



THE LIFEMAX STARTER PROGRAM

4 WEEKS · FREE · NO EXCUSES

This is the front door to the Lifemaxin standard. Four weeks. Three workouts a week. A daily walk. Five simple food rules. That's it — and it's enough to change your momentum completely.

MAXIMIZE YOUR MIND. BODY. WEALTH. LIFE.

It's deliberately simple. No periodization charts, no macros to three decimal places. When you finish these four weeks and want the advanced version — progressive overload, full meal targets, coaching, and community — that's what our programs and membership are for. Start here. Start today.

The 5 Daily Rules

Do these every day for 4 weeks. Miss one, don't spiral — just don't miss twice.

1. Train or Walk

On training days: do the workout. On rest days: walk 30 minutes, outside if possible.

2. Protein First

Eat protein at every meal — roughly a palm-sized portion. Build every plate around it.

3. Water Over Everything

3 litres of water a day. Zero sugary drinks. Coffee and tea are fine.

4. Sleep Like It's Your Job

In bed 8 hours before your alarm. Screens away 30 minutes before.

5. Ten Pages

Read 10 pages of a real book. Growth, business, biography — your call.

The 5 Food Rules (No Counting Required)

- Protein at every meal — meat, fish, eggs, or dairy.
- Vegetables or fruit at two meals minimum.
- Carbs earned by training — biggest carb meal after your workout.
- Nothing from a drive-through window for 4 weeks.
- One free meal per week. Enjoy it. Don't turn it into a free day.

The Workouts

Three full-body sessions per week (e.g. Monday / Wednesday / Friday). Rest 60–90 seconds between sets. If you don't have a gym, use the home swaps. Work in the 8–12 rep range: once you hit 12 clean reps on all 3 sets, add weight. That's the whole secret.

Workout A — Push Focus

Exercise	Sets x Reps	Home Swap
Squat (any variation)	3 x 8–12	Bodyweight squat 3 x 15
Bench Press or Push-Up	3 x 8–12	Push-up 3 x max
Overhead Press	3 x 8–12	Pike push-up 3 x 8
Plank	3 x 45 sec	Same

Workout B — Pull Focus

Exercise	Sets x Reps	Home Swap
Deadlift or Hip Hinge	3 x 8–12	Glute bridge 3 x 15
Row (barbell/dumbbell)	3 x 8–12	Backpack row 3 x 12
Lat Pulldown or Pull-Up	3 x 8–12	Doorframe row / band pull
Farmer's Carry	3 x 40 steps	Loaded bag carry

Workout C — Legs & Core

Exercise	Sets x Reps	Home Swap
Lunge (any variation)	3 x 8–12/leg	Same, bodyweight
Romanian Deadlift	3 x 8–12	Single-leg hip hinge 3 x 10
Leg Press or Goblet Squat	3 x 8–12	Tempo squat 3 x 12 (3s down)
Hanging Knee Raise	3 x 8–12	Lying leg raise 3 x 15

Weekly schedule: A – rest – B – rest – C – walk – walk. Repeat for 4 weeks, adding weight once you own 12 reps.

The 4-Week Scoreboard

Print this page. Check the box only when all 5 daily rules are done. The goal is 28 for 28.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

Finished All 4 Weeks?

You just proved you can keep promises to yourself for a month. Most people can't. Here's what's next:

- **The 30-Day LifeMax Challenge (\$49)** — the harder version, with a private group and a finisher badge. Your \$49 is credited toward membership.
- **12-Week Shred or Muscle Builder (\$97)** — full progressive programs with meal targets.
- **Lifemaxin Community (\$99/mo)** — weekly coaching calls, full training library, nutrition guides, and the crew that holds you to your standard.

All of it lives at lifemaxin.com. See you inside.

Disclaimer: This program is general fitness information, not medical advice. Consult a physician before starting any exercise or nutrition program, especially if you have a medical condition or injury.