

# START STRONG, STAY CONSISTENT

## WORKOUT OF THE DAY

### WED-JAN 7: STRENGTH CIRCUIT – 3 ROUNDS

- Vest Push-Ups – 12 reps
- Sandbag Front Squats – 10 reps
- Side Plank – 30 sec/side
- Sandbag, plate or bodyweight Reverse Lunges – 8 reps/leg

### THU-JAN 8: 10-MIN AMRAP

(As many reps as possible)

- Sandbag Clean & Press – 6 reps
- Bodyweight Push-Ups – 10 reps
- Sandbag March – 30 steps

SEE P.2 >

### FRI-JAN 9: CORE + RECOVERY

- Vest Plank – 3 x 30 sec
- Dead Bug (weighted optional) – 3 x 10
- Sandbag Deadlift – 3 x 12
- 3 min Breath Work

### SAT-JAN 10: ACTIVE RECOVERY

- 20-min brisk vest walk
- Mobility flow/stretch

### SUN-JAN 11: STABILITY+CARRY DAY (3 ROUNDS)

- Overhead Sandbag Hold – 30 sec
- Bear Crawl – 10 yards
- Suitcase Carry – 10 yards per side
- Hollow Hold – 20 sec

### MON-JAN 12: SPRINT & CORE

- 40 Yard Sprint x 6 (vest optional)
- Vest Sit-Ups – 15 reps
- Side Plank Reach-Through – 8/side

### TUE JAN 13: REST

## MANTRA OF THE DAY



*Show up.  
That's the win.*



*Rest at the end,  
not in the middle.*



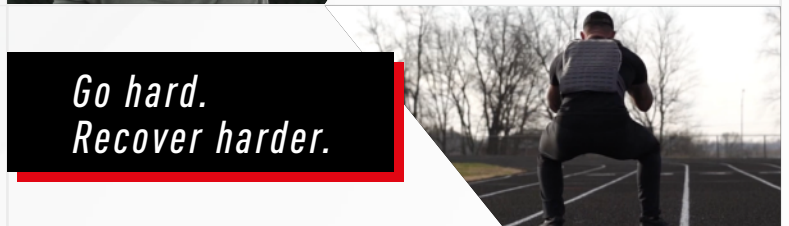
*Momentum over  
motivation.*



*Easy is earned,  
not given.*



*Strong under a load.  
Steady under pressure.*



*Go hard.  
Recover harder.*



*Rest builds what  
work breaks down.*

# FEELING LIKE YOU NEED TO GO ALL OUT ON DAY 1?

## READ THIS FIRST.

Starting strong doesn't mean going hard, it means showing up with intention. This week, every rep you do is a message to your body and brain:

**"I'M BUILDING SOMETHING HERE."**

It doesn't have to look perfect. You don't have to know every movement.

You just need to start and then keep showing up.

***Consistency isn't a streak, it's a skill.***

It's built one day at a time, especially on the days you feel unsure.

So don't worry about being the strongest.

Just be present, be willing, and be consistent.

The strength will come.

## EXERCISE SPOTLIGHT: SANDBAG CLEAN & PRESS



### WHY IT'S IN THE PROGRAM:

Builds explosive strength, grip, and full-body coordination using just one piece of equipment.

### FORM CUES

Lift it from the ground to your chest

Stand over the sandbag with feet shoulder-width.

Squat down, grip the sides.

Stand up fast and pull it up toward your chest using your legs and arms together.

***Picture this as lifting a heavy box to your chest, then pushing it up to place it on a high shelf.***

### IF THAT FEELS AWKWARD OR TOO HEAVY, SPLIT IT UP:

- 5 Sandbag Lifts to Chest
- 5 Presses from Chest
- Then combine them next week.

## PRO TIP OF THE WEEK

### USE THIS 3-STEP CORE-BRACING CUE:

1 Stand tall – ribs over hips, feet under you

2 Take a deep breath into your belly

You should feel your stomach expand (not your chest)

3 Now flex your stomach like you're about to get lightly punched

***Don't suck it in — push it out, firm and tight.***

## SMALL WIN CHALLENGE OF THE WEEK

### PAUSE BEFORE YOU MOVE

Each workout, pick just 1 movement (e.g. push-up, squat, clean).

Before each set of that movement:

- Stop.
- Take one deep breath.
- Brace your core.

***Win = You remembered to pause and brace.***

Track how many workouts you remembered this.

5 out of 7 = major success.

Check out our FREE Instagram Community where we answer questions and keep each other accountable.

Go to our Instagram [@WolfTactical](#) bio and click "No Painz. All Gainz." in our bio to join our broadcast.