2 BROTHERS HEALTH & FITNESS

FREE

FREE FITNESS STARTER GUIDE

Your first week, handled. Simple moves, real food, one day at a time.

HEALTH IS WEALTH.

by Tony n Craig

fuelyourflow.net

No gym required. No experience needed. Just a plan that fits a real life, built by two brothers who started exactly where you are.

HEALTH IS WEALTH

That is the creed we live by, and it is the reason this guide exists.

We are Tony Brown and Craig Brown, two brothers who built 2 Brothers Health & Fitness because the fitness world forgot about regular people. Open your phone and you drown in advice: six pack in six weeks, magic powders, four minute miracles. Almost none of it was made for somebody with a job, a family, and a real life.

Here is the truth nobody wants to sell you, because it is not fancy. Getting in shape is simple. It is not easy, and anyone selling you easy is selling you something. The whole game fits in four lines:

- Move your body with resistance a few times a week.
- Eat mostly real food, in reasonable amounts.
- Sleep like it matters, because it does.
- Do it again next week. And the week after.

That is it. This free guide hands you the first week of that system: the daily rhythm, a seven day starter week, the way we build a plate, and the five habits that hold it all together. It is drawn from our book and our member plans, and it stands on its own. Use it for one week and you will be ahead of everyone still waiting for Monday.

One thing before you start

Tony started where most people start: out of shape, busy, and tired of feeling that way. He started with walks and push-ups and eating like someone who respected himself. The walks became jogs. The push-ups became workouts. The workouts became a lifestyle. Craig brings the deep training knowledge and the discipline of a man who loves the weight room. Together we bring you the system, and somebody in your corner.

Our promise: no gimmicks, no starving, no shortcuts for sale. Just a clear plan you can actually finish, and honest guidance the whole way.

THE DAILY RHYTHM

Every day in our plans follows the same rhythm. Learn it once, then just follow the day. Consistency beats intensity: a steady day you repeat beats a heroic day you cannot.

WHEN	THE MOVE	THE DETAILS
Morning	Morning walk	10 to 20 minutes, easy to steady pace, soon after you wake up. Sunlight, fresh air, and a clear head to start the day.
Any time	Workout of the day	The strength, conditioning, mobility, or rest session listed for your day. Warm up for 3 to 5 minutes first.
All day	Meals by the plate	Breakfast, lunch, dinner, and one snack, built on the 2 Brothers plate. Protein at every meal.
Evening	Night walk	10 minutes after dinner. It aids digestion and winds the day down.
All day	Water	Drink water first, before other drinks. Aim for about 8 cups across the day, more on hot days and hard workout days.
Night	Sleep	Lights out at a steady time. Aim for 7 to 9 hours. Muscles grow and habits stick while you sleep, not while you scroll.

Miss a piece? Do the next one. The rhythm is a loop, not a test.

The five minute rule

Here is the secret nobody posts about: you do not get motivated and then work out. You work out, and then you feel motivated. Action creates the feeling, not the other way around. So on the days you do not feel like it, tell yourself: I will just do five minutes. Warm up, do one set, see how I feel. You have full permission to stop after five minutes.

You almost never stop. Starting is the hard part. And on the rare day you do stop? You still showed up, and showing up counts.

THE 7-DAY STARTER WEEK

This is Week 1 of the 2 Brothers system, the Foundation week. Every day starts with the morning walk and ends with the short night walk. In between, one focus per day. Every move can be done at home with no equipment. Warm up for 3 to 5 minutes before each workout: march in place, easy squats, arm circles. Rest 30 to 90 seconds between sets.

DAY	FOCUS	THE WORK
Day 1	**Strength A**	Squat, push, hinge, core. Bodyweight squat 3 sets of 8, push-up 3 sets of 6 to 8, glute bridge 3 sets of 10, dead bug 3 sets of 6 per side, standing calf raise 3 sets of 12.
Day 2	**Walk Intervals**	Easy walk 5 minutes. Then brisk walk 2 minutes, easy walk 2 minutes, repeat 4 times. Cool down 5 minutes, then stretch gently for 5 minutes.
Day 3	**Strength B**	Lunge, row, shoulders, core. Reverse lunge 3 sets of 6 per leg, one arm row 3 sets of 10 per side, shoulder press 3 sets of 8, bird dog 3 sets of 6 per side, side plank 3 sets of 20 seconds per side.
Day 4	**Mobility**	Cat and cow 2 sets of 8, hip flexor stretch and standing hamstring stretch 2 sets of 30 seconds per side, doorway chest stretch 2 sets of 30 seconds, figure four stretch 2 sets of 30 seconds per side, then 2 minutes of slow deep breathing.
Day 5	**Strength A**	Same session as Day 1. The moves should feel a little more familiar. Keep the form clean and the reps slow.
Day 6	**Walk Intervals**	Same session as Day 2. If it felt easy, make the brisk parts a touch brisker. Finish with the gentle stretch.
Day 7	**Rest and Prep**	Full rest. An easy walk of 10 to 20 minutes is welcome, nothing more. Use the time to prep the week ahead (page 7 shows you how). Growth happens on rest days. Protect them.

Equipment: bodyweight works everywhere. A chair, a water bottle, and a backpack with a few books in it cover everything in this week. Optional dumbbells, one light pair and one heavier pair, make the strength days easy to scale up later.

THE STARTER MOVES

Form first, always. Every move below comes straight from our plans, with the beginner modification we give our own members. The modification is a real workout, not a lesser one. Use it whenever you need it.

Bodyweight squat

Stand tall, feet about shoulder width. Sit your hips back and down, chest up, knees tracking over your toes, then stand tall. Beginner: sit back to a chair and stand up. Hold a wall or counter for balance.

Push-up

Hands under your shoulders, body in one straight line, lower with control and press back up. Beginner: wall push-ups or knee push-ups. Keep the reps clean and slow.

Glute bridge

Lie on your back, knees bent, feet flat. Drive through your heels, lift your hips, and squeeze at the top. This is