

The Beginner Fitness System

© 2026 All Rights Reserved

PDF 1 of 6: Start Here Guide

Welcome & Getting Started



Important Medical Disclaimer

Please read this carefully before starting this program

Consult Your Doctor First

Before beginning this or any exercise and nutrition program, you must consult with your physician or healthcare provider. This is especially important if you:

- Have any pre-existing medical conditions (heart disease, diabetes, high blood pressure, etc.)
- Are pregnant or nursing
- Are over 40 years old and have been inactive
- Take any medications
- Have any injuries or physical limitations
- Experience chest pain, dizziness, or shortness of breath during physical activity

Not Medical or Professional Advice

The information provided in this program is for **educational and informational purposes only**. It is not intended as a substitute for professional medical advice, diagnosis, or treatment. The exercise routines, nutrition guidance, and recommendations are general in nature and may not be suitable for everyone.

Assumption of Risk

By using this program, you acknowledge that:

- Physical exercise involves inherent risks of injury
- You are voluntarily participating with knowledge of these risks
- You assume full responsibility for any injuries or health issues that may occur
- You will stop immediately if you experience pain, discomfort, or unusual symptoms

Limitation of Liability

The creators, distributors, and sellers of this program are not liable for any injuries, damages, or losses sustained from using this program. This program does not guarantee any specific results. Individual results will vary based on effort, consistency, genetics, and other factors.

Nutrition Disclaimer

The nutrition information and meal plans provided are general guidelines and not personalized nutrition advice. If you have food allergies, dietary restrictions, metabolic disorders, or any health conditions affected by diet, consult with a registered dietitian or nutritionist before making dietary changes. The calorie and macronutrient estimates are approximations and may vary based on specific ingredients and portions used.

Listen to Your Body

Stop exercising immediately and seek medical attention if you experience any of the following:

- Chest pain or pressure
- Dizziness, lightheadedness, or fainting
- Unusual shortness of breath
- Severe or sharp pain in muscles or joints
- Nausea or excessive fatigue
- Any unusual or concerning symptoms

By Using This Program, You Agree:

I have read and understood this disclaimer. I have consulted with my healthcare provider and received clearance to begin this exercise and nutrition program. I understand the risks and assume full responsibility for my participation.



Your Safety Is Our Priority

This disclaimer is not meant to scare you—it's meant to protect you. When done correctly and with medical clearance, exercise and good nutrition are among the best things you can do for your health. Start slowly, listen to your body, and enjoy the journey to a healthier you!

PDF 1 OF 6

The Beginner Fitness System

A Simple 4-Week Home Program for
Strength, Energy & Confidence

✓ Beginner Friendly

✓ Home Workouts

✓ No Pressure

Welcome — You're in the Right Place

If you're new to fitness, restarting after a long break, or tired of overcomplicated programs, this system was made for you.

- ✓ You don't need perfect motivation.
- ✓ You don't need a gym.
- ✓ You don't need extreme rules.

You just need a **simple, clear plan** — and that's exactly what this is.

Over the next 4 weeks, you'll build strength, improve energy, and create habits you can actually stick to.

Take it one workout at a time.

Progress will follow.

Two Training Paths — Choose What Fits You

This program includes both a beginner-friendly home workout plan and an advanced gym-based program.

Start where you are.

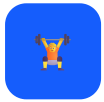


Beginner Home Program

PDFs 2-5

Start here if you:

- ✓ Are new to fitness or returning after a break
- ✓ Prefer working out at home with minimal equipment
- ✓ Want bodyweight-based progressive training
- ✓ Need a simple, low-pressure approach



Advanced Gym Program

PDF 6

Use this if you:

- ✓ Have 6-12 months of consistent training experience
- ✓ Have access to a fully equipped gym
- ✓ Want evidence-based strength & hypertrophy training
- ✓ Are ready for 4-day split training with progressive overload



Recommended Progression Path:

Most people should start with the **Beginner Home Program (PDFs 2-5)** for 4-8 weeks to build a foundation. Once you've completed that and feel ready for more intensity, transition to the **Advanced Gym Program (PDF 6)** for continued strength and muscle gains.

