

## FOUNDATION STRENGTH

### Hybrid Athlete | DOM Living Philosophy

#### BEGINNER 4-WEEK PROGRAM

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#### 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.

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#### 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.

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#### 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

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## 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

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## 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

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## 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.

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#### CONTACT & SUPPORT

Website: [ruben4tpifi.github.io/DOMWebsite](https://ruben4tpifi.github.io/DOMWebsite)

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

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