**Exercise Program Design Template**

**User Information**

* **Primary Fitness Goals:** Muscle gain and mobility
* **Fitness Level:** Beginner
* **Equipment Available:** 1 kettlebell
* **Time Commitment:** 5 days/week, 30 minutes/session
* **Dietary Preference:** Carnivore diet

**Weekly Exercise Plan**

**Day 1: Full-Body Strength + Mobility**

* **Warm-Up (5 minutes):**
  + Arm circles (1 minute)
  + Bodyweight squats (1 minute)
  + Cat-Cow stretch (1 minute)
  + Hip circles (1 minute)
  + Shoulder rolls (1 minute)
* **Workout (20 minutes):**
  1. **Kettlebell Goblet Squats** (3 sets of 10-12 reps)
  2. **Kettlebell Deadlifts** (3 sets of 10-12 reps)
  3. **Kettlebell Overhead Press** (3 sets of 8-10 reps)
  4. **Mobility Flow:** Hip openers and thoracic spine rotations (2 minutes)
* **Cool-Down (5 minutes):**
  + Hamstring stretch (1 minute/side)
  + Quad stretch (1 minute/side)
  + Child’s pose (1 minute)
  + Deep breathing (2 minutes)

**Day 2: Mobility Focus**

* **Warm-Up (5 minutes):**
  + Dynamic stretches (leg swings, arm swings, hip circles)
* **Workout (20 minutes):**
  1. **Kettlebell Halos** (3 sets of 8-10 reps/side)
  2. **Kettlebell Windmills** (3 sets of 6-8 reps/side)
  3. **Mobility Flow:** World’s Greatest Stretch (2 minutes/side)
  4. **Kettlebell Turkish Get-Up Practice** (3 sets of 3 reps/side)
* **Cool-Down (5 minutes):**
  + Pigeon pose (1 minute/side)
  + Cobra stretch (1 minute)
  + Deep breathing (3 minutes)

**Day 3: Strength + Core**

* **Warm-Up (5 minutes):**
  + Jumping jacks (1 minute)
  + Bodyweight lunges (1 minute)
  + Shoulder rolls (1 minute)
  + Dynamic stretches (2 minutes)
* **Workout (20 minutes):**
  1. **Kettlebell Swings** (3 sets of 12-15 reps)
  2. **Kettlebell Bent-Over Rows** (3 sets of 10-12 reps)
  3. **Kettlebell Russian Twists** (3 sets of 12-15 reps/side)
  4. **Plank with Shoulder Taps** (3 sets of 30 seconds)
* **Cool-Down (5 minutes):**
  + Seated forward fold (1 minute)
  + Side stretch (1 minute/side)
  + Deep breathing (3 minutes)

**Day 4: Active Recovery + Mobility**

* **Warm-Up (5 minutes):**
  + Light dynamic stretches
* **Workout (20 minutes):**
  1. **Kettlebell Halos** (3 sets of 8-10 reps/side)
  2. **Kettlebell Windmills** (3 sets of 6-8 reps/side)
  3. **Mobility Flow:** Hip openers and thoracic spine rotations (2 minutes)
  4. **Kettlebell Turkish Get-Up Practice** (3 sets of 3 reps/side)
* **Cool-Down (5 minutes):**
  + Pigeon pose (1 minute/side)
  + Cobra stretch (1 minute)
  + Deep breathing (3 minutes)

**Day 5: Full-Body Strength + Mobility**

* **Warm-Up (5 minutes):**
  + Arm circles (1 minute)
  + Bodyweight squats (1 minute)
  + Cat-Cow stretch (1 minute)
  + Hip circles (1 minute)
  + Shoulder rolls (1 minute)
* **Workout (20 minutes):**
  1. **Kettlebell Goblet Squats** (3 sets of 10-12 reps)
  2. **Kettlebell Deadlifts** (3 sets of 10-12 reps)
  3. **Kettlebell Overhead Press** (3 sets of 8-10 reps)
  4. **Mobility Flow:** World’s Greatest Stretch (2 minutes/side)
* **Cool-Down (5 minutes):**
  + Hamstring stretch (1 minute/side)
  + Quad stretch (1 minute/side)
  + Child’s pose (1 minute)
  + Deep breathing (2 minutes)

**Nutritional Guidance for Carnivore Diet**

* **Pre-Workout:** A small serving of fatty meat (e.g., steak or ground beef) for sustained energy.
* **Post-Workout:** Protein-rich meal (e.g., ribeye steak or eggs) to support muscle recovery.
* **Hydration:** Drink plenty of water throughout the day, especially before and after workouts.

**Progression Plan**

* **Weeks 1-2:** Focus on mastering form and building foundational strength.
* **Weeks 3-4:** Gradually increase kettlebell weight or reps/sets as you feel comfortable.
* **Ongoing:** Incorporate advanced mobility flows and variations of kettlebell exercises.