



2-Week Strength Training Routine with Fasting 5-1-1 (Fast Saturday, Feast Sunday)

Week 1 Routine

WEEK 1 SCHEDULE

MONDAY - Upper Body Push

- ☐ Bench Press - 4x5 _____ weight
- ☐ Standing Overhead Press - 3x6 _____ weight
- ☐ Incline DB Press - 3x8 _____ weight
- ☐ Dips - 3x max _____ weight
- ☐ Push-up Ladder: 5-10-15 _____ weight

TUESDAY - Lower Body

- ☐ Back Squat - 4x5 _____ weight
- ☐ Romanian Deadlifts - 3x8 _____ weight
- ☐ Walking Lunges - 3x10 each leg _____ weight
- ☐ Standing Calf Raises - 3x20 _____ weight

WEDNESDAY - Mobility + Core

- ☐ Mobility work (20 mins)

- Core Circuit (3 Rounds):

- ☐ Plank - 1 min
- ☐ Hanging Leg Raises - 10
- ☐ Bird Dog - 10/side
- ☐ Side Plank - 30s each

THURSDAY - Upper Body Pull

- ☐ Deadlifts - 4x5 _____ weight
- ☐ Pull-Ups - 3x max
- ☐ Bent-Over Rows - 3x8 _____ weight
- ☐ Face Pulls - 3x15 _____ weight
- ☐ Bicep Curl Burnout - 30 reps _____ weight



FRIDAY - Full Body + HIIT

- ☐ Clean and Press - 3x5 _____weight
- ☐ Kettlebell Swings - 3x20 _____weight
- ☐ Jump Squats/Box Jumps - 3x10

- HIIT EMOM 10 min:

- ☐ Min 1: Burpees x10
- ☐ Min 2: KB Swings x20 _____weight

SATURDAY - FAST (Rest)

- ☐ 24-36 hr fast, electrolytes only
- ☐ Light walk/mobility optional

SUNDAY - FEAST (Heavy Lifting)

- ☐ Deadlift or Back Squat - 5x3 (max) _____weight
- ☐ Weighted Pull-Ups or Incline Bench - 3x5 _____weight
- ☐ Sled Pushes or Farmer Carries - 3 rounds _____weight
- ☐ Optional Burnout: Push-ups + Squats to failure _____weight



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Week 2 Routine

WEEK 2 SCHEDULE (Progressive Overload)

MONDAY - Upper Body Push

- ☐ Add 5-10 lbs to lifts _____ weight
- ☐ Tempo Pushups - 3x10 _____ weight
- ☐ Lateral Raises - 3x15 _____ weight

TUESDAY - Lower Body

- ☐ Pause Squats - 3x5 _____ weight
- ☐ Bulgarian Split Squats - 3x8 _____ weight
- ☐ Banded Lateral Walks - 2x15/side _____ weight

WEDNESDAY - Mobility + Core

- ☐ Hollow Body Holds - 3x30 sec _____ weight
- ☐ Deep Squat Holds - 2x60 sec _____ weight
- ☐ Thoracic & Hip Flexor Focus _____ weight

THURSDAY - Upper Body Pull

- ☐ Meadows Row - 3x10 _____ weight
- ☐ Inverted Rows - 3x max _____ weight
- ☐ Increase Pull-up reps or weight _____ weight



FRIDAY - Full Body HIIT

- **Ladder: 15-12-9-6-3 of:**

- ☐ Burpees, Jump Squats, KB Swings _____weight
- ☐ Add Wall Balls or Sled Pulls _____weight

SATURDAY - FAST (Rest)

- ☐ 24-36 hr fast, electrolytes only
- ☐ Recovery, journaling, reflection

SUNDAY - FEAST (Max Effort)

- ☐ Heavy Bench Press - 5x3 _____weight
- ☐ Weighted Dips - 3x6 _____weight
- ☐ Yoke Carries or Sled Work - 2-3 rounds _____weight
- ☐ High protein, quality carbs post-workout