



BUILD THE FOUNDATION TO REVEAL THE BEST VERSION OF YOU.



LEAN
FOUNDATION
SYSTEM

APEX LEAN FOUNDATION

GENERAL TONE & FITNESS

APEX SPORTS & FITNESS • OFFICIAL TRAINING SYSTEM

TABLE OF CONTENTS

Introduction	3
Explanations	4
Warm-Up Protocol	5
Active Recovery Menu	6
Week One	7
Week Two	9
Week Three	11
Week Four	13
Week Five	15
Week Six	17
Week Seven	19
Week Eight	21
Simple Nutrition Habits	23
Conclusion — What's Next	23
Safety & Disclaimer	23

Introduction

MISSION: Build a lean, toned, capable body with three efficient sessions a week.

“Toning” is two things happening together: building a little muscle and revealing it through conditioning and nutrition. This 8-week full-body plan does both without living in the gym — each muscle is trained three times per week in short circuits that are easy to recover from, perfect for beginners, returners, and busy schedules.

What You'll Gain

- Visible tone and strength gains in eight weeks
- A training habit that survives real life — sessions are 40–50 minutes
- Movement confidence: squat, hinge, push, pull, and carry done well
- Simple nutrition habits layered in, not a crash diet

LENGTH	DAYS / WEEK	SESSION TIME	LEVEL
8 Weeks	3–4	40–50 min	Beginner

READ THIS FIRST

Stick to the programming as written before you customize it. If you miss a session, pick it up at your next opportunity — never stack two hard days together to “catch up,” and never add extra volume to tire yourself out. The plan is dosed deliberately; adding more usually slows your results.

Explanations & How to Read the Tables

RPE & RIR (How Hard Each Set Should Be)

Sets are prescribed by **RPE** (Rate of Perceived Exertion, 1–10) or **RIR** (Reps In Reserve). RPE 8 = you could have done about 2 more clean reps; RIR 2 means the same thing. On strong days you'll need more weight to hit the target; on tired days, less. That's autoregulation working — trust it.

Supersets

Exercises marked as a superset are performed back-to-back with no rest between them, then you rest after the pair. If your gym is too busy to hold two stations, run them as straight sets instead — finish all sets of one exercise, then move on. Don't let logistics derail the session.

Rest Periods

Rest periods are listed per exercise and **tighten as the weeks progress** — that's a deliberate conditioning stimulus. The exception is the main strength lifts: their rest stays long throughout, because cutting rest on heavy compounds turns a strength exercise into an endurance exercise and defeats its purpose.

Tempo

Perform every rep controlled: the lifting (concentric) portion can be explosive, but lower the weight slowly and under control. If you can't control the negative, the weight is too heavy.

The Weight Used Column

Every table ends with a blank **WEIGHT USED** column. Print the plan (or copy the layout into your notes) and log your top weight each session. Beating last week's number — by a rep or a small load increase — is the entire progression engine of this program.

Scaling

Every exercise can be scaled and doing so is not failure — it's precision. Common swaps: assisted or band pull-ups for strict pull-ups; split squats holding support for pistol squats; kettlebell deadlifts for barbell deadlifts; incline push-ups for dips. Keep the movement pattern, reduce the difficulty, progress over time.

Circuit Format

Each session is a circuit: do one set of every exercise in order, rest 90 seconds, then repeat for the listed rounds. Pick loads that leave 2–3 clean reps in the tank. If the gym is crowded, run it as straight sets instead — the work is what matters.

Warm-Up Protocol

Warming up is compulsory. Every session begins with 5–10 minutes of low-intensity aerobic work (jog, bike, row, jump rope, or shadow work) until you've built a light sweat, followed by the dynamic circuit below. The goal is blood flow, joint lubrication, and rehearsing the day's movement patterns — not fatigue.

EXERCISE	REPS	PURPOSE
World's Greatest Stretch	5 / side	Hips, hamstrings, T-spine in one move
Deep Squat Hold + Reach	5 x 5 sec	Ankle & hip mobility, squat pattern
Leg Swings (front & side)	10 / leg	Dynamic hip range
Band Pull-Apart	15	Rear delts, shoulder health
Band Over-and-Back	10	Shoulder mobility — go slow, never force
Push-Up to Down-Dog	8	Shoulders, core, hamstrings
Dead Bug	8 / side	Core bracing pattern
Pogo Hops	20	Ankle stiffness, elastic priming

After the circuit, perform 2–3 ramping sets of the day's first main lift, starting with the empty bar and adding weight each set. You should reach your first working set warm, primed, and not tired.

