TITAN BUILT
COACHING
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FREE RESOURCE

THE 30-DAY TOTAL-BODY CHALLENGE

Build strength. Move better. Stay consistent. A daily training and recovery plan with room to record your progress.

STRENGTH | CONDITIONING | RECOVERY | BEGINNER OPTIONS

CREATED BY COACH WILL
Strength. Structure. Consistency.

START HERE

How to use this challenge

This beginner-to-intermediate plan trains every major muscle group across 30 days while deliberately including recovery. Most strength sessions take 40-60 minutes. Conditioning and recovery sessions take 20-35 minutes.

Before every strength workout

Do 5 minutes of easy cardio, then 1-2 light practice sets of the first two exercises. Use controlled repetitions and a comfortable range of motion.

Choose the right weight

Finish most sets with 2-3 good repetitions still possible. On Days 15-29, you may finish with 1-2 repetitions in reserve. If form breaks down, reduce the weight or stop the set.

Progress without guessing

When you complete every prescribed rep with clean technique, add the smallest available amount of weight next time. If you miss reps, keep the same weight. Beginners may perform 2 sets instead of 3-4 during Week 1.

Pain and medical safety

This guide is general fitness education, not medical care. Stop for sharp pain, chest pain, dizziness or unusual shortness of breath. Get medical guidance before beginning if you are pregnant, injured, recently had surgery, or have a condition affected by exercise.

Your daily rule

Show up, use good form, and record what you did. Consistency beats perfection.

PLAN AHEAD

The 30-day roadmap | Days 1-15

Strength days train the full body across the week. Recovery days help you return ready to train.

Day	Session	Type
1	Upper Push - Foundation	Strength
2	Lower Body - Squat Focus	Strength
3	Recovery + Core	Recovery
4	Upper Pull - Foundation	Strength
5	Full Body A	Strength
6	Conditioning + Core	Conditioning
7	Mobility Reset	Recovery
8	Push - Build	Strength
9	Glutes + Hamstrings	Strength
10	Pull - Build	Strength
11	Recovery + Core	Recovery
12	Full Body B	Strength
13	Low-Impact Intervals	Conditioning
14	Rest + Mobility	Recovery
15	Upper Strength	Strength

PLAN AHEAD

The 30-day roadmap | Days 16-30

Strength days train the full body across the week. Recovery days help you return ready to train.

Day	Session	Type
16	Lower Strength	Strength
17	Core + Mobility	Recovery
18	Push - Volume	Strength
19	Pull - Volume	Strength
20	Legs + Glutes - Volume	Strength
21	Complete Rest	Recovery
22	Total Body Circuit A	Conditioning
23	Cardio + Core	Conditioning
24	Upper Body Complete	Strength
25	Lower Body Complete	Strength
26	Active Recovery	Recovery
27	Total Body Circuit B	Conditioning
28	Mobility + Rest	Recovery
29	Titan Total-Body Challenge	Challenge
30	Recovery + Victory Check	Recovery

DAY 1 | STRENGTH

Upper Push - Foundation

Exercise	Sets / reps	Rest
Machine or dumbbell chest press	3 x 10	75 sec
Incline dumbbell press	3 x 10	75 sec
Seated dumbbell shoulder press	3 x 10	75 sec
Dumbbell lateral raise	2 x 12	45 sec
Cable triceps pressdown	2 x 12	45 sec

Coach Will's cue: Stop each set with 2-3 good reps still possible.

DAY 2 | STRENGTH

Lower Body - Squat Focus

Exercise	Sets / reps	Rest
Goblet squat	3 x 10	75 sec
Leg press	3 x 10	90 sec
Reverse lunge	2 x 8/side	60 sec
Leg extension	2 x 12	45 sec
Standing calf raise	3 x 15	45 sec

Coach Will's cue: Keep knees tracking in the same direction as your toes.

DAY 3 | RECOVERY

Recovery + Core

Exercise	Sets / reps	Rest
Easy walk or bike	20-30 min	Easy
Dead bug	3 x 8/side	30 sec
Bird dog	3 x 8/side	30 sec
Front plank	3 x 20-30 sec	30 sec
Hip flexor stretch	2 x 30 sec/side	-

Coach Will's cue: You should finish feeling better than when you started.

DAY 4 | STRENGTH

Upper Pull - Foundation

Exercise	Sets / reps	Rest
Lat pulldown	3 x 10	75 sec
Seated cable row	3 x 10	75 sec
One-arm dumbbell row	2 x 10/side	60 sec
Face pull	2 x 12	45 sec
Dumbbell curl	2 x 12	45 sec

Coach Will's cue: Pull your elbows toward your ribs; do not shrug.

