



7-DAY KICKSTART

The Jumpstart Plan

Build Momentum, Boost Energy,
and Lay the Foundation for
Lifelong Fitness.

J A C O B B R A D S H E R

Table of Contents

1. Welcome and Introduction

- Your Path to Success
- Principle-Based, Adaptive Coaching
- Why Follow This 7-Day Plan?
- A Note About Your Safety

2. How to Use This Plan

- Follow the Structure: Warmup > Workout > Cooldown
- Track Your Progress
- Listen to Your Body

3. Warmup and Mobility Routine

- Why Warm Up?
- Dynamic Warmup Sequence
- How to Adjust for Your Needs

Table of Contents

4. The Workouts

- Day 1: Push (Chest, Triceps, Shoulders)
- Day 2: Cardio and Core
- Day 3: Pull (Back and Biceps)
- Day 4: Cardio
- Day 5: Lower Body
- Day 6: Active Recovery
- Day 7: Rest or Active Recovery
- General Notes:

5. Cooldown Routine

- Why Cool Down?
- Static Stretching Sequence
- Mindfulness and Breathing
- Tips for Maximizing Your Cooldown

Table of Contents

6. Nutrition and Hydration Tips

- Fueling Your Workouts
- Everyday Nutrition Tips
- Hydration Tips
- Sample Meal Ideas for the Week
- Customize for Your Needs

7. FAQ Section

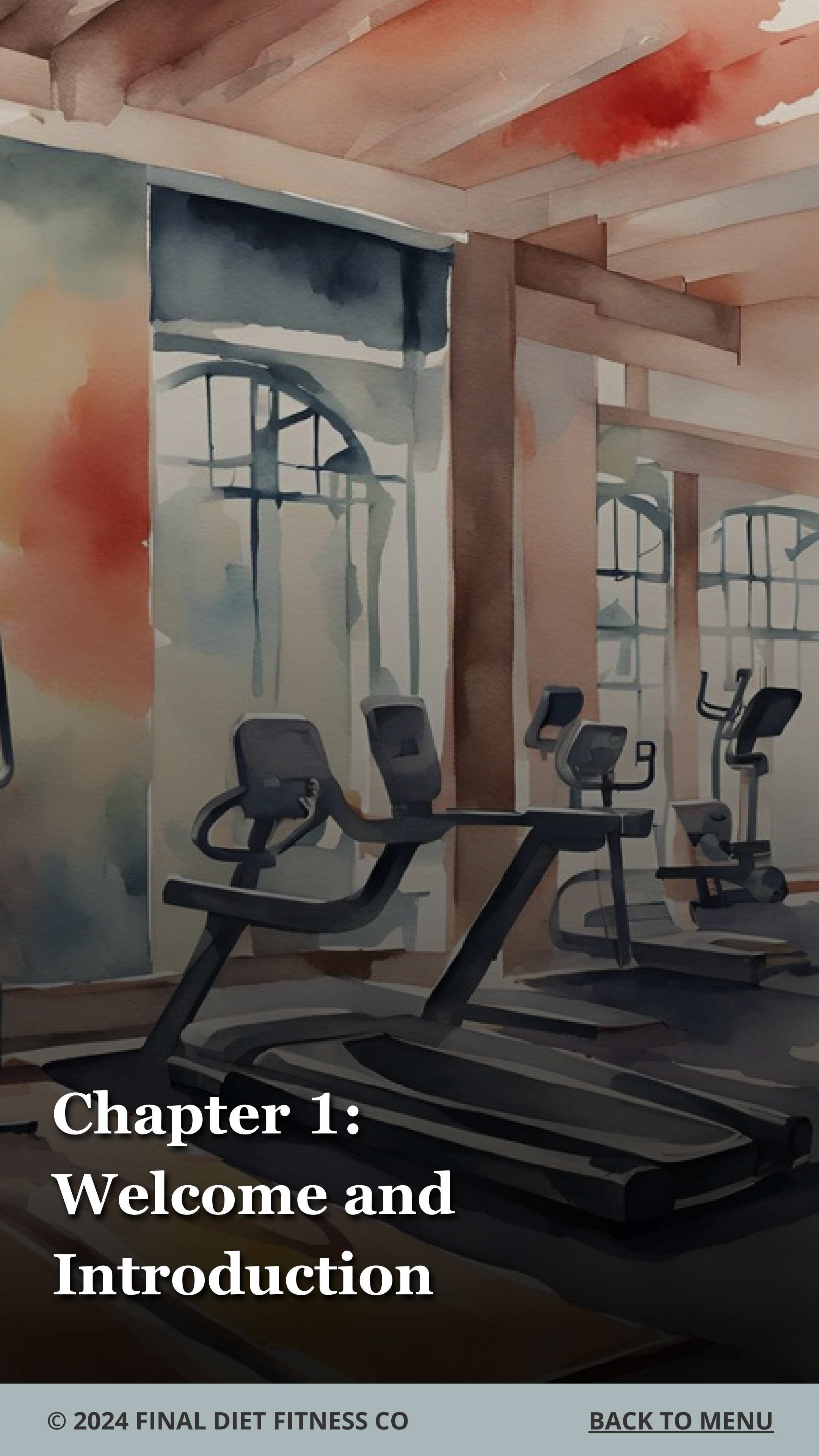
8. Congratulations

- Share Your Experience
- Ready for More

Appendix

- Exercise Database
- General Notes

About the Authors



Chapter 1: Welcome and Introduction

Your Path to Success

We live the lifestyle we promote but understand that everyone's journey is unique. That's why we're committed to meeting you where you are, offering personalized strategies that align with your needs, preferences, and lifestyle. Our approach combines cutting-edge research, practical knowledge, and decades of hands-on experience to help you achieve lasting transformation.

This 7-day fitness plan represents our shared coaching philosophy—structured, principle-based, and flexible, designed to evolve with you every step of the way.

Principle-Based, Adaptive Coaching

At The Final Diet Fitness Company, we believe fitness isn't one-size-fits-all. Our philosophy combines evidence-based principles with the flexibility to adapt to your unique goals, lifestyle, and preferences.

Whether you're starting from scratch or looking to refine your routine, this plan provides an effective and realistic foundation.

Principle-Based, Adaptive Coaching

We'll focus on four key pillars:

1. **Daily Movement:** Encouraging consistent activity to keep your body progressing.
2. **Nutrition:** Building sustainable eating habits that fuel your fitness goals.
3. **Quality Sleep:** Prioritizing rest to enhance recovery, energy, and performance.
4. **Fitness:** Incorporating strength training and cardio to boost endurance and overall health.
5. **Mindset:** Developing the focus and resilience needed for long-term success.

This foundation ensures you don't just follow a plan but build habits for a sustainable, healthy lifestyle.

Why Follow This 7-Day Plan?

This 7-day workout plan is carefully designed to organize your weekly training schedule, balancing:

- **Strength Training:** Targeting key muscle groups to improve strength and function.
- **Cardiovascular Fitness:** Supporting heart health and calorie burn.
- **Active Recovery:** Preventing burnout and promoting muscle repair.

Why Follow This 7-Day Plan?

It's not a cookie-cutter template—it's a logical structure that serves as a model of what effective fitness programming can look like.

Adjust the intensity and exercises to fit your needs and schedule. This is the first step to building a foundation that supports long-term fitness success.