



WELCOME TO YOUR

# GOLDEN BODY JOURNEY

Your strength. Your progress. Your rhythm.

Welcome to your **Golden Body Starter Cycle**.

I'm excited to guide you through this first stage of your journey. Over the next few weeks, you'll build strength, improve your endurance and mobility, and develop a body that feels stronger, more capable and more confident.

There's no need to rush or to be perfect. Choose the training rhythm that fits your life, stay consistent, and progress at your own pace.

This is your starting point - and the beginning of a training journey designed to grow with you.

***Jeremy Requena***

Founder & Coach - My Golden Hour

## HOW TO START

Choose the rhythm that works for you.

### 2 SESSIONS / WEEK

Build consistency

### 3 SESSIONS / WEEK

Balanced progression

### 4 SESSIONS / WEEK

Complete Starter Cycle

You can change your rhythm at any time. There is no deadline - consistency matters more than completing the program as quickly as possible.

## START HERE. PROGRESS AT YOUR RHYTHM.

Your first cycle is a starting point, not a race.

# HOW TO USE YOUR STARTER CYCLE

Choose a rhythm, follow the order, and let consistency do the work.

## 01 CHOOSE YOUR RHYTHM

2, 3 or 4 sessions per week. Pick the option you can realistically maintain.

## 02 FOLLOW THE ORDER

Complete each session in sequence. Your training days can be weekdays, weekends, or a mix.

## 03 USE YOUR LEVEL

Every workout offers options. Start where your technique feels strong and progress when you are ready.

## 04 RECOVER

If you need an extra day, take it. The cycle can take longer than the calendar shown here.

## YOUR 8 STARTER CLASSES

### 01 Full Body Workout for All Levels

Full body strength + conditioning

### 02 Lower Body Conditioning (Strong Legs)

Legs + glutes

### 03 Stretching Lower Body

Lower body recovery + mobility

### 04 Cardio Conditioning

Accessible cardiovascular conditioning

### 05 Core & Upper Body

Upper body strength + core

### 06 Glutes & Back

Posterior chain strength + posture

### 07 Cardio Boost

Higher-intensity cardio progression

### 08 Upper Body Recovery

Shoulders + chest + upper-back release

# 2 SESSIONS PER WEEK

A simple four-week entry rhythm for busy weeks or a gentler start.

## WEEK 1

### 1 Full Body Workout for All Levels

Session

### 2 Lower Body Conditioning (Strong Legs)

Session

OPTIONAL RECOVERY: Stretching Lower Body if your legs feel tight.

## WEEK 2

### 1 Core & Upper Body

Session

### 2 Cardio Conditioning

Session

OPTIONAL RECOVERY: Upper Body Recovery if your shoulders or chest need release.

## WEEK 3

### 1 Glutes & Back

Session

### 2 Cardio Boost

Session

OPTIONAL RECOVERY: Stretching Lower Body if needed.

## WEEK 4

### 1 Full Body Workout for All Levels

Session

### 2 Core & Upper Body

Session

#### WHY THIS WORKS

Two main sessions per week keep the plan realistic while still training the whole body across the month. Recovery classes are optional extras and do not need to replace your main sessions unless you need a lighter week.

# 3 SESSIONS PER WEEK

A balanced four-week rhythm for consistent strength, cardio and recovery.

## WEEK 1

### 1 Full Body Workout for All Levels

Session

### 2 Lower Body Conditioning

Session

### 3 Core & Upper Body

Session

## WEEK 2

### 1 Cardio Conditioning

Session

### 2 Glutes & Back

Session

### 3 Stretching Lower Body

Session

## WEEK 3

### 1 Full Body Workout for All Levels

Session

### 2 Cardio Boost

Session

### 3 Core & Upper Body

Session

## WEEK 4

### 1 Lower Body Conditioning

Session

### 2 Glutes & Back

Session

### 3 Upper Body Recovery

Session

#### TRAINING NOTE

When possible, leave a recovery day between demanding sessions that stress the same muscle groups. If your schedule does not allow that, keep the next session at a lower intensity or use the recovery class shown in the plan.

# 4 SESSIONS PER WEEK

The complete starter path: 12 sessions across approximately three weeks.

## WEEK 1

1

Full Body Workout

Session

2

Lower Body Conditioning

Session

3

Core & Upper Body

Session

4

Cardio Conditioning

Session

## WEEK 2

1

Stretching Lower Body

Session

2

Glutes & Back

Session

3

Cardio Boost

Session

4

Upper Body Recovery

Session

## WEEK 3

1

Full Body Workout

Session

2

Lower Body Conditioning

Session

3

Core & Upper Body

Session

4

Cardio Boost

Session

### WEEK 3 = YOUR PROGRESS CHECK

You are returning to familiar strength sessions after building more conditioning and recovery in Week 2. Choose a stronger variation only when your technique remains controlled. The goal is progress - not exhaustion.

# WHAT HAPPENS AFTER THE STARTER CYCLE?

Golden Body is designed as a long-term training experience, not a one-off challenge.



## WHEN YOU FINISH

### 01 If the next Golden Body Progress Cycle is available

Move directly into it.

### 02 If you are waiting for new Progress content

Repeat your final training week once, using stronger options only when they feel appropriate.

### 03 If your body needs recovery

Use Stretching Lower Body or Upper Body Recovery before returning to harder training.

### 04 If you also have Yoga or Pilates

Follow the dedicated combined guide for your membership rather than adding random extra sessions.

## CONSISTENCY COMES FIRST

A routine you can sustain is more valuable than a perfect week you cannot repeat. Train, recover, progress, and keep moving.

Created by Jeremy Requena - My Golden Hour.

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