DAY 5 | STRENGTH

Full Body A

Exercise	Sets / reps	Rest
Kettlebell deadlift	3 x 10	90 sec
Push-up or machine press	3 x 8-12	75 sec
Goblet squat	3 x 10	75 sec
Cable row	3 x 10	75 sec
Farmer carry	3 x 30 sec	45 sec

Coach Will's cue: Use smooth, controlled repetitions.

DAY 6 | CONDITIONING

Conditioning + Core

Exercise	Sets / reps	Rest
Incline treadmill walk	5 min	Warm-up
Bike: 30 sec brisk / 60 sec easy	8 rounds	-
Pallof press	3 x 10/side	30 sec
Side plank	2 x 20 sec/side	30 sec
Easy walk cooldown	5 min	-

Coach Will's cue: Brisk intervals are challenging, not all-out.

DAY 7 | RECOVERY

Mobility Reset

Exercise	Sets / reps	Rest
Easy walk	20 min	Easy
Cat-cow	2 x 8	-
90/90 hip switches	2 x 8/side	-
Open-book rotation	2 x 8/side	-
Calf stretch	2 x 30 sec/side	-

Coach Will's cue: No hard training today. Hydrate and sleep well.

DAY 8 | STRENGTH

Push - Build

Exercise	Sets / reps	Rest
Dumbbell bench press	3 x 8-10	90 sec
Incline machine press	3 x 10	75 sec
Arnold press	3 x 10	75 sec
Cable lateral raise	3 x 12	45 sec
Overhead triceps extension	3 x 12	45 sec

Coach Will's cue: If all reps feel crisp, add a small amount of weight.

DAY 9 | STRENGTH

Glutes + Hamstrings

Exercise	Sets / reps	Rest
Romanian deadlift	3 x 8-10	90 sec
Hip thrust	3 x 10	90 sec
Seated hamstring curl	3 x 12	60 sec
Walking lunge	2 x 10/side	60 sec
Seated calf raise	3 x 15	45 sec

Coach Will's cue: Push hips back on RDLs and keep your spine neutral.

DAY 10 | STRENGTH

Pull - Build

Exercise	Sets / reps	Rest
Assisted pull-up or pulldown	3 x 8-10	90 sec
Chest-supported row	3 x 10	75 sec
Straight-arm pulldown	2 x 12	45 sec
Reverse fly	3 x 12	45 sec
Hammer curl	3 x 10	45 sec

Coach Will's cue: Pause briefly when the back muscles are shortened.

DAY 11 | RECOVERY

Recovery + Core

Exercise	Sets / reps	Rest
Easy cardio	20-30 min	Easy
Cable chop	3 x 10/side	45 sec
Reverse crunch	3 x 10	45 sec
Suitcase carry	3 x 30 sec/side	45 sec
Child's pose breathing	3 x 5 breaths	-

Coach Will's cue: Keep ribs stacked over hips during core work.

DAY 12 | STRENGTH

Full Body B

Exercise	Sets / reps	Rest
Trap-bar or kettlebell deadlift	3 x 8	90 sec
Dumbbell floor press	3 x 10	75 sec
Split squat	3 x 8/side	75 sec
One-arm cable row	3 x 10/side	60 sec
Plank shoulder tap	2 x 10/side	45 sec

Coach Will's cue: Choose loads that allow excellent form on the last rep.

DAY 13 | CONDITIONING

Low-Impact Intervals

Exercise	Sets / reps	Rest
Row, bike or elliptical easy	5 min	Warm-up
45 sec moderate / 75 sec easy	8 rounds	-
Bodyweight squat	3 x 12	45 sec
Incline push-up	3 x 10	45 sec
Cooldown walk	5 min	-

Coach Will's cue: Moderate intervals should feel about 7/10 effort.

DAY 14 | RECOVERY

Rest + Mobility

Exercise	Sets / reps	Rest
Optional relaxed walk	15-25 min	Easy
Hamstring stretch	2 x 30 sec/side	-
Figure-four stretch	2 x 30 sec/side	-
Doorway chest stretch	2 x 30 sec/side	-
Slow breathing	3 min	-

Coach Will's cue: Full rest is allowed. Recovery is part of training.

DAY 15 | STRENGTH

Upper Strength

Exercise	Sets / reps	Rest
Bench press or chest press	4 x 6-8	120 sec
Lat pulldown	4 x 8	90 sec
Seated overhead press	3 x 8	90 sec
Cable row	3 x 8	90 sec
Curl + pressdown superset	3 x 10 each	60 sec

Coach Will's cue: Use a slightly heavier load while keeping 1-2 reps in reserve.

