



Start Here.

The first four weeks, without the noise.

Most people don't quit training because it's too hard. They quit because they were handed a plan built for somebody else — six days a week, twelve exercises, a diet with a list of banned foods. It works for about three weeks.

This is the opposite. It's the short version of what our coaches tell every new member in their first session. It is genuinely enough to get you started and get you results. It is not everything we know.

01 Five movements. That's the whole list.

Your body does five things. Train those and you've covered it — everything else is a variation or a detail.

PUSH	Push something away from you <i>Push-up, dumbbell or barbell press, machine chest press</i>
PULL	Pull something toward you <i>Row, lat pulldown, assisted pull-up</i>
SQUAT	Bend at the knees and hips <i>Goblet squat, leg press, box squat</i>
HINGE	Bend at the hips, back stays flat <i>Romanian deadlift, hip thrust, back extension</i>
CARRY / CORE	Hold position under load <i>Farmer's carry, plank, dead bug</i>

A full workout is one of each.

Three sets of eight to twelve reps. Forty-five minutes, start to finish. That's it.

02 Three days a week beats five days you won't do.

Pick three days. Same three every week. Non-negotiable, in the calendar, treated like any other appointment. The consistency matters more than the split.

MONDAY	Full body — all five movements
WEDNESDAY	Full body — same five, different variations
FRIDAY	Full body — go back to Monday's version

On the days between, walk. Twenty minutes is plenty. It is the single most underrated thing you can do for your health, and nobody wants to hear it.

03 How to know it's working.

Progress is not how sore you are, and it is not the number on the scale on any given morning. It is this: over a few weeks, the same weight gets easier, or you do one more rep, or you add a little load. Write it down. Two lines in your phone after each session is enough.

If nothing has moved in three or four weeks, something needs to change — usually effort, recovery, or the plan itself. That's the point where most people need a coach, and most people don't ask.

04 Eat like an adult. That's the whole diet.

No banned foods, no starting Monday, no cutting out entire food groups. Three habits, built one at a time:

- **Protein at every meal.**

It keeps you full and it's what your body rebuilds with.

- **Something that grew, most meals.**

Fruit, vegetables, whatever you'll actually eat.

- **Drink water before you're thirsty.**

Most people are running mildly dehydrated all day.

Add one. Get it automatic. Then add the next. Trying to fix everything in one week is why January never sticks.

05 The three things that stall almost everybody.

Going too hard in week one.

You are not behind. Training to failure on day one buys you a week of soreness and a reason to skip. Leave two reps in the tank and come back Wednesday.

Changing the plan every week.

New program, new video, new split. Nothing gets a chance to work. Boring and repeated beats clever and abandoned, every time.

Training hard and sleeping badly.

You don't get stronger in the gym — you get stronger recovering from it. Sleep is the part of the program nobody sells you.

Where this guide stops.

Everything above is general. It works, and for a lot of people it's enough to start. What it can't do is account for you — a shoulder that's never been right, a job that has you sitting eleven hours a day, a goal with a date on it, or the fact that you've done all of this before and stalled anyway.

That's the part a coach is actually for. And that's the part we do here.

COME TRY IT

Three days, free. No contract, no pressure.

Full access to the floor. Meet the trainers. See whether we're your kind of gym.

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This guide is general fitness and wellness information, not medical advice. If you have an injury, a medical condition, or you're returning to training after a long break, check with your doctor before you start.