



CUT MODE

Keep strength. Build pace. Let 4 weeks work.

3 CONTROLLED PRACTICES

2 EASY CARDIO DAYS. 20 SESSIONS.

PACE, NOT CHAOS

01

QUALITY

Count clean rounds only. Stop when position changes.

02

PACE

Finish the minute. Own the rest.

03

LOAD

Use a load you can move for 10 perfect reps.

04

WALK

Keep full sentences easy for 30 to 45 MIN.

05

WARM UP

5 goblet squats. 10 swings. 1 get-up / side.

PRACTICE THE STANDARD. STOP BEFORE THE GRIND.



OWN 40 MINUTES

20 MIN PRACTICE. 4 ROUNDS. START EVERY 5 MIN.

01

TWO-HAND KB SWING
5 REPS. REST 30 S

Stop when snap slows.

02

DOUBLE DB FRONT SQUAT
3 REPS. REST 30 S

Keep the rack tall.

03

INCLINE PUSH-UP
5 REPS. REST 30 S

Own the body line.

04

ONE-ARM DB ROW
5 / SIDE. REST 30 S

Keep the hips square.

Warm up 8 MIN. Practice 20 MIN. Carry 6 MIN. Reset 6 MIN.

02

5 ROUNDS. KEEP IMPACT
LOW

01

KETTLEBELL DEADLIFT

3 REPS.
REST 30 S

Push the floor away.

02

BODYWEIGHT BOX SQUAT

3 REPS.
REST 30 S

Own the whole foot.

03

INCLINE PUSH-UP

5 REPS.
REST 30 S

Keep ribs and hips
connected.

04

BAND ROW

5 REPS.
REST 30 S

Pause the shoulder
blades.

EMOM 18. 6 ROUNDS. 3 MOVES.

LOCK THE PACE



01 GOBLET REVERSE LUNGE, 3 / SIDE

02 DUMBBELL FLOOR PRESS, 5 REPS

03 SUITCASE MARCH, 15 S / SIDE

Less than 15 S left? Cut lunges by 1 / side or presses by 2.

PASS BEFORE YOU ADD

☐

TEST

Run the same 20 MIN practice on sessions 01 and 20.

☐

COUNT

Record completion and rest earned inside each 5 MIN block.

☐

STOP

End the test when position changes.

☐

WALK

Keep full sentences easy for 30 to 45 MIN.

☐

LOAD

Keep the same load for the full block.

FUEL THE PRACTICE

Drink water. Eat protein before. Add protein and carbs after.

OWN THE RHYTHM

4 WEEKS. 20 SESSIONS. RETEST SESSION 20.

MON	40 MINUTE PRACTICE Strength inside a repeatable pace.	40 MIN
TUE	EASY CARDIO Keep full sentences easy.	30 TO 45 MIN
WED	LOW IMPACT Build work without impact.	32 TO 40 MIN
THU	WALK AND RESET Move. Breathe. Stay fresh.	30 MIN
FRI	PACE LOCK Finish with clean time left.	30 MIN
SAT	OPTIONAL WALK This does not count as a session.	20 TO 30 MIN
SUN	FULL REST No scheduled work.	FULL REST

SESSION 20: REPEAT THE 5 MIN BLOCK TEST.



MAKE MINUTES COUNT

RUN 20 SESSIONS.
KEEP STRENGTH. THEN RETEST.