

☆ PREMIUM DIGITAL PROGRAM • \$99 VALUE

The Beginner Fitness System

Welcome! You just unlocked your complete 4-week transformation.



What You Just Downloaded

6

Complete PDF Guides

208+

Total Pages

∞

Lifetime Access



Your First Steps (Next 10 Minutes)

1

Read PDF 1: Start Here

Read the Medical Disclaimer, Terms of Use, and complete program overview. This is your foundation.

2

Choose Your Training Path

You have TWO options. Pick ONE and commit for 4 weeks:



Home Program

PDFs 2, 3, 4, 5

4 workouts/week, no equipment



Gym Program

PDFs 6, 3, 5

4 days/week, full gym access

3

Print Your PDFs

Must Print: PDF 3 (Nutrition), PDF 4 (Habits), PDF 5 (Grocery List)

Recommended: PDF 2 (Home) or PDF 6 (Gym) for workout tracking

4

Set Your Start Date

Choose a Monday to start. Go grocery shopping the day before. Prepare to commit for 4 weeks.

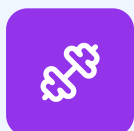


What's Inside Your Bundle



PDF 1: Start Here Guide

Essential introduction, legal disclaimer, program overview



PDF 2: 4-Week Home Workout Plan

Complete exercise library, 4 weeks of workouts, progressions



PDF 3: Nutrition & Meal Plan

7-day meal plan, 26 complete recipes, portion guide



PDF 4: Mindset & Habits

30-day habit tracker, weekly journal, mindset training



PDF 5: Bonus Resources

Grocery lists, stretching guide, success tips



PDF 6: Science-Based Gym Program

4-day gym split, 25+ exercises, progress tracker, nutrition





README: Complete Instructions

Detailed guide on how to use every PDF, schedules, tips



Important Reminders



Don't skip PDF 1! Read the Medical Disclaimer and Terms of Use completely before starting.



Choose ONE path: Don't try to do both Home and Gym programs simultaneously. Pick one, commit for 4 weeks.



Print what you'll use daily: Nutrition plan, habit tracker, and workout plan. Keep them visible.



Read the README file: It contains detailed instructions, schedules, and answers to common questions.



Ready to Transform?

You have everything you need. Follow the system, stay consistent, and trust the process. Your 4-week transformation starts now.

[→ Open PDF 1: Start Here](#)

© 2026 The Beginner Fitness System. All rights reserved.
For personal use only.