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Wellness Redefined
7-Day
Workout Plan

7-DAY SAMPLE PLAN

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	Beginner Functional Training - Full Body Foundations
DAY 1	<p>○ Warm-up:</p> <ul style="list-style-type: none">• 5 min treadmill walk (3.5–4 mph) or stationary bike• Dynamic stretches: Arm circles, leg swings, torso twists (1 min each) <p>Main Workout:</p> <p>○ 1. Goblet Squat (<u>How to</u>: Hold weight at chest, feet shoulder-width, squat until thighs parallel, drive through heels.)</p> <ul style="list-style-type: none">• Sets: 3• Reps: 10• Rest: 90 seconds<ul style="list-style-type: none">◦ Equipment: Dumbbells, Kettlebells, or Weight Plate (substitute: Body weight) <p>○ 2. 30°–45° Incline Dumbbell Bench Press (<u>How to</u>: On incline bench, press dumbbells upward until arms extend, lower slowly.)</p> <ul style="list-style-type: none">• Sets: 3• Reps: 10• Rest: 60 seconds<ul style="list-style-type: none">◦ Equipment: Dumbbells, Bench (substitute: push-ups (hands elevated)) <p>○ 3. Seated Cable Row (<u>How to</u>: Sit, pull handle toward torso, squeeze shoulder blades together.)</p> <ul style="list-style-type: none">• Sets: 3• Reps: 12• Rest: 90 seconds<ul style="list-style-type: none">◦ Equipment: Cable row (V-handle or straight) (substitute: heavy band) <p>○ 4. Step-Up with Knee Drive (<u>How to</u>: Step up through whole foot, drive opposite knee up, control down.)</p> <ul style="list-style-type: none">• Sets: 4• Reps: 10/leg• Rest: 90 seconds<ul style="list-style-type: none">◦ Equipment: Flat bench/box; optional dumbbells (substitute: <u>forward/reverse lunge</u>) <p>○ 5. Pallof Press (<u>How to</u>: Stand side-on to anchor, press handle straight out, resist trunk rotation.)</p> <ul style="list-style-type: none">• Sets: 3• Reps: 12/side• Rest: 60 seconds<ul style="list-style-type: none">◦ Equipment: Cable or heavy band at chest height (substitute: Tall-kneeling band anti-rotation hold) <p>Cool Down:</p> <ul style="list-style-type: none">• 5–10 minutes of light cardio• Static stretches

“The body achieves what the mind believes.”

7-DAY SAMPLE PLAN

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	Beginner Functional Training - Core and Stability
DAY 2	<p>○ Warm-up:</p> <ul style="list-style-type: none"> • 5 min elliptical + hip openers, cat-cow, dead hang (30s) <p>Main Workout:</p> <p>○ 1. Dead Bug (<u>How to</u>: Lower back gently pressed to floor, extend opposite arm/leg slow, exhale, return.)</p> <ul style="list-style-type: none"> • Sets: 3 • Reps: 10/side • Rest: 45 seconds <ul style="list-style-type: none"> ◦ Equipment: Yoga mat (substitute: heel-taps) <p>○ 2. Cable Woodchop (<u>How to</u>: Rotate through torso/hips, arms mostly straight, finish hands outside front thigh.)</p> <ul style="list-style-type: none"> • Sets: 3 • Reps: 12/side • Rest: 45 seconds <ul style="list-style-type: none"> ◦ Equipment: Cable with single handle (substitute: resistance bands) <p>○ 3. Hanging Knee Raise (<u>How to</u>: Posteriorly tilt pelvis, raise knees to chest without swinging.)</p> <ul style="list-style-type: none"> • Sets: 4 • Reps: 10 • Rest: 60 seconds <ul style="list-style-type: none"> ◦ Equipment: Pull-up bar or captain's chair (substitute: lying reverse crunch) <p>○ 4. Back Extension (Roman Chair) (<u>How to</u>: Brace abs, hinge at hips, lift until body is straight, avoid over-extending.)</p> <ul style="list-style-type: none"> • Sets: 3 • Reps: 10 • Rest: 60 seconds <ul style="list-style-type: none"> ◦ Equipment: 45°/90° hyperextension bench (substitute: Floor "Superman") <p>○ 5. Farmers Carry (<u>How to</u>: Tall posture, packed shoulders, even strides.)</p> <ul style="list-style-type: none"> • Sets: 3 • Distance: 40-60 meters • Rest: 60-90 seconds <ul style="list-style-type: none"> ◦ Equipment: 2 x kettlebells/dumbbells (substitute: Suitcase carry (one side) 20-30 m/side) <p>Cool Down:</p> <ul style="list-style-type: none"> • 5-10 minutes of light cardio • Static stretches

"Strength starts in the core – build it and you'll stand taller in life."

