

FREE TRAINING + NUTRITION GUIDE

GLP-1 MUSCLE-KEEPER BLUEPRINT

A beginner-friendly 3-day plan for losing fat on semaglutide or tirzepatide without losing the muscle underneath it.

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Read it once end to end, then keep it open on your phone at the gym. 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 you have a normal appetite, steady energy, and no problem eating four meals a day. That is not where you are right now, and following a plan built on those assumptions is exactly how people end up smaller but softer, weaker, and tired.

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 increase. You are not doing this alone, and you are not doing it wrong when it feels hard.

WHAT THIS IS

A 3-day full-body training program and a protein-first nutrition approach, built for people on semaglutide, tirzepatide, or a similar medication.

WHO IT'S FOR

Anyone losing weight on a GLP-1 who wants a simple plan that respects where their appetite and energy actually are. Beginners very much welcome.

THE ONE-LINE VERSION

You do not need to train hard to keep your muscle. You need to train consistently and eat enough protein. That is the entire strategy.

WHY MUSCLE MATTERS ON GLP-1

MUSCLE

is what keeps your metabolism from falling with the scale

STRENGTH

is what keeps stairs, groceries, and life feeling easy

SHAPE

is what you actually see once the weight is gone

WHAT HAPPENS WITHOUT TRAINING

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. That is the outcome this guide exists to prevent.

WHAT THE TRAINING ACTUALLY DOES

Lifting 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 weight, long sessions, or going to failure. It requires showing up a few times a week with enough protein in you.

HOW TO USE THIS PROGRAM

1 Follow the workouts 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.

2 Prioritise form over weight

Clean, controlled reps build and protect more muscle than heavy sloppy ones, and they keep your joints happy while you are under-fuelled.

3 Rest 1 to 2 minutes between sets

Long enough to hit your target reps on the next set. There is no prize for rushing.

4 Scale the day to your energy

Low-appetite day? Do fewer sets, lighter 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 gym with basic machines and dumbbells. Nothing specialist.
- About 40 to 50 minutes, three times a week.
- Somewhere to write down what you lifted. Your phone is fine.
- A protein source you can get down easily on bad appetite days.

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

THE 6-WEEK PROGRESSION SYSTEM

You will run the same three workouts for six weeks and let the intensity climb slowly, then back off. Progress here comes from repeating and slightly improving on the same movements, not from constantly changing the plan.

RIR: REPS IN RESERVE

How many more clean reps you could have done if you absolutely had to. 3 RIR means you stopped with three left in the tank.

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

WHY WE STOP SHORT

Notice there is no week at failure. On a GLP-1 your recovery is already stretched, and training to failure 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 about 5 lb next week
Hit the target and felt strong	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

REPEATING A WEEK IS NOT FAILING

On these medications your energy will swing week to week, especially right after a dose increase. Holding a weight 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.

DELOAD WEEK

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

A deload 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 working weight.
- Keep everything around 8 RIR. 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 working 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 increase has just flattened your appetite and energy.

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

WHAT COMES NEXT

After deload week, start the six weeks again with slightly heavier weights than you began with. That is a full cycle, and that is real progress.

TRAINING GUIDELINES

1 Master the movement before the weight

Moving well matters more than moving heavy, and it is what keeps you training consistently instead of nursing something.

2 Control the lowering phase

Smooth and deliberate on the way down builds more muscle than dropping the weight fast.

3 Get some protein in beforehand if you can

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

4 Track what you lift

The notes app on your phone is plenty. You cannot follow the progression rule if you cannot remember last week's numbers.

5 Stop if something hurts

Discomfort in a muscle is fine. Sharp or joint pain is not. Swap the movement and, if it persists, get it looked at.

A NOTE ON SORENESS

Being sore for a day or two early on is normal and not a measure of whether the session worked. If you are still sore after three days, that area needs less volume next week, not more.

THE 3-DAY PROGRAM

Three full-body days. Every session touches 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 A

DAY 2
Full Body B

DAY 3
Full Body C

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

Arm circles, leg swings, hip openers, band pull-aparts. Enough to feel warm, not tired.
- 2

Ramp up your first exercise

Roughly 40 percent for 8 to 10 reps, 60 percent for 5 to 6, then 80 percent for 2 to 3.
- 3

One light set for each new muscle group

Before your first working set on any new movement 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 INTENSITY TARGETS

WK 1 3 RIR	WK 2 3 RIR	WK 3 2 RIR	WK 4 2 RIR	WK 5 1 RIR	WK 6 DELOAD
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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 INTENSITY TARGETS

WK 1 3 RIR	WK 2 3 RIR	WK 3 2 RIR	WK 4 2 RIR	WK 5 1 RIR	WK 6 DELOAD
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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 INTENSITY TARGETS

WK 1 3 RIR	WK 2 3 RIR	WK 3 2 RIR	WK 4 2 RIR	WK 5 1 RIR	WK 6 DELOAD
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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.

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 protects your muscle. 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.

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 right after a dose or an increase, then recover.
- Drink more water than feels necessary. Low appetite usually means low fluid intake too.

SAMPLE DAY OF EATING

A template, not a prescription. The optional slots exist so you have somewhere to put protein on the 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

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 everything you need to protect your muscle while the weight comes off.

Run the six weeks. Give yourself grace on the hard appetite days. If you do that, you will come out the other side of this lighter and stronger, which is a very different outcome than just lighter.

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 program built for your body

Your equipment, your training days, your history and injuries.

2 Nutrition targets that adapt

Adjusted as your dose changes and your appetite shifts.

3 Weekly check-ins I actually read

You write, I reply. Every week, personally.

4 A real client portal

Your program, your logged sets, your progress, all in one place.

APPLY FOR COACHING

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