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7-DAY KICKSTART CHALLENGE

Start strong. Build momentum. Become the person who shows up.

This 7-day challenge is your launchpad, a simple, realistic plan to reset your body and mindset. Designed for all levels with access to a gym, it's your first step toward building strength, energy, and confidence. No perfection required, only consistent effort.

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How This Challenge Works:

- Train 45–60 minutes on training days (5 sessions total).
- Follow the daily prompt; choose options that fit your level.
- Reflect briefly each day — one win, one lesson.
- Share progress on Instagram and tag @project._____ to inspire others.

What You'll Need:

- Basic gym access (machines+dumbbells)
- A willingness to show up.

Day 1 – Full Body Strength

Focus: Learn the basics / feel your body working again.

Goal: Movement quality

Workout:

- Treadmill warm-up – 5 min brisk walk
- Goblet Squat – 3×10
- Seated Row (machine or cable) – 3×10
- Dumbbell Bench Press – 3×10
- Dumbbell Romanian Deadlift – 3×10
- Plank – 3×30 sec hold

Finisher: 10-min incline walk or easy bike spin.

Coach Note: Your first win is showing up. Focus on form, not fatigue.

Day 2 – Push + Core

Focus: Upper body strength & stability.

Goal: Building back confidence.

Workout:

- Incline Dumbbell Press – 3×10
- Dumbbell Shoulder Press – 3×12
- Triceps Pushdowns – 3×12
- Cable or Bodyweight Crunches – 3×15
- Side Plank – 2×30 sec each side

Finisher: 10-min steady-state cardio (rower or bike).

Coach Note: You're not trying to max out, you're building rhythm

Day 3 – Active Recovery

Focus: Move, breathe, and recharge.

Goal: Building back confidence.

Options:

- 30–45 min walk outside
- Stretching or yoga session
- 10-min guided meditation

Coach Note: Rest is a skill. How's your energy, sleep, and mindset?

Day 4 — Lower Body Strength

Focus: Build power and confidence in your base.

Goal: Building back confidence.

Workout:

- Leg Press — 3×10
- Dumbbell Step-Ups — $3 \times 12/\text{leg}$
- Hamstring Curl (machine) — 3×12
- Glute Bridge — 3×15
- Standing Calf Raise — 3×15

Finisher: 8–10 min stair master machine.

Coach Note: Strong legs build strong habits

Day 5 – Conditioning + Core

Focus: Quick in and out cardio

Goal: Push the pace a bit, keep our heart rate up

Workout:

- Circuit (4 rounds, 45 sec work / 15 sec rest):
 - Dumbbell Thrusters
 - Jump Rope or Step-Ups
 - Kettlebell Swing
 - Mountain Climbers
 - Russian Twists

Finisher: 30 sec dead hang

Coach Note: Today's about effort, not perfection. Give what you've got.

Day 6 — Upper + Lower Blend

Focus: Put it all together.

Goal: One last workout before we rest! Give it your best.

Workout:

- Lat Pulldown — 3×10
- Dumbbell Walking Lunges — $3 \times 12/\text{leg}$
- Pushups or Machine Chest Press — 3×12
- Dumbbell Deadlift — 3×10
- Plank Shoulder Taps — $3 \times 12/\text{side}$

Finisher: 10–15 min incline walk.

Coach Note: You've built consistency. Let this day prove it.

Day 7 – Reflection + Reset

Focus: Recharge your mind and body.

Goal: Prepare for your week ahead

Prompts:

- What's one win from this week?
- How did your energy change from Day 1 to Day 7?
- What's one habit you'll keep going forward?

Coach Note: This is the start, not the end. Small, consistent effort compounds into massive change.

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If you enjoyed this challenge, we'd love to have you onboard here at Project. We'll help you turn these seven days into a personalized plan that fits your life, training, nutrition, accountability, and support.

- Apply for Coaching Here: <https://forms.gle/rjB6wh69QAH8hKKT6>

Follow along on Instagram @project.-----
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