7-DAY SAMPLE PLAN

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	Rest / Active Recovery (Prehab Focus) / Meal Plan Beta
DAY 3	<p>○ Meal 1 – Breakfast (Protein + Healthy Carbs + Healthy Fat) Option: Spinach & Veggie Omelet with Oats</p> <ul style="list-style-type: none"> • 3 whole eggs + 2 egg whites (protein) • 1 cup spinach, mushrooms, and bell peppers (micronutrients, fiber) • Cook in 1 tsp olive oil or avocado oil • ½ cup cooked oats topped with 1 tbsp peanut butter and cinnamon • Drink: 1 glass water + optional black coffee or green tea • Macros (approx): 35g protein / 35g carbs / 15g fat <p>○ Meal 2 – Lunch (Lean Protein + Veggies + Complex Carb) Option: Grilled Chicken Quinoa Bowl</p> <ul style="list-style-type: none"> • 5–6 oz grilled chicken breast (protein) • ½ cup cooked quinoa (complex carbs, complete plant protein) • 1 cup steamed broccoli + 1 cup roasted carrots (fiber & vitamins) • Drizzle 1–2 tsp olive oil + fresh lemon juice • Drink: Water with lemon • Macros (approx): 40g protein / 35g carbs / 12g fat <p>○ Meal 3 – Dinner (Protein + Non-Starchy Veggies + Light Carb) Option: Baked Salmon with Roasted Veggies</p> <ul style="list-style-type: none"> • 5 oz baked salmon (omega-3 fats, protein) • 1 cup roasted asparagus + 1 cup zucchini • ½ cup sweet potato (slow-digesting carb) • Light drizzle of olive oil or avocado oil before roasting • Drink: Herbal tea or water • Macros (approx): 35g protein / 25g carbs / 14g fat <p>20–30 min easy walk, swim, or cycle</p> <p>○ Mobility (1–2 rounds)</p> <ul style="list-style-type: none"> • World's greatest stretch • T-spine open books • Ankle rocks • Couch stretch (30–45s each) <p>Optional: foam roll quads, glutes, lats (60–90s/area)</p>

“Rest isn’t quitting – it’s recharging for the next victory.”

7-DAY SAMPLE PLAN

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	Beginner Functional Training - Lower Body Strength
DAY 4	<p>Warm-up: 5 min rower + knee hugs, lateral lunges, RDL broomstick drill</p> <p>Main Workout</p> <ul style="list-style-type: none"> ○ 1. 45° Leg Press (<u>How to</u>: Feet shoulder-width, lower until knees ~90°, press through heels, don't lock out hard.) <ul style="list-style-type: none"> • Sets: 3 • Reps: 10 • Rest: 90 seconds • Equipment: Leg press machine (substitute: Goblet squat) ○ 2. Dumbbell Romanian Deadlift (<u>How to</u>: Soft knees, hinge hips back, keep DBs close to legs, neutral spine, stand tall.) <ul style="list-style-type: none"> • Sets: 3 • Reps: 10 • Rest: 90 seconds • Equipment: Dumbbells (substitute: Kettlebell RDL or band good morning) ○ 3. Walking Lunge (<u>How to</u>: Long step, front knee over mid-foot, push back leg through glute.) <ul style="list-style-type: none"> • Sets: 3 • Reps: 10/leg • Rest: 60-75 seconds • Equipment: Bodyweight or Dumbbells (substitute: Reverse lunge) ○ 4. Seated Leg Curl (<u>How to</u>: Pad just above heels, curl under control, full squeeze, slow return.) <ul style="list-style-type: none"> • Sets: 3 • Reps: 12 • Rest: 60-75 seconds • Equipment: Leg curl machine (substitute: Stability-ball hamstring curl or slider curl) ○ 5. Standing Calf Raise (<u>How to</u>: Full stretch at bottom, pause/squeeze at top.) <ul style="list-style-type: none"> • Sets: 3 • Reps: 12-15 • Rest: 45-60 seconds • Equipment: Calf raise machine or Smith with block (substitute: <u>Dumbbell calf raise</u> on step) ○ 6. Cable Crunch (<u>How to</u>: Kneel, pull ribs toward hips, keep hips stacked, slow up.) <ul style="list-style-type: none"> • Sets: 3 • Reps: 12-15 • Rest: 45 seconds • Equipment: Cable + rope attachment (substitute: <u>Stability-ball crunch</u> hugging a plate (5-10 lb)) <p>Cool Down: Hamstring, glute, calf, and lower-back stretches</p>

“Strong legs carry a strong life.”

