



**BLESSED2MOVE**

# **30-DAY BUILDING THE FOUNDATION**

A training guide focused on strength training basics

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# MEET YOUR COACH



## EDWARD PANGANIBAN

What's sup! I'm Edward Panganiban and I'm so excited to have you here! **Allow me to introduce myself!**

I'm the founder of Blessed2Move, a Certified Personal Trainer, and a Health and Fitness Lifestyle Coach. I've been coaching since 2019. I graduated from San Francisco State University in 2019 with a Bachelor's Degree in Kinesiology.

**Following my graduation,** I pursued various certifications, including NASM Certified Personal Trainer, NASM Corrective Exercise Specialist, Pain Free Performance Specialist, and PPSC Exercise Programming Specialist.

Being active has always been part of my life. I was that one kid who always rode bicycles around the neighborhood, went crazy in the inflatable jump house at parties, and played sports, especially basketball.



**My mission** is to inspire as many people as I can through my own fitness journey, professionally coaching individuals to achieve their fitness goals, and embodying the message of what it truly means to be Blessed2Move.

I just want to say that I appreciate you for your support on my journey and I'm genuinely excited to be a part of yours. Thank you for being here! It's time to lock it in.





# BLESSED2MOVE MANTRA

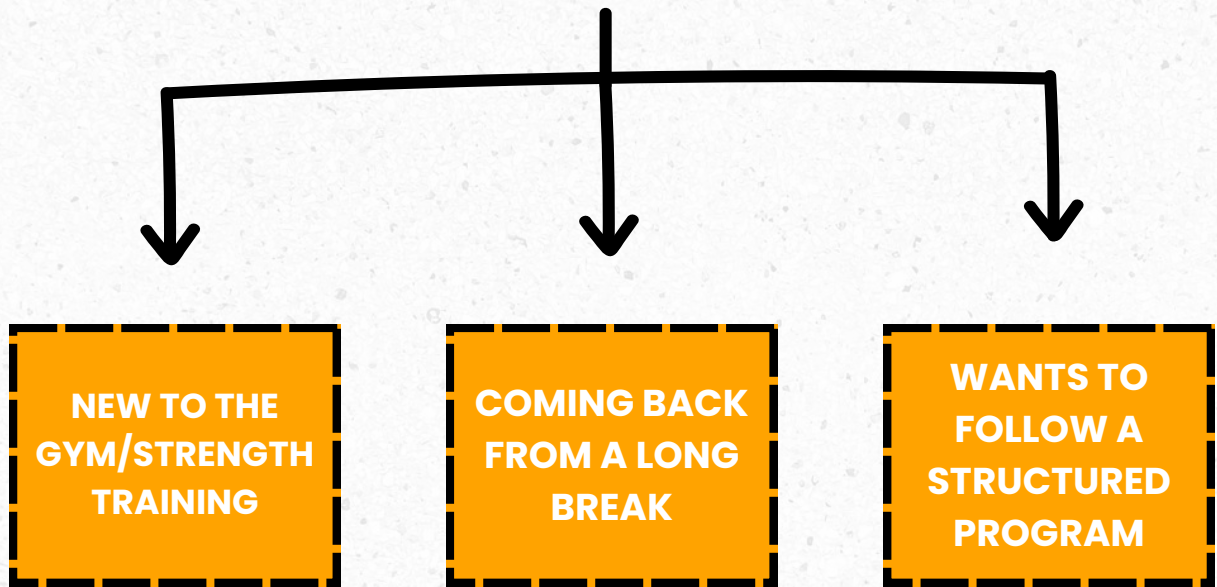
Blessed2Move is a reminder that we are given one body in this lifetime and it's our responsibility to take care it in the best way possible. Exercise not only gives us physical benefits, but it allows us to truly experience life in all forms. With the right amount of physical activity, nourishment, rest, and care, you can unlock a new level of performance that translates to all aspects of your life.

