



FREE MOVEMENT + NUTRITION GUIDE

GLP-1 BETTER-SHAPE BLUEPRINT

A simple plan for losing weight on semaglutide or tirzepatide while you look and feel healthy, with training styles and nutrition you can make your own.

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Read it once end to end, then keep it handy on your phone. Every page is built to be skimmed, not studied.

WELCOME TO THE BLUEPRINT

Most fitness advice was not written for someone on a GLP-1.

It assumes a normal appetite, steady energy, and no trouble eating three full meals a day. That is not where you are right now, and following a plan built on those assumptions is how people end up smaller but softer, tired, and unhappy with how they look and feel.

I built this guide around how your body actually behaves on these medications, including the low-appetite days and the week right after a dose change. You are not doing this alone, and you are not doing it wrong when it feels hard.

WHAT THIS IS

A simple 3-day movement plan in three styles (gym, home, or a gentle start) and a protein-first nutrition approach you can shape around your own tastes.

WHO IT'S FOR

Anyone losing weight on a GLP-1 who wants to look and feel healthy while they do it. Beginners, people getting back into it, and adults of any age are welcome.

THE ONE-LINE VERSION

You do not need to train hard to look and feel your best. You need to move regularly and eat enough protein. That is the whole strategy.

WHY THIS MATTERS ON A GLP-1

SHAPE

is what you actually see once the weight is gone

ENERGY

is what keeps your day feeling steady and easy

EASE

is what keeps stairs, groceries, and the floor simple to manage

WHAT HAPPENS WITHOUT MOVEMENT

When weight comes off fast and nothing is telling your body to hold onto muscle, a meaningful share of what you lose is not fat. You get lighter on the scale and still end up unhappy with the mirror, softer and more tired than you expected. That is the outcome this guide exists to prevent.

WHAT THE MOVEMENT ACTUALLY DOES

Regular movement is the signal. It tells your body that the muscle you have is being used and is worth keeping while everything else comes down. That signal does not require heavy weights, long sessions, or a gym. It requires showing up a few times a week with enough protein in you, in a style you can stick with.

HOW TO USE THIS PLAN

1 Pick your style

Gym, home, or a gentle start. Choose the one that fits your body and your week right now. You can switch any time.

2 Follow the three days in order

Day 1, Day 2, Day 3, then repeat next week. Spread them out however your week allows, just avoid stacking all three back to back.

3 Prioritize form over effort

Slow, controlled movement gives you more for your effort and keeps your joints happy while you are eating less.

4 Scale the day to your energy

Low-appetite day? Do fewer sets, use less weight, or just the first two exercises. A short session still counts. Skipping entirely is the only thing that does not.

5 Never restart from zero

Miss a day, a week, or a month? Pick up exactly where you left off. This plan does not reset and neither should you.

WHAT YOU ACTUALLY NEED

- A place to move: a gym, a corner of your home, or just a sturdy chair and a wall.
- About 30 to 45 minutes, three times a week.
- Somewhere to write down what you did. Your phone or a notebook is fine.
- A protein source you can get down easily on low-appetite days.
- Your doctor's OK before you start (see the safety page).

If you only take one thing from this page: consistency beats intensity, every single week, by a wide margin.

PICK YOUR TRAINING STYLE

TRACK 1 · GYM

MACHINES AND WEIGHTS

Best if you have a gym membership and like the guidance of machines. Three full-body days using machines and dumbbells. Starts on page 12.

TRACK 2 · HOME

BANDS, DUMBBELLS, AND BODYWEIGHT

Best if you would rather train at home. Two simple sessions that rotate across your three days. On page 15.

TRACK 3 · GENTLE START

CHAIR, WALL, AND COUNTER

Best if you are new to exercise, coming back after time off, or have sore joints or balance concerns. Everything is done with a sturdy chair, a wall, or a counter for support. On page 16.

EVERY STYLE ADDS A DAILY WALK

Walk 10 to 20 minutes most days at a pace where you could still hold a conversation. It is the easiest thing on this list and it does more than most people expect.

Not sure which to pick? Start with the gentle track. You can move up any week, and moving up is a good problem to have.

