

No gym. No bar. Full body.

The 4-Move Home Plan · 4 moves · Mon · Wed · Fri · pick your level

PUSH

3 × 8-15

5	Feet up	74%
4	Floor	64%
3	Low box	55%
2	Knees	49%
1	High box	41%

PULL · TABLE

3 × 8-15

4	Rows · 3 s down	—
3	Rows · feet up	—
2	Rows · legs straight	—
1	Rows · knees bent	—

LEGS

3 × 8-15

5	Pistol	100%
4	Box pistol	100%
3	Bulgarian	≈85%
2	Split squat	55-75%
1	Squat	50%

CORE

3 × 20-40 s

5	L-sit	100%
4	Tuck L-sit	≈60%
3	Heels down	—
2	Hollow hold	—
1	Plank	—

How it works

1

Find your step

On each ladder, pick the step where you get 8–15 clean reps (holds: 20–40 s). Not sure? Start one step lower.

2

Train Mon • Wed • Fri

- Warm-up: 5 min — arm circles, 10 easy squats, 10 hip hinges, then a few easy reps of your first step.
- Do all 4 ladders, 3 sets each • rest ~2 min
- Whole session: ~30 min

3

Move up

Log every session on the tracker page. When you hit the rule below, take the next step on that ladder only — the others move at their own pace.

THE RULE

Every set hits 15 reps (or 40 s) → move one step up.

Stop 1–2 reps before failure. Table rows: only on a sturdy table — test it first. This is general fitness education, not medical advice; check with a doctor if you have an injury or a condition.

PUSH

Body in one straight line — squeeze your glutes. Elbows about 45° from your sides, chest all the way down.

5

FEET UP

THE GOAL

74%

4

FLOOR

64%

3

LOW BOX

HANDS ON A STEP

55%

2

KNEES

49%

1

HIGH BOX

HANDS ON A TABLE

41%

% = SHARE OF BODY WEIGHT YOU MOVE • MY STEP: _____ DATE: _____

NOTES

PULL

Sturdy table only — test it first. Grip the edge, keep your body straight, pull your chest to the table, lower slowly.

4

ROWS • 3 S DOWN

THE GOAL

3

ROWS • FEET UP

2

ROWS • LEGS STRAIGHT

1

ROWS • KNEES BENT

% = SHARE OF BODY WEIGHT YOU MOVE • MY STEP: _____ DATE: _____

NOTES

LEGS

Heel stays flat, knee tracks over your toes. Hold a door frame or chair for balance until the step feels solid.

5

PISTOL

100%

THE GOAL

4

BOX PISTOL

100%

3

BULGARIAN

≈85%

2

SPLIT SQUAT

55-75%

1

SQUAT

50%

% = SHARE OF BODY WEIGHT YOU MOVE • MY STEP: _____ DATE: _____

NOTES

CORE

Shoulders pushed down, away from your ears. Holds count only while form is clean — stop the clock when it breaks.

5

L-SIT

THE GOAL

100%

4

TUCK L-SIT

KNEES TO CHEST

≈60%

3

HEELS DOWN

ARMS LOCKED, HIPS UP

2

HOLLOW HOLD

1

PLANK

% = SHARE OF BODY WEIGHT YOU MOVE · MY STEP: _____ DATE: _____

NOTES

8-week tracker • weeks 1–4

Write the step number, then reps (or seconds) for each of your 3 sets. Hit the rule → circle it and move up next session. ✓ **CHECK** weeks: re-test your step on every ladder — that's where you see the progress.

WEEK	MON	WED	FRI
1	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __
2 ✓ CHECK	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __
3	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __
4 ✓ CHECK	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __

8-week tracker • weeks 5–8

Write the step number, then reps (or seconds) for each of your 3 sets. Hit the rule → circle it and move up next session. ✓ **CHECK** weeks: re-test your step on every ladder — that's where you see the progress.

WEEK	MON	WED	FRI
5	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __
6 ✓ CHECK	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __
7	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __
8 ✓ CHECK	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __	PUSH step __ ' __ __ __ __ PULL step __ ' __ __ __ __ LEGS step __ ' __ __ __ __ CORE step __ ' __ __ __ __

New ladder **every week.**

Every step on these ladders has its own breakdown — form, load and the next move. Follow along and tell us which step you're on.

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