

SHAHZAIB

FREE

FREE TRAINING GUIDE

4-WEEK KICKSTART PLAN

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TRAINING · NUTRITION
PROGRESS TRACKER

BEFORE YOU START.

This is the structure I use to start new clients. It's simple on purpose: four training days a week, a handful of nutrition rules, and a way to track progress.

Follow it for four weeks, with no program-hopping and no skipped check-ins. Consistency beats intensity every time.

— Shahzaib Nawaz
7+ years coaching · 100+ clients trained

Who it's for

- Beginners, and anyone returning after a break
- Lifters who want structure instead of random workouts
- Goals: build muscle, lose fat, get stronger
- Best with gym access. Home swaps are listed for every exercise.

Your weekly schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Upper A	Lower A	Rest / walk	Upper B	Lower B	Rest / walk	Rest

How to read the workouts

TERM	MEANING
3 × 8–10	3 sets of 8 to 10 reps.
RIR	"Reps in reserve": how many more good reps you could have done. RIR 2 means you stop with 2 left in the tank.
Rest	2–3 min on big lifts, 60–90 s on smaller exercises.
Double progression	When you hit the top of the rep range on every set, add the smallest weight increment next session (usually 2.5–5 lb / 1–2.5 kg).

WEEK BY WEEK.

WEEK 1

LEARN

Weights you could lift 3 more times (RIR 3). Focus on technique and film one set of each main lift.

WEEK 2

BUILD

RIR 2. Add weight wherever you hit the top of the rep range.

WEEK 3

PUSH

RIR 1–2. Add 1 extra set to the first two exercises each day.

WEEK 4

PEAK

Keep the extra sets. RIR 1 on your last set. Beat your Week 1 numbers.

Warm-up (every session, 6–8 min)

- 3 min easy cardio: bike, incline walk or rower
- 10 arm circles and 10 band pull-aparts
- 10 bodyweight squats and 10 hip hinges
- 2–3 lighter sets of your first exercise, building up to your working weight

Outside the gym

- **Steps:** 7,000–10,000 a day
- **Sleep:** 7–9 hours. This is where muscle is built.
- **Water:** 2.5–3.5 L (85–120 oz) a day
- **Missed a day?** Don't double up. Just continue with the next session.

Form first. If a rep looks different from your first rep, the set is over. Film your main lifts from the side. It's the fastest way to catch mistakes.

DAY 1 · UPPER A — MONDAY

	EXERCISE	SETS × REPS	REST	HOME SWAP
1	**Barbell bench press** Shoulder blades pinched, feet planted	3 × 6–8	2–3 min	DB floor press
2	**One-arm dumbbell row** Pull the elbow to your hip	3 × 8–10	90 s	Same
3	**Seated DB shoulder press**	3 × 8–10	90 s	Same
4	**Lat pulldown**	3 × 10–12	90 s	Band pulldown
5	**DB lateral raise**	2 × 12–15	60 s	Same
6	**EZ-bar curl**	2 × 10–12	60 s	DB curl
7	**Rope triceps pushdown**	2 × 10–12	60 s	Bench dips

DAY 2 · LOWER A — TUESDAY

	EXERCISE	SETS × REPS	REST	HOME SWAP
1	**Back squat** Brace hard, reach depth you can control	3 × 6–8	2–3 min	Goblet squat
2	**Romanian deadlift** Hips back, slight knee bend, flat back	3 × 8–10	2 min	DB Romanian deadlift
3	**Leg press**	3 × 10–12	90 s	DB reverse lunge
4	**Lying leg curl**	3 × 10–12	60 s	Slider leg curl
5	**Standing calf raise**	3 × 12–15	60 s	Single-leg calf raise
6	**Plank**	3 × 30–45 s	45 s	Same

DAY 3 · UPPER B — THURSDAY

	EXERCISE	SETS × REPS	REST	HOME SWAP
1	**Incline dumbbell press**	3 × 8–10	2 min	Feet-elevated push-up
2	**Pull-up or assisted pull-up**	3 × 6–10	2 min	Doorframe/band row
3	**Seated cable row**	3 × 10–12	90 s	DB chest-supported row
4	**Cable or DB fly**	2 × 12–15	60 s	DB floor fly
5	**Rear-delt fly**	2 × 12–15	60 s	Same
6	**Hammer curl**	2 × 10–12	60 s	Same
7	**Overhead DB triceps extension**	2 × 10–12	60 s	Same

DAY 4 · LOWER B — FRIDAY

	EXERCISE	SETS × REPS	REST	HOME SWAP
1	**Deadlift or trap-bar deadlift** Bar close, push the floor away	3 × 5	2–3 min	DB deadlift
2	**Bulgarian split squat**	3 × 8–10 / leg	90 s	Same
3	**Hip thrust**	3 × 8–12	90 s	DB glute bridge
4	**Leg extension**	2 × 12–15	60 s	Wall sit, 30–45 s
5	**Seated calf raise**	3 × 12–15	60 s	DB seated calf raise
6	**Dead bug**	3 × 10 / side	45 s	Same

EAT FOR THE GOAL.

RULE 1 · PROTEIN

0.7–1 g per lb

of bodyweight a day (1.6–2.2 g per kg). For someone weighing 180 lb / 82 kg, that's about 130–180 g. Split it across 3–5 meals.

RULE 2 · CALORIES

Body wt (lb) × 14–16

A rough daily maintenance estimate. Adjust it based on how your weekly average weight actually moves.

GOAL	DAILY CALORIES	WHAT TO EXPECT
Lose fat	Maintenance − 300 to 500	About 0.5–1% of bodyweight lost per week
Recomposition	Around maintenance	Steady weight, smaller waist, strength going up
Build muscle	Maintenance + 200 to 300	About 0.25–0.5% of bodyweight gained per week

Build every plate

- **½ plate** vegetables or salad
- **¼ plate** protein: chicken, fish, eggs, lean beef, Greek yogurt, tofu
- **¼ plate** carbs: rice, potatoes, oats, bread, fruit
- **A thumb-sized portion** of fats: olive oil, nuts, avocado

Simple rules

- Have protein in every meal
- Eat roughly 80% whole foods and 20% foods you just enjoy
- Limit liquid calories and alcohol
- Eat carbs around your training for better sessions
- Weigh yourself 3–7 mornings a week and track the **average**

WEEKLY CHECK-IN.

Fill this in at the same time each week, ideally in the morning before eating. Take front, side and back photos in Week 0 and Week 4, with the same lighting and pose.

WEEK	AVG WEIGHT	WAIST	AVG STEPS	WORKOUTS (/4)	ENERGY 1–10	PHOTOS
0				—		☐
1						—
2						—
3						—
4						☐

Strength log: beat Week 1

MAIN LIFT	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Bench press				
Back squat				
Romanian deadlift				
Incline DB press				
Pull-ups				
Deadlift				

Write the weight × reps of your best set, for example "135 × 8".

READY FOR A PLAN BUILT FOR YOU?

This plan works for most people. Coaching works for *you*: a program written around your body, your schedule and your equipment, with video form checks and a coach adjusting it every week.

GROUP

$59

per month

1:1 COACHING

$150 ~~$200~~

Launch offer: per month for your first 3 months · first 10 clients

CONSULTATION

Free

20-minute call

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