LW LEAN WEAPON

FIELD GUIDE / 01

7-DAY STRENGTH STARTER



YOUR FIRST WEEK.
BUILT WITH INTENT.

Three sessions.
Four core movements.
A clear place to begin.

03	04	07
TRAINING SESSIONS	CORE MOVEMENTS	DAYS TO BEGIN

HOME TRAINING / BEGINNER EDITION

START SMART.

Know what this guide is for before your first repetition.

WHO THIS IS FOR

Generally healthy beginners, with an adult-focused routine. If you are 16-17, have a parent or guardian involved and a qualified youth fitness professional supervise your technique. This guide is not for children under 16.

YOUR SETUP

- Clear a non-slip floor space. Use a solid wall and a stable, non-wheeled chair placed against it.
- For rows, use a sound backpack with a secure handle and zipped compartments. Begin empty or with a small, secured load.
- Have these movement instructions open. Learn the setup before adding repetitions.

KNOW WHEN TO STOP

- **Stop if a joint hurts sharply.** Muscle effort is expected; sharp, worsening or radiating pain is not.
- Stop for chest pain, faintness or unusual breathlessness. Seek urgent medical help for severe or persistent symptoms.
- **Talk to a doctor or physical therapist if you have an injury.** Get individualized guidance for medical conditions, recent surgery or exercise restrictions.

Educational content only. This is not medical advice or an individualized exercise prescription. It cannot check your form or replace professional instruction.

FOUR KEYS. ONE START.

Use these cues to build control. They are not shortcuts to superhuman strength.

01

CONTROL

Choose a level you own.

Use 6-10 clean reps. Finish with about 2-3 good reps still available. Skip maximal efforts this week.

02

INTENT

Every rep has a purpose.

Lower smoothly. Rise purposefully without losing position. No jumping or clapping push-ups.

03

PRACTICE

Strength is a skill.

Repeat the same movements on three separated training days. Recovery days stay easy.

04

BRACING

Stay steady. Keep breathing.

Keep your trunk firm. Breathe out through effort, in as you return. Do not hold your breath.

READ THE NUMBERS

2 x 6-10 = two sets of six to ten reps. A rep is one complete movement. Rest between sets.

SEVEN DAYS. ONE PLAN.

Sessions take roughly 20-30 minutes. Move a session if you need more recovery.

01 **LEARN + TRAIN**
Warm up. Choose your variations. Complete Session 1.

02 **RECOVER**
Easy movement if comfortable. No strength sets.

03 **REPEAT**
Session 2. Keep the same variations and load.

04 **RECOVER**
Rest, or take a comfortable walk.

05 **TRAIN**
Session 3. Add a rep only if control stays solid.

06 **RECOVER**
Give yourself room to recover. No catch-up workout.

07 **REVIEW**
Check your log and choose your next step. No max test.

Training days: 1, 3 and 5. Leave at least one full non-training day between sessions. If you miss a day, shift the schedule rather than doubling up.

THE WALL PUSH-UP.

Chest / shoulders / arms / two positions, one controlled repetition

KEEP ONE STRAIGHT LINE



01 / START



02 / FINISH

2 SETS	6-10 REPS	90-120s REST

01 SET Palms at chest height, just wider than shoulders. Step back slightly; keep one straight line from head to heels.

02 LOWER Bend your elbows at a comfortable angle to your torso. Move your chest toward the wall without sagging.

03 PRESS Push away as you breathe out. Keep your neck aligned. Use a comfortable, pain-free range.

TOO HARD?

Step a little closer to the wall. Keep all reps controlled.

READY FOR MORE?

Use a lower, fixed counter next session only if 10 clean reps are very easy. Never use movable furniture.

Keep hips steady. End the set if you cannot correct sagging or shrugging.

THE SIT-TO-STAND.

Legs / hips / balance / two positions, one controlled repetition

FEET STAY PLANTED



01 / START



02 / FINISH

2 SETS	6-10 REPS	90-120s REST

01 SET Place a stable, non-wheeled chair against a wall. Feet about hip-to-shoulder width, flat on the floor.

02 STAND Lean forward slightly and press through your feet. Stand tall without bouncing or rocking for momentum.

03 RETURN Send hips back and bend knees toward toes. Sit lightly with control; do not drop into the chair.

TOO HARD?

