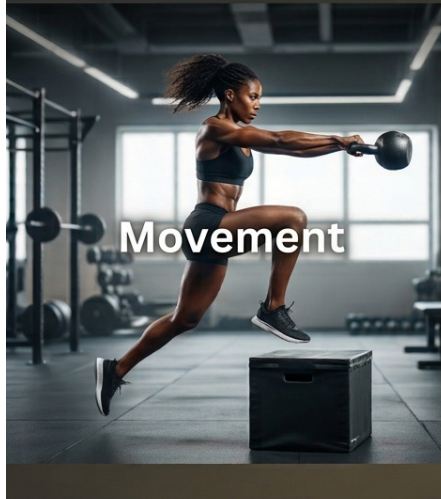


SUMMER 2026 WEEK 1 FITNESS & NUTRITION PLAN

Designed By Coach Julian RYT, CWC, CNC, CPT, CWC



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DAY 1:

FULL BODY PROTOCOL

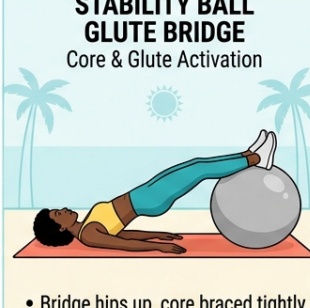
INHIBIT (SMR)	LENGTHEN (Static)	ACTIVATE (Neural Recruitment)	INTEGRATE (Dynamic Strength)
CALF & OUTER THIGH ROLLOUT SMR Options	STATIC GASTROCNEMIUS STRETCH Split Stance Wall Stretch	GLUTE BRIDGE & ANKLE DORSIFLEXION Activation Complex	SQUAT MOVEMENT COMPLEX Part 1 & Part 2 Split
 - Use foam roller, tennis ball, or massage gun [cite: 1] - Roll slowly over calves or outer thigh regions [cite: 2] - Pause on areas of discomfort and tender spots [cite: 3] - Add 4-6 reps of foot movement Hold tender spots 30 sec (SMR) [cite: 5]	 - Internally rotate back foot slightly [cite: 6] - Keep back heel firmly down on floor [cite: 7] - Keep back knee straight and lean forward [cite: 8] MERGED CUES: Hold stretch 30 sec (Static)	 - Option: Add mini-band above knees [cite: 10] - Focus on pulling toes tightly toward shins [cite: 11] - Counter quad dominance [cite: 12] Perform 12 reps with 4/2/1 tempo [cite: 13]	 PART 1: TOTAL BODY FULL SQUATS - Keep core braced tightly [cite: 14] - Ensure knees track clearly over 2nd/3rd toes to correct valgus [cite: 15] - For those without weight: Use higher reps [cite: 16] PART 2: WIDE-TO-NARROW BASE SQUATS - Alternate stance width between reps or sets [cite: 17] - Focus on constant tension and control [cite: 18] Alternative: Plank Hold

MOVE WITH PURPOSE

DAY 2: UPPER BODY STRENGTH & MOBILITY

INHIBIT (SMR)	LENGTHEN (Static)	ACTIVATE (Neural Recruitment)	INTEGRATE (Dynamic Strength)
LAT & TRICEPS ROLLOUT [cite: 1] - Release tension [cite: 2]  - Use foam roller or tennis ball [cite: 3] - Start under armpit, roll down the lat muscle [cite: 4] - Roll over triceps, pause on tender spots [cite: 5] - Extend arm and move to find hotspots [cite: 6] [cite: lat smr cues]	SCAPULAR MOBILITY & PEC STRETCHES [cite: 7] Shoulder & Chest Options [cite: 8]  Kneeling Pec Stretch: Keep elbow bent, turn torso away [cite: 9] Doorway Pec Stretch (Standing): Elbow high, step through [cite: 10] - Maintain open chest and upright posture [cite: 11] Include Scapular Wall Slides: Focus on control [cite: 12] [cite: scapular mobility wall slides cues]	SCAPULAR WALL SLIDES [cite: 13] Scapular Control & Posture [cite: 14]  - Start with back and elbows against the wall [cite: 15] - Slowly slide arms up and down, keeping contact [cite: 16] - Keep core braced and shoulders down [cite: 17] Alternative: Scapular Push-ups [cite: 18] [cite: perform wall slide cues]	SQUAT & PRESS COMPLEX Part 1 & Part 2 Split [cite: 20] PART 1: SQUAT WITH OVERHEAD PRESS - Perform squat, then drive dumbbells overhead [cite: 22] - Core braced, use full range [cite: 23] - For those without weight: Use higher reps [cite: 24] [cite: weighted squat cues] PART 2: STANDING OVERHEAD PRESS [cite: 25] - Stand tall, core braced - Press dumbbells over head in controlled motion [cite: 27] - Vertical motion [cite: military press cues] Home Mod: Alternative
MOVE WITH PURPOSE [cite: 28]			