DAY 16 | STRENGTH

Lower Strength

Exercise	Sets / reps	Rest
Leg press or squat	4 x 6-8	120 sec
Romanian deadlift	4 x 8	120 sec
Hip thrust	3 x 8	90 sec
Reverse lunge	3 x 8/side	75 sec
Calf raise	3 x 12	45 sec

Coach Will's cue: Brace before every rep; never sacrifice range for weight.

DAY 17 | RECOVERY

Core + Mobility

Exercise	Sets / reps	Rest
Easy walk	20 min	Easy
Dead bug	3 x 10/side	30 sec
Pallof press	3 x 12/side	30 sec
Side plank	3 x 20-30 sec/side	30 sec
Full-body mobility flow	8 min	-

Coach Will's cue: Keep today easy enough to support tomorrow's training.

DAY 18 | STRENGTH

Push - Volume

Exercise	Sets / reps	Rest
Incline dumbbell press	4 x 10	75 sec
Machine chest press	3 x 12	60 sec
Dumbbell shoulder press	3 x 10	75 sec
Lateral raise	3 x 15	45 sec
Rope pressdown	3 x 12	45 sec

Coach Will's cue: Control the lowering phase for about 2 seconds.

DAY 19 | STRENGTH

Pull - Volume

Exercise	Sets / reps	Rest
Neutral-grip pulldown	4 x 10	75 sec
Chest-supported row	4 x 10	75 sec
Cable pullover	3 x 12	45 sec
Face pull	3 x 15	45 sec
Alternating curl	3 x 12	45 sec

Coach Will's cue: Keep your torso steady instead of using momentum.

DAY 20 | STRENGTH

Legs + Glutes - Volume

Exercise	Sets / reps	Rest
Goblet or front squat	4 x 10	90 sec
Hip thrust	4 x 10	90 sec
Hamstring curl	3 x 12	60 sec
Step-up	3 x 10/side	60 sec
Calf raise	4 x 15	45 sec

Coach Will's cue: Drive through your whole foot on squats and step-ups.

DAY 21 | RECOVERY

Complete Rest

Exercise	Sets / reps	Rest
Optional gentle walk	10-20 min	Easy
Light stretching	5-10 min	-
Hydration	Throughout day	-
Protein-rich meals	Across the day	-
Sleep target	7-9 hours	-

Coach Will's cue: Do not make up missed workouts today; simply resume tomorrow.

DAY 22 | CONDITIONING

Total Body Circuit A

Exercise	Sets / reps	Rest
Goblet squat	3 x 12	Circuit
Dumbbell bench press	3 x 10	Circuit
Cable row	3 x 10	Circuit
Kettlebell deadlift	3 x 12	Circuit
Farmer carry	3 x 40 sec	90 sec/round

Coach Will's cue: Move exercise to exercise, but never rush your form.

DAY 23 | CONDITIONING

Cardio + Core

Exercise	Sets / reps	Rest
Brisk walk or bike	25 min	Moderate
Plank	3 x 30-45 sec	30 sec
Cable chop	3 x 12/side	30 sec
Bird dog	3 x 10/side	30 sec
Hip mobility	5 min	-

Coach Will's cue: You should still be able to speak in short sentences during cardio.

DAY 24 | STRENGTH

Upper Body Complete

Exercise	Sets / reps	Rest
Flat dumbbell press	3 x 8-10	90 sec
One-arm dumbbell row	3 x 10/side	75 sec
Seated shoulder press	3 x 10	75 sec
Lat pulldown	3 x 10	75 sec
Curl + triceps superset	3 x 12 each	60 sec

Coach Will's cue: Add weight only if the final reps remain controlled.

DAY 25 | STRENGTH

Lower Body Complete

Exercise	Sets / reps	Rest
Squat or leg press	3 x 8-10	90 sec
Romanian deadlift	3 x 10	90 sec
Hip thrust	3 x 10	90 sec
Walking lunge	3 x 10/side	60 sec
Calf raise	3 x 15	45 sec

Coach Will's cue: Keep the same tempo from the first rep to the last.

DAY 26 | RECOVERY

Active Recovery

Exercise	Sets / reps	Rest
Easy cardio	25-35 min	Easy
Foam roll quads/glutes	60 sec each	-
Thoracic rotation	2 x 8/side	-
Ankle rocks	2 x 10/side	-
Slow breathing	3 min	-

Coach Will's cue: Recovery pace means you can comfortably hold a conversation.

DAY 27 | CONDITIONING

Total Body Circuit B

Exercise	Sets / reps	Rest
Dumbbell Romanian deadlift	3 x 10	Circuit
Incline push-up	3 x 10-15	Circuit
Reverse lunge	3 x 8/side	Circuit
Lat pulldown	3 x 10	Circuit
Pallof press	3 x 10/side	90 sec/round

Coach Will's cue: Rest as needed so technique stays sharp.

