

Move Every Day

A 4-week beginner-to-intermediate strength + conditioning plan

Weekly Structure

- 3 strength days (full-body, 45 min)
- 2 conditioning days (zone-2 cardio, 30–45 min)
- 1 mobility / yoga day (30 min)
- 1 rest or light walk day

Full-Body Strength (A)

- Goblet squat — 3 × 8–10
- Push-up or bench press — 3 × 8–10
- Dumbbell row — 3 × 10 each side
- Romanian deadlift — 3 × 8
- Plank — 3 × 30–45 sec

Full-Body Strength (B)

- Reverse lunge — 3 × 8 each leg
- Overhead press — 3 × 8–10
- Lat pulldown or assisted pull-up — 3 × 8
- Hip thrust — 3 × 10
- Dead bug — 3 × 10 each side

Zone-2 Conditioning

Brisk walking, easy cycling, swimming or rowing at a pace where you can hold a conversation in short sentences. 30–45 minutes, twice weekly. This builds the aerobic base most people lack.

Progression (Weeks 1–4)

- Week 1 — focus on form, lightest weight that challenges last 2 reps
- Week 2 — add one rep per set
- Week 3 — add 5–10% load
- Week 4 — deload to 60% load, sleep 8+ hours nightly

Recovery Essentials

- Protein within 60 minutes of training
- 7–9 hours of sleep — non-negotiable for adaptation
- Magnesium glycinate in the evening to support muscle recovery
- 5–10 min of walking after meals to manage glucose