

New You Fitness

Premium coaching, sustainable results

The 7-Day Reset

A simple, sustainable starter plan to build momentum without overwhelm.

What you'll do this week

- Train 3 times (30 to 40 minutes) using full-body sessions.
- Hit a simple protein target at each meal.
- Walk daily, aim for a realistic step goal.
- Sleep routine, same wake time, wind-down plan.
- One small habit change per day, stacked over the week.

3 Workouts (full body)

Workout A

- Squat pattern 3x8
- Push pattern 3x8
- Pull pattern 3x10
- Carry 4x30s

Workout B

- Hinge pattern 3x8
- Push 3x10
- Row 3x10
- Core 3x30s

Workout C

- Split squat 3x8
- Overhead press 3x8
- Lat pull 3x10
- Bike 8x30s easy/hard

Next step: book your free 15 min call to personalise this plan.

This guide is informational and not medical advice. Always train safely and consult a professional if needed.