DAY 28 | RECOVERY

Mobility + Rest

Exercise	Sets / reps	Rest
Optional easy walk	20 min	Easy
World's greatest stretch	2 x 5/side	-
90/90 hip switches	2 x 10	-
Wall slides	2 x 10	-
Calf + hamstring stretch	2 x 30 sec/side	-

Coach Will's cue: Save your energy for the final challenge.

DAY 29 | CHALLENGE

Titan Total-Body Challenge

Exercise	Sets / reps	Rest
Goblet squat	4 x 10	60 sec
Push-up or chest press	4 x 10	60 sec
Cable or dumbbell row	4 x 10	60 sec
Kettlebell deadlift	4 x 10	60 sec
Farmer carry	4 x 40 sec	60 sec

Coach Will's cue: Record weights and reps. Quality beats speed.

DAY 30 | RECOVERY

Recovery + Victory Check

Exercise	Sets / reps	Rest
Relaxed walk	20-30 min	Easy
Full-body stretch	10 min	-
Record body measurements	Once	-
Review strength progress	Once	-
Choose next 30-day goal	Once	-

Coach Will's cue: You finished. Celebrate consistency and keep the momentum.

TRAIN WITH CONTROL

Beginner substitutions

Use the option that lets you train without pain and with control. A substitution is smart training, not a shortcut.

IF THIS IS NOT RIGHT TODAY	TRY THIS
Barbell squat	Goblet squat, box squat or leg press
Deadlift / RDL	Kettlebell deadlift or cable pull-through
Bench press	Dumbbell press, machine press or incline push-up
Pull-up	Assisted pull-up or lat pulldown
Walking lunge	Supported reverse lunge or step-up
Overhead press	Machine press or landmine press
Plank	Elevated plank on a bench
Intervals	Incline walk, bike or elliptical

Training away from a gym

A sturdy backpack, resistance bands and bodyweight movements can replace many machines. Match the movement pattern: squat, hinge, push, pull, carry and brace. Slow the lowering phase or add repetitions when load is limited.

RECORD YOUR WORK

Completion tracker | Days 1-15

Check each box and record one useful note: weight used, repetitions completed, energy level or a personal win.

Day	Complete	Note / progress
01	[ ]	_____
02	[ ]	_____
03	[ ]	_____
04	[ ]	_____
05	[ ]	_____
06	[ ]	_____
07	[ ]	_____
08	[ ]	_____
09	[ ]	_____
10	[ ]	_____
11	[ ]	_____
12	[ ]	_____
13	[ ]	_____
14	[ ]	_____
15	[ ]	_____

RECORD YOUR WORK

Completion tracker | Days 16-30

Check each box and record one useful note: weight used, repetitions completed, energy level or a personal win.

Day	Complete	Note / progress
16	[ ]	_____
17	[ ]	_____
18	[ ]	_____
19	[ ]	_____
20	[ ]	_____
21	[ ]	_____
22	[ ]	_____
23	[ ]	_____
24	[ ]	_____
25	[ ]	_____
26	[ ]	_____
27	[ ]	_____
28	[ ]	_____
29	[ ]	_____
30	[ ]	_____

KEEP YOUR MOMENTUM

Your next step

You now have 30 days of proof that you can follow through. Review your tracker, choose one strength goal and repeat the plan with slightly more weight, better control or cleaner technique.

Celebrate your consistency

Share a workout win and tag @titanbuilt.coach so Titan Built Coaching can celebrate with you.

Want your next plan tailored to you?

Talk with Coach Will about your goals, equipment and schedule. Request a free fitness strategy call; there is no obligation to purchase.

titanbuiltcoaching.com/#contact

support@cineaperformance.com

Program basis

This guide follows the broad public-health principle of training all major muscle groups regularly and combines resistance work, aerobic conditioning, mobility and recovery. Exercise selection, load and volume should be individualized to ability, goals and safety.

Sources: American College of Sports Medicine, 2026 resistance-training guidance; U.S. Department of Health and Human Services, Physical Activity Guidelines for Americans, 2nd edition.

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YOUR NEXT CHAPTER

Finished the challenge? Let’s build your personalized plan.

Congratulations on the work you put in. Review your tracker and recognize what you learned about your training, recovery and consistency.

Imagine your next step with a training plan tailored to your equipment and schedule, practical nutrition guidance, weekly accountability and direct support from Coach Will.

Your free fitness strategy call

- Talk through your goals and what has made progress difficult.
- Discuss a realistic training and nutrition approach for your week.
- Find out whether personal coaching is the right fit for you.

REQUEST MY FREE STRATEGY CALL →

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No obligation to purchase. Submit the short website form and Coach Will will contact you by email to arrange a time. A request does not reserve a calendar appointment.

Questions? support@cineaperformance.com