



# TITAN BUILT COACHING

Strength • Discipline • Transformation

## 7-DAY STARTER PLAN

LOSE FAT. BUILD MUSCLE. RECLAIM YOUR ENERGY.

30-MINUTE WORKOUTS - SIMPLE NUTRITION

YOUR FIRST STEP TO BECOMING A TITAN

# HOW TO USE THIS PLAN

Simple enough to start today. Structured enough to create momentum.

## 1 Train for 30 minutes

Complete the three strength sessions. On recovery days, walk and move.

## 2 Build every meal

Choose a protein, produce, smart carbohydrate and healthy fat.

## 3 Track the basics

Record workouts, water, steps, sleep and one daily win.

## 4 Repeat - do not restart

Miss a meal or workout? Continue with the next planned action.

## THE TITAN RULE

Consistency beats intensity. Aim for seven solid days - not seven perfect days.

# YOUR 7-DAY GAME PLAN

Three strength days, two active-recovery days and two reset days.

|       |                                                                  |           |
|-------|------------------------------------------------------------------|-----------|
| DAY 1 | <b>Full-Body Strength A</b><br>Complete at home or in the gym    | 30 min    |
| DAY 2 | <b>Walk + Mobility</b><br>Complete at home or in the gym         | 25-35 min |
| DAY 3 | <b>Full-Body Strength B</b><br>Complete at home or in the gym    | 30 min    |
| DAY 4 | <b>Recovery + Core</b><br>Complete at home or in the gym         | 20-30 min |
| DAY 5 | <b>Full-Body Strength C</b><br>Complete at home or in the gym    | 30 min    |
| DAY 6 | <b>Long Walk + Meal Prep</b><br>Complete at home or in the gym   | 45-60 min |
| DAY 7 | <b>Reset + Progress Review</b><br>Complete at home or in the gym | 20 min    |

# 30-MINUTE STRENGTH WORKOUTS

Warm up 4 minutes. Rest 45-60 seconds. Stop any movement that causes pain.

## WORKOUT A

1



Goblet squat / bodyweight squat

3 x 10

2



Push-up / chest press

3 x 8-12

3



One-arm row

3 x 10/side

4



Glute bridge

3 x 12

5



Plank

3 x 20-40 sec

## WORKOUT B

1



Reverse lunge / split squat

3 x 8/side

2



Shoulder press

3 x 10

3



Romanian deadlift / hip hinge

3 x 10

4



Lat pulldown / band pulldown

3 x 10

5



Dead bug

3 x 8/side

# WORKOUT C + SMART MODIFICATIONS

Move with control. Pick a version that lets you finish with good form.

1



Step-up / supported squat

3 x 10/side

2



Incline push-up / chest press

3 x 10

3



Seated cable or band row

3 x 12

4



Kettlebell deadlift / hip hinge

3 x 10

5



Farmer carry / march in place

3 x 40 sec

## MAKE IT WORK FOR YOU

### Too difficult?

Reduce weight, reps or range of motion.

### Too easy?

Add weight or slow the lowering phase.

### No equipment?

Use bodyweight, a backpack or resistance band.

### Joint discomfort?

Use a supported option and avoid painful ranges.

## 4-MINUTE WARM-UP

March in place - arm circles - bodyweight squats - hip hinges. Spend about 60 seconds on each.

# SIMPLE TITAN NUTRITION

No crash diet. Build repeatable meals that support fat loss and strength.

## 1. PROTEIN

1-2 palms

Chicken, lean beef, fish, eggs, Greek yogurt, tofu

## 2. PRODUCE

1-2 fists

Vegetables, berries, apples, oranges, mixed greens

## 3. SMART CARB

1 cupped hand

Rice, potato, oats, beans, whole-grain wrap

## 4. HEALTHY FAT

1 thumb

Olive oil, avocado, nuts, seeds

## DAILY TARGETS

Water: 8-12 cups | Protein: include at every meal | Fiber: produce 3+ times | 80/20: mostly whole foods, room for real life.

# MEALS + GROCERY SHORTCUT

Choose one option per meal. Repeat favorites to save time and money.

## BREAKFAST

Eggs + oats + berries

OR Greek yogurt + fruit + nuts

## LUNCH

Chicken rice bowl + vegetables

OR Turkey wrap + salad

## DINNER

Lean beef + potato + vegetables

OR Salmon + rice + greens

## SNACK

Protein shake + banana

OR Cottage cheese + berries

## GROCERY LIST

- ☐ Chicken or turkey
- ☐ Lean beef or fish
- ☐ Eggs / Greek yogurt
- ☐ Rice / oats / potatoes
- ☐ Frozen vegetables
- ☐ Fresh fruit
- ☐ Mixed greens
- ☐ Olive oil / nuts
- ☐ Low-calorie sauces
- ☐ Protein powder (optional)

## MEAL PREP IN 45 MINUTES

Cook two proteins, one carbohydrate and a large batch of vegetables. Portion four meals. Keep fruit, yogurt and shakes ready for busy days.

# TRACK YOUR TITAN WEEK

Win the week by completing the basics. Check each box daily.

| DAY | WORKOUT                  | 8+ CUPS WATER            | PROTEIN 3X               | 7K+ STEPS                | 7+ HRS SLEEP             |
|-----|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## READY FOR YOUR CUSTOM PLAN?

Message "COACHING" on Instagram @titanbuilt.coach. I will help you build a personalized training and nutrition plan around your goals, schedule and experience.



## COACH WILL OAKES | TITAN BUILT COACHING

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