Active Recovery Menu

Active recovery days are where adaptation happens. The aim is movement that speeds recovery and burns additional calories *without* adding meaningful fatigue. If you are constantly sore, you are not progressing — these sessions keep you fresh enough to hit the hard days hard. Pick **one** option per active recovery day.

Option A — Aerobic Restoration

Long, low-intensity work at a conversational pace (you can talk in full sentences or breathe through your nose throughout). Choose run, cycle, row, swim, or hike — ideally something that flushes the muscles you trained hardest this week.

LEVEL	DURATION
Beginner	20–30 minutes
Intermediate	40–60 minutes
Advanced	60–90 minutes

Option B — Mobility & Reset

20–30 minutes of unhurried mobility: foam rolling the day's tight spots, hip and shoulder openers, and 5 minutes of slow nasal breathing to finish. Best used the day after your heaviest session.

Option C — Mixed Modality

Pick three easy activities and rotate through them — for example bike / row / brisk walk. Beginner: 5 minutes each. Intermediate: 10 minutes each. Advanced: 15 minutes each. Effort stays easy throughout; variety keeps it interesting, not harder.

Option D — Loaded Walk (Ruck)

Load a sturdy backpack and walk at a brisk pace — never run under load. New to it: 20–35 lb for 30–45 minutes. Experienced: 45 lb+ for up to 60–90 minutes. Build weight or time, not both at once, and stop if your posture breaks down.

WEEK ONE

PHASE: LEARN — 2 ROUNDS PER CIRCUIT

Two rounds per circuit. Master the movements; finish feeling like you could do more.

MONDAY — FULL BODY A

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Goblet Squat	2	12	—	
Dumbbell Bench Press / Push-Up	2	10	—	
Dumbbell Row	2	10 / side	—	
Glute Bridge	2	15	—	
Dumbbell Shoulder Press	2	10	—	
Plank	2	30–40 sec	Rest 90s, repeat	

TUESDAY — WALK / ACTIVE RECOVERY

20–30 minute walk or Active Recovery Option B (mobility).

WEDNESDAY — FULL BODY B

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Reverse Lunge	2	8 / side	—	
Incline Push-Up or Bench Press	2	10–12	—	
Lat Pulldown or Band Pull-Down	2	12	—	
Romanian Deadlift (light)	2	10	—	
Lateral Raise	2	12–15	—	
Dead Bug	2	8 / side	Rest 90s, repeat	

THURSDAY — REST

Full rest or gentle mobility.

FRIDAY — FULL BODY C

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Step-Up	2	8 / side	—	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push-Up	2	8–12	—	
Seated Cable or Band Row	2	12	—	
Kettlebell Deadlift	2	10	—	
Farmer Carry	2	30 m	—	
Side Plank	2	20–30 sec / side	Rest 90s, repeat	

WEEKEND

Saturday: optional 30 min easy cardio or any activity you enjoy. Sunday: rest.

WEEK TWO

PHASE: LEARN — 2 ROUNDS PER CIRCUIT

Same structure. Beat your log: a little more weight, a rep, or smoother form.

MONDAY — FULL BODY A

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Goblet Squat	2	12	—	
Dumbbell Bench Press / Push-Up	2	10	—	
Dumbbell Row	2	10 / side	—	
Glute Bridge	2	15	—	
Dumbbell Shoulder Press	2	10	—	
Plank	2	30–40 sec	Rest 90s, repeat	

TUESDAY — WALK / ACTIVE RECOVERY

20–30 minute walk or Active Recovery Option B (mobility).

WEDNESDAY — FULL BODY B

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Reverse Lunge	2	8 / side	—	
Incline Push-Up or Bench Press	2	10–12	—	
Lat Pulldown or Band Pull-Down	2	12	—	
Romanian Deadlift (light)	2	10	—	
Lateral Raise	2	12–15	—	
Dead Bug	2	8 / side	Rest 90s, repeat	

THURSDAY — REST

Full rest or gentle mobility.

FRIDAY — FULL BODY C

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Step-Up	2	8 / side	—	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push-Up	2	8–12	—	
Seated Cable or Band Row	2	12	—	
Kettlebell Deadlift	2	10	—	
Farmer Carry	2	30 m	—	
Side Plank	2	20–30 sec / side	Rest 90s, repeat	

WEEKEND

Saturday: optional 30 min easy cardio or any activity you enjoy. Sunday: rest.

