

THE 30-DAY ONRAMP

FIELD GUIDE

Four weeks. Two full-body sessions a week. One food log.
This is the exact structure I use to get people from
"calisthenics with a buddy" to a barbell three times a week.

No snake oil. No restarts. Read it, run it, keep it.

WEEK 1 - SHOW UP

- Two 45-minute full-body sessions. That's the whole job.
- Squat pattern, hinge, push, pull, carry - light and clean.
- Write down everything you eat. Don't change it yet.

WEEK 2 - THE FOOD FLOOR

- Protein at every meal. A fist-sized portion is enough.
- Water before coffee. One sugary drink swapped per day.
- Sessions stay the same. Boring is the point.

WEEK 3 - ADD A LITTLE

- Add 5 lb or one rep somewhere each session.
- One 20-minute walk on a non-training day.
- Fix the one habit costing you the most. You know which one.

WEEK 4 - MAKE IT YOURS

- Three sessions this week if the first three weeks held.
- Look back at the food log - circle the easy wins.
- Decide what's next: keep going alone, or get a coach.

THE TWO RULES

WHEN THE WEEK GETS MESSY

1. Never miss twice. One bad day is a day. Two is a pattern.
2. The minimum-effective session beats the skipped one.
Ten minutes counts. A walk counts. Showing up counts.

Motivation is weather. Friction is climate.
Lower the friction and you don't need the motivation.

THE STARTER SESSION (DO IT TWICE A WEEK)

Goblet squat	3 x 8
Push-up (elevated ok)	3 x 8
One-arm row	3 x 10 / side
Romanian deadlift	3 x 10
Farmer's carry	3 x 40 steps

Rest as needed. Leave two reps in the tank.

WANT A COACH IN YOUR CORNER?

Book a free 15-minute call at jakegtraining.com/schedule