

2 BROTHERS HEALTH & FITNESS

WITH TONY N CRAIG

The 30-Day Get-In-Shape Plan

A complete 4-week workout schedule, daily nutrition with real foods and portions, and honest supplement guidance. Built for beginners and restarters.

Generic Plan — $99

TONY + CRAIG — THE BROTHERS HELPING YOU GET HEALTHY.

Health is wealth — so get rich with us.

General fitness information only. Not medical advice. Consult your doctor before starting any new program.

How to use this plan

You get three training days a week (Monday, Wednesday, Friday), daily movement, and a simple nutrition system you can repeat. Train at home with dumbbells or resistance bands, or at a gym — every exercise lists both options. Each week, add a rep or a little weight. Week 4 is a lighter deload week, then you can repeat the plan or move to the 90-day plan.

The one rule: never miss twice. Missed a day? Get back on track the next day.

> ***Talk to your doctor first.*** *This plan is general fitness information, not medical advice, diagnosis, or treatment. Consult your physician before starting any new exercise or nutrition program, especially if you have a health condition, injury, or take medication. Stop and seek care if you feel pain, dizziness, or unusual shortness of breath.*

Your weekly workout schedule

Warm up 5 minutes (march in place, arm circles, bodyweight squats) before every session. Rest 60–90 seconds between sets. Stop a set when your form breaks — clean reps beat heavy reps.

Day	Session (35–50 min)	Details
Mon	**Strength A — Full Body**	Goblet squat 3×10 • Push-up (or DB bench press) 3×8–12 • One-arm DB row 3×10/side • Glute bridge 3×12 • Plank 3×30 sec
Tue	**Cardio**	Brisk walk 25–35 min, or intervals: 2 min brisk / 2 min easy × 8.
Wed	**Strength B — Full Body**	DB Romanian deadlift 3×10 • DB overhead press 3×8–10 • Bent-over DB row 3×10 • Reverse lunge 3×8/leg • Dead bug 3×10/side
Thu	**Active Recovery**	30-min easy walk + 10-min mobility: hip circles, thoracic twists, hamstring stretch, deep squat hold (30 sec each).
Fri	**Strength C — Circuit**	4 rounds, 90-sec rest between rounds: 10 squats → 10 push-ups → 10 rows → 20-sec plank → 10 glute bridges
Sat	**Long Move**	45–60 min walk, hike, bike, or swim. Bring someone. Make it fun.
Sun	**Rest + Prep**	Full rest. Grocery shop and prep 3–4 days of lunches.

Home or gym? Dumbbells and bands cover everything above. At a gym, swap goblet squats for leg press, DB rows for cable rows, and push-ups for bench press — same sets and reps.

4-week progression. Week 1: learn the movements, moderate effort. Week 2: add 1–2 reps per set. Week 3: add a little weight or one more round to Friday's circuit. Week 4 (deload): cut sets in half, keep moving, sleep more.

Daily nutrition — foods and portions

Build every plate the same way: **½ plate vegetables, ¼ plate lean protein, ¼ plate whole grains or starchy vegetables**, plus a thumb of healthy fat and water. Aim for protein at every meal — about a palm-and-a-half per meal for most adults. Drink at least a half-gallon of water daily.

A sample day (adjust portions to your hunger and goals — smaller starch portions to lean out, larger portions to build):

Meal	What to eat (portions)
Breakfast	3 eggs scrambled + 1 cup cooked oatmeal + 1 cup mixed berries
Lunch	6 oz grilled chicken breast + 1 cup cooked brown rice + 2 cups broccoli
Snack	1 cup Greek yogurt (plain, 2%) + 1 medium apple + 1 small handful almonds (about ¼ cup)
Dinner	6 oz salmon fillet + 1 medium baked potato + large mixed salad with 1 tbsp olive oil
Evening	Protein shake with water, or 1 cup cottage cheese + cinnamon

7-day dinner rotation (lunches: repeat favorites or meal-prep containers):

Day	Dinner
Mon	Chicken stir-fry: 6 oz chicken + 2 cups mixed veg + 1 cup rice, light soy/garlic sauce
Tue	Turkey tacos: 6 oz 93% lean turkey + 2 corn tortillas + peppers, onion, salsa, ¼ avocado
Wed	Tuna pasta: 1 can tuna + 1½ cups whole-grain pasta + tomato sauce + side salad
Thu	Beef & quinoa: 6 oz lean beef + 1 cup quinoa + roasted peppers and zucchini
Fri	Homemade pizza night: whole-grain pita + ½ cup sauce + 4 oz chicken + veg + light mozzarella
Sat	Flexible meal out — plate method, sensible portions, enjoy it
Sun	Sheet-pan dinner: 6 oz chicken thighs + potatoes + broccoli, olive oil, seasoning

60-minute weekly prep: cook 2 proteins (e.g., chicken breast, lean beef), 1 grain (rice or quinoa), chop vegetables, portion 4–5 containers, wash fruit, fill water bottles.

Supplements — honest guidance

Supplements support nutrition, training, and recovery — they don't replace them. Follow label directions and talk to your doctor about what's right for you.

- **Whey protein** — the simplest way to hit daily protein. One scoop after training or with breakfast. Shop whey protein on Amazon
- **Creatine monohydrate** — one of the most studied sports supplements; 3–5 g daily supports strength over time when paired with real training. No loading needed. Shop creatine on Amazon
- **Fish oil / vitamin D** — common gaps for people who train indoors or eat little fish. Ask your doctor whether you need them. Shop fish oil on Amazon
- **Pre-workout (optional)** — mostly caffeine. Useful on low-energy days; skip it if you're sensitive to stimulants or train late. Shop pre-workout on Amazon

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Track your 30 days

Weigh yourself once a week (same morning, same conditions) and measure your waist. Check off each workout day. What gets measured gets done.

Week	Weight	Waist	Workouts done (of 5)	Notes
1				
2				
3				
4				

After Day 30: repeat the plan with slightly heavier weights, or step up to the 90-Day Plan. The goal was never perfection — it was 30 days of showing up. Keep going.

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