WEEK THREE

PHASE: BUILD — 3 ROUNDS PER CIRCUIT

Three rounds now. Add a small load anywhere the reps feel easy.

MONDAY — FULL BODY A

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Goblet Squat	3	12	—	
Dumbbell Bench Press / Push-Up	3	10	—	
Dumbbell Row	3	10 / side	—	
Glute Bridge	3	15	—	
Dumbbell Shoulder Press	3	10	—	
Plank	3	30–40 sec	Rest 90s, repeat	

TUESDAY — WALK / ACTIVE RECOVERY

20–30 minute walk or Active Recovery Option B (mobility).

WEDNESDAY — FULL BODY B

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Reverse Lunge	3	8 / side	—	
Incline Push-Up or Bench Press	3	10–12	—	
Lat Pulldown or Band Pull-Down	3	12	—	
Romanian Deadlift (light)	3	10	—	
Lateral Raise	3	12–15	—	
Dead Bug	3	8 / side	Rest 90s, repeat	

THURSDAY — REST

Full rest or gentle mobility.

FRIDAY — FULL BODY C

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Step-Up	3	8 / side	—	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push-Up	3	8–12	—	
Seated Cable or Band Row	3	12	—	
Kettlebell Deadlift	3	10	—	
Farmer Carry	3	30 m	—	
Side Plank	3	20–30 sec / side	Rest 90s, repeat	

FRIDAY FINISHER (3 ROUNDS)

BLOCK	WORK	REST
Move 1	30 sec bodyweight squats	30 sec rest
Move 2	30 sec mountain climbers	30 sec rest
Move 3	30 sec step-back lunges	30 sec rest
Finish	2 min easy walk + stretch	—

WEEKEND

Saturday: optional 30 min easy cardio or any activity you enjoy. Sunday: rest.

WEEK FOUR

PHASE: BUILD — 3 ROUNDS PER CIRCUIT

Same structure. Beat your log: a little more weight, a rep, or smoother form.

MONDAY — FULL BODY A

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Goblet Squat	3	12	—	
Dumbbell Bench Press / Push-Up	3	10	—	
Dumbbell Row	3	10 / side	—	
Glute Bridge	3	15	—	
Dumbbell Shoulder Press	3	10	—	
Plank	3	30–40 sec	Rest 90s, repeat	

TUESDAY — WALK / ACTIVE RECOVERY

20–30 minute walk or Active Recovery Option B (mobility).

WEDNESDAY — FULL BODY B

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Reverse Lunge	3	8 / side	—	
Incline Push-Up or Bench Press	3	10–12	—	
Lat Pulldown or Band Pull-Down	3	12	—	
Romanian Deadlift (light)	3	10	—	
Lateral Raise	3	12–15	—	
Dead Bug	3	8 / side	Rest 90s, repeat	

THURSDAY — REST

Full rest or gentle mobility.

FRIDAY — FULL BODY C

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Step-Up	3	8 / side	—	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push-Up	3	8–12	—	
Seated Cable or Band Row	3	12	—	
Kettlebell Deadlift	3	10	—	
Farmer Carry	3	30 m	—	
Side Plank	3	20–30 sec / side	Rest 90s, repeat	

FRIDAY FINISHER (3 ROUNDS)

BLOCK	WORK	REST
Move 1	30 sec bodyweight squats	30 sec rest
Move 2	30 sec mountain climbers	30 sec rest
Move 3	30 sec step-back lunges	30 sec rest
Finish	2 min easy walk + stretch	—

WEEKEND

Saturday: optional 30 min easy cardio or any activity you enjoy. Sunday: rest.

WEEK FIVE

PHASE: BUILD — 3 ROUNDS PER CIRCUIT

Same structure. Beat your log: a little more weight, a rep, or smoother form.

MONDAY — FULL BODY A

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Goblet Squat	3	12	—	
Dumbbell Bench Press / Push-Up	3	10	—	
Dumbbell Row	3	10 / side	—	
Glute Bridge	3	15	—	
Dumbbell Shoulder Press	3	10	—	
Plank	3	30–40 sec	Rest 90s, repeat	

TUESDAY — WALK / ACTIVE RECOVERY

20–30 minute walk or Active Recovery Option B (mobility).

WEDNESDAY — FULL BODY B

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Reverse Lunge	3	8 / side	—	
Incline Push-Up or Bench Press	3	10–12	—	
Lat Pulldown or Band Pull-Down	3	12	—	
Romanian Deadlift (light)	3	10	—	
Lateral Raise	3	12–15	—	
Dead Bug	3	8 / side	Rest 90s, repeat	

THURSDAY — REST

Full rest or gentle mobility.