HOW HARD SHOULD IT FEEL?

You will repeat the same three days for six weeks and let the effort climb slowly, then ease off. Progress comes from repeating and slightly improving on the same movements, not from constantly changing the plan.

REPS IN RESERVE

How many more clean reps you could have done if you absolutely had to. 3 means you stopped with three left in the tank. On the gentle track, the same idea applies: it should feel comfortable enough to talk between sets.

WEEK	EFFORT	HOW IT SHOULD FEEL
1	3 left	Comfortable. Learning the movements.
2	3 left	Same weights, better control.
3	2 left	A little more effort, still no grinding.
4	2 left	Solid work. Form stays clean.
5	1 left	The hardest week. Stop shy of your limit.
6	Easy week	Easy on purpose. See page 9.

WHY WE STOP SHORT

Notice there is no week at your limit. On a GLP-1 your recovery is already stretched, and pushing that hard buys you almost nothing for the fatigue it costs.

YOUR WEEKLY PROGRESSION RULE

WHEN YOU FINISH A SET, ASK ONE QUESTION

Did I hit my rep target, and how did it feel?

Your answer decides what you do with that exercise next week. That is the whole system.

WHAT HAPPENED	WHAT YOU DO NEXT WEEK
Had more reps left than the target	Add a little weight or a few reps
Hit the target and felt good	Add 1 to 2 reps
Hit it but energy was low	Repeat the exact same weight
Missed the target or felt beat up	Reduce weight, reps, or a set

USING A BAND OR A CHAIR?

Same rule. When a move feels easy, go to a slightly thicker band, a lower chair, or add a few reps before you change anything else.

REPEATING A WEEK IS NOT FAILING

On these medications your energy will swing week to week, especially right after a dose change. Holding steady during a rough week is the correct call, not a setback. The plan is six weeks long precisely so it can absorb a few flat ones.

THE EASY WEEK

Week 6 is meant to feel easy. That is the point.

An easy week is where your body catches up on the recovery it has been running behind on. Skipping it is the most common beginner mistake, and it matters even more here because eating less already means recovering slower.

HOW TO RUN IT

- Use roughly 50 to 60 percent of your normal weight or band tension, or drop one set.
- Keep everything around 8 reps left. It should feel almost too easy.
- Same exercises, same days. Only the effort changes.
- No pushing, no grinding, no chasing numbers this week.

SIGNS YOU NEED ONE SOONER THAN WEEK 6

- Your usual weights suddenly feel much heavier than last week.
- You are dreading sessions you normally do not mind.
- Sleep is getting worse, or you feel run down and achy most days.
- A dose change has just flattened your appetite and energy.

Any of those, take the easy week early. You lose nothing by resting a week and you lose a lot by pushing through it.

WHAT COMES NEXT

After the easy week, start the six weeks again with slightly more weight or a slightly thicker band than you began with. That is a full cycle, and that is real progress.

SAFETY AND GUIDELINES

TALK TO YOUR DOCTOR FIRST

Check with your doctor before starting any new exercise plan, especially if you have a heart condition, high blood pressure, diabetes, joint problems, or take medication that can affect your balance or blood sugar. This guide is general education, not medical advice. Your doctor manages your medication, and nothing here changes that.

1 Move well before you add weight

Slow, controlled reps are safer and give you more from every rep.

2 Get some protein and water in first

Even half a shake an hour before helps. On low-appetite days it is often the difference between a good session and a flat one.

3 Write down what you did

You cannot follow the weekly rule if you cannot remember last week's numbers.

4 Expect a little soreness early on

A day or two is normal. Still sore after three days? Do a little less next week.

5 Stop if something is wrong

Tired muscles are fine. Sharp or joint pain, dizziness, chest pain, or unusual shortness of breath are not. Stop, rest, and get it checked.

YOUR WEEK AND WARM-UP

Three days a week, full body. Every session works your whole body, so missing one costs you far less than it would on a split routine. That resilience is deliberate.

DAY 1
Full Body

DAY 2
Full Body

DAY 3
Full Body

Gym track: three different days (A, B, C). Home and gentle tracks: two sessions that alternate, A, B, A one week and B, A, B the next.

