



7 DAYS, NO GYM REQUIRED

A real plan to move better, lose weight, and feel better, every day, starting now.

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Before You Start

This guide is built the way real coaching works: full body training, structured recovery, and nutrition guidance simple enough to use without a food scale, an app, or a nutrition degree. No gym. No equipment. No excuses.

THE TRAINING SPLIT

Three full-body workouts this week, with a rest day built in between each one. Skip them and you're overexerting yourself with no time to recover. Train, rest, train, rest, train, rest. Same principle every well-built program runs on.

THE NUTRITION METHOD

Two options, pick whichever fits your lifestyle:

- **Hand portioning:** no tracking required, uses your own hand as the measuring tool. Easiest way to build consistent habits fast.
- **MyFitnessPal:** more accurate, better for people who want precise data on what they're eating. Free version works fine.

Either way, you'll learn the core principles this week. By Day 6 you'll have a complete plate template you can use every day going forward.

By Day 7 you'll have moved well, eaten with real structure, and felt the difference. You'll also realize something most people never name out loud. We'll get to that.

INVEST IN YOURSELF. LET'S GO.

Day 1: Full Body Workout A

THE WORKOUT

- Bodyweight squats, 3 sets of 15
- Incline or modified push-ups, 3 sets of 10
- Glute bridges, 3 sets of 15
- Bent-over rows (backpack, gallon jug, or resistance band), 3 sets of 12
- Forearm plank, 3 sets, hold to 30 seconds

STARTING RIGHT

Go through each movement with control before worrying about speed or reps. Squats: chest up, knees tracking over toes, sit back into your hips. Push-ups: body in a straight line, elbows at roughly 45 degrees. Glute bridges: drive through your heels, squeeze at the top. Rows: lead with your elbow, not your hand. Plank: don't let your hips sag. Quality reps now means fewer setbacks later.

Day 2: Rest Day + Nutrition Lesson 1: Protein

Your body is repairing the muscle you trained yesterday. Rest is part of the program, not a break from it.

PROTEIN: WHY IT MATTERS MOST

Protein is the most important macronutrient for body composition. It builds and maintains muscle, keeps you full longer, and has the highest thermic effect of any food, meaning your body burns more calories just digesting it.

Your target: **0.8 to 1 gram of protein per pound of goal body weight per day.** So if your goal weight is 160 lbs, aim for 128-160g of protein daily. Split that across 3-4 meals and it becomes very manageable.

HOW TO HIT IT

- **Hand portioning:** A palm-sized, palm-thick portion of protein at each meal is roughly 20-30g depending on your hand size. Aim for 1-2 palms per meal. No scale needed.
- **MyFitnessPal:** Log your food and set a protein target based on your goal weight calculation above. The app does the math for you.

Sources to build around: chicken breast, lean beef, eggs, Greek yogurt, fish, cottage cheese, tofu, beans. Start applying this today.

Day 3: Full Body Workout B

THE WORKOUT

- Walking lunges, 3 sets of 10 per leg
- Incline push-ups, 3 sets of 10
- Superman holds, 3 sets of 12
- Step-ups (stairs or sturdy chair), 3 sets of 10 per leg
- Side plank, 3 sets, hold to 20 seconds per side

KEEP GOING

Notice if movement already feels more familiar than Day 1. That's your nervous system adapting. Your body starts getting more efficient at movements it's practiced recently. One session plus one rest day is already changing how you move. Keep that going.

Day 4: Rest Day + Nutrition Lesson 2: Vegetables & Carbs

VEGETABLES

Most people undereat vegetables and it's the easiest thing to fix. Vegetables are high in fiber, vitamins, and minerals while being very low in calories, so you can eat more of them without it affecting your goals. Aim for at least 1-2 servings per meal.

- **Hand portion:** A closed fist is roughly one vegetable serving.
- **MyFitnessPal:** Most vegetables are so low calorie they barely register. Log them anyway to build the habit.

CARBOHYDRATES

Carbs are your body's primary energy source, especially during training. The goal isn't to eliminate them, it's to time and portion them well.

- **Hand portion:** One cupped hand is roughly one carb serving: rice, potatoes, oats, fruit, pasta. Aim for 1-2 servings per meal on training days, slightly less on rest days.
- **MyFitnessPal:** Carb targets vary based on your goals. For fat loss, keep carbs moderate and make protein the priority. The app will help you find your balance.

Today's plate: protein (palm or tracked), vegetables (fist or logged), carbs (cupped hand or tracked). Build it the same way every meal.

Day 5: Full Body Workout C

THE WORKOUT (3 ROUNDS, AS A CIRCUIT)

- Bodyweight squats, 15 reps
- Push-ups, 10 reps
- Walking lunges, 10 per leg
- Bent-over rows (backpack or band), 12 reps
- Plank, hold 30 seconds

PUTTING IT TOGETHER

Workout C combines everything from A and B into one circuit. Same movements, more volume, your body is already handling more than it could on Day 1. That's what progressive structure does. It builds on itself, session by session, instead of resetting every time.

Day 6: Rest Day + Nutrition Lesson 3: Fats & the Full Plate

DIETARY FAT

Fat is essential. It regulates hormones, supports joint health, improves satiety, and helps your body absorb fat-soluble vitamins (A, D, E, K). The goal is quality sources in controlled amounts, not elimination.

- **Hand portion:** Your thumb is roughly one fat serving: olive oil, nut butter, avocado, cheese, nuts. Aim for 1-2 thumbs per meal.
- **MyFitnessPal:** Fat targets are typically 0.3-0.5g per pound of body weight daily. The app will track it automatically once you're logging.

YOUR COMPLETE PLATE TEMPLATE

Macronutrient	Hand Portion	Per Meal	MFP Note
Protein	Palm	1-2 palms	0.8-1g per lb goal weight/day
Vegetables	Fist	1-2 fists	Eat freely, log anyway
Carbs	Cupped hand	1-2 servings	More on training days
Fats	Thumb	1-2 thumbs	0.3-0.5g per lb body weight/day

Build every meal from today forward using this framework. Use hand portions for simplicity or MyFitnessPal for precision. Both will get you there.

Day 7: The Test

THE WORKOUT

- Max push-ups in 60 seconds (write the number down)
- Max bodyweight squats in 60 seconds (write the number down)
- Plank hold to failure (write the time down)

Compare those numbers to where you started. That improvement happened in one week with three workouts and structured nutrition. Write it down and keep it.

WHAT COMES NEXT

You now have the foundation: three full-body training days, real recovery, and a nutrition framework you can actually use. That's week one.

Week two is where most people stall. Not because they stop trying, but because bodyweight progressions plateau fast, hand portions need to be adjusted as your body changes, and there's no one telling you when to push harder, when to pull back, or what to change when results slow down. That's not guesswork you should have to figure out alone.

Private coaching at Sweat Equity Training builds a fully personalized program around your body, your schedule, and your specific goals, adjusted every single week based on how you're actually progressing.

I'LL BE REACHING OUT TO YOU DIRECTLY

Keep an eye out. I'll be in touch to talk through what private coaching looks like for you specifically.

Invest In Yourself.