

The Honest Starter Week.

you're right on time

Three 20-minute home workouts, two walks, two rest days, and one honest page about food. Nothing to buy and nothing to prove. See if this is how you want to train, then decide.

HOW THE WEEK WORKS

Seven days, laid out honestly.

MON	Workout A	Full body, about 20 minutes. Page 2.
TUE	Walk	20 to 30 easy minutes. Outside if you can.
WED	Workout B	Lower body and core, about 20 minutes. Page 2.
THU	Rest	On purpose. Recovery is when the work pays off.
FRI	Workout C	Upper body and core, about 20 minutes. Page 2.
SAT	Walk	20 to 30 easy minutes, or anything that feels like play.
SUN	Rest	Full stop. You earned a quiet day.

THE ONE RULE: leave 2 reps in the tank.

Every set should end feeling like you could do two more clean reps, no fewer. Training near (not at) your limit is what the research supports, and it is what keeps you coming back on Wednesday.

Three workouts, one pattern each.

2 to 3 rounds of each list. Rest 60 to 90 seconds between rounds. Dumbbells optional everywhere: bodyweight versions count fully.

Workout A

full body

Goblet squat

10-12 reps

Gentler: squat to a chair

Wall or knee push-up

8-12 reps

Gentler: higher wall angle

Glute bridge

12-15 reps

Gentler: smaller range

Bent-over row (or bird dog)

10-12 / side

Gentler: no weight, slow

Plank

20-40 seconds

Gentler: knees down

Workout B

lower + core

Sumo squat

10-12 reps

Gentler: hold a counter

Reverse lunge

8-10 / side

Gentler: shallow + support

Romanian deadlift

10-12 reps

Gentler: no weight, hips only

Standing calf raise

12-15 reps

Gentler: hold a wall

Dead bug

8-10 / side

Gentler: one limb at a time

Workout C

upper + core

Overhead press (seated ok)

8-12 reps

Gentler: lighter or no weight

Single-arm row

10-12 / side

Gentler: both hands supported

Floor chest press or push-up

8-12 reps

Gentler: wall push-up

Bicep curl to press

8-10 reps

Gentler: curls only

Side plank

15-30 sec / side

Gentler: knees down

How to progress inside one week: when the top of a rep range feels like you still had two in the tank, add a rep next time. Out of reps? Add a little weight and start the range again. That is double progression, and it is the entire secret of home training.

Every move here has a gentler version because starting gently is a strategy, not a step down. If anything hurts (sharp, not effort), skip it and do the gentler option or move on.

Calories and protein, minus the nonsense.

You will notice this page gives you no numbers. That is deliberate and honest: a real calorie or protein target depends on your age, height, weight, and goal, and anyone who prints one number for every reader is guessing. Here is what is actually true, in four sentences:

- Your body burns a baseline of energy daily; scientists estimate it with a published equation (Mifflin-St Jeor), not a gimmick.
- Eating a little below that loses fat, a little above builds, and near it holds steady while you get stronger. Small, boring adjustments win.
- Protein is the one lever almost everyone underuses. Sports-nutrition guidelines put it far above the typical default; spreading it across meals makes it easy.
- No food is a detox, no tea burns fat, and no workout spot-reduces a waist. Anyone selling those is selling you your own hope back.

WHAT YOUR BODY WANTS NEXT

You did a generic week. Now get the calculated one.

The free SCULPTiv quiz takes 3 minutes and calculates your personal calories, protein, and matched program from your body and your goal, with the research shown for every number. You see the whole plan before deciding anything. If you like it, the first 14 days are free with no card.

joinsculptiv.com - the quiz is free, and you are right on time.

Who we are: SCULPTiv is a personalized at-home strength and nutrition membership for women. We do not use fake reviews, crash diets, before-and-after pressure, or invented numbers, and this week really is free because we think the work sells itself.