Blessed2Move is a lifestyle... a constant quest to living your life to the fullest. Where ever you are in your journey, we welcome you with open arms at Blessed2Move. Remember that it all starts with YOU.





# WHO IS THIS FOR?



**If you're new to the gym**, excited, yet nervous about starting your fitness journey, or **it's been a while since your last workout** and you are trying to get back on the grind again, you might find yourself standing in the middle of the gym, thinking, and asking yourself, "Where do I start?"

**Your mission is clear:** Build muscle, increase strength, and feel confident in your gym routine while being satisfied with your effort. You're also looking for a structured and straightforward approach that not only makes your journey enjoyable but also gets you results.

Entering the gym can be intimidating, and it's perfectly normal to have questions like "What should I do?", "Which muscle groups should I target?", "How many sets and reps should I do?", or "Am I doing this right?" to pop up in your mind. This frustration can sometimes lead to you going straight to the cardio machines, as that seems like the easiest option or just leaving the gym altogether.

**If any of that resonates with you, don't worry, you are not alone.** These are common things that come up when starting out, which is why this guide was created specifically for YOU.



# **B2M30: BUILDING THE FOUNDATION**

**A 30-day training program designed as the ideal starting point for newcomers to the gym or those returning after a break. It's tailored for individuals who want to build muscle, gain strength, and boost their confidence.** You won't find any fancy extras or unnecessary steps in your workout routine. You'll stick to the basics, because the basics work, doing what's needed to get the job done efficiently, while making sure you are making progress.

When it comes to following a training program, it should be well-structured and detailed for you to understand. This will help you make consistent progress week by week.

If you're simply going with the flow, randomly choosing exercises from the internet, or combining unrelated routines, you won't achieve your fitness goals. It's crucial to commit to a program for approximately 4-12 weeks (before switching it up) to see/feel progress.

The key is to stick to the prescribed exercises, prioritize proper form and execution, and steadily build strength in those lifts over time.

**Why stick to a program?** Because this commitment provides not only physical benefits but also a powerful motivational component. When you stick to a structured program, you can see/feel your progress over time. Witnessing your own growth, whether it's lifting heavier weights, running longer distances, or improving on your form, can be incredibly motivating. It's this sense of accomplishment and improvement that keeps you inspired and dedicated to your fitness journey.

**Over the next 30 days,** you will go over exactly that and focus on the foundational movement patterns that provides the groundwork for muscle building and strength gains. Before you get started, here are some important considerations to keep in mind as you go through the program...



## **WHAT YOU NEED2KNOW**

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### **How often will I train?**

3x/week, focusing on full-body workouts.

### **Are the full-body workouts going to be the same?**

No, each full body workout will be different, using various exercises at different angles, but hitting all the foundational movement patterns.

### **What are the foundational movement patterns?**

A balanced strength training routine should ALWAYS include the following foundational movement patterns: Squat, Hinge, Lunge, Push, Pull, Carry/Core. By emphasizing these movement patterns, you'll engage all major muscle groups to help you build muscle, gain strength, lose body fat, and feel confident.

### **What equipment will I need for this program?**

You'll need access to a standard commercial gym, utilizing dumbbells and weight machines.

### **Are there modifications or alternatives to the exercises?**

While not listed here, you can easily find modifications or alternatives with a quick online search. Simply search for "Best alternatives for (insert exercise)." I understand that the equipment may be occupied by someone else, or you may not have access to the machine shown in the program. It's okay to search up another alternative. However, it's best to stick to the prescribed program for optimal results.

### **What if I can't complete all the reps at once?**

Don't worry if you can't complete all the reps at once. Keep pushing for the required reps; if you fall 1-2 reps short, take a brief 15-second break and continue.

