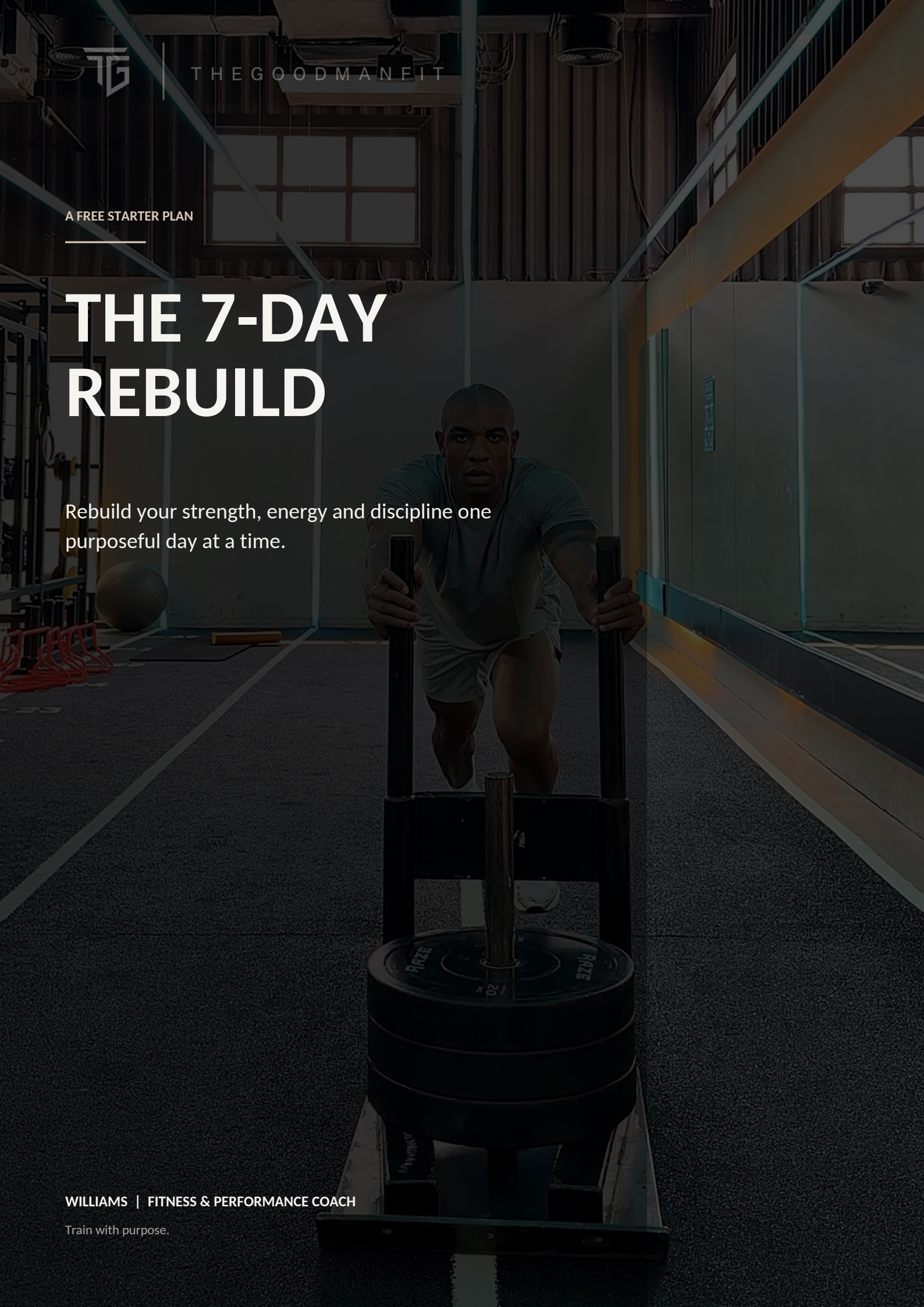
THEGOODMANFIT

A FREE STARTER PLAN

THE 7-DAY REBUILD

Rebuild your strength, energy and discipline one purposeful day at a time.



WILLIAMS | FITNESS & PERFORMANCE COACH

Train with purpose.

ONE WEEK. ONE DECISION.

You do not need to fix everything today.

You need one clear decision, followed by another. I started by showing up before I felt ready. That decision rebuilt my body, confidence and direction.

THE GOAL

Finish seven days with more clarity, more energy and a structure you can repeat. Momentum is the result.

TRAIN 01

Move with intention through strength, walking and recovery.

EAT 02

Build meals with a simple structure. No crash diets. No guilt.

LIVE 03

Build discipline through small promises you can keep.

THREE RULES

01 Schedule each day's actions before the day begins.

02 Choose an exercise variation that challenges you while keeping good form.

03 Record the work. Evidence builds confidence.

Use 4-5/10 effort for recovery work, 6-7/10 for strength work and 7-8/10 for conditioning.

