

Resistance Training Playbook: Building Muscle and Boosting Metabolism

This guide translates the principles from the "Optimizing Body Composition" article into a concrete 4-week, beginner-friendly workout routine focused on increasing **BMR** and building **functional strength**.

Phase 1: The 4-Week Foundational Routine

- **Goal:** Commit to 3 non-consecutive days of strength training per week, focusing purely on **form** and consistency.
- **Target:** Increase **BMR** and preserve **muscle mass**.

Day	Workout	Movement Focus	Sets/Reps	Rest
Monday	Full Body A	Push/Pull/Squat	2 sets of 12-15 reps	60 seconds
Wednesday	Cardio/Active Rest	Brisk Walking or Light Cycling	30–45 minutes	—
Friday	Full Body B	Push/Pull/Hinge	2 sets of 12-15 reps	60 seconds
Rest Days	Recovery	Stretching, Foam Rolling, or complete rest.	—	—

Phase 2: The Core Exercises (Bodyweight Focus)

Perform the following exercises on your designated Full Body days.

Movement	Full Body A	Full Body B
Lower Body	Bodyweight Squats (15 reps)	Reverse Lunges (10 reps per leg)
Core/Hips	Glute Bridges (15 reps)	Plank Hold (30–60 seconds)
Upper Body	Incline Push-Ups (against a wall or counter) (10 reps)	Chair Dips (10 reps)
Total Body	Jumping Jacks (45 seconds)	High Knees (45 seconds)

Note: *If 15 reps become easy, try adding a 3rd set before adding weights or changing the exercise.*

Phase 3: The Metabolic Maintenance Checklist

- **Goal:** Support muscle recovery and increase your calorie burn even when resting.
- **Daily Action Plan:**
 - [] **Protein Check:** Consume a minimum of 60–80 grams of **lean protein** daily (crucial for muscle repair).
 - [] **Hydration:** Drink water consistently throughout the day (especially before and after strength sessions).
 - [] **Post-Workout Fuel:** Consume a small meal with protein and carbs (e.g., Greek yogurt and fruit) within an hour of finishing your workout.
 - [] **Step Goal:** Increase your Non-Exercise Activity Thermogenesis (**NEAT**) by aiming for a daily step count (e.g., 5,000–8,000 steps) beyond your scheduled workout time.