## **WHAT YOU NEED2KNOW**

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### **Do I need to follow a specific diet or meal plan alongside the program?**

While this guide focuses solely on training, proper nutrition is crucial to help facilitate your energy levels, build muscle/strength, and aid in the recovery process. Prioritize nutrient-dense foods like lean proteins, complex carbs, healthy fats, fruits, and vegetables. Have at least 3-5 meals/day (that's including your snacks), while having some source of protein in every meal you eat. Aim to space out these meals 2-3 hours apart. (If you need additional help with nutrition, consider enrolling in my 1-on-1 online coaching program. I go into depth about this).

### **How will I track my progress?**

To monitor your progress, keep a record of sets, reps, and weights weekly. This helps plan your next week's workouts. Consider using a small notebook or your phone for easy tracking. You need to be organized with this. Without tracking, it will be difficult to make progressions.

### **How do I use this guide?**

In the following pages, you'll find your full-body workouts for the next 30 days, including the only warm-up routine you'll do before every full body workout. Each exercise comes with sets, reps, and rest time, complemented by instructional videos. A simple click on the exercise name will redirect you to a video demonstration. These videos include "Coaching Cues" in their descriptions, offering further insights into proper form and execution.

Each week will outline your weekly expectations to guide your progress. Perform the workouts in order each week, following the schedule provided. After each exercise, you are expected to track your performance with pen and notebook or digital notes on your phone. Expect gradual improvement over the next 30 days. **Your results are all dependent on your ability to stick to the program.**



## WEEKLY TRAINING OVERVIEW

For the next 30 days, your training schedule will remain consistent, but the exercises in your full-body workouts will vary each day. **What changes weekly is your opportunity to challenge yourself, introducing new elements to promote progress.** For optimal results, strive to complete every workout, including your active rest days. Here's an overview of your weekly training schedule:

| Weekly Training Overview |             |             |             |             |             |             |
|--------------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| MON                      | TUES        | WED         | THURS       | FRI         | SAT         | SUN         |
| Full Body A              | Active Rest | Full Body B | Active Rest | Full Body C | Active Rest | Active Rest |

You can do Tuesday, Thursday, Saturday for the full body workouts, and Monday, Wednesday, Friday, Sunday for the Active Rest Day, as long as you don't have back2back full body days. **You will need at least 1 day to recover from your strength workouts.** That's where the Active Rest days are crucial.



## **WHY ACTIVE REST MATTERS**

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Active rest is a vital component of your fitness routine, especially on days when you're not strength training. It's crucial because it promotes muscle recovery and repair. By engaging in low-intensity activities, you boost blood circulation, helping your muscles flush out waste products like lactic acid.

This circulation also delivers essential nutrients and oxygen to your muscles, speeding up their recovery process. Plus, active rest can significantly reduce muscle soreness and stiffness, ensuring you're ready to perform your best during your next strength training session.

Lastly, it's good for your heart and brain so DO IT. You have to. There's so many benefits from doing it.

### **Easy Ways to Incorporate Active Rest:**

On your non-strength training days, you have a range of effective and enjoyable options for active rest. One option is engaging in low-impact cardiovascular exercises such as a leisurely walk, bike ride, or a relaxing swim. If you're aiming for a specific target while walking, consider a goal of 6-10k steps per day, which can help you stay active. These activities elevate your heart rate without putting excessive strain on your muscles.

Yoga is another great choice that combines stretching, balance, and controlled breathing to enhance flexibility and induce relaxation. You can also incorporate foam rolling and static stretching to release muscle tension and improve flexibility. You can also explore nature with a hike or a leisurely nature walk, providing both physical and mental rejuvenation.

Additionally, you may opt for active recovery classes like Pilates or Tai Chi, engage in casual sports and games, or revisit the gym for a 20-45 minute session on cardio machines. Just remember, the key to effective active rest is maintaining a low intensity level and attentively listening to your body's cues.



# THE WARM-UP ROUTINE

**Your warm-up routine is just as important as your actual workout routine.** Too many people skip this important step and just end up injuring themselves later on. It's more than just doing a few stretches here and there or a 5 min walk on the treadmill. It's not wrong but there are better options to warming up your body.

