THE EVERLASTING MAN™

FREE COMPANION GUIDE

12-WEEK FOUNDATION PLAN

BUILD THE HABIT. BUILD THE FOUNDATION.

A straightforward 12-week training template designed to help an inactive or inconsistent man become someone who trains consistently.

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YOUR WEEKLY SCHEDULE

Keep the pattern consistent. Adjust days to fit your life if needed.

MONDAY	**Strength Training** Squat - Deadlift - Bench Press - Bent-Over Row - Core (3 sets each)	45-55 min
TUESDAY	**Zone 2 Cardio** Brisk walk, bike, row or elliptical at a conversational pace + 10 min mobility	40-50 min
WEDNESDAY	**Strength Training** Overhead Press - Farmer's Carry - Squat variation - Pull-ups or Rows - Core (3 sets each)	45-55 min
THURSDAY	**Interval Cardio** 10 min warm-up - 8 x 20 sec hard / 90 sec easy - 5 min cool-down + 10 min mobility	25-30 min
FRIDAY	**Strength Training** Deadlift - Bench Press - Overhead Press - Bent-Over Row - Farmer's Carry (3-4 sets each)	45-55 min
SATURDAY	**Zone 2 Cardio** Longer easy session - walk, hike, bike, swim or row. Keep it enjoyable.	45-60 min
SUNDAY	**Active Recovery** Full mobility routine - light walk - breathwork or stretching. No hard training.	15-20 min

EVERY DAY

10 minutes of mobility + a daily goal of 8,000-10,000 steps.

HOW THE 12 WEEKS PROGRESS

WEEKS 1-4

BUILD THE HABIT

Keep sessions to about 45 minutes. Focus on learning the movements correctly and use lighter weight than you think you need.

Strength format: 5-minute warm-up, then 3 sets each of a squat pattern, hinge pattern, push and pull. Rest 2 minutes between sets. Finish with 5 minutes of stretching.

WEEKS 5-8

ADD INTENSITY

Once the habit is established, begin adding weight progressively while maintaining good form.

When you can complete all sets cleanly, add about 5 lb to lower-body movements and 2.5 lb to upper-body movements. Add one interval-cardio session each week.

WEEKS 9-12

BUILD THE FOUNDATION

Increase the main lifts to 4 sets and add a fifth exercise to each strength session.

The fifth exercise can be core work, loaded carries or accessory work for a weak point. Your cardio should feel more comfortable; increase interval intensity slightly.

THE POINT OF THE FIRST 12 WEEKS

The goal is not an overnight transformation. The goal is to build the habit, learn the movements and become someone who trains.

12-WEEK CONSISTENCY TRACKER

Check off each strength session. Three per week = 36 sessions.

WEEK 1	☐ MON	☐ WED	☐ FRI	NOTES: _____
WEEK 2	☐ MON	☐ WED	☐ FRI	NOTES: _____
WEEK 3	☐ MON	☐ WED	☐ FRI	NOTES: _____
WEEK 4	☐ MON	☐ WED	☐ FRI	NOTES: _____
WEEK 5	☐ MON	☐ WED	☐ FRI	NOTES: _____
WEEK 6	☐ MON	☐ WED	☐ FRI	NOTES: _____
WEEK 7	☐ MON	☐ WED	☐ FRI	NOTES: _____
WEEK 8	☐ MON	☐ WED	☐ FRI	NOTES: _____
WEEK 9	☐ MON	☐ WED	☐ FRI	NOTES: _____
WEEK 10	☐ MON	☐ WED	☐ FRI	NOTES: _____
WEEK 11	☐ MON	☐ WED	☐ FRI	NOTES: _____
WEEK 12	☐ MON	☐ WED	☐ FRI	NOTES: _____

REMEMBER

Soreness can be normal; pain is not. If you have persistent pain, a medical condition, or are unsure whether this plan is appropriate for you, talk with a qualified healthcare professional before starting or modifying an exercise program.