DAY 3 LOWER BODY PRIMARY

INHIBIT (SMR)	LENGTHEN (Static)	ACTIVATE (Neural Recruitment)	INTEGRATE (Dynamic Strength)
QUADRICEPS ROLLOUT - Roll out quad  - Lie face down, roller under thighs - Roll slowly from hip to knee - Pause on tender spots Hold tender spots 30 sec (SMR)	MERGED HIP FLEXOR STRETCHES Standing & Kneeling Options  - Kneel or stand tall, drive hips forward - Squeeze glute of back leg to deepen stretch - Maintain an upright torso posture - Reach opposite hand up to the ceiling - Padded knee required for kneeling variation Hold stretch 30 sec (Static)	STABILITY BALL GLUTE BRIDGE Core & Glute Activation  - Bridge hips up, core braced tightly Alternative: Ground Glute Bridge (or add weight) Perform 12 reps with 4/2/1 tempo	DYNAMIC SQUAT COMPLEX Part 1 & Part 2 Split PART 1: WEIGHTED SQUATS - Elevate heels on wedge or plates. Core braced - Push knees out; track over 2nd and 3rd toes - Hold dumbbells below waist Home Mod: Use Band, Bodyweight, or Water Jug PART 2: BODYWEIGHT PULSE SQUATS - Drop hips to parallel, 3-4 inch pulse - Maintain constant tension, do not lock out Alternative: Plank Hold
MOVE WITH PURPOSE			

DAY 4 | UPPER BODY PRESSING PRIMARY

INHIBIT (SMR)

PEC & ANTERIOR DELT RELEASE

- Target chest tension



- Place massage ball under armpit/upper lat
- Position ball just below collarbone near armpit
- Lean weight into wall and roll slowly
- Pause on hot spots and trigger points

Hold tender spots 30 sec per side (SMR)

LENGTHEN (Static)

PRONE CHEST & T-STRETCH

Anterior Chain Opening



- Lie prone with supporting arms extended wide
- Slowly roll torso upward to one side
- Keep the stretching arm flat on the floor
- Breathe deeply and sink into the chest stretch

Hold stretch 30 sec per side (Static)

ACTIVATE (Neural Recruitment)

RESISTANCE BAND PULL-APARTS

Scapular & Rotator Cuff Prep



- Stand tall with arms extended at chest height
- Pull band apart wide until it touches your chest
- Squeeze back muscles tightly; control the return
- Keep shoulders packed down away from ears

Perform 2 sets of 15 reps (Controlled tempo)

INTEGRATE (Dynamic Strength)

HORIZONTAL PRESS COMPLEX

Part 1 & Part 2 Split

PART 1: BENCH PRESS (BB/DB/KB)



- Drive feet flat into floor, squeeze shoulder blades
- Lower weights under control to the mid-chest
- Press straight up forcefully without unlocking back

Prescription: 5 sets x 8-12 reps

PART 2: VOLUME PUSH-UPS



- Maintain rigid head-to-heel straight line posture
- Lower chest to floor, keep shoulders tucked at 45 degrees
- Mod: Hands on wall (assist) / Feet elevated (resist)
- Alternative: Banded Push-ups

Target: 5-10 sets x 5-10 reps

MOVE WITH PURPOSE

DAY 5 | LOWER BODY HYPERTROPHY

INHIBIT (SMR)

QUADS & HIP FLEXOR ROLLOUT

- Target chest tension



- Use foam roller on quads and front hips.
- Roll slowly from above knee to hip crease.
- Pause on tender spots to release tension.
- Keep core braced.

Hold tender spots 30 sec per side (SMR)

LENGTHEN (Static)

MERGED OPTION: KNEELING HIP FLEXOR & HAMSTRING STRETCHES



- Lie prone with supporting arms extended wide
- Slowly roll torso upward to one side
- Keep the stretching arm flat on the floor
- Breathe deeply and sink into the chest stretch

Hold stretch 30 sec per side (Static)

ACTIVATE (Neural Recruitment)

GLUTE BRIDGE & BANDED

Scapular & Rotator Cuff Prep



- Stand tall with arms extended at chest height
- Pull band apart wide until it touches your chest
- Squeeze back muscles tightly; control the return
- Keep shoulders packed down away from ears

Perform 2 sets of 15 reps (Controlled tempo)

INTEGRATE (Dynamic Strength)

HORIZONTAL PRESS COMPLEX

Part 1 & Part 2 Split

PART 1: BENCH PRESS (BB/DB/KB)



- Drive feet flat into floor, squeeze shoulder blades
- Lower weights under control to the mid-chest
- Press straight up forcefully without unlocking back

Prescription: 4 sets x 8-12 reps

PART 2: VOLUME PUSH-UPS



- Maintain rigid head-to-heel straight line posture
- Lower chest to floor, keep shoulders tucked at 45 degrees
- Mod: Hands on wall (assist) / Feet elevated (resist)
- Alternative: Banded Push-ups

Target: 5-10 sets x 5-10 reps

MOVE WITH PURPOSE

NUTRITION & DIETARY STRATEGIES FOR FULL BODY WELLNESS

3) BURN FAT STRATEGY

CALORIC DEFICIT &

IMPERATIVE: CALORIC DEFICIT



- ### FAT BURN DIETARY TOOLS
1. Focus on quality protein, fiber, & fats.
 2. Use a high-quality food tracking system.
 3. Increase non-exercise thermogenesis (e.g., NEAT).
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FAT BURN DIETARY TOOLS

BURN SUPPLES: MOBILITY & OUTPUT

MOVE WITH PURPOSE - INTEGRATED NUTRITION & LIFESTYLE

FULL BODY RECOVERY PROTOCOL

4) SYSTEMS INTEGRATION: SUNLIGHT & GROUNDING

ENVIRONMENTS & RHYTHMS



- ### Alternative: Plank Hold

- ## OPTIMIZING SYSTEM OPTIMIZERS

1. Infrared Sauna
2. Cold Plunge/Ice Bath

MOVE WITH PURPOSE - INTEGRATED RECOVERY