

Your Training Quickstart – Barnard BioFit

Welcome

Thanks for submitting your Training intake – you're all set. This guide will help you get the most out of your 4-week Barnard BioFit training plan. **What to Expect From Your Plan**

- Personalized 4-week progression tailored to your goals
- Clear sets, reps, and rest periods
- Demo links where needed
- Delivered by email with a walkthrough

How to Prepare Before Week 1

1. Choose your 3–5 weekly training days and commit to them.
2. Select your training time (morning, lunch, or evening).
3. Verify your equipment (dumbbells, bands, bench, etc.).

Warm-Up Basics

- 5 minutes of light movement (walk, bike, treadmill)
- 2–3 dynamic drills (leg swings, arm circles, hip circles)
- 1 light ramp-up set of your first main exercise

Training Intensity (RPE)

Aim to finish most sets with 1–3 “reps in reserve.” Consistent effort with good form is the priority.

Tracking Your Workouts

Record each session:

- Weight used
- Actual reps completed
- Notes on form or discomfort

Recovery & Lifestyle

- Sleep: 7–9 hours per night
- Hydration: Half your bodyweight in ounces per day
- Nutrition: Include protein at each meal + fruits/vegetables

When to Reach Out

Message me if:

- Something feels painful
- You need exercise swaps
- Your schedule changes and you need adjustments

Next Steps

1. Complete your kickoff call
2. Watch for your Training Plan PDF
3. Start your first week with consistency and momentum