

FORGE FITNESS SCIENCE

FORGE FITNESS — FREE STARTER PACK



YOUR FIRST 7 DAYS. SCIENCE-BACKED. NO EQUIPMENT.

Get all 18 guides → forgefitness.nanocorp.app

A TASTE OF WHAT'S INSIDE THE ALL-ACCESS BUNDLE

This is Day 1–7 from our Starter Fitness System — one of 18 science-backed guides in the Forge Fitness All-Access Bundle.

What you're holding is a real sample. The same quality. The same science. The same no-nonsense approach as the full bundle.

Train through this week. Then decide if you want the complete system.

THE 3 NUTRITION RULES (START HERE)

Rule 1 — Hit your protein target. Your bodyweight in kg \times 1.8 = your daily protein goal in grams. Example: 70kg \rightarrow 126g protein per day. Every day. Non-negotiable.

Rule 2 — Eat every 3–5 hours. 3 meals + 1 snack. Each meal includes a protein source + vegetables + one carbohydrate source. Don't skip meals when training.

Rule 3 — Hydrate before you're thirsty. Minimum 2.5 litres of water per day. Add 500ml for every hour of training.

THE 7-DAY WORKOUT FRAMEWORK

Equipment needed: None. Just floor space.

DAY 1 — LOWER BODY FOUNDATION

EXERCISE	SETS	REPS
Bodyweight Squat (controlled, full depth)	3	10

Reverse Lunge	3	8 each leg
Wall Sit	3	30 seconds
Glute Bridge	2	10

Why this works: Compound lower body movements activate your largest muscle groups — glutes, quads, and hamstrings. Full-depth squats engage 40% more muscle fibre than partial reps.

Recovery tip: After training, do 5 minutes of light stretching — quads, hip flexors, hamstrings. This accelerates next-day readiness.

Nutrition today: Prioritise carbohydrates at your post-training meal. Muscle glycogen replenishment peaks within 2 hours of finishing.

DAY 2 — ACTIVE RECOVERY

- 30-minute brisk walk (moderate pace — you should be able to hold a conversation)

Why active recovery beats full rest: Light movement on Day 2 increases blood flow to trained muscles, flushing out metabolic waste and delivering nutrients. You'll feel better on Day 3 than if you stayed still.

Recovery tip: Sleep 7–8 hours tonight. Growth hormone peaks in the first 90 minutes of deep sleep. This is when yesterday's training becomes muscle.

Nutrition today: Reduce carbohydrates slightly on rest days. Maintain full protein target. Your body is still repairing — it needs the amino acids.

DAY 3 — UPPER BODY FOUNDATION

EXERCISE	SETS	REPS
Push-Ups (stop 2 reps before failure)	3	Max
Pike Push-Ups	3	10
Superman Hold (3-second pause at top)	3	10

Dead Bug	3	30 seconds
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Why this works: Push-ups are a complete upper body pressing movement — chest, anterior deltoids, triceps, and core all activate simultaneously. Pike push-ups shift the emphasis to shoulders. The Superman targets posterior chain, which most beginners neglect entirely.

Recovery tip: Elevate your feet for 10 minutes after training. Reduces lower-body fluid pooling and speeds muscular recovery.

Nutrition today: Add a second protein-rich snack today. Your upper body muscles are now in repair mode alongside your lower body from Day 1.

DAY 4 — FULL REST

No structured exercise today.

Why this matters: Rest is not wasted time. Muscle is built during recovery, not during training. Training creates the stimulus; rest and nutrition create the adaptation. Skipping rest days doesn't accelerate progress — it delays it.

Recovery tip: Eat your protein target even on rest days. Muscle protein synthesis continues for 24–48 hours post-training and requires amino acids from food.

Today's focus: Hydration and sleep. Aim for 3 litres of water. Prioritise 7–8 hours. These are the two highest-leverage recovery tools available to you.

DAY 5 — FULL BODY CIRCUIT

3 rounds of:

EXERCISE	REPS
Squat to Press (water bottles or bodyweight)	10
Push-Ups	8
Reverse Lunges (each leg)	6
Glute Bridge	10
Plank	30 seconds

Rest 90 seconds between rounds.