Your warm-up should accomplish three key objectives: release tension, mobilize tight areas, and prime your body to move, so that when you dive into your workouts, you're ready to work.

This warm-up routine is non-negotiable before EVERY full-body session. Take your time, ensure each repetition serves a purpose, and be intentional about addressing specific areas that require attention and release. Your body will thank you for taking this approach in the long run.

Click on any of the [exercise names](#) throughout this guide to be directed to a video demonstration with written instructions in the description.

| # | Full Body Warm-Up Routine                        | Sets | Time/Reps         |
|---|--|------|-------------------|
| 1 | <a href="#">Foam Roll Thoracic Extensions</a>    | 1    | 8 reps            |
| 2 | <a href="#">Foam Roll Cat Camel Child's Pose</a> | 1    | 8 reps            |
| 3 | <a href="#">Quadruped Thoracic Rotations</a>     | 1    | 8 reps each       |
| 4 | <a href="#">Supine Iron Cross Kicks</a>          | 1    | 10 reps each side |
| 5 | <a href="#">Deep Squat to Stand</a>              | 1    | 1 -2 min          |
| 6 | <a href="#">World's Greatest Stretch</a>         | 1    | 1 -2 min          |



# THE WORKOUTS

Make sure you carefully review the weekly expectations. **The workouts are structured as straight sets**, which means you should finish the specified number of sets, reps, and rest periods for one exercise before progressing to the next. For example, after completing 3 sets of 10 reps with 60 seconds of rest between sets for one of the movements, you'll move on to the next exercise and repeat this sequence.

**Time to get started with Week 1.**

## WEEK 1 – FORM BEFORE STRENGTH

In Week 1, your goal is to select a weight that strikes a balance between manageable and challenging. Prioritize precision in every repetition, emphasizing proper form. **This is your opportunity to familiarize yourself with the exercise.** Avoid weights that compromise your technique, and always maintain control over your movements.

| # | Full Body A  | Sets | Reps     | Rest Time |
|---|--|------|----------|-----------|
| 1 | <a href="#">Dumbbell Goblet Squats</a>               | 3    | 10       | 60s       |
| 2 | <a href="#">Flat Dumbbell Bench Press</a>            | 3    | 8        | 60s       |
| 3 | <a href="#">Lat Pulldowns</a>                        | 3    | 12       | 60s       |
| 4 | <a href="#">High Incline Dumbbell Shoulder Press</a> | 3    | 10       | 60s       |
| 5 | <a href="#">Incline Dumbbell Curls</a>               | 3    | 12       | 45s       |
| 6 | <a href="#">Seated Machine Tricep Dips</a>           | 3    | 12       | 45s       |
| 7 | <a href="#">Plank Hold</a>                           | 3    | 30s hold | 45s       |

## WEEK 1 – FORM BEFORE STRENGTH CONT.

| # | Full Body B  | Sets | Reps           | Rest Time |
|---|--|------|----------------|-----------|
| 1 | <a href="#">Incline Dumbbell Bench Press</a>       | 3    | 10             | 60s       |
| 2 | <a href="#">Dumbbell Romanian Deadlift</a>         | 3    | 10             | 60s       |
| 3 | <a href="#">Seated Low Cable Row</a>               | 3    | 12             | 60s       |
| 4 | <a href="#">Dumbbell Lateral Raises</a>            | 3    | 12             | 60s       |
| 5 | <a href="#">Rope Hammer Curls</a>                  | 3    | 12             | 45s       |
| 6 | <a href="#">Rope Tricep Pushdowns</a>              | 3    | 12             | 45s       |
| 7 | <a href="#">Single Arm Dumbbell Farmer's Carry</a> | 3    | 30s<br>hold ea | 45s       |