FRIDAY — FULL BODY C

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Step-Up	3	8 / side	—	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push-Up	3	8–12	—	
Seated Cable or Band Row	3	12	—	
Kettlebell Deadlift	3	10	—	
Farmer Carry	3	30 m	—	
Side Plank	3	20–30 sec / side	Rest 90s, repeat	

FRIDAY FINISHER (3 ROUNDS)

BLOCK	WORK	REST
Move 1	30 sec bodyweight squats	30 sec rest
Move 2	30 sec mountain climbers	30 sec rest
Move 3	30 sec step-back lunges	30 sec rest
Finish	2 min easy walk + stretch	—

WEEKEND

Saturday: optional 30 min easy cardio or any activity you enjoy. Sunday: rest.

WEEK SIX

PHASE: CHALLENGE — 3–4 ROUNDS PER CIRCUIT

Push to four rounds when quality allows, and add the Friday finisher every week.

MONDAY — FULL BODY A

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Goblet Squat	3–4	12	—	
Dumbbell Bench Press / Push-Up	3–4	10	—	
Dumbbell Row	3–4	10 / side	—	
Glute Bridge	3–4	15	—	
Dumbbell Shoulder Press	3–4	10	—	
Plank	3–4	30–40 sec	Rest 90s, repeat	

TUESDAY — WALK / ACTIVE RECOVERY

20–30 minute walk or Active Recovery Option B (mobility).

WEDNESDAY — FULL BODY B

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Reverse Lunge	3–4	8 / side	—	
Incline Push-Up or Bench Press	3–4	10–12	—	
Lat Pulldown or Band Pull-Down	3–4	12	—	
Romanian Deadlift (light)	3–4	10	—	
Lateral Raise	3–4	12–15	—	
Dead Bug	3–4	8 / side	Rest 90s, repeat	

THURSDAY — REST

Full rest or gentle mobility.

FRIDAY — FULL BODY C

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Step-Up	3–4	8 / side	—	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push-Up	3–4	8–12	—	
Seated Cable or Band Row	3–4	12	—	
Kettlebell Deadlift	3–4	10	—	
Farmer Carry	3–4	30 m	—	
Side Plank	3–4	20–30 sec / side	Rest 90s, repeat	

FRIDAY FINISHER (3 ROUNDS)

BLOCK	WORK	REST
Move 1	30 sec bodyweight squats	30 sec rest
Move 2	30 sec mountain climbers	30 sec rest
Move 3	30 sec step-back lunges	30 sec rest
Finish	2 min easy walk + stretch	—

WEEKEND

Saturday: optional 30 min easy cardio or any activity you enjoy. Sunday: rest.

WEEK SEVEN

PHASE: CHALLENGE — 3–4 ROUNDS PER CIRCUIT

Same structure. Beat your log: a little more weight, a rep, or smoother form.

MONDAY — FULL BODY A

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Goblet Squat	3–4	12	—	
Dumbbell Bench Press / Push-Up	3–4	10	—	
Dumbbell Row	3–4	10 / side	—	
Glute Bridge	3–4	15	—	
Dumbbell Shoulder Press	3–4	10	—	
Plank	3–4	30–40 sec	Rest 90s, repeat	

TUESDAY — WALK / ACTIVE RECOVERY

20–30 minute walk or Active Recovery Option B (mobility).

WEDNESDAY — FULL BODY B

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Reverse Lunge	3–4	8 / side	—	
Incline Push-Up or Bench Press	3–4	10–12	—	
Lat Pulldown or Band Pull-Down	3–4	12	—	
Romanian Deadlift (light)	3–4	10	—	
Lateral Raise	3–4	12–15	—	
Dead Bug	3–4	8 / side	Rest 90s, repeat	

THURSDAY — REST

Full rest or gentle mobility.

FRIDAY — FULL BODY C

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Step-Up	3–4	8 / side	—	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push-Up	3–4	8–12	—	
Seated Cable or Band Row	3–4	12	—	
Kettlebell Deadlift	3–4	10	—	
Farmer Carry	3–4	30 m	—	
Side Plank	3–4	20–30 sec / side	Rest 90s, repeat	

FRIDAY FINISHER (3 ROUNDS)

BLOCK	WORK	REST
Move 1	30 sec bodyweight squats	30 sec rest
Move 2	30 sec mountain climbers	30 sec rest
Move 3	30 sec step-back lunges	30 sec rest
Finish	2 min easy walk + stretch	—

WEEKEND

Saturday: optional 30 min easy cardio or any activity you enjoy. Sunday: rest.

