

Start Strong: 3-Day Strength

Habit Builder,

A calm introduction to strength, built with purpose, presence, and rest.



Welcome

This is a starting rhythm – a way to begin or re-start, gently.

Three sessions across seven days. With at least two sleeps between each. Count one sleep the day you do it, then one more sleep. Then move on.

Because how you recover is just as important as how you train. Read my training philosophy on the website.

Why Recovery Comes First - Our philosophy anchored into our main services

At Garage Champions, strength isn't just built in any one lift or any one single session – it's built also in the time between lifts.

We don't chase maximum effort or burnouts, and the potential injury risk. We build from the ground up – focusing on **movement quality, resilient strength**, and showing up consistently over months and years.

That means recognising when your body needs rest – not as weakness, but as strategy.

You'll see "2 sleeps" between sessions throughout this plan. That's not arbitrary. It's deliberate. Especially when you've stressed the body, **2 sleeps is the baseline**. Some sessions might need three. That's not a setback – it's your body adapting.

This plan respects where you are. Whether you're coming back from a break or starting for the first time, what matters most is that you don't overload, and you don't rush.

No single session matters more than the pattern you create over time.

Day 1: Start with Strength

A calm return to movement. Just enough to feel your body respond.

Movement: Bodyweight + Push

- **Bodyweight Squats** – 3 sets of 8-10
Stand tall. Sit between your heels. Exhale as you stand. Keep your feet grounded.
- **Push-Ups** – 3 sets of 6-10
*Lower under control. Elbows at 45°. Keep your core tight and breathe out as you push.
If needed, start with **knee push-ups** – same form, just a little less load.*

Rest: 30-45 seconds between sets. Aim for quality over quantity – stop a rep or two before failure.

Recovery Practice:

5-Minute Grounding Walk

Head outside or move through your space slowly. Breathe in through your nose. Let your body cool down, not crash.

Next Session: After 2 Sleeps

You've shown up. That's what matters. Now let the strength settle. We train again after rest.

Day 2: Reconnect and Reset

A return to movement with focus and calm control.

Movement: Core + Lower Body Stability

- **Bodyweight Split Squats** - 3 sets of 6-8 each leg
Back foot flat, front knee tracks over midfoot. Lower slowly, press through the front heel.
- **Plank Hold** - 3 sets of 20-30 seconds
*Elbows under shoulders. Tuck the hips slightly. Keep a soft breath and flat line from head to heels.
If you can't yet hold for 20-30 seconds, **track what you can** – even 5 or 10 seconds is a solid start. Build from there.*

Rest: 30-60 seconds between sets. Use this time to check in, not check out.

Recovery Practice:

Post-Session Reset: Box Breathing - 2 Minutes

Breathe in for 4 seconds → Hold 4 → Exhale 4 → Hold 4.

Repeat 4 rounds. Eyes soft, jaw relaxed.

Next Session: After 2 Sleeps

Recovery builds rhythm. Not every day has to be go time – just the right days, done well. You're doing exactly what you need.

Day 3: Anchor and Finish Light

A calm but solid full-body finish – then step away with energy still in the tank.

Movement: Full-Body Flow

- **Bodyweight Squats** – 3 sets of 10-12
Tall posture. Full range. Breathe with the movement.
- **Push-Ups** – 3 sets of 6-10
Stick with regular push-ups or knees-down if needed. Focus on consistent form.
- **Plank Hold** – 3 sets of 20-30 seconds
Find your best hold – whether that's 10 seconds or a full 30. Rest and repeat.

This is your final day. It's not about going harder – it's about going smoother.

Rest: 30-60 seconds between sets. Move with presence, not pressure.

Recovery Practice:

Legs Up Wall – 3-5 minutes

Lie on your back with your legs up a wall or chair. Let your breath slow. Feel your hips soften. Let the effort go.

You've Finished the Week

You've shown up. You've recovered. You've reset your rhythm.

What matters now is not ramping up – it's returning again next week. Don't progress too quick, learn the movement, allow the body to adapt.

You're not here for a flash. You're here for what lasts.

Lift, Die, Repeat.

If you made it this far, and it helped even a little, you can consider support the project via the website.

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