| # | Full Body C                                     | Sets | Reps | Rest Time |
|---|---|------|------|-----------|
| 1 | <a href="#">Dumbbell Bulgarian Split Squats</a> | 3    | 8ea  | 60s       |
| 2 | <a href="#">Machine Chest Press</a>             | 3    | 10   | 60s       |
| 3 | <a href="#">Single Arm Dumbbell Row</a>         | 3    | 10ea | 60s       |
| 4 | <a href="#">Machine Reverse Flys</a>            | 3    | 15   | 60s       |
| 5 | <a href="#">Seated Calf Raises</a>              | 3    | 15   | 45s       |
| 6 | <a href="#">Standing Cable Pallof Press</a>     | 3    | 8ea  | 45s       |
| 7 | <a href="#">Reverse Crunches</a>                | 3    | 12   | 45s       |



## WEEK 2 – TURN UP THE HEAT

In Week 2, our focus shifts to increasing the number of repetitions to further enhance your progress compared to the previous week. Continue to use the same weight you left off from last week. While we aim to boost reps, it's crucial to maintain a strong emphasis on maintaining proper form throughout each set.

Throughout the guide, you'll notice that some of the boxes are colored differently. This signifies that there's a change within your program. Make sure you are aware of that and complete them correctly.

| # | Full Body A  | Sets | Reps     | Rest Time |
|---|--|------|----------|-----------|
| 1 | <a href="#">Dumbbell Goblet Squats</a>               | 3    | 12       | 60s       |
| 2 | <a href="#">Flat Dumbbell Bench Press</a>            | 3    | 10       | 60s       |
| 3 | <a href="#">Lat Pulldowns</a>                        | 3    | 15       | 60s       |
| 4 | <a href="#">High Incline Dumbbell Shoulder Press</a> | 3    | 12       | 60s       |
| 5 | <a href="#">Incline Dumbbell Curls</a>               | 3    | 15       | 45s       |
| 6 | <a href="#">Seated Machine Tricep Dips</a>           | 3    | 15       | 45s       |
| 7 | <a href="#">Plank Hold</a>                           | 3    | 35s hold | 45s       |

**REMEMBER TO SHARE YOUR PROGRESS  
TO HELP HOLD YOURSELF ACCOUNTABLE.**



Share your progress on Instagram and tag  
[@blessed2move](#) & add the hashtags #B2M30  
#buildingthefoundation

## WEEK 2 – TURN UP THE HEAT CONT.

| # | Full Body B  | Sets | Reps           | Rest Time |
|---|--|------|----------------|-----------|
| 1 | <a href="#">Incline Dumbbell Bench Press</a>       | 3    | 12             | 60s       |
| 2 | <a href="#">Dumbbell Romanian Deadlift</a>         | 3    | 12             | 60s       |
| 3 | <a href="#">Seated Low Cable Row</a>               | 3    | 15             | 60s       |
| 4 | <a href="#">Dumbbell Lateral Raises</a>            | 3    | 15             | 60s       |
| 5 | <a href="#">Rope Hammer Curls</a>                  | 3    | 15             | 45s       |
| 6 | <a href="#">Rope Tricep Pushdowns</a>              | 3    | 15             | 45s       |
| 7 | <a href="#">Single Arm Dumbbell Farmer's Carry</a> | 3    | 35s<br>hold ea | 45s       |

| # | Full Body C                                     | Sets | Reps | Rest Time |
|---|---|------|------|-----------|
| 1 | <a href="#">Dumbbell Bulgarian Split Squats</a> | 3    | 10ea | 60s       |
| 2 | <a href="#">Machine Chest Press</a>             | 3    | 12   | 60s       |
| 3 | <a href="#">Single Arm Dumbbell Row</a>         | 3    | 12ea | 60s       |
| 4 | <a href="#">Machine Reverse Flys</a>            | 3    | 20   | 60s       |
| 5 | <a href="#">Seated Calf Raises</a>              | 3    | 20   | 45s       |
| 6 | <a href="#">Standing Cable Pallof Press</a>     | 3    | 10ea | 45s       |
| 7 | <a href="#">Reverse Crunches</a>                | 3    | 15   | 45s       |



## WEEK 3 – MORE SETS, MORE #GAINZ

In Week 3, we introduce another variable to your training by increasing the number of sets. This adjustment is designed to intensify your workouts and stimulate further progress.