7-DAY SAMPLE PLAN

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	Beginner Functional Training - Upper Body Push/Pull
DAY 5	<p>Warm-up: 5 min bike + band shoulder series (pull-aparts, dislocates, face-pull pattern)</p> <p>Main Workout</p> <ul style="list-style-type: none"> ○ 1. Lat Pulldown (wide/neutral grip) (How to: Chest tall, pull bar to upper chest, elbows down/in, slow return.) <ul style="list-style-type: none"> • Sets: 3 • Reps: 10 • Rest: 90 seconds • Equipment: Pulldown machine (substitute: Assisted pull-up or band pulldown) ○ 2. Chest Press Machine (How to: Handles roughly nipple line, press without shrugging, feel pecs squeeze.) <ul style="list-style-type: none"> • Sets: 3 • Reps: 10 • Rest: 90 seconds • Equipment: Seated chest press (substitute: Push-ups) ○ 3. Seated Dumbbell Shoulder Press (How to: Brace core, press up with neutral or slight pronated grip, stop before elbows lock.) <ul style="list-style-type: none"> • Sets: 3 • Reps: 10 • Rest: 75–90 seconds • Equipment: DBs + bench (substitute: Machine shoulder press or landmine press) ○ 4. Cable Face Pull (How to: Lead with elbows high, pull rope toward upper face, externally rotate, squeeze rear delts.) <ul style="list-style-type: none"> • Sets: 3 • Reps: 12–15 • Rest: 45–60 seconds • Equipment: Cable + rope (face height) (substitute: Band face pull) ○ 5. Dumbbell Curl (How to: Elbows pinned, curl without swinging, slow lower.) <ul style="list-style-type: none"> • Sets: 3 • Reps: 12 • Rest: 45–60 seconds • Equipment: Dumbbells (substitute: Cable curl) <p>Cool Down: Chest, lats, rear delts, forearms</p>

“Push past your limits, pull yourself to greatness.”

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	Beginner Functional Training - Functional Conditioning Circuit
DAY 6	<p>Format: 4 rounds · Work 40s · Rest 20s per station · Rest 90s between rounds</p> <ul style="list-style-type: none">○ <u>Kettlebell Swing</u> — Equipment: KB; Sub: Band good-mornings<ul style="list-style-type: none">• How to: Hinge-driven; snap hips, bell to chest height, no shoulder lift.• Start weight: 20–26 lb.○ <u>Medicine Ball Slam</u> — Equipment: Med ball; Sub: Cable straight-arm pulldown to hips<ul style="list-style-type: none">• How to: Reach tall, crunch + hinge, drive ball to floor, catch/repeat.• Start weight: 10–12 lb.○ Sled Push or Treadmill Incline Walk — Equipment: Sled or treadmill<ul style="list-style-type: none">• How to: Sled: athletic lean, short powerful steps. Tread: 10–12% incline, brisk pace.• Start load: Sled 90–140 lb (light).○ <u>Farmer's Carry</u> (short track) — Equipment: DBs/KBs<ul style="list-style-type: none">• How to: Tall posture, steady breathing.• Start weight: 30–40 lb per hand. <p>Cool Down: 5–8 min easy walk + full-body stretch</p>

“Every drop of sweat is an investment in your future self.”

7-DAY SAMPLE PLAN

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	Beginner Functional Training- Rest / Mobility & Breathwork / Meal Plan Beta
DAY 7	<ul style="list-style-type: none"> • 30–45 min gentle yoga or long walk • Mobility flow (2 rounds): couch stretch, pigeon, hamstring strap stretch, wall pec stretch, T-spine rotations (30–45s each) • 5 min nasal breathing (4-sec in / 6-sec out) <p>○ Meal 1 – Breakfast (Hydration + Anti-Inflammatory Boost) Option: Greek Yogurt Berry Bowl</p> <ul style="list-style-type: none"> • 1 cup plain Greek yogurt (protein, probiotics) • ½ cup blueberries + ½ cup strawberries (antioxidants) • 1 tbsp chia seeds (omega-3s, fiber) • 1 tsp honey (natural sweetness, recovery carbs) • Sprinkle cinnamon for anti-inflammatory benefits • Drink: Warm lemon water with ½ tsp grated ginger • Macros (approx): 28g protein / 35g carbs / 8g fat <p>○ Meal 2 – Lunch (Joint-Friendly Omega-3 + Light Carbs) Option: Salmon & Avocado Wrap</p> <ul style="list-style-type: none"> • 4–5 oz grilled salmon (omega-3 fatty acids) • 1 whole wheat tortilla (fiber, carbs) • ¼ avocado (healthy fat) • Leafy greens + sliced tomato + cucumber inside wrap • Side: 1 cup steamed green beans • Drink: Water or unsweetened iced green tea • Macros (approx): 32g protein / 30g carbs / 12g fat <p>○ Meal 3 – Dinner (Light, High-Micronutrient Recovery Meal) Option: Quinoa & Veggie Stir-Fry with Chicken</p> <ul style="list-style-type: none"> • 4–5 oz chicken breast (lean protein) • ½ cup cooked quinoa (complete plant protein & carbs) • Stir-fry with broccoli, bell peppers, carrots, and spinach in 1 tsp olive oil • Season with garlic + turmeric for extra anti-inflammatory benefits • Drink: Herbal tea (chamomile or peppermint) to relax before bed • Macros (approx): 35g protein / 35g carbs / 10g fat

“Flexibility today builds freedom for tomorrow.”