Use your hands lightly on your thighs to assist. Choose a comfortable seat height.

READY FOR MORE?

Use less hand assistance, then try a controlled free squat. Keep your heels down and stay in a pain-free range.

Keep the chair stable against a wall. No pistol squats or loaded tests this week.

THE BACKPACK ROW.

Upper back / arms / trunk / two positions, one controlled repetition

LEAD WITH THE ELBOW



01 / START



02 / FINISH

2 SETS	6-10 REPS / SIDE	90-120s REST

01 SET Take a comfortable split stance and hinge at your hips. Support your free hand on your thigh, above the kneecap.

02 PULL Keep your back comfortably neutral. Draw the bag toward your hip, leading with the elbow. Do not twist or shrug.

03 LOWER Breathe out as you pull, then lower smoothly. Complete one side before switching; rest 30-60 seconds if needed.

START LIGHT

Rehearse with an empty, sound backpack. If needed, add one small book and secure it inside.

CHECK THE BAG

Use a secure handle and zipped compartments. Keep the load unchanged this week unless it is too heavy.

No safe setup? Skip the row and ask a trainer for an option. Never use improvised door or table anchors.

THE GLUTE BRIDGE.

Glutes / hips / trunk / two positions, one controlled repetition

01 / START



02 / FINISH



LIFT THROUGH THE HIPS

2 SETS	6-10 REPS	90-120s REST

01 SET Lie on your back, knees bent and feet about hip-width apart. Rest your head and upper back on the floor.

02 LIFT Press through your feet and lift your hips until shoulders, hips and knees roughly line up. Keep ribs down.

03 RETURN Pause briefly, then lower with control. Breathe out as you lift. Do not arch your lower back to go higher.

TOO HARD?

Use a smaller comfortable lift. Keep both feet planted and your neck relaxed.

KEEP IT SIMPLE

Stay with two legs this week. No added weight or single-leg bridge is needed.

Stop for sharp pain. Do not push through your neck or force extra height.

YOUR TRAINING CARD.

Same four movements. Three separated sessions. Roughly 20-30 minutes.

2	6-10	90-120
SETS	REPS PER SET	SECONDS REST

WARM UP / ABOUT 5 MINUTES

Walk or march for 2 minutes. Gently move shoulders and hips. Rehearse 3-5 easy reps of each movement; row with no load. Take longer if needed.

01	**WALL PUSH-UP** Use your chosen variation	2 x 6-10
02	**SIT-TO-STAND** Or a controlled free squat	2 x 6-10
03	**BACKPACK ROW** 6-10 reps on each side	2 x 6-10
04	**GLUTE BRIDGE** Both feet on the floor	2 x 6-10

Run it: finish both sets before moving on. Rest longer if you need comfortable breathing. Stop with 2-3 clean reps left. Too hard for 6? Make it easier.

New or very inactive? Use 1 set per movement on Day 1. Keep 1 set later if recovery is difficult. Follow the movement instructions on pages 05-08.

SHOW UP. THEN ADJUST.

Use effort and execution to guide the plan, not the need to beat a score.

DAY 1 / FIND YOUR START

Warm up and rehearse each movement. Choose easy-to-moderate variations. Start at 6 reps and stop sooner if technique slips. Record the exact variation, row load and completed reps. Your first session is practice, not a test.

DAY 3 / REPEAT WHAT YOU CAN CONTROL

If recovered, repeat the same variations, load and reps. If everything feels controlled with 2-3 reps left, you may add 1 rep per set, up to 10. Keeping the same numbers is a valid result.

DAY 5 / MAKE IT REPEATABLE

Repeat the same process. If fatigue changes your technique, use fewer reps, an easier variation or one set. Do not change difficulty and increase reps at the same time.

YOUR TRAFFIC LIGHT

- **GO:** comfortable movement, normal breathing and stable technique.
- **ADJUST:** lingering soreness, poor control or unusually high effort. Reduce the session or move it back a day.
- **STOP:** sharp joint pain, dizziness or other warning symptoms. Follow the safety guidance on page 02.