**By increasing the sets, you'll challenge your muscles in a new way, pushing them towards greater strength and endurance.** Continue to use the same weight you left off from last week. Remember, even as we step up the volume, maintaining proper form is non-negotiable for both safety and effectiveness.

| # | Full Body A  | Sets | Reps     | Rest Time |
|---|--|------|----------|-----------|
| 1 | <a href="#">Dumbbell Goblet Squats</a>               | 4    | 12       | 60s       |
| 2 | <a href="#">Flat Dumbbell Bench Press</a>            | 4    | 10       | 60s       |
| 3 | <a href="#">Lat Pulldowns</a>                        | 4    | 15       | 60s       |
| 4 | <a href="#">High Incline Dumbbell Shoulder Press</a> | 4    | 12       | 60s       |
| 5 | <a href="#">Incline Dumbbell Curls</a>               | 4    | 15       | 45s       |
| 6 | <a href="#">Seated Machine Tricep Dips</a>           | 4    | 15       | 45s       |
| 7 | <a href="#">Plank Hold</a>                           | 4    | 35s hold | 45s       |

**YOU'RE ALMOST TO THE  
FINISH LINE. SHARE YOUR PROGRESS.**



Share your progress on Instagram and tag  
[@blessed2move](#) & add the hashtags #B2M30  
#buildingthefoundation

## WEEK 3 – MORE SETS, MORE #GAINZ CONT.

| # | Full Body B  | Sets | Reps           | Rest Time |
|---|--|------|----------------|-----------|
| 1 | <a href="#">Incline Dumbbell Bench Press</a>       | 4    | 12             | 60s       |
| 2 | <a href="#">Dumbbell Romanian Deadlift</a>         | 4    | 12             | 60s       |
| 3 | <a href="#">Seated Low Cable Row</a>               | 4    | 15             | 60s       |
| 4 | <a href="#">Dumbbell Lateral Raises</a>            | 4    | 15             | 60s       |
| 5 | <a href="#">Rope Hammer Curls</a>                  | 4    | 15             | 45s       |
| 6 | <a href="#">Rope Tricep Pushdowns</a>              | 4    | 15             | 45s       |
| 7 | <a href="#">Single Arm Dumbbell Farmer's Carry</a> | 4    | 35s<br>hold ea | 45s       |

| # | Full Body C                                     | Sets | Reps | Rest Time |
|---|---|------|------|-----------|
| 1 | <a href="#">Dumbbell Bulgarian Split Squats</a> | 4    | 10ea | 60s       |
| 2 | <a href="#">Machine Chest Press</a>             | 4    | 12   | 60s       |
| 3 | <a href="#">Single Arm Dumbbell Row</a>         | 4    | 12ea | 60s       |
| 4 | <a href="#">Machine Reverse Flys</a>            | 4    | 20   | 60s       |
| 5 | <a href="#">Seated Calf Raises</a>              | 4    | 20   | 45s       |
| 6 | <a href="#">Standing Cable Pallof Press</a>     | 4    | 10ea | 45s       |
| 7 | <a href="#">Reverse Crunches</a>                | 4    | 15   | 45s       |



## WEEK 4 – PEAK WEEK

In Week 4, which I refer to as the "Peak Week," it's time to make the most of your program. It's the last and final week of the program! Time to lock in. We'll follow a structure similar to Week 1, with one key difference: **you'll be increasing the weight while reducing the number of sets and reps.**

However, your core and carry movements are going to be slightly different progressions. This week serves as your opportunity to put your progress to the test. Although the extent of weight increase may differ for each exercise, the goal is to challenge yourself by opting for slightly heavier weights than you used before.