Why circuits work: Compound circuit training elevates heart rate while building strength — you get cardiovascular and muscular adaptations simultaneously. This is the basis of the progressive programming in the 12-Week Transformation System.

Recovery tip: Eat a protein-rich meal or snack within 2 hours of finishing this session. This is the window of maximum muscle protein synthesis.

Nutrition today: This is your highest-effort day of the week. Eat a full carbohydrate-rich meal 2–3 hours before training if possible. Performance is fuelled by glycogen.

DAY 6 — ACTIVE RECOVERY

- 20-minute walk OR 20 minutes of mobility/stretching

Recommended mobility routine:

1. Hip flexor stretch — 60 seconds each side
2. Thoracic rotation — 10 reps each side
3. Hamstring stretch — 60 seconds each side
4. Shoulder cross-body stretch — 45 seconds each side
5. Child's pose — 90 seconds

Recovery tip: Limit screen time before bed tonight. Blue light suppresses melatonin by up to 50%. Better sleep = better recovery = better results.

Nutrition today: Light day, light eating. Keep protein high, reduce total calories slightly if your goal is fat loss.

DAY 7 — CORE & STABILITY

EXERCISE	SETS	REPS/TIME
Plank	3	30 seconds

Dead Bug (slow, controlled)	3	10
Bird Dog (each side)	3	10
Bicycle Crunch	3	20
Side Plank (each side)	3	20 seconds

Why core training matters more than you think: Your core is not just your abs. It's the entire muscular system that stabilises your spine during every exercise you do. A strong core makes every other movement more efficient, reduces injury risk, and directly improves performance in squats, lunges, and pushing movements.

Recovery tip: Reflect on this week. What felt hard? What felt easy? The answer tells you where to focus your next week.

Nutrition today: This is the end of Week 1. Your body has adapted to training stimulus. The rate of adaptation from Week 2 onwards depends entirely on progressive overload — doing slightly more each week.

WEEK 1 REVIEW — WHAT YOU'VE BUILT


By the end of Day 7, you've established:


✓ **Movement patterns** — squat, hinge, push, core stability ✓ **Nutritional habits** — protein targets, meal timing, hydration ✓ **Recovery protocols** — sleep, active recovery, rest-day nutrition ✓ **Training consistency** — 4 structured sessions + 2 active recovery days


This is the foundation. Everything in the full bundle builds on exactly this.


WHAT THE FULL SYSTEM GIVES YOU

The All-Access Bundle takes everything you've started here and builds it into a complete 12-week progressive system across 18 guides:

 **Flagship Programs** → 12-Week Transformation System — Progressive overload mapped week by week. Adapts as you get stronger. → Starter Fitness System — The complete 8-week foundation program (this PDF is just the first 7 days).

 **Science Guides** → Warm-Up Science — Why most warm-ups waste 15 minutes and what to do instead → Creatine Science — The evidence behind the most researched supplement in sports nutrition → Sleep for Muscle — The sleep protocols used by high-performance athletes → Plateau Breaker — How to break through any training plateau in 2 weeks → Stretching for Lifters — When to stretch, how long, and what it actually does to muscle → Desk Worker Mobility — Undoing the damage of 8 hours sitting → Hotel Workout — Full training system for travel with no equipment

 **Tactical Deep-Dives** → Meal Prep for Lean Gain — Full system for batch cooking high-protein meals → Joint-Friendly Training — Protecting knees, shoulders, and lower back long-term → Travel Diet System — Staying on-plan through airports, hotels, and disrupted routines → Budget Muscle Meals — High-protein eating on €5/day per person → Progressive Overload Blueprint — The exact weekly system for continuous improvement

 **Seasonal Programs** → Summer Cut — 6-week fat loss program with performance maintenance → Winter Lean Bulk — Cold-weather muscle building protocol → Travel Reset — Rebuilding habits after a holiday or travel break → Holiday Damage Control — Maintaining during high-calorie seasons

READY FOR THE FULL SYSTEM?

You just experienced Day 1-7.

The All-Access Bundle includes:

- 12-Week Transformation System (full 12-week program)
- 17 more science-backed guides
- Nutrition, recovery, mobility, seasonal programs

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