This guide provides general fitness education only. Stop exercising if you experience sharp pain, chest pain, dizziness, or unusual shortness of breath.

01

DAY 1

CLEAR THE GROUND

Awareness before intensity.

TRAIN

Take a 20-minute brisk walk. Then complete two controlled rounds:

01 8 chair squats or bodyweight squats

02 8 wall or incline push-ups

03 10 hip hinges

04 6 supported reverse lunges per side

05 20-second floor plank or elevated plank

EAT

Build one balanced plate with protein, carbohydrates and vegetables or fruit.

LIVE

Schedule Day 2. Set out your clothes and write down why you are rebuilding.

02

DAY 2

BUILD YOUR BASE

Controlled strength, not punishment.

TRAIN

Warm up for five minutes. Complete three sets at 6-7/10 effort:

01 Goblet squat or chair squat - 8-10

02 Dumbbell press or incline push-up - 8-12

03 Cable row or backpack row - 10-12

04 Dumbbell RDL or backpack RDL - 8-10

05 Farmer carry - 30 sec, or suitcase hold - 30 sec per side

EAT

Choose your protein source first at each main meal.

LIVE

Keep one small promise even when your mood changes.

03 RECOVER ON PURPOSE

DAY 3

Recovery is part of the work.

TRAIN

Walk for 25-30 minutes at a conversational pace. Complete two mobility rounds:

01 90/90 hip switches - 6 per side
02 Half-kneeling hip flexor stretch - 30 sec per side
03 Open-book rotation - 6 per side
04 Calf stretch - 30 sec per side
05 Five slow breaths in child's pose

EAT

Drink water with your meals and add vegetables or fruit to two meals.

LIVE

Create a 30-minute wind-down routine before bed.

04 STRENGTHEN THE STANDARD

DAY 4

Practice who you are becoming.

TRAIN

Warm up for five minutes. Complete three sets at 6-7/10 effort:

01 Reverse lunge or supported split squat - 8 per side
02 Dumbbell press or incline push-up - 8-12
03 Lat pulldown or band pulldown - 10-12
04 Hip thrust or glute bridge - 12-15
05 Dead bug - 8 per side

EAT

Plan your next meal before you become very hungry.

LIVE

Make tomorrow easier. Lay out your clothes, prepare your meals or schedule your training tonight.

05

DAY 5

PROTECT YOUR ENERGY

Build capacity without draining yourself.

TRAIN

Choose one option and work for 30-40 minutes at a steady 6/10 effort. Then take five slow breaths and stretch lightly.

01 Brisk walk

02 Stationary bike

03 Elliptical

04 Swimming

EAT

Eat one meal without a screen. Notice hunger and fullness.

LIVE

List your three biggest energy drains. Choose one to reduce.

06

DAY 6

PROVE YOU CAN SHOW UP

Finish the week with controlled effort.

TRAIN

Warm up for five minutes. Complete four rounds. Rest 20 seconds between movements and 60 seconds between rounds:

01 Squat - 40 sec

02 Push-up - 40 sec

03 Row - 40 sec

04 Reverse lunge - 40 sec

05 Fast march - 40 sec

EAT

Have a meal with protein, carbohydrates and vegetables or fruit after training.

LIVE

When you want to stop early, finish the current interval with good form.

07

DAY 7

CHOOSE WHAT CONTINUES

A reset only matters when it becomes a standard you can maintain.

TRAIN

Walk for 20 minutes. Choose three movements from this week and complete two easy rounds using the same repetitions or time.

EAT

Choose three default meals you can repeat on busy days.

LIVE

Review what worked. Schedule next week's training before today ends.

YOUR 7-DAY SCORECARD

Mark each completed action. Rate your energy from 1 (very low) to 5 (very high). A missed box is information, not failure.

DAY	TRAIN	EAT	LIVE	ENERGY 1-5	NOTE
01	[ ]	[ ]	[ ]		
02	[ ]	[ ]	[ ]		
03	[ ]	[ ]	[ ]		
04	[ ]	[ ]	[ ]		
05	[ ]	[ ]	[ ]		
06	[ ]	[ ]	[ ]		
07	[ ]	[ ]	[ ]		

END-OF-WEEK REVIEW

The action I am most proud of: _____

The three actions I will repeat next week: _____



MEET YOUR COACH

I'M WILLIAMS.

I help people transform their body and their life through fitness. I know what it feels like to be stuck and what can happen when you start showing up with purpose.

ISSA CSCS | THEGOODMANFIT

READY FOR MORE THAN A RESET?

THE GOODMAN 12-WEEK TRANSFORMATION SYSTEM

This coaching system is built around your body, schedule, and goals, providing the structure and accountability needed to create lasting change.

- Daily coaching with me
- 1-to-1, online, or hybrid coaching, depending on the option you choose
- Personalized training and practical nutrition guidance
- Weekly check-ins, adjustments, and direct accountability
- Mindset coaching because the body follows the mind

START YOUR TRANSFORMATION

thegoodmanfit.com

START NOW