

MUSCLES & MASCARA

Your first week starts here.

Seven simple days. No gym experience, no fancy equipment, no complicated diet — just small, consistent steps that add up.

A FREE 7-DAY STARTER GUIDE

Weight loss isn't about doing something extreme.

It's about doing simple things consistently — a bit of movement, a bit more protein and water, a bit more sleep.

GETTING STARTED

5 habits that matter more than the workouts

01

Finish every workout — showing up beats going hard.

02

Drink water all day — aim for about 10 cups.

03

Protein at every meal: eggs, chicken, fish, tofu, beans, yogurt.

04

Walk every day, even rest days — an easy calorie burn.

05

Sleep 7-9 hours — this is when your body recovers.

Before you start

5 minutes of warm-up and cool-down on every workout day protects your joints — don't skip it. Good form matters more than weight or speed, and sharp pain is never normal.

Warm-up (5 min)

- 60 sec marching or light jog
- 10 arm circles, each direction
- 10 slow bodyweight squats
- 10 walking lunges (5/leg)

Cool-down (5 min)

- 30 sec hamstring stretch, each leg
- 30 sec quad stretch, each leg
- 30 sec chest & shoulder stretch
- A few deep breaths

What you'll need

- Light dumbbells or water bottles
- A mat or soft flat surface
- Comfortable shoes
- Water + a timer (phone's fine)

Days 1–4

1 Full Body Basics

Strength · ~35 min · 3 rounds

Bodyweight Squat — 3x12, chest up

Incline Push-Up — 3x10, straight line

Dumbbell Row — 3x12/arm, flat back

Glute Bridge — 3x12, squeeze top

Forearm Plank — 3x20 sec hold

Too much? Wall push-ups, 10 sec plank.

2 Active Recovery

Recovery · ~30 min · No equipment

- Walk 20–30 min, easy pace
- Stretch whole body, 10–15 min
- Optional: 5 min deep breathing or rolling

Tip: prep meals, hydrate, sleep on time.

3 Lower Body Strength

Legs & glutes · ~40 min · 3 rounds

Goblet Squat — 3x12, sit hips back

Reverse Lunge — 3x10/leg

Romanian Deadlift — 3x12, hinge hips

Glute Bridge — 3x15, pause & squeeze

Calf Raise — 3x15, slow control

Too much? Deadlift with no weight at first.

4 Upper Body Strength

Arms, shoulders, back · ~40 min · 3 rounds

Shoulder Press — 3x10, no arch

Dumbbell Row — 3x12/arm

Floor Chest Press — 3x12, elbows 45°

Bicep Curl — 3x12, no swing

Tricep Extension — 3x12, still upper arm

Too much? Use water bottles or bands.

Days 5–7

5 Cardio & Mobility

Heart health · ~30 min · Optional equipment

- 30 min cardio you enjoy: walk, bike, swim, dance
- 10 min mobility: hip/arm circles, leg swings
- Pace where you can still talk

Tip: try something new — make it fun.

6 Full Body Circuit

Full-body · ~40 min · 3–4 rounds

Squat — 15 reps

Deadlift — 12 reps

Modified Push-Up — 10 reps

Shoulder Press — 10 reps

Glute Bridge — 15 reps

Plank — 20–30 sec

Notice: how much easier this feels vs. Day 1.

7 Reset & Reflect

Recovery · ~30 min · No equipment

- 15–20 min gentle yoga or stretching
- 5–10 min foam rolling sore spots
- Reflect: hardest workout? Easiest habit? One goal for next week?

Your week at a glance

Day 1	Full Body Basics	Strength
Day 2	Active Recovery	Walk
Day 3	Lower Body	Strength
Day 4	Upper Body	Strength
Day 5	Cardio & Mobility	Cardio
Day 6	Full Body Circuit	Strength
Day 7	Reset & Reflect	Recovery

Simple nutrition basics

You don't need a complicated diet — you need a few habits, done consistently.

Protein at every meal — eggs, chicken, fish, tofu, beans, yogurt.

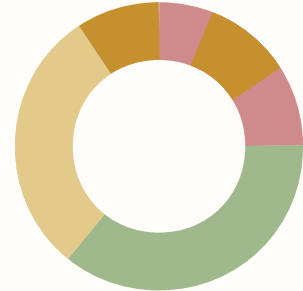
Half your plate = vegetables at lunch and dinner.

Water all day — about 10 cups.

Whole foods, most of the time — treat snacks as the exception.

Consistency beats perfection.

A simple plate



- Protein — palm-sized
- Vegetables — 1-2 fists
- Carbs — sized to activity
- Healthy fat — thumb-sized

You did it.

Finishing your first week is a real accomplishment — most people never start.
Keep it simple, keep showing up, and trust the process.

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