RECOVERY IS PART OF IT.

You do not need a harder workout every day to build a training habit.

EASY DAYS.

Take a comfortable 10-20 minute walk if you feel up to it, or simply rest. Keep movement easy enough to talk normally.

Gentle, pain-free movement is fine. Extra push-up sets, hard circuits and max-rep challenges can wait.



THE BASICS ARE ENOUGH

- Protect a regular sleep schedule. If you feel unusually run down, choose rest.
- Eat regular, balanced meals and drink water normally. This is not a weight-loss challenge.
- Mild muscle soreness can happen after unfamiliar exercise. Soreness is not proof that a workout worked.
- If soreness changes how you move, delay the next session. Severe pain, major swelling or dark urine after exercise needs urgent medical assessment.

MISSED A SESSION?

Continue when you can. Leave a recovery day between sessions, even if your "seven-day" starter takes longer. Never double up to catch up.

CHECK THE PROCESS.

No maximum test. No before-and-after physique requirement.

COMPARE YOUR LOG

- [ ] I completed the sessions, or adapted them sensibly.
- [ ] I can repeat the setup for each movement.
- [ ] I checked control at the same variation and load.
- [ ] I know my level for finishing with 2-3 clean reps left.

MY MOST USEFUL LESSON

WHAT A WEEK CAN TELL YOU

You can learn your starting level, notice changes in confidence and establish a routine. Repetition may feel easier as you learn. A week cannot reliably separate lasting strength gains from familiarization or day-to-day variation.

MAKE COMPARISONS FAIR

Use the same push-up surface, chair height, row load, movement range and rest periods. A different setup changes the challenge. A fist squeeze alone cannot measure your overall strength.

KEEP A RECORD.

Fill this page on your device or print it. Write reps as Set 1 / Set 2 (example: 6 / 6). Record rows left and right. Use a dash for a skipped set.

START DATE

NEXT SESSION DATE

ROW LOAD / CONTENTS

MOVEMENT / VARIATION	DAY 1	DAY 3	DAY 5
Push-up			
Squat / sit-to-stand			
Row - left			
Row - right			
Glute bridge			

EFFORT / FORM / ANY DISCOMFORT (NOTE THE DAY)

NEXT TIME: KEEP THE SAME / ADD A REP / MAKE IT EASIER

THE EVIDENCE. THE LIMITS.

Research informs the principles. This exact seven-day plan has not been clinically tested.

The routine, rep range, rest periods and progression rules in this PDF are an editorial beginner introduction. They are not a proven seven-day protocol, a guarantee of results or a substitute for individualized coaching.

01 / ADULT RESISTANCE TRAINING

American College of Sports Medicine (2026). Resistance Training Prescription for Muscle Function, Hypertrophy, and Physical Performance in Healthy Adults: An Overview of Reviews.

Supports progressive resistance training for healthy adults. The review covers programs lasting at least six weeks, not a seven-day transformation.

OPEN SOURCE

02 / HOME MOVEMENT INSTRUCTIONS

NHS. Strength exercises. Last reviewed 28 February 2024.

Practical reference for wall press-ups and sit-to-stand. Our full four-movement routine is not an NHS program.

OPEN SOURCE

03 / YOUTH TRAINING

American Academy of Pediatrics (2020). Resistance Training for Children and Adolescents. Pediatrics, 145(6), e20201011.

Supports technique-led youth training with qualified supervision. Adult research should not be applied to younger trainees without adaptation.

OPEN SOURCE

Source links checked 3 November 2026. Character artwork includes AI illustrations created for Lean Weapon. Images are teaching aids, not personalized form checks. This starter is not a complete long-term training or rehabilitation plan.

LEAN WEAPON

THIS IS YOUR START.



Keep the log.
Choose your next day.
Repeat what you can control.

Still learning? Repeat this week. Aim for 2-3 nonconsecutive sessions and recover between them.

Reach 2 sets of 10 controlled reps with 2-3 left on two sessions before making a small change. Return toward 6 reps after increasing difficulty.

BUILD THE SKILL.
THEN BUILD THE STRENGTH.

YOUTUBE / @leanweapon