

Intentional Movement: Weekly Workout & Peptide Support



Moving With Purpose

A 7-Day At-Home Training + Recovery Protocol

Intentional movement isn't random workouts.

It's structured stress → supported recovery → visible adaptation.

When you move with purpose, you're training:

- Collagen strength
- Metabolic efficiency
- Hormonal resilience
- Inflammation regulation
- Mitochondrial energy

This is not about burning calories.

It's about building capacity.

The Weekly Structure

Monday – Lower Body Strength + Stability

Focus: Glutes, hamstrings, tendon integrity

Bodyweight squats or goblet squats

Reverse lunges

Romanian deadlifts (dumbbells)

Glute bridges

20–30 minutes

Peptide Support (Recovery Focus):

- BPC-157 → tendon & connective tissue support
- TB-500 → cellular migration & mobility

Tuesday – Mobility + Core Regulation

Focus: Spine, hips, shoulders

Controlled stretching

Pilates-style core work

Slow eccentric movements

25 minutes

Peptide Support (Inflammation Calm):

- KPV → inflammation modulation

Wednesday – Upper Body Strength

Focus: Back, shoulders, posture

Push-ups (incline if needed)

Dumbbell rows

Shoulder presses

Band pull-aparts

25–30 minutes

Peptide Support (Muscle Recovery):

- BPC-157 (if training intensity is high)

Thursday – Active Recovery

Focus: Circulation + nervous system

30-minute brisk walk

Light yoga or stretch at home

Optional Peptide metabolic support:

- MOTS-c → mitochondrial efficiency

Friday – Metabolic Conditioning

Focus: Short intervals

Bodyweight circuits

- Squat to control pause
- Incline Push up
- Reverse Lunges
- Plank Shoulder Taps (or just plank) 45 sec.
- Glute Bridge Hold 20-30 sec.

Step-ups 20 minutes total

Metabolic alignment (if part of protocol):

- Retatrutide (if already prescribed and tolerated)

Saturday – Structural + Collagen Support

Focus: Slow, controlled strength

Tempo squats

Slow push-ups

Isometric holds

Recovery emphasis:

- GHK-Cu → collagen signaling & tissue quality

Sunday – Full Rest + Repair

Hydrate at least 64oz water

Protein 0.7–1g per lb goal weight.

Electrolytes.

Sleep 7–9 hours.

Optional longevity cycle support:

- Epitalon (cyclical use)

Why This Works

Movement creates stimulus.

Peptides support signaling.

Nutrition fuels adaptation.

Sleep locks in progress.

You don't need a gym.

You need structure.

What This Program Builds

✓ Lean muscle

✓ Joint resilience

✓ Reduced inflammation

✓ Better recovery

✓ Skin + collagen support

✓ Metabolic efficiency

This is not random sweating.

This is engineered adaptation.

Wellness by Tracy™ Philosophy

Wellness is not intensity.

It's alignment.

Stress the system.

Support the system.

Repeat weekly.