How to Use the Beginner Home Program

Step-by-step guide for PDFs 2-5 (For PDF 6 gym program, see that guide)

1

Start with the 4-week home workout plan (PDF 2)

2

Use the nutrition guide as a simple foundation (PDF 3)

3

Follow the warm-up before each workout

4

Track habits daily using the trackers (PDF 4)

5

Review progress weekly

6

Use bonus resources as needed (PDF 5)



Important:

- Consistency matters more than intensity
- Missed days are normal — just continue

→ This is about progress, not perfection

What's Inside This Program



4-Week Home Workout Plan

Progressive bodyweight routines designed for beginners



Simple Nutrition Guide

7-day meal plans with 26 easy-to-follow recipes



Mindset Framework

5-day reset to build lasting habits



Progress Trackers

Daily habit logs and weekly reflection tools



Bonus Resources

Grocery lists, stretching guides, and quick references



Science-Based Gym Program

4-week evidence-based strength training for experienced users



100 30-Day Satisfaction Guarantee

We stand behind the quality of this program

Our Promise to You

We're confident that The Beginner Fitness System will provide you with valuable guidance and support on your fitness journey. If you're not satisfied with your purchase, we offer a **30-day money-back guarantee** with the following conditions:

Eligible for Refund:

- ✓ Request made within 30 days of purchase date
- ✓ You have made a genuine effort to follow the program (at least 2 weeks)
- ✓ You provide brief feedback about what didn't work for you (helps us improve)
- ✓ Contact us at arsicvladislav@gmail.com with your order details

Not Eligible for Refund:

- ✗ Requests made after 30 days from purchase date
- ✗ You didn't attempt to follow the program or complete any workouts
- ✗ Dissatisfaction due to lack of personal effort or consistency
- ✗ Evidence of sharing or redistributing the PDFs to others

Important Notes:

- **This is a digital product.** Once downloaded, the PDFs cannot be "returned." However, we honor refund requests that meet the conditions above.
- **Results vary.** We cannot guarantee specific fitness results as outcomes depend on individual effort, consistency, genetics, starting point, and adherence to the program.
- **Refunds are processed within 5-7 business days** to the original payment method.
- **We reserve the right to refuse refunds** to accounts that show patterns of abuse (multiple purchases and refunds, suspected PDF sharing, etc.).

How to Request a Refund

Email us at arsicvladislav@gmail.com with:

- Your order number and purchase date
- Brief explanation of why the program wasn't a fit
- What you tried from the program

We'll process your refund promptly and use your feedback to improve!



Terms of Use & Copyright

Your rights and responsibilities

Personal Use License

By purchasing The Beginner Fitness System, you receive a **non-exclusive, non-transferable, personal use license**. This means:

- ✓ **You CAN:** Download and save all 6 PDF guides to your devices
- ✓ **You CAN:** Print physical copies for your personal use
- ✓ **You CAN:** Use the program to improve your own fitness and health
- ✓ **You CAN:** Access and use the content indefinitely



Strictly Prohibited - Copyright Violations

The following actions are **strictly prohibited and constitute copyright infringement**:

- ✗ **CANNOT:** Share, distribute, or give the PDFs to others (friends, family, clients, etc.)
- ✗ **CANNOT:** Upload to file-sharing websites or cloud storage for others to access
- ✗ **CANNOT:** Post on social media, forums, or any public platforms
- ✗ **CANNOT:** Sell or resell the PDFs or any portion of the content
- ✗ **CANNOT:** Modify, adapt, or create derivative works from the content
- ✗ **CANNOT:** Use the content for commercial purposes or with personal training clients
- ✗ **CANNOT:** Copy and paste content into your own materials, blog, or publications

Copyright Protection

All content in The Beginner Fitness System is protected by copyright law:

- © © 2026 The Beginner Fitness System. All rights reserved.
- © All text, images, design, and formatting are proprietary
- © Unauthorized reproduction or distribution is illegal
- © We actively monitor for copyright infringement

Consequences of Violation

If you violate these terms by sharing, distributing, or misusing the content:

- ⚠️ Your license will be immediately terminated
- ⚠️ You may be subject to legal action for copyright infringement
- ⚠️ You may be liable for damages and attorney fees
- ⚠️ We will pursue DMCA takedowns if content is shared online

Want to Share With Others?

We appreciate your enthusiasm! If friends or family want the program:

- ♥️ Direct them to purchase their own copy
- ♥️ Consider purchasing as a gift for someone (buy separately for them)
- ♥️ Share your results and recommend the program (without sharing the files)
- ♥️ Contact us about affiliate or referral opportunities

For Fitness Professionals

If you're a personal trainer, coach, or fitness professional:

- ⚠️ You CANNOT use this program with your clients without written permission
- ⚠️ You CANNOT print copies for clients or group classes
- ✓ Contact us at arsicvladislav@gmail.com for commercial licensing options
- ✓ We offer special pricing for trainers who want to use this with multiple clients

By Purchasing, You Agree:

"I understand this is for my personal use only. I will not share, distribute, or copy this content for others. I acknowledge that violations of copyright law can result in legal consequences and termination of my license."



Thank You for Supporting Our Work!

By respecting these terms, you support the time and effort that went into creating this comprehensive program. Your integrity helps us continue creating quality fitness content for beginners. We appreciate you!

Questions about these terms? Contact us at arsicvladislav@gmail.com