HUNTERFLOWFIT | FOR SERVICE MEMBERS

30 DAYS TO BEAT THE WAIST CHECK

A 4-day training and fat-loss kickstart built for real soldier schedules.

Train hard four days a week. Eat like it matters. Measure your waist the same way every week and watch the number move.

No tricks that claim to burn fat off one spot. That is not how it works. You lose fat across your whole body, you keep your muscle, and the waist is where they measure it — so that is the number we chase.

> **The target in this guide:** your waist divided by your height, under **0.55**. Measure at your belly button. Always check your current service and unit guidance — standards and procedures can change.

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BEFORE DAY 1

Get your starting numbers first

Do this before your first workout. Morning is best — after the bathroom, before food or drink.

1. Measure your height

Stand tall, no shoes. Write it down in inches.

2. Measure your waist — the right way

- Find your belly button. Wrap the tape around your waist at that level.
- Keep the tape level and snug, not tight.
- Breathe out like normal and read the number.
- Take it twice. If the numbers are different, take a third and use the middle one.

3. Do the math

> **Waist ÷ height = your number**
>
> Height 70 inches, waist 40 inches: 40 ÷ 70 = **0.57** — over the line.
> At 70 inches tall, your waist needs to be under **38.5 inches** to get under 0.55.

4. Write down Day 1

[ ] Morning weight: _____

[ ] Waist: _____ Height: _____

[ ] Waist ÷ height: _____

[ ] Front photo Side photo Back photo

Same light, same distance when you retake them on Day 30. Nobody has to see these but you.

HOW THE 30 DAYS WORK

Same split, four straight weeks

You repeat the same 4-day split for four weeks — Days 1 to 28. Days 29 and 30 are for retesting and picking your next step.

Day	What you do
Day 1	Upper — Push focus
Day 2	Lower — Quad focus
Day 3	Rest, walk, or ruck
Day 4	Upper — Pull focus
Day 5	Lower — Hamstring / glute focus
Days 6–7	Rest — one day easy movement, one day full rest

Put the training days where your real schedule allows. Duty, shift work, CQ, field time, and family come first. The order matters more than the days of the week.

> **Missed a day?** Do not double up. Do not quit. Do not restart the month. Slide everything forward and do the next workout on your next training day. A missed day does not ruin this. Quitting over a missed day does.

In the field or no gym? Run this, then get back on the split

- Push-ups — 4 sets, stop 1–2 reps before your form breaks
- Bodyweight squats — 4 × 15–25
- Reverse lunges — 3 × 10 each leg
- Backpack rows — 3 × 12–20
- Plank — 3 × 30–60 seconds
- Walk as much as the day allows

THE TRAINING

Days 1 and 2

Warm up first — 5 to 8 minutes, every session

1. 2–3 easy minutes on a bike, rower, treadmill, or fast walk.
2. A few light moves for the body parts you are training.
3. Warm-up sets on your first lift. Start light, build to your working weight. Warm-up sets do not count below.

DAY 1 — UPPER / PUSH FOCUS

Exercise	Sets × Reps
Bench Press **(main lift)**	4 × 6–8
Overhead Press	3 × 6–8
Incline Dumbbell Press	3 × 8–10
Lateral Raises	3 × 12–15
Triceps Pushdown	3 × 10–12

DAY 2 — LOWER / QUAD FOCUS

Exercise	Sets × Reps
Back Squat **(main lift)**	4 × 6–8
Romanian Deadlift	3 × 8–10
Leg Press	3 × 10–12
Walking Lunges	3 × 12 / leg
Calf Raises	4 × 12–15

Rest: 90 seconds to 2 minutes on the big lifts. 45–90 seconds on the smaller lifts if time is tight. Use clean form. Sharp pain means stop — normal hard effort is fine, joint pain is a warning.

THE TRAINING

Days 3 and 4

DAY 3 — UPPER / PULL FOCUS

Exercise	Sets × Reps
Weighted Pull-Ups **(main lift)**	4 × 6–8
Barbell Row	3 × 6–8
Seated Cable Row	3 × 8–10
Rear Delt Fly	3 × 12–15
Barbell Curl	3 × 10–12

Pull-up note: Cannot do weighted pull-ups yet? Do bodyweight. Cannot do 6 clean reps? Use a lat pulldown or assisted pull-ups until you can. Strong back, clean reps — in that order.

DAY 4 — LOWER / HAMSTRING & GLUTE FOCUS

Exercise	Sets × Reps
Deadlift **(main lift)**	4 × 5–6
Front Squat or Goblet Squat	3 × 8–10
Hip Thrust	3 × 10–12
Leg Curl	3 × 10–12
Standing Calf Raise	4 × 12–15

That is the whole split. Four days, three days off, every week for four weeks. Simple on purpose — simple is what survives a real schedule.