PICKING YOUR DAYS

IF YOU TRAIN...	TRY THIS
Weekdays only	Monday, Wednesday, Friday
Around a busy week	Tuesday, Thursday, Saturday
Whenever you can	Any 3 days with a rest day between two of them

HOW TO WARM UP

- 1

Five minutes of easy movement

Marching in place, arm circles, leg swings, gentle hip circles. Enough to feel warm, not tired.
- 2

Ease into your first exercise

Roughly 40 percent of your working weight for 8 to 10 reps, then 60 percent for 5 to 6, then start your working sets.
- 3

One light set for each new movement

Before your first working set of any new exercise that day.

DAY 1 • FULL BODY A

LEGS · BACK · CHEST · SHOULDERS

EXERCISE	SETS	REPS
Leg Press Feet mid-platform, control the descent	2	10-15
Seated Cable Row Neutral grip. Drive elbows back, chest tall	2	10-15
Machine Chest Press Shoulder-friendly. Full range, no bouncing	2	10-15
DB Romanian Deadlift Hinge at the hips. Feel the hamstrings stretch	2	10-15
Lateral Raise Machine or dumbbells. Light and controlled	2	12-20

THIS BLOCK'S EFFORT TARGETS

WK 1 3 LEFT	WK 2 3 LEFT	WK 3 2 LEFT	WK 4 2 LEFT	WK 5 1 LEFT	WK 6 EASY
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COACH'S NOTE

Start conservatively on the leg press and row. You want to finish this session feeling like you could have done one more set, not wrecked for two days.

DAY 2 · FULL BODY B

QUADS · GLUTES · BACK · ARMS

EXERCISE	SETS	REPS
Goblet Squat One dumbbell at your chest. Sit down, stay upright	2	10-15
Lat Pulldown Neutral grip. Pull to your collarbone, not your neck	2	10-15
Seated Leg Curl Squeeze at the bottom, control the return	2	12-15
Hip Thrust Full lockout at the top, ribs down	2	10-15
DB Curl Standing or seated. No swinging	2	12-20

THIS BLOCK'S EFFORT TARGETS

WK 1 3 LEFT	WK 2 3 LEFT	WK 3 2 LEFT	WK 4 2 LEFT	WK 5 1 LEFT	WK 6 EASY
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COACH'S NOTE

If the goblet squat bothers your knees or balance feels off on a low-energy day, swap it for the leg press from Day 1. Same job, less coordination required.

DAY 3 · FULL BODY C

LEGS · BACK · CHEST · ARMS

EXERCISE	SETS	REPS
Leg Extension Pause briefly at the top of each rep	2	10-15
Chest-Supported DB Row Chest on the bench. Lets you row without using your back	2	10-15
Incline DB Press Low incline. Elbows tucked slightly	2	10-15
Calf Raise Seated or standing. Pause at the bottom stretch	2	12-20
Rope Tricep Pushdown Elbows pinned to your sides	2	12-20

THIS BLOCK'S EFFORT TARGETS

WK 1 3 LEFT	WK 2 3 LEFT	WK 3 2 LEFT	WK 4 2 LEFT	WK 5 1 LEFT	WK 6 EASY
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COACH'S NOTE

This is the easiest of the three days by design, since it usually lands late in the week when your energy is lowest. If you have more in the tank, add one set to the first two moves.

HOME WORKOUTS

SESSION A · LEGS · BACK · CHEST

EXERCISE	SETS	REPS
Chair Squat Sit down to a chair, stand back up. Hold a dumbbell if easy	2	8-12
Band or Dumbbell Row Pull elbows back, chest tall	2	10-15
Incline Push-Up Hands on a counter or table, body in a straight line	2	8-12
Glute Bridge On your back, squeeze at the top, ribs down	2	10-15

SESSION B · HIPS · BACK · BALANCE

EXERCISE	SETS	REPS
Dumbbell Hip Hinge Soft knees, flat back, light weights	2	10-12
Band Pull-Apart Arms at chest height, squeeze shoulder blades	2	12-15
Step-Up Low step. Hold a rail or wall if you need to	2	8-10 each
Standing Calf Raise Hold a counter. Rise slowly, pause at the top	2	12-15

COACH'S NOTE

Two soup cans or a filled water jug work fine as weights to begin with. When a move feels easy for two weeks in a row, add a little weight or a thicker band.