WEEK EIGHT

PHASE: CONSOLIDATE — 2 ROUNDS PER CIRCUIT

Easier week: two crisp rounds, retest how the same weights feel vs. Week 1, plan your next block.

MONDAY — FULL BODY A

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Goblet Squat	2	12	—	
Dumbbell Bench Press / Push-Up	2	10	—	
Dumbbell Row	2	10 / side	—	
Glute Bridge	2	15	—	
Dumbbell Shoulder Press	2	10	—	
Plank	2	30–40 sec	Rest 90s, repeat	

TUESDAY — WALK / ACTIVE RECOVERY

20–30 minute walk or Active Recovery Option B (mobility).

WEDNESDAY — FULL BODY B

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Reverse Lunge	2	8 / side	—	
Incline Push-Up or Bench Press	2	10–12	—	
Lat Pulldown or Band Pull-Down	2	12	—	
Romanian Deadlift (light)	2	10	—	
Lateral Raise	2	12–15	—	
Dead Bug	2	8 / side	Rest 90s, repeat	

THURSDAY — REST

Full rest or gentle mobility.

FRIDAY — FULL BODY C

CIRCUIT — COMPLETE AS ROUNDS

EXERCISE	SETS	REPS	REST	WEIGHT USED
Step-Up	2	8 / side	—	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push-Up	2	8–12	—	
Seated Cable or Band Row	2	12	—	
Kettlebell Deadlift	2	10	—	
Farmer Carry	2	30 m	—	
Side Plank	2	20–30 sec / side	Rest 90s, repeat	

FRIDAY FINISHER (3 ROUNDS)

BLOCK	WORK	REST
Move 1	30 sec bodyweight squats	30 sec rest
Move 2	30 sec mountain climbers	30 sec rest
Move 3	30 sec step-back lunges	30 sec rest
Finish	2 min easy walk + stretch	—

WEEKEND

Saturday: optional 30 min easy cardio or any activity you enjoy. Sunday: rest.

Simple Nutrition Habits

- Build each meal around protein and vegetables first; carbs and fats fill in around them.
- Drink water through the day — it supports energy and appetite control.
- Whole foods most of the time; sustainable beats perfect.
- Daily steps and sleep matter as much as any workout in this plan.

Conclusion — What's Next

Completing Apex Lean Foundation is the beginning, not the finish line. In the final week, retest your key markers and compare them to Week 1 — the numbers will tell you exactly what improved and what to target next.

Retest Checklist

- Same-weight test: how do Week 1 loads feel now?
- Push-up and plank capacity vs. Week 1
- Waist measurement and how clothes fit
- Sessions completed — consistency is the real scoreboard

Take 3–5 easy days after your retest, then either run this program again at higher loads or rotate to another Apex program to develop a new quality. Strength, engine, and physique are built over years of consistent blocks — stack them.

STAY IN THE FIGHT

Questions, form checks, or exercise substitutions? Reach out through the Apex Sports & Fitness website and connect with other athletes running the same programs.

Safety, Recovery & Disclaimer

This program is a general training framework, not individualized medical advice. Consult your physician before starting, particularly if you have (or have a family history of) heart disease or high blood pressure, have experienced chest pain, smoke, are obese, or have a bone or joint problem that could be aggravated by exercise. Do not begin if your healthcare provider advises against it. If you feel faintness, dizziness, pain, or shortness of breath at any time, stop immediately. If you sustain an injury, seek medical advice before continuing. Use of the information in this program is solely at your own risk.

Recovery Rules

- **Sleep 7–9 hours.** It is the single most powerful recovery tool you have.
- **Watch your markers:** rising resting heart rate, poor sleep, low mood, and joint soreness that lingers all signal under-recovery.
- **Back off when** performance drops across multiple sessions — add food and sleep before adding work.
- **Deload weeks are mandatory.** They are programmed in; do not skip them or fill them with extra training.

■ **Daily extras that cost nothing:** 10 minutes of stretching in the evening, foam rolling, walks, and time with people who recharge you. Mental recovery counts.

FUEL THE WORK

Training is half the equation. Pair this program with the **Apex Fuel System** nutrition framework to support performance, recovery, and body composition.