



N-FIT PRIME™

New Year Kickstart 7-Day Reset Plan

→ Phase 1 of the January Reset





THE RESET RULES

READ THIS BEFORE YOU START

Why This Works When Others Fail

- This is not a challenge
- This is not a detox
- This is not about perfection
- No extremes.
- No perfection.
- No waiting.

Most January plans fail because they rely on motivation.

This reset relies on **structure**.

- Simple beats optimal
- Missed session = reschedule, not quit
- Consistency > intensity

YOU START TODAY

If you follow this exactly for 7 days, momentum is guaranteed.





TRAINING PLAN (3 WORKOUTS)

SIMPLE TRAINING. FULL BODY. DONE.

45–60 minutes • No skipped sessions

Workout A

- Squat / Leg Press — 3×8–10
- Push-Ups / Bench — 3×8–10
- Row — 3×10
- Plank — 3×30–45s

Workout B

- RDL — 3×8
- Overhead Press — 3×8–10
- Lat Pulldown — 3×8–10
- Walking Lunges — 2×20 steps

Workout C

- Goblet Squat — 3×12
- Incline DB Press — 3×10
- Seated Row — 3×10
- Farmer Carry — 3×30–40m

Rules:

- 45–60 min
- 60–90 sec rest
- 1–2 reps in reserve
- **Missed = rescheduled, not skipped**





DAILY STEPS (THE FAT-LOSS LEVER)

DAILY MOVEMENT (NON-NEGOTIABLE)

Your Daily Baseline

**8,000–10,000
STEPS / DAY**

Why this works (short lines):

- **Appetite control**
- **Low stress calorie burn**
- **Faster recovery**

Steps are known as “silent” fat burner

Practical tips (small):

- **Morning walk**
- **Post-meal walks**
- **Walking calls**

Steps are done **every day — even rest days.**





PROTEIN FIRST. ALWAYS.

PROTEIN TARGET (NO TRACKING)

Protein rule

- **Men: 2 palms per meal**
- **Women: 1–1.5 palms**
- **Meals: 3 per day**

What counts:

**Eggs, chicken,
fish, lean meat
Greek yogurt, whey
Tofu / Lentils**

- **No tracking apps. No macro math.**
- **If protein is covered → everything else becomes easier.**





SCHEDULING & EXECUTION

SCHEDULE NOW!!! - That's WHY MOST PEOPLE FAIL)

If It's Not Scheduled, It's Not Real

Do this NOW:

- **Pick 3 training days**
- **Fix the time (same hour)**
- **Attach steps to daily habits**
- **Block it in your calendar**

Remember this!

Motivation fades. Structure remains.





SCHEDULING & EXECUTION

If you complete this reset, you've already proven something:
You execute when structure is clear.

The next step is not another plan.
It's coaching, accountability, and progression.

This 7-Day Reset is Phase 1.
Real transformation starts in **January PT Reset.**

January PT Reset Includes:

- Personalized training
- Nutrition adjusted to your lifestyle
- Weekly check-ins
- Progress tracking & adjustments

**THE BEST TIME TO START WAS JANUARY 1ST.
THE SECOND BEST TIME IS NOW,
Because the best chance to succeed is to start immediately.**

** Join the January PT Reset
Limited spots. Immediate start.**





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