ABZ FITNESS

THE ABZ

7-DAY WEIGHT-LOSS KICKSTART

A simple week of food, strength and conditioning.

Start here: follow the week on page 2. Choose home (page 3) or gym (page 4) on training days.

KEEP FOOD SIMPLE

1. **Add protein and produce.**

   Build meals around foods such as eggs, beans, tofu, fish or chicken, plus vegetables or fruit.

2. **Choose your usual drink.**

   Make water or an unsweetened drink your go-to.

3. **Pay attention to portions.**

   Serve food on a plate, eat slowly and pause before seconds. Avoid crash diets.

Easy meal: chicken, tofu or beans + rice + plenty of vegetables. Adjust for allergies and your needs.

More food choices + your 7-day tracker: page 5

YOUR WEEK

One day at a time.

Choose one workout per training day. Leave a day between sessions. Read the safety note on page 6 first.

1. **TRAIN**
   Home or gym. Use the easier options as needed.
2. **WALK**
   Try 10-20 comfortable minutes, or less to start.
3. **TRAIN**
   Repeat your home or gym workout.
4. **RECOVER**
   Take an easy walk or rest.
5. **TRAIN IF READY**
   Third session optional. Rest if still very sore or tired.
6. **WALK**
   Move at a pace that lets you talk comfortably.
7. **REVIEW**
   Note one win and one thing you want help with.

MAKE THE WORKOUT FIT YOU

Leave about **2 good reps in reserve**: stop while you could still do two more with control. Rest longer if needed. If form slips, reduce the weight, reps or range.

Rep: one complete movement. **Set:** all listed reps.
Round: once through all four home exercises.

STRENGTH + CONDITIONING

Home workout.

No equipment | About 20-30 minutes

NEW OR RETURNING: 2 ROUNDS **ALREADY TRAINING: 3**

Warm up: march, circle your arms and do shallow squats for 3 minutes. Do moves 1-4 in order. Rest **30-60 seconds between moves** and **60-90 seconds between rounds**, or longer.

1 Squat — 10-15 REPS

Feet shoulder-width. Push hips back, bend knees and stand. Keep heels down. **Easier:** use a shallower squat.

2 Push-up — 6-12 REPS

Hands just wider than shoulders. Keep your body straight as you lower your chest and press up. **Easier:** knees down or hands on a wall.

3 Reverse lunge — 6-10 / LEG

Step back, bend both knees, then press through the front foot to stand. Alternate legs. **Easier:** shallow bends; use squats if balance is difficult.

4 Forearm plank — 15-30 SEC

Elbows under shoulders, body straight. Tighten your middle and breathe. **Easier:** knees down or a shorter hold.

4-minute finish: alternate 30 seconds fast marching and 30 seconds easy marching, four times. No jumping. Then walk slowly for 2 minutes.

STRENGTH + CONDITIONING

Gym workout.

Dumbbells + common machines | About 25-35 minutes

NEW OR RETURNING: 2 SETS	ALREADY TRAINING: 3

Warm up: walk or cycle for 3-5 minutes. Ask staff for machine setup. Do all sets of one move before switching. Rest **60-90 seconds between sets**, or longer.

1 Goblet squat — 10-12 REPS

Dumbbell at chest. Push hips back, bend knees; stand. Keep heels down. **Easier:** less weight or depth.

2 Chest-press machine — 10-12 REPS

Set handles near mid-chest. Keep your back on the pad. Press forward without locking elbows, then return slowly. **Easier:** lower the weight.

3 Seated-row machine — 10-12 REPS

Sit tall, feet supported. Pull handles toward your lower ribs, elbows close. Return slowly without rocking. **Easier:** lower the weight.

4 Dumbbell hip hinge — 10-12 REPS

Knees slightly bent, weights near thighs. Push hips back, keeping weights close. Stop before your back rounds; stand. **Easier:** lighter weights, less depth.

4-minute finish: walk or cycle 30 seconds briskly, then 30 seconds easily, four times. Keep a pace you can talk at. Cool down easily for 2 minutes.

FOOD + DAILY HABITS

Meals + habit tracker.

Choose a protein, a starchy carb and vegetables. Have fruit with a meal or as a snack. Adjust portions to your needs.

PROTEIN

Chicken, eggs, canned tuna, tofu, beans

VEGETABLES

Broccoli, green beans, spinach, carrots, bell peppers

FRUIT

Apples, berries, oranges, bananas, grapes

STARCHY CARBS

Rice, oats, potatoes, whole-grain bread, whole-wheat pasta

Fruit and beans provide carbs too. Fresh, frozen or canned produce can all work.

YOUR 7-DAY TRACKER

Food: balanced meal. **Move:** planned activity or rest.
Sleep: planned bedtime routine.

	1	2	3	4	5	6	7
Food	☐	☐	☐	☐	☐	☐	☐
Move	☐	☐	☐	☐	☐	☐	☐
Sleep	☐	☐	☐	☐	☐	☐	☐

Print this page or mark it up on your phone.

KEEP GOING

Build your next week.

Good control and recovery come before adding more.

Ready for more? Move from 2 to 3 rounds or sets once the workout feels controlled and you recover well. Already doing 3? Add a rep or a small amount of weight. Change one thing at a time.

TAP HERE TO TALK TO MATT →

abzfitnesscenter.com/start-here

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READ BEFORE TRAINING

For adults; general education, not individual medical advice or a promise of weight loss. If pregnant, breastfeeding, managing a health condition or injury, taking blood-sugar medication, or living with an eating-disorder history, get qualified guidance first.

Stop for sharp pain, dizziness or unusual breathlessness. Chest pain, fainting or severe breathing trouble need urgent medical help. Skip the finisher if too tired; never push through symptoms.

SOURCES + EXERCISE DEMONSTRATIONS

CDC: healthy eating

CDC: activity for adults

Mayo Clinic: strength-training basics

ACE: exercise library and demonstrations

Sources reviewed Oct 2026. Sample workouts; no source endorsement.