GET STRONGER, MOVE MORE

The rule that makes this work

Add weight when you earn it

Write down the weight and reps for every working set. No log, no progress — you will guess, and guessing does not move.

- On a **6–8 rep lift**: when you hit 8 clean reps on every set, add weight next session.
- On the **deadlift**: when you hit 6 clean reps on every set, add weight next session.
- On **higher-rep lifts**: build to the top of the range on every set first, then add the smallest jump you have.
- Add about **5 lb on big lifts**. Smallest jump on small lifts.
- Form breaks down? The weight is too heavy. Drop back and build again.

Add weight or reps every session where you can. Rest 90 seconds to 2 minutes between sets on the big lifts. Showing up and getting a little better every week beats one huge week followed by nothing.

Move on your off days — this is where a lot of the fat comes off

On two non-lifting days each week, pick one: walk 30–45 minutes, ruck 30–45 minutes on a mostly flat route, or easy bike / cardio for 30–45 minutes. Steady pace — you should be able to breathe and keep moving the whole time.

If you ruck, start lighter than your ego wants — **15–25 lb is enough** for this plan. Build only if your feet, knees, and back feel good. Do not turn an easy day into a punishment.

> **Daily step target:** at least 8,000 steps on most days. Already clearing that? Aim for 10,000.

EVERY DAY

The 5 daily habits

The workouts are four days. These five are every day. Check them off.

1. Protein at every meal

Build each meal around a clear protein: eggs, chicken, turkey, lean beef, fish, Greek yogurt, tuna — or a shake when real food is not an option. Protein keeps your muscle while the fat comes off.

2. Build a better plate

DFAC or cooking your own, same rules: protein first, add vegetables or fruit, about a fist-sized portion of rice, potatoes, pasta, or bread to start, and water first. **Cut liquid calories before you cut real food** — soda, juice, energy drinks, and sweet coffee add up fast and fill you up not at all. You do not need a perfect meal plan. You need meals that stop working against your waist.

3. Sleep 7+ hours when duty allows

Short sleep makes hunger harder to control and training harder to recover from. Dark room, steady wake time when you can, phone down before bed.

4. Move every day

Training days count. Rest days still need steps. Small movement done daily beats one huge session and six days on the couch.

5. Write the day down

Workout done, weights logged, steps in, habit boxes checked. You cannot fix what you do not track.

TRACK IT

Your weekly waist check

Pick one morning a week — same day, same time. After the bathroom, before food or drink: measure at your belly button, weigh in, write both down.

Check	Waist	Weight	Waist ÷ Height	Lifting days done
Day 1				—
Day 8				/ 4
Day 15				/ 4
Day 22				/ 4
Day 29 / 30				/ 4

Do not panic over one reading. Tape placement, water, and food can move the number. Look at the trend across all 30 days.

Week 1 — Learn it

Weights you can control. Learn every lift, log every set, take your starting waist and photos, hit the 5 habits as often as you can.

Week 2 — Add weight

Hit the top of a range clean? Go up. Same meals, same sleep target, same weekly check.

Week 3 — Stay steady

This is where it gets busy and motivation fades. Short on time, shorten the rest — do not skip the main lift. Slide the day if you must.

Week 4 — Finish it

Push where form allows. No crash diet in the last week. No dehydrating yourself for a better number. Finish, then retest the same way you started.

DAYS 29–30

Retest — then ask the real question

[ ] Measure your waist — same way as Day 1

[ ] Morning weight

[ ] Front, side, and back photos — same light, same distance

[ ] Compare your first and last weights on each main lift

[ ] Count it up: how many of the 16 lifting sessions did you finish?

What has to happen in the next 60 days to get me under the standard — and keep me there?

Thirty days can start the change. It does not finish the job for everybody — not if your screening is close, your schedule keeps changing, or you have been stuck at the same number for months.

Want the next 60 days built around you?

I coach service members through the full process — training built around your schedule, food guidance for the DFAC or cooking your own, and personal check-ins twice a week to keep the number moving.

Book a free call: Tap the button below - it opens my booking page. Pick a time that works for you.

BOOK A FREE CALL

Reading this on paper? Type this in your browser:
calendly.com/hunterflowfit/30min

No pressure. We look at your waist number, your deadline, and your schedule, and we talk about what is realistic from here — face to face.

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This guide is general fitness education, not medical advice. Follow your service's current standard, your unit's guidance, and any medical profile or restriction you have been given. If you are injured or on a profile, follow your medical guidance first.