GENTLE START WORKOUTS

SESSION A · LEGS · BACK · CHEST

EXERCISE	SETS	REPS
Sit-to-Stand From a sturdy chair. Use your hands if needed, go slowly	2	6-10
Wall Push-Up Hands on the wall at chest height, body in a line	2	8-12
Seated Band Row Band around your feet. Pull elbows back	2	8-12
Standing March Hold a counter. Lift knees slowly, stay tall	2	10 each

SESSION B · HIPS · BALANCE · SHOULDERS

EXERCISE	SETS	REPS
Glute Bridge Lie on your back, knees bent. Squeeze at the top	2	8-12
Heel Raise Hold a counter. Rise slowly, lower slowly	2	10-15
Tandem Stance Hold One foot in front of the other, by a counter	2	15-30 sec
Band Pull-Apart Light band. Squeeze shoulder blades together	2	10-12

COACH'S NOTE

Everything here can be done next to a sturdy counter or chair, at a speed that feels safe. Add a 10 minute walk on your days off. When a move feels easy, try the home track.

THE NUTRITION BLUEPRINT

Your medication is already handling the calorie deficit.

That means your job is not eating less. It is making sure the food you do manage keeps you healthy, energized, and in good shape. Everything below is built around that single shift.

YOUR ONE NON-NEGOTIABLE

0.8 – 1.0g of protein per pound of bodyweight, daily

At 150 lb that is roughly 120 to 150g. Hit this before you worry about anything else on this page.

Kidney or other health conditions? Ask your doctor what protein target is right for you.

EATING WHEN YOU'RE NOT HUNGRY

- Lead with protein at every meal. Eat that portion first, before the rest of the plate.
- A protein shake absolutely counts as a meal. Liquid calories are not cheating.
- Smaller and more often beats one big plate you cannot finish.
- Expect appetite to drop hardest in the days after a dose or a change, then recover.
- Drink more water than feels necessary. Low appetite usually means low fluid intake too.

MAKE IT YOURS: SAMPLE DAY

A template, not a prescription. Swap in foods you actually like. The optional slots give you somewhere to put protein on days a full meal is not happening.

- BREAKFAST**
Greek yogurt with a scoop of protein stirred in, or eggs
- MID-MORNING** OPTIONAL
Protein shake
- LUNCH**
Chicken or turkey with rice. A smaller portion is fine
- AFTERNOON** OPTIONAL
Protein shake or cottage cheese
- DINNER**
Lean protein with vegetables, whatever amount you can manage

- NOW MAKE IT YOURS**
 - No dairy? Eggs, tofu, fish, or a dairy-free shake all work.
 - On a special diet from your doctor? Keep protein first and pick sides that fit your plan.
 - Chewing or a sensitive stomach? Yogurt, smoothies, soft eggs, and soups all count.
 - Cook the way you and your family already eat. Any cuisine works if protein comes first.

READ THIS ON A HARD DAY

Some days you will only manage one real meal and a shake. That is not a failed day. Get the protein in where you can and move on.

WHERE TO GO FROM HERE

You now have what you need to look and feel healthy while the weight comes off.

Pick your style, run the six weeks, and give yourself grace on the hard appetite days. Do that, and you will come out the other side lighter, healthier, and in better shape, which is a very different outcome than just lighter. Your doctor manages your medication, and nothing in this guide changes that.

WANT IT BUILT AROUND YOU?

This blueprint is a solid starting point, but it cannot see your dose, your schedule, your injuries, or how your appetite actually behaved last week. Coaching can.

1 A plan built for your body

Your training style, your equipment, your history and any injuries.

2 Nutrition that fits you

Built around your appetite, your tastes, and any dietary needs.

3 Weekly check-ins I actually read

You write, I reply. Every week, personally.

4 A real client portal

Your plan, your progress, and your check-ins, all in one place.

APPLY FOR COACHING

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