

The Exercise System

Outcome: a leaner, stronger body — and evidence, over time, that you are someone who keeps promises to yourself.

This is not a workout plan.

This is a **standard-based system** designed to survive real life.

THE CORE BELIEF

Most people treat exercise like a performance.

Exercise isn't something you "do."

It's something you return to.

Missed sessions don't define you.

Returning does.

WHAT ACTUALLY DRIVES PROGRESS

Steps + eating well make fat loss predictable.

Training is the signal that shapes the body.

People stall because they train hard but don't move enough outside the gym.

This system fixes that.

THE NON-NEGOTIABLES

1. STEPS (THE MULTIPLIER)

10,000–15,000 steps per day — averaged across the week.

This is a weekly average, not a daily perfection test.

Some days will be lower.

Some days will be higher.

The average is what matters.

Tracking rule

You must use something to track your steps:

- phone health app
- smartwatch
- fitness tracker

If it isn't tracked, it doesn't count.

If fat loss stalls, this is the **first variable to increase**.

2. STRENGTH TRAINING (THE SIGNAL)

Minimum Standard

- **2 sessions per week**
- **~10 hard working sets per session**

Ideal Standard

- **3–5 sessions per week**

If you hit the minimum, you are still on track.

HOW EVERY SESSION IS BUILT

Movement Buckets (non-negotiable)

Every session must include **at least one exercise from each bucket:**

- **Leg / Squat pattern**
- **Push**
- **Pull**

No bucket skipped.

Set Balance Rule

If you do:

- 4 sets of push

You also do:

- 4 sets of pull
- 4 sets of legs

Volume Rule

- **Minimum effective session:** ~10 total working sets
- Most sessions land at **12–15 sets**

If recovery drops, reduce sets — **never patterns.**

REP RANGES & EFFORT

- **6–12 reps** for most compound lifts
- **10–20 reps** for optional accessories

Early on, leave **2–3 reps in reserve.**

As training age increases, intensity rises naturally.

You don't chase failure.

You chase **repeatable progress.**

TRACK EVERYTHING

Record every session:

- exercise
- sets
- reps
- weight used

You can use:

- a notebook
- a spreadsheet
- **free training apps** (paid is not required)

If you don't record it, you don't own it.

Tracking turns effort into evidence.

EXERCISE SELECTION RULES

PRIORITY: MOSTLY COMPOUND MOVEMENTS

Choose exercises that:

- move multiple joints
- train multiple muscle groups
- allow progression over time

Isolation work supports the system — it never replaces it.

EXERCISE MENU

Choose at least one exercise from each bucket every session.

LEG / SQUAT PATTERNS

- Back squat
- Front squat
- Goblet squat
- Leg press
- Split squat
- Bulgarian split squat
- Hack squat

HINGE VARIATIONS (rotate as needed)

- Romanian deadlift (RDL)
- Conventional deadlift
- Trap bar deadlift
- Hip thrust
- Good morning

PUSH MOVEMENTS

- Barbell bench press
- Dumbbell bench press
- Incline press
- Push-ups
- Overhead press
- Dumbbell shoulder press

PULL MOVEMENTS

- Pull-ups / chin-ups
- Lat pulldowns
- Barbell rows
- Dumbbell rows
- Seated cable rows
- Chest-supported rows

OPTIONAL ACCESSORIES

- Hamstring curls
- Lateral raises
- Calf raises
- Arm work

EXERCISE VARIATION (IMPORTANT)

Changing exercises too often kills progress.

If you rotate movements constantly:

- you never master the lift
- you never see strength increases
- you never collect proof that you're improving

Progress requires repetition.

Confidence requires evidence.

The rule

You don't change exercises because you're bored.

You change them when they've **stopped producing progress.**

Practical guideline

- **Beginners:** keep main exercises **8–12 weeks**

- **Intermediate: 6–10 weeks**
- **Advanced: 4–8 weeks**, selectively

Squats, presses, rows, and hinges should stay consistent the longest. Accessories earn more freedom.

If you haven't stayed with a lift long enough to see progress, you didn't train — you experimented.

PROGRESSION PATH

Step 1: Full Body

2–4 sessions/week. Same structure every session.

Step 2: Upper / Lower

When volume tolerance and recovery improve.

Step 3: Push / Pull / Squat

For higher training age and higher intensity.

Complexity is earned.

THE WEEKLY SCOREBOARD

1. **Steps:** 10k–15k daily average (tracked)
2. **Sessions:** 2 minimum / **3–5 ideal**
3. **Sets:** ~10+ per session
4. **Progress:** reps, load, or control improved

If these are green, stop second-guessing.

FINAL TRUTH

You don't need perfect weeks.

You need **standards that survive average ones.**

Steps make fat loss predictable.

Training shapes the body.

Tracking builds belief.

Minimum keeps you consistent.

Ideal accelerates results.