

SUNDEE FUNDEE STRENGTH SERIES

# 4-Week Beginner Strength Plan

A simple, full-body plan for building confidence with strength training. Each week uses different workouts while repeating familiar patterns so you can learn, log, and progress.

**4**

WEEKS

**4**

DAYS / WEEK

**45**

MINUTES / DAY

**RPE 6–8**

EFFORT RANGE

**Use it in the gym.** Print this plan, check off each workout, write down your actual sets, then log the session in Sundee Fundee to adapt the next one around cycle phase, recovery, energy, and soreness.

# How To Run It

**BEGINNER**

## How To Use The Print Log

- Train four days per week. Rest days can move; keep at least one easier day after Day 2 or Day 3 when possible.
- Each session is built for 45 minutes: 5 minutes warm-up, 30 minutes strength, 6 minutes finisher, 4 minutes cool-down.
- Write actual load and reps in the blank set boxes. Later, enter the session in Sundee Fundee so your next workout can adapt.

## 45-Minute Session Flow

- 5 min warm-up: raise temperature and rehearse the pattern.
- 30 min strength: log each set in the blank boxes.
- 6 min finisher: conditioning, carry, or easy intervals.
- 4 min cool-down: breathing and target-area mobility.
- After training: enter actual sets in Sundee Fundee.

## Why Log It In The App?

The PDF is your field notebook. Sundee Fundee is your training record: it tracks progress, remembers loads, and can adjust the next workout around recovery, cycle phase, energy, soreness, and schedule changes.

# Week 1: Learn The Patterns

BEGINNER

## Weekly Stimulus

Keep loads light enough to practice. The stimulus is movement confidence, not fatigue.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Full Body A	Squat, push, row, and core practice. You should finish feeling like you could do one more round.
Day 2	Hinge + Press	Posterior-chain practice with gentle shoulder work and loaded carries.
Day 3	Unilateral Foundation	Balance, single-leg strength, and upper-body control.
Day 4	Technique Volume	Lower-pressure practice day to build consistency and leave the week fresh.

### Progression

Add reps first. Add load only after all logged sets are clean.

### Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

### App Loop

Log the paper notes later so Sunde Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

# Week 1 Day 1: Full Body A

45 MIN

## Stimulus

Squat, push, row, and core practice. You should finish feeling like you could do one more round.

## Tips

- Stop every set with clean form and 2-3 reps in reserve.
- Use the same warm-up every week so progress is easier to feel.
- If a movement hurts, swap the pattern instead of pushing through.

## Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Incline walk + bodyweight squats	5 min					Gradually raise temperature.
<input type="checkbox"/>	A	Goblet squat	3 x 8-10					Sit between hips; full-foot pressure.
<input type="checkbox"/>	B	Incline push-up	3 x 8-10					Use a height that keeps reps smooth.
<input type="checkbox"/>	C	Seated cable row	3 x 10-12					Pause with shoulder blades back.
<input type="checkbox"/>	D	Dead bug	3 x 6/side					Slow, quiet low back.
<input type="checkbox"/>	Finish	Farmer carry	6 min					40 sec carry, 20 sec easy.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 1 Day 2: Hinge + Press

45 MIN

## Stimulus

Posterior-chain practice with gentle shoulder work and loaded carries.

## Tips

- Stop every set with clean form and 2-3 reps in reserve.
- Use the same warm-up every week so progress is easier to feel.
- If a movement hurts, swap the pattern instead of pushing through.

## Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hip hinge drill	5 min					Practice hips back before loading.
<input type="checkbox"/>	A	Dumbbell Romanian deadlift	3 x 8-10					Soft knees, long spine.
<input type="checkbox"/>	B	Standing dumbbell shoulder press	3 x 8					Sub neutral-grip press if needed.
<input type="checkbox"/>	C	Lat pulldown	3 x 8-10					Pull elbows toward ribs.
<input type="checkbox"/>	D	Glute bridge	3 x 12					Pause at the top.
<input type="checkbox"/>	Finish	Suitcase carry	6 min					30 sec each side.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 1 Day 3: Unilateral Foundation

45 MIN

## Stimulus

Balance, single-leg strength, and upper-body control.

## Tips

- Stop every set with clean form and 2-3 reps in reserve.
- Use the same warm-up every week so progress is easier to feel.
- If a movement hurts, swap the pattern instead of pushing through.

## Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + reverse lunges + arm circles	5 min					Keep lunges shallow.
<input type="checkbox"/>	A	Step-up	3 x 8/side					Use support if balance limits effort.
<input type="checkbox"/>	B	Dumbbell floor press	3 x 10					Elbows touch floor softly.
<input type="checkbox"/>	C	Chest-supported row	3 x 10-12					No swinging.
<input type="checkbox"/>	D	Side plank	3 x 20 sec/side					Knees down if needed.
<input type="checkbox"/>	Finish	Easy bike intervals	6 min					30 sec moderate, 30 sec easy.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 1 Day 4: Technique Volume

45 MIN

## Stimulus

Lower-pressure practice day to build consistency and leave the week fresh.

## Tips

- Stop every set with clean form and 2-3 reps in reserve.
- Use the same warm-up every week so progress is easier to feel.
- If a movement hurts, swap the pattern instead of pushing through.

## Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + ankle rocks	5 min					Stay relaxed.
<input type="checkbox"/>	A	Leg press	2 x 12					Smooth tempo.
<input type="checkbox"/>	B	Cable chest press	2 x 12					Pick a friendly range.
<input type="checkbox"/>	C	Hip thrust	3 x 10					Chin tucked, ribs down.
<input type="checkbox"/>	D	Pallof press	3 x 10/side					Resist rotation.
<input type="checkbox"/>	Finish	Zone 2 walk	6 min					Comfortably challenging.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 2: Add Reps

BEGINNER

## Weekly Stimulus

Use similar patterns with new variations. Add 1-2 reps where form stays crisp.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Box Squat + Push	Squat control and upper-body volume with beginner-friendly ranges.
Day 2	Bridge + Pulldown	Glutes, back, and shoulders with slightly more total reps.
Day 3	Split-Stance Strength	Single-leg work without chasing soreness.
Day 4	Carry + Conditioning	A confidence day with lighter strength and repeatable conditioning.

### Progression

Add reps first. Add load only after all logged sets are clean.

### Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

### App Loop

Log the paper notes later so Sundee Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

# Week 2 Day 1: Box Squat + Push

45 MIN

### Stimulus

Squat control and upper-body volume with beginner-friendly ranges.

### Tips

- Stop every set with clean form and 2-3 reps in reserve.
- Use the same warm-up every week so progress is easier to feel.
- If a movement hurts, swap the pattern instead of pushing through.

### Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + box squat rehearsal	5 min					Find a repeatable depth.
<input type="checkbox"/>	A	Box squat	3 x 10					Light touch, stand tall.
<input type="checkbox"/>	B	Dumbbell bench press	3 x 8-10					Use floor press if no bench.
<input type="checkbox"/>	C	One-arm dumbbell row	3 x 10/side					Brace the free hand.
<input type="checkbox"/>	D	Bird dog	3 x 8/side					Reach long, do not twist.
<input type="checkbox"/>	Finish	Farmer carry	6 min					Slightly heavier than Week 1.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 2 Day 2: Bridge + Pulldown

45 MIN

### Stimulus

Glutes, back, and shoulders with slightly more total reps.

### Tips

- Stop every set with clean form and 2-3 reps in reserve.
- Use the same warm-up every week so progress is easier to feel.
- If a movement hurts, swap the pattern instead of pushing through.

### Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + glute bridge	5 min					Easy ramp-up.
<input type="checkbox"/>	A	Dumbbell hip thrust	3 x 10					Pause 1 sec at top.
<input type="checkbox"/>	B	Half-kneeling shoulder press	3 x 8/side					Brace gently.
<input type="checkbox"/>	C	Assisted pull-up or pulldown	3 x 8-10					Full reach each rep.
<input type="checkbox"/>	D	Cable pull-through	3 x 12					Glutes finish the rep.
<input type="checkbox"/>	Finish	Incline walk	6 min					Steady effort.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 2 Day 3: Split-Stance Strength

45 MIN

### Stimulus

Single-leg work without chasing soreness.

### Tips

- Stop every set with clean form and 2-3 reps in reserve.
- Use the same warm-up every week so progress is easier to feel.
- If a movement hurts, swap the pattern instead of pushing through.

### Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + supported split squats	5 min					Small range first.
<input type="checkbox"/>	A	Supported split squat	3 x 8/side					Hold a rack if needed.
<input type="checkbox"/>	B	Machine chest press	3 x 10					Slow lower.
<input type="checkbox"/>	C	Cable row	3 x 12					Pause and breathe.
<input type="checkbox"/>	D	Front plank	3 x 25 sec					Stop before sagging.
<input type="checkbox"/>	Finish	Step-up intervals	6 min					Low box, easy rhythm.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 2 Day 4: Carry + Conditioning

45 MIN

## Stimulus

A confidence day with lighter strength and repeatable conditioning.

## Tips

- Stop every set with clean form and 2-3 reps in reserve.
- Use the same warm-up every week so progress is easier to feel.
- If a movement hurts, swap the pattern instead of pushing through.

## Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + shoulder openers	5 min					Easy pace.
<input type="checkbox"/>	A	Goblet squat to box	2 x 12					Smooth and relaxed.
<input type="checkbox"/>	B	Incline push-up	3 x 8					One level harder if ready.
<input type="checkbox"/>	C	Seated row	3 x 10					Controlled.
<input type="checkbox"/>	D	Suitcase carry	4 x 30 sec/side					Tall posture.
<input type="checkbox"/>	Finish	Easy intervals	6 min					Never breathless.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 3: Add Load

BEGINNER

## Weekly Stimulus

Add a small amount of weight to the first two lifts when all reps were clean last week.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Leg Press + Row	A stronger lower-body stimulus with stable machines or supported positions.
Day 2	RDL + Overhead	Hinge strength and vertical pressing with slightly longer rests.
Day 3	Step-Up Progression	Single-leg strength with slightly higher effort.
Day 4	Volume Circuit	Practice more total work while keeping effort below max.

### Progression

Add reps first. Add load only after all logged sets are clean.

### Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

### App Loop

Log the paper notes later so Sundee Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

# Week 3 Day 1: Leg Press + Row

45 MIN

## Stimulus

A stronger lower-body stimulus with stable machines or supported positions.

## Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

## Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + bodyweight squat	5 min					Match stance to leg press.
<input type="checkbox"/>	A	Leg press	4 x 8					Strong drive, no knee collapse.
<input type="checkbox"/>	B	Push-up	3 x 8-10					Hands elevated if needed.
<input type="checkbox"/>	C	Chest-supported row	4 x 8-10					Heavier than Week 2.
<input type="checkbox"/>	D	Dead bug pullover	3 x 8/side					Use a light dumbbell.
<input type="checkbox"/>	Finish	Farmer carry	6 min					Heavy but crisp.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 3 Day 2: RDL + Overhead

45 MIN

### Stimulus

Hinge strength and vertical pressing with slightly longer rests.

### Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

### Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill	5 min					Feel hamstrings load.
<input type="checkbox"/>	A	Dumbbell Romanian deadlift	4 x 8					Add load if spine stays long.
<input type="checkbox"/>	B	Seated shoulder press	3 x 8					No back arch.
<input type="checkbox"/>	C	Lat pulldown	4 x 8					Smooth pull.
<input type="checkbox"/>	D	Hip thrust	3 x 10					Pause at top.
<input type="checkbox"/>	Finish	Suitcase carry	6 min					Switch sides every 30 sec.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 3 Day 3: Step-Up Progression

45 MIN

### Stimulus

Single-leg strength with slightly higher effort.

### Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

### Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + step-up rehearsal	5 min					Find box height.
<input type="checkbox"/>	A	Dumbbell step-up	3 x 8/side					Drive through full foot.
<input type="checkbox"/>	B	Dumbbell floor press	4 x 8					Add load carefully.
<input type="checkbox"/>	C	One-arm row	3 x 10/side					No torso twist.
<input type="checkbox"/>	D	Side plank	3 x 30 sec/side					Strong line.
<input type="checkbox"/>	Finish	Bike intervals	6 min					40 sec moderate, 20 sec easy.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 3 Day 4: Volume Circuit

45 MIN

### Stimulus

Practice more total work while keeping effort below max.

### Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

### Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + mobility flow	5 min					Squat, hinge, reach.
<input type="checkbox"/>	A	Goblet squat	3 x 12					Light-medium load.
<input type="checkbox"/>	B	Cable chest press	3 x 12					Controlled.
<input type="checkbox"/>	C	Glute bridge march	3 x 8/side					Hips level.
<input type="checkbox"/>	D	Pallof press	3 x 12/side					Slow return.
<input type="checkbox"/>	Finish	Incline walk	6 min					Nasal breathing if possible.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 4: Deload And Lock It In

BEGINNER

## Weekly Stimulus

Use lighter loads, move well, and record what felt best. This week sets up the next block.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Easy Full Body A	Lower fatigue, high-quality reps, and a calm finish.
Day 2	Easy Hinge + Pull	Keep the hinge pattern fresh without chasing soreness.
Day 3	Easy Unilateral	Balance and control with low joint stress.
Day 4	Recovery Strength	A feel-good session that keeps the habit alive.

### Progression

Deload: reduce load and leave fresh.

### Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

### App Loop

Log the paper notes later so Sundee Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

# Week 4 Day 1: Easy Full Body A

45 MIN

### Stimulus

Lower fatigue, high-quality reps, and a calm finish.

### Tips

- Move smoothly and leave at least 3 reps in reserve.
- Cut load before cutting range of motion.
- Finish feeling refreshed, not tested.

### Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat pry	5 min					Easy range.
<input type="checkbox"/>	A	Goblet squat	2 x 8					About 85-90% of Week 3 load.
<input type="checkbox"/>	B	Incline push-up	2 x 8					Comfortable height.
<input type="checkbox"/>	C	Seated row	2 x 10					Smooth.
<input type="checkbox"/>	D	Dead bug	2 x 6/side					Perfect reps.
<input type="checkbox"/>	Finish	Easy carry	6 min					Light and tall.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 4 Day 2: Easy Hinge + Pull

45 MIN

## Stimulus

Keep the hinge pattern fresh without chasing soreness.

## Tips

- Move smoothly and leave at least 3 reps in reserve.
- Cut load before cutting range of motion.
- Finish feeling refreshed, not tested.

## Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill	5 min					Gentle.
<input type="checkbox"/>	A	Dumbbell Romanian deadlift	2 x 8					Light-medium.
<input type="checkbox"/>	B	Machine shoulder press	2 x 8					No strain.
<input type="checkbox"/>	C	Pulldown	2 x 10					Full reach.
<input type="checkbox"/>	D	Glute bridge	2 x 12					Easy pause.
<input type="checkbox"/>	Finish	Incline walk	6 min					Conversational pace.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 4 Day 3: Easy Unilateral

45 MIN

## Stimulus

Balance and control with low joint stress.

## Tips

- Move smoothly and leave at least 3 reps in reserve.
- Cut load before cutting range of motion.
- Finish feeling refreshed, not tested.

## Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + reverse lunge reach	5 min					Small range.
<input type="checkbox"/>	A	Supported step-up	2 x 8/side					Low box.
<input type="checkbox"/>	B	Floor press	2 x 10					Easy load.
<input type="checkbox"/>	C	Chest-supported row	2 x 10					No strain.
<input type="checkbox"/>	D	Side plank	2 x 20 sec/side					Knees down if needed.
<input type="checkbox"/>	Finish	Bike	6 min					Steady and easy.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

# Week 4 Day 4: Recovery Strength

45 MIN

## Stimulus

A feel-good session that keeps the habit alive.

## Tips

- Move smoothly and leave at least 3 reps in reserve.
- Cut load before cutting range of motion.
- Finish feeling refreshed, not tested.

## Substitutions

- Squat pattern: goblet squat, box squat, leg press, or supported split squat.
- Push pattern: incline push-up, floor press, machine press, or cable press.
- Pull pattern: cable row, band row, chest-supported row, or pulldown.
- Core: dead bug, bird dog, side plank, or Pallof press.
- Lower-impact finish: incline walk, bike, carry, or easy step-ups.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Mobility flow	5 min					Slow and relaxed.
<input type="checkbox"/>	A	Leg press	2 x 10					Light.
<input type="checkbox"/>	B	Cable press	2 x 10					Smooth.
<input type="checkbox"/>	C	Hip thrust	2 x 10					Easy squeeze.
<input type="checkbox"/>	D	Pallof press	2 x 10/side					Quiet ribs.
<input type="checkbox"/>	Finish	Zone 2 walk	6 min					Leave fresh.

**ENERGY BEFORE** 1 2 3 4 5

**SESSION RPE** 1 2 3 4 5 6 7 8 9 10

**SORENESS AFTER** Low / Med / High

**NEXT TIME** Increase / Repeat / Reduce

**LOG LATER** Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.