This is your final chance to reach new heights in your fitness journey. Just like the legendary Ronnie Coleman once said, **"LIGHTWEIGHT BABY!"**

| # | Full Body A  | Sets | Reps     | Rest Time | New Weight |
|---|--|------|----------|-----------|------------|
| 1 | <a href="#">Dumbbell Goblet Squats</a>               | 3    | 10       | 60s       | ✓          |
| 2 | <a href="#">Flat Dumbbell Bench Press</a>            | 3    | 8        | 60s       | ✓          |
| 3 | <a href="#">Lat Pulldowns</a>                        | 3    | 12       | 60s       | ✓          |
| 4 | <a href="#">High Incline Dumbbell Shoulder Press</a> | 3    | 10       | 60s       | ✓          |
| 5 | <a href="#">Incline Dumbbell Curls</a>               | 3    | 12       | 45s       | ✓          |
| 6 | <a href="#">Seated Machine Tricep Dips</a>           | 3    | 12       | 45s       | ✓          |
| 7 | <a href="#">Plank Hold</a>                           | 4    | 40s hold | 45s       | -          |

## WEEK 4 – PEAK WEEK CONT.

| # | Full Body B  | Sets | Reps     | Rest Time | New Weight |
|---|--|------|----------|-----------|------------|
| 1 | <a href="#">Incline Dumbbell Bench Press</a>       | 3    | 10       | 60s       | ✓          |
| 2 | <a href="#">Dumbbell Romanian Deadlift</a>         | 3    | 10       | 60s       | ✓          |
| 3 | <a href="#">Seated Low Cable Row</a>               | 3    | 12       | 60s       | ✓          |
| 4 | <a href="#">Dumbbell Lateral Raises</a>            | 3    | 12       | 60s       | ✓          |
| 5 | <a href="#">Rope Hammer Curls</a>                  | 3    | 12       | 45s       | ✓          |
| 6 | <a href="#">Rope Tricep Pushdowns</a>              | 3    | 12       | 45s       | ✓          |
| 7 | <a href="#">Single Arm Dumbbell Farmer's Carry</a> | 4    | 40s hold | 45s       | -          |

| # | Full Body C                                     | Sets | Reps | Rest Time | New Weight |
|---|---|------|------|-----------|------------|
| 1 | <a href="#">Dumbbell Bulgarian Split Squats</a> | 3    | 8ea  | 60s       | ✓          |
| 2 | <a href="#">Machine Chest Press</a>             | 3    | 10   | 60s       | ✓          |
| 3 | <a href="#">Single Arm Dumbbell Row</a>         | 3    | 10ea | 60s       | ✓          |
| 4 | <a href="#">Machine Reverse Flys</a>            | 3    | 15   | 60s       | ✓          |
| 5 | <a href="#">Seated Calf Raises</a>              | 3    | 15   | 45s       | ✓          |
| 6 | <a href="#">Standing Cable Pallof Press</a>     | 4    | 12ea | 45s       | -          |
| 7 | <a href="#">Reverse Crunches</a>                | 4    | 15   | 30s       | -          |



## CONGRATULATIONS!

You've reached the end of the program! I hope you've gained valuable insights and made progress during this journey. This guide was designed to provide a strong starting point and help you build the momentum necessary to launch your fitness journey.

**YOU SHOULD BE PROUD.  
SHARE YOUR PROGRESS.**



Share your progress on Instagram and tag  
[@blessed2move](https://www.instagram.com/blessed2move) & add the hashtags #B2M30  
#buildingthefoundation

Now, you might be wondering, "What's next?" Don't worry, I've got you covered.

**After Week 4, you have the option to restart the program. Here's a breakdown of how to progress:**

- In Week 5, maintain the same sets, reps, rest times, and weights from Week 4, and focus on form and controlled tempo.
- During Week 6, add 2 more reps to each exercise compared to the previous week.
- When Week 7 arrives, include an additional set compared to the prior week.
- In Week 8, increase the weight, while reducing the number of reps and sets, resembling Week 5 but with a fresh, challenging weight.

Repeat this cycle for continued progress for as long as you want. This method represents the gold standard for structuring your workouts to achieve results.

# **B2M 1-ON-1 ONLINE COACHING**

*HELPING YOU BECOME THE BEST YOU...*

The journey does not stop there. If you've enjoyed this 30-day program and want to get into a more consistent routine that is personalized towards your fitness goals, sign up for B2M 1-on-1 Online Coaching today!

As a token of my appreciation for completing this B2M30 program, mention code **B2M30** to receive an additional month of coaching!

**SCHEDULE A FREE CONSULTATION**





# CLIENT TESTIMONIALS



"Coach Ed is always **friendly** and **upbeat** during our 1:1 calls, which I think is key for bringing the energy level up in fitness and lifestyle coaching.

Ed has been instrumental in guiding me through the different stages of my fitness journey. He has curated **customized workouts** to support my goals of **fat loss**, **muscle gain**, and body composition.

He has a keen eye for recognizing when I am ready to **progress** to the next stage of my fitness journey. Rather than rushing me into trying new things, he eases me into these changes in a **stress-free** manner. I cannot emphasize enough how essential this approach is, and I truly appreciate it."

- Patricia Lee

"I have had **multiple attempts** at starting my fitness journey over the past few years. It always started with a **new year resolution** but faded in a couple months, and the reason has always been that I was **unable to see any results**, not seeing any noticeable change in my **overall physique**.

With Coach Ed I was able to understand my **body type** and what it would need to really see a **noticeable difference**. This involved work across not just **strength training, cardio** but also **nutrition** and not making any radical changes to the diet but really **adopting a healthy lifestyle** and balancing **cravings** out with other **healthy alternatives**. Coach Ed helped **imbibe an overall mindset change** and how I look at fitness now.

I would recommend Coach Ed **100%** to anyone looking for guidance on their fitness journey. Coach Ed is like a **Swiss knife** - has all the elements of what it needs to be an impactful coach - **technique, form correction, nutrition, goal setting, motivator by practice** and not just preaching, **friendly, flexible, approachable, respectful, polite** and above all is a **great human being**".

- Vishal Wairager

"I'd **recommend** Coach Ed a hundred times over to anyone looking to achieve their fitness goals! He's really **passionate** about what he does and **really cares** about his clients. I was really nervous going into personal training because I was new to it all, but **Coach Ed was there to guide and support every step of the way**".

- Tiffany Hsiang

# DISCLAIMER

The information provided in this training program, "B2M30: Building the Foundation," is intended for general guidance and educational purposes only. The program, workouts, exercises, and nutritional tips presented here are based on the author's experience and knowledge.

Before beginning any fitness or exercise program, it is strongly recommended that you consult with a qualified healthcare professional, such as a physician, especially if you have any pre-existing medical conditions, injuries, or concerns regarding your health and fitness.

Participation in any physical activity carries inherent risks, and it's essential to ensure that the exercises and routines you undertake are appropriate for your individual fitness level and health status.

**Please be aware that this is a 30-day guide, and while it can help you establish a foundation, results in terms of visible changes in your body composition often take about 3 months or longer.** The success and effectiveness of this program may vary from person to person, and no specific results can be guaranteed. This program is designed to help you get started and build momentum in your fitness journey.

The author and publisher of this guide shall not be liable for any injuries, damages, or losses that may result from the use of this program. By engaging in the exercises and following the recommendations in this guide, you assume full responsibility for your own safety and well-being.

Always listen to your body, progress at your own pace, and seek professional guidance when needed. Remember that consistency and dedication are key to achieving your fitness goals.

**By using this guide, you acknowledge that you have read, understood, and accepted the terms and conditions outlined in this disclaimer.**