

FOUNDATION STRENGTH

Hybrid Athlete | DOM Living Philosophy

BEGINNER 4-WEEK PROGRAM

WELCOME TO FOUNDATION STRENGTH

This program is designed for beginners who want to build a complete athletic foundation. You'll learn fundamental movement patterns, build functional strength, and develop the discipline required for the hybrid athlete lifestyle.

PROGRAM OVERVIEW

- Duration: 4 Weeks
 - Frequency: 3-4 Days per Week
 - Session Length: 45-60 Minutes
 - Focus: Movement Quality, Base Strength, Athletic Foundations
 - Equipment: Barbell, Dumbbells, Pull-up Bar, Bodyweight
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TRAINING PRINCIPLES

1. MOVEMENT MASTERY

Perfect form before adding weight. Every rep counts.

2. PROGRESSIVE OVERLOAD

Gradually increase weight, reps, or intensity each week.

3. CONSISTENCY

Show up. Do the work. Build the habit.

4. RECOVERY

Rest days are training days for your muscles.

WEEKLY TRAINING SPLIT

Day 1: PUSH (Chest, Shoulders, Triceps)

Day 2: REST or Active Recovery

Day 3: PULL (Back, Biceps)

Day 4: REST

Day 5: LEGS & CORE

Day 6-7: REST

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DAY 1: PUSH

WARM-UP (10 min)

- Arm circles: 2x10 each direction
- Push-ups: 2x10
- Band pull-aparts: 2x15

MAIN WORKOUT

1. Barbell Bench Press

Week 1-2: 3 sets x 8 reps

Week 3-4: 4 sets x 8 reps

Rest: 90 seconds

2. Dumbbell Overhead Press

Week 1-2: 3 sets x 10 reps

Week 3-4: 3 sets x 12 reps

Rest: 60 seconds

3. Incline Dumbbell Press

Week 1-2: 3 sets x 10 reps

Week 3-4: 3 sets x 12 reps

Rest: 60 seconds

4. Tricep Dips (Assisted if needed)

Week 1-2: 3 sets x 8 reps

Week 3-4: 3 sets x 10 reps

Rest: 45 seconds

5. Overhead Tricep Extension

Week 1-2: 3 sets x 12 reps

Week 3-4: 3 sets x 15 reps

Rest: 45 seconds

COOL DOWN (5 min)

- Chest stretch: 2x30 seconds
- Shoulder stretch: 2x30 seconds

DAY 3: PULL

WARM-UP (10 min)

- Dead hangs: 3x20 seconds
- Scapular pull-ups: 2x10
- Band rows: 2x15

MAIN WORKOUT

1. Pull-Ups or Assisted Pull-Ups

Week 1-2: 4 sets x 5 reps

Week 3-4: 4 sets x 8 reps

Rest: 90 seconds

2. Barbell Bent-Over Row

Week 1-2: 3 sets x 8 reps

Week 3-4: 4 sets x 8 reps

Rest: 90 seconds

3. Dumbbell Single-Arm Row

Week 1-2: 3 sets x 10 reps/arm

Week 3-4: 3 sets x 12 reps/arm

Rest: 60 seconds

4. Face Pulls

Week 1-2: 3 sets x 15 reps

Week 3-4: 3 sets x 20 reps

Rest: 45 seconds

5. Barbell Bicep Curls

Week 1-2: 3 sets x 10 reps

Week 3-4: 3 sets x 12 reps

Rest: 45 seconds

6. Hammer Curls

Week 1-2: 3 sets x 12 reps

Week 3-4: 3 sets x 15 reps

Rest: 45 seconds

COOL DOWN (5 min)

- Lat stretch: 2x30 seconds
- Bicep stretch: 2x30 seconds

DAY 5: LEGS & CORE

WARM-UP (10 min)

- Bodyweight squats: 2x15
- Leg swings: 2x10 each leg
- Hip circles: 2x10 each direction

MAIN WORKOUT

1. Barbell Back Squat

Week 1-2: 4 sets x 8 reps

Week 3-4: 4 sets x 10 reps

Rest: 2 minutes

2. Romanian Deadlift

Week 1-2: 3 sets x 10 reps

Week 3-4: 3 sets x 12 reps

Rest: 90 seconds

3. Bulgarian Split Squat

Week 1-2: 3 sets x 8 reps/leg

Week 3-4: 3 sets x 10 reps/leg

Rest: 60 seconds

4. Leg Press or Goblet Squat

Week 1-2: 3 sets x 12 reps

Week 3-4: 3 sets x 15 reps

Rest: 60 seconds

5. Plank Hold

Week 1-2: 3 sets x 30 seconds

Week 3-4: 3 sets x 45 seconds

Rest: 30 seconds

6. Russian Twists

Week 1-2: 3 sets x 20 reps

Week 3-4: 3 sets x 30 reps

Rest: 30 seconds

COOL DOWN (5 min)

- Quad stretch: 2x30 seconds each leg
- Hamstring stretch: 2x30 seconds each leg
- Hip flexor stretch: 2x30 seconds each leg

NUTRITION GUIDELINES

FUEL YOUR PERFORMANCE

PROTEIN

- Target: 0.8-1g per pound of bodyweight
- Sources: Chicken, beef, fish, eggs, Greek yogurt, protein powder
- Timing: Spread throughout the day, especially post-workout

CARBOHYDRATES

- Target: 2-3g per pound of bodyweight
- Sources: Rice, oats, potatoes, fruits, vegetables
- Timing: Focus around training sessions

FATS

- Target: 0.3-0.5g per pound of bodyweight
- Sources: Avocado, nuts, olive oil, fatty fish

HYDRATION

- Target: 1 gallon (3.8L) of water daily
 - More during training days
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PROGRESSION STRATEGY

WEEK 1-2: ADAPTATION PHASE

- Focus on perfecting form
- Use moderate weight (60-70% of max)
- Build work capacity

WEEK 3-4: PROGRESSION PHASE

- Increase volume (more reps/sets)
 - Gradually increase weight (5-10 lbs per exercise)
 - Push intensity while maintaining form
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DOM LIVING MINDSET

"Discipline Over Motivation"

Your transformation doesn't happen in the gym.

It happens in the decisions you make every single day.

Show up. Do the work. Trust the process.

Welcome to the hybrid athlete lifestyle.



CONTACT & SUPPORT

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For questions, modifications, or guidance:
Stay disciplined. Stay focused. DOM Living.

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