 minutes at a pace where you can still talk. Then spend 10 minutes on mobility: hip flexor stretch, cat and cow, thoracic rotations, and a hamstring stretch.

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THE DAILY STANDARD

Five habits, every day

- **Train or walk.** Workout on training days. A 20 to 30 minute walk on the others.
- **Hit your steps.** Aim for 7,000 steps or more.
- **Same lights out time.** Pick a time that allows 7 or more hours in bed and keep it all week.
- **Ten minutes of mobility.** Before bed works well.
- **Plan tomorrow tonight.** Know when you will train before you go to sleep.

Daily tracker

Check a box for every habit you complete. Aim for a full row every day.

Day	Train or walk	Steps	Lights out	Mobility	Plan tomorrow
W1 Mon					
W1 Tue					
W1 Wed					
W1 Thu					
W1 Fri					
W1 Sat					
W1 Sun					
W2 Mon					
W2 Tue					
W2 Wed					
W2 Thu					
W2 Fri					
W2 Sat					
W2 Sun					
W3 Mon					
W3 Tue					
W3 Wed					
W3 Thu					
W3 Fri					
W3 Sat					
W3 Sun					
W4 Mon					
W4 Tue					
W4 Wed					
W4 Thu					
W4 Fri					
W4 Sat					
W4 Sun					

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BEFORE YOU START

Train safely

- Talk with your physician before starting this or any exercise program, especially if you have a heart condition, high blood pressure, a recent injury, or any other medical condition.
- Stop any exercise that causes sharp pain, dizziness, chest pain, or unusual shortness of breath, and seek medical advice.
- Use a range of motion that feels controlled. Mild muscle soreness in the first week is common. Joint pain is not something to push through.

Want a plan built around you?

This plan is a general starting point. If you want programming built around your goals, schedule, and equipment, with weekly check ins and accountability, book a free 30 minute strategy call at specopsolutions.site.

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