



14-DAY STRONGHER RESET

BUILD STRUCTURE.
RESET YOUR HABITS.
FEEL LIKE YOURSELF AGAIN.



STRONGher

I LOST STRUCTURE.

“Not completely... but enough to feel off.
Workouts became inconsistent.
Habits slipped.
I didn't feel like myself anymore.
So I stopped trying to do more,
and focused on doing the basics well again.
That's where this reset came from.
This isn't a perfect plan.
It's not extreme, and it's definitely not all-or-nothing.”

*It's simply a way to rebuild structure,
reset your habits, and feel like yourself again.
Take what you need. Make it work for your life.*

- Coach Nadine Mady -

HOW TO USE THIS RESET

This guide is built to be simple and flexible.
Not something you follow perfectly, but
something you use consistently.



WHAT THIS IS

- A simple structure
- Realistic habits
- A system you can adapt

WHAT THIS IS NOT

- A strict diet
- An extreme program
- An all-or-nothing plan

HOW TO APPROACH IT

1. Read through the 4 pillars
2. Adjust them to your lifestyle
3. Focus on consistency, not perfection
4. Use the checklist daily

**YOU DON'T NEED TO DO EVERYTHING.
YOU JUST NEED TO START SHOWING UP AGAIN.**

THE 4 RESET PILLARS

These are the foundations.

STRENGTH

Build muscle.
Feel capable.
Get stronger.

MOVEMENT

Increase daily activity.
Stay active outside
the gym.

NUTRITION

Fuel your body with real,
simple foods.

RECOVERY

Sleep better.
Slow down.
Reset your system.

NOTHING EXTREME. JUST WHAT WORKS.

STRENGTH

You'll aim for 3 full-body sessions per week
Keep it simple. Keep it consistent.

WORKOUT A

Squat (or Leg Press) — 3 sets × 10 reps

Bench Press (or machine) — 3 sets × 10 reps

Dumbbell Row (or machine) — 3 sets × 15-10 reps

Core (Plank) — 2 sets x max time

WORKOUT B

Hip Thrust — 3 sets × 10 reps

Lat Pulldown (or Assisted Pull-Up) — 3 sets × 10 reps

Dumbbell Shoulder Press (or machine) — 3 sets × 10 reps

Walking Lunges — 3 sets x 20 steps

WORKOUT C

Barbell Deadlift (or RDL) — 3 sets × 10 reps

Incline Dumbbell Press — 3 sets × 10 reps

Seated Row — 3 sets × 10 reps

Glute Bridge — 3 sets × 15 reps

HOW HARD? Aim for RPE 7-8
→ Challenging → But you still do 2-3 reps

Don't forget to warm up before & stretch after each workout

**YOU DON'T NEED PERFECT WORKOUTS.
YOU JUST NEED TO SHOW UP AND MOVE.**

MOVEMENT

This is where real consistency comes from.
Not just workouts, but how much you move daily.

YOUR GOAL

Increase your daily steps slightly

→ Aim for 10–15% more than your current average

*example: if your average step count is
5,000 steps/day - increase it to 5,500*

SIMPLE WAYS TO DO IT

Walk after meals • Take the stairs
Short walks during the day • Stay active on rest days



IT DOESN'T NEED TO BE INTENSE.
IT JUST NEEDS TO BE CONSISTENT.

RECOVERY

This is where everything resets.

PRIORITIZE

7-9 hours of sleep

A consistent sleep routine

Slowing down in the evening

SIMPLE HABITS

Reduce screen time before bed • Wind down properly
Give your body time to recover



PROGRESS DOESN'T HAPPEN WHEN YOU PUSH MORE.
IT HAPPENS WHEN YOU RECOVER BETTER.

DAILY RESET CHECKLIST

Tick what you complete each day:

- Moved more (steps)
- Strength session (if planned)
- Ate mostly whole foods
- Drank enough water
- Prioritized sleep

GOAL

Consistency over 14 days,
not perfection.

REMEMBER THIS!

You don't need to be perfect.
You just need to be consistent.

This is not a challenge.

This is not a test.

This is a reset.

Some days will feel easy. Some won't.

THAT'S NORMAL.

What matters is that you keep showing up.
Because that's how you build something real.

IF THIS HELPED YOU...

IMAGINE WHAT
6 WEEKS CAN DO.

THE STRONGHER PROGRAM IS
BUILT TO TAKE THIS FURTHER:

MORE STRUCTURE

MORE SUPPORT

MORE PROGRESS

WHEN YOU'RE READY... START YOUR JOURNEY

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