

LANDOFIT 7DAY BEGINNER PLAN



PREPARED BY:

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Hey, I'm Landon – Your Coach Behind This Plan

A little about me: I used to hate the way I looked. I was small, skinny, and felt weak. Every time I looked in the mirror, I felt dissatisfied. I vividly remember always wearing long sleeve shirts, even in the warmer months, just to hide my small arms. That frustration lit a fire—I decided enough was enough and committed to making a real change through consistent training and smart habits.

That decision transformed my body and my life. I went from feeling invisible to building real strength, discipline, and confidence. Now, as a Certified Personal Trainer (CPT) at Anytime Fitness in the Greenville, SC area, I help people just like you (and like past-me) do the same—whether online from anywhere in the world or in-person locally.

What You'll Gain from This 7-Day Plan

This isn't just random workouts—it's the exact starter framework I wish I'd had when I began. In just one week, you'll:

- Kickstart noticeable strength gains and better muscle activation
- Build momentum with simple, progressive workouts you can do at the gym or adapt at home
- Learn proper form basics and smart progression to avoid plateaus or injury
- Feel more confident and disciplined every day (the mindset shift is huge)
- 2 different workout splits for you to try out.

It's beginner-friendly but scalable—if you're intermediate, push the weights/reps higher. Consistency here sets the foundation for long-term results.

How to Use This Plan

1. **Duration:** Follow it for 7 days straight (4 training days + 3 rest/active recovery days).
2. **Equipment:** Gym equipment preferred, but home bodyweight swaps are very possible with a little research.
3. **Warm-Up:** Do 5-10 minutes of light cardio + dynamic stretches before each session.
4. **Sets & Reps:** Stick to the listed ranges (rep range depends on your specific goals, last page for more info); rest 60-90 seconds between sets. Track your weights/reps whatever way works best for you.
5. **Progression:** If it feels too easy by Day 4-5, add weight or reps next time. Listen to your body—form first!
6. **Nutrition Tip:** Aim for a slight calorie surplus with high protein (about 1g per lb bodyweight) to fuel gains—more details in the bonus section. Of course, this depends on YOUR goals.
7. **Track & Adjust:** Log everything. If something doesn't feel right, DM me [@landonstat on TikTok](#) or [@landofit0 on Instagram](#) — I'm here to help.

Ready to start? Start at Day 1 and let's build that stronger version of you—one rep at a time. You've got this!

If you love the results after the week, [head to landofit.com/apply-for-coaching](#) for personalized online or in-person training. Let's take it further.

Landon Staton, CPT | LandoFit.com | [@landonstat](#)

PUSH/PULL/LEGS

UPPER/LOWER

SUN	REST OR CARDIO	REST OR CARDIO
MON	DB Bench / 3 x R* Rope Tricep Ext / 3 x R* Incline DB Bench / 3 x R* Cable Pushdown / 3 x R* Chest Fly / 3 x R*	DB Bench / 3 x R* DB Row / 3 x R* DB Curls / 3 x R* Rope Tricep Ext / 3 x R* Lateral Raises / 3 x R*
TUES	REST OR CARDIO	DB RDL / 3 x R* Leg Press / 3 x R* Machine Leg Curl / 3 x R* Machine Leg Ext / 3 x R* Calf Raise / 3 x R* Preferred Core Exercise
WED	Bent Over Row / 3 x R* Cable Curls / 3 x R* Lat Pulldown / 3 x R* DB Hammer Curls / 3 x R* Cable Pullover / 3 x R*	REST OR CARDIO
THURS	REST OR CARDIO	Shoulder Press / 3 x R* Lat Pulldown / 3 x R* Incline DB Bench / 3 x R* Cable Curls / 3 x R* DB Skullcrushers / 3 x R*
FRI	RDL / 3 x R* Leg Press / 3 x R* Calf Raise / 3 x R* Machine Leg Curl / 3 x R* Machine Leg Ext / 3 x R* Preferred Core Exercise	Goblet Squat / 3 x R* BB SLDL / 3 x R* Hip Abduction / 3 x R* Hip Adduction / 3 x R* Walking Lunges / 3 rounds Preferred Core Exercise
SAT	REST OR CARDIO	REST OR CARDIO

**R* = Reps subject to change // Strength = 2-5 / Hypertrophy = 6-12 /
Endurance = 12-15+**

**Abbreviations: DB = Dumbbell / BB = Barbell / RDL = Romanian Deadlift / SLDL
= Stiff Leg Deadlift / Ext = Extensions**

Have Questions? Reach out to me personally at Landon@landofit.com

Wanting More? Apply for personalized coaching at landofit.com/apply-for-coaching