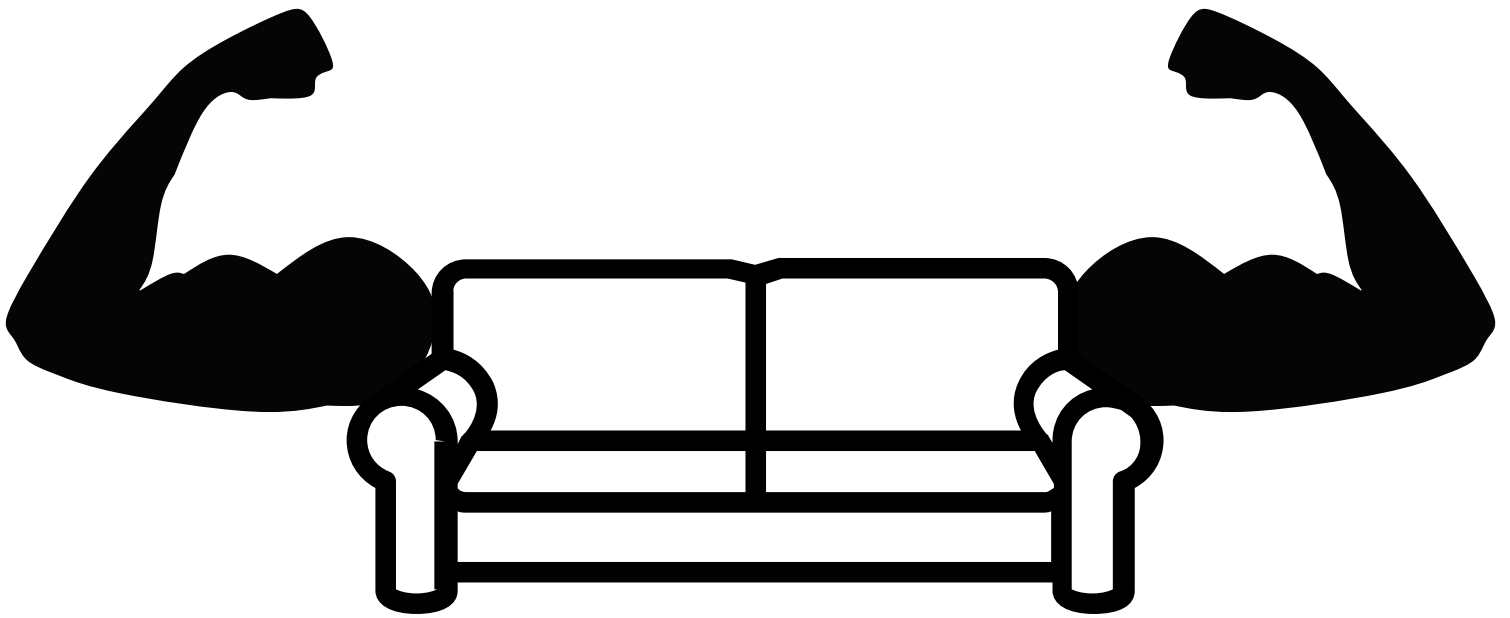


THE BASIC TRAINER

FITNESS PROGRAMS



**COUCH
TO
STRONG**

COUCH TO STRONG WORKOUT PROGRAM DISCLAIMER



Consult Your Physician: Before beginning any fitness program, it is imperative that you consult with your physician to ensure that you are medically and physically prepared for the level of activity involved in these programs. Your participation in any exercise program introduced by "The Basic Trainer" should be based on medical advice and clearance from your healthcare provider.

Acknowledgment of Risk: Exercise and fitness activities inherently involve a risk of physical injury. When participating in any exercise or fitness program, there is the possibility of physical injury. By engaging in these fitness programs provided by "The Basic Trainer," you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge "The Basic Trainer" from any and all claims or causes of action, known or unknown, arising out of "The Basic Trainer"'s negligence.

No Substitute for Professional Advice: The information provided in our fitness programs is for educational and informational purposes only and is not intended as medical or healthcare advice. The information provided should not be used as a substitute for professional diagnosis or treatment.

Results May Vary: "The Basic Trainer" makes no warranties or guarantees concerning any particular outcome or results from your use of the fitness programs. As individuals differ, so will results.

Liability Disclaimer: "The Basic Trainer", including its owners, agents, and employees, will not be liable for any damages arising from personal injuries sustained by individuals participating in its fitness programs. By accepting this disclaimer, you acknowledge and agree that you are assuming responsibility for your own safety while participating in our fitness programs.

Agreement: By purchasing and/or using any fitness program from "The Basic Trainer," you acknowledge that you have read this disclaimer and fully understand its terms. You acknowledge that you are participating voluntarily in these programs and agree to this disclaimer's terms and conditions.

COUCH TO STRONG WORKOUT PROGRAM OVERVIEW



This **equipment-free program** is designed to **build foundational strength** over 30 days with just **two mandatory 20-minute workouts per week (including a 3-minute warmup)**. Will you be jacked and tan by the end of these 30 days? No. Will you look better, feel better, and have a better workout habit than before you started? Hell yes. Stick with it, track your progress, and enjoy the benefits of getting stronger with just 2-3 short workouts per week. Let's get started!

Key Features:

- Strategically programs easily accessible exercises into a program that guarantees progression over 4 weeks
- Easily accomplished in the comfort of your home with only your body
- 2 mandatory workouts per week (20-30 minute commitment) // optional 3rd workout per week

Program Structure:

- Week 1-2: Build a foundation with proper form & controlled reps.
 - Week 3-4: Increase reps, add tempo (slow eccentrics), and introduce holds.
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3-Minute Warmup (Complete Before Each Day of Training):

- Cat/Cow 10 reps
- World's Greatest Stretch 5 reps each side
- Arm Circles 10 reps forward / 10 reps backward

1-Minute Cooldown (Complete After Each Day of Training):

- 10 Deep Breaths 3 seconds in / 3 seconds out
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MANDATORY DAILY CHALLENGE

Getting in better shape is all about building better habits. Good habits compound, so there's no better way to start building them than by sticking to a simple healthy behavior, first thing, every day.

- Drink at least 12 ounces of water immediately upon waking every day

COUCH TO STRONG STRENGTH TRAINING PROGRAM

Week 1-2: Strength Circuit - Complete 2-3 rounds. Try to add at least one rep per exercise per training session.

Week 3-4: Increase to 3-4 rounds. Slow down reps (eccentric focus), extend holds.

Exercise Videos Hyperlinked for Each Exercise

Rest Periods: 60-120 seconds between sets

Workout A: Strength & Stability

Exercise 1: Push Ups (Elevated if Necessary)

As Many Reps As Possible (AMRAP)

Exercise 2: Sit Ups (Controlled Tempo)

Reps = 5-15

Exercise 3: Reverse Lunges

Reps = 5-15 Per Leg

Exercise 4: Single-Leg Glute Bridge

Reps = 5-15 Per Leg

Workout B: Balance & Control

Exercise 1: Push Ups (Elevated if Necessary)

As Many Reps As Possible (AMRAP)

Exercise 2: Sit Ups (Controlled Tempo)

Reps = 5-15

Exercise 3: Split Squat (Use Assistance if Necessary)

Reps = 5-15 Per Leg

Exercise 4: Single-Leg RDL (Use Assistance if Necessary)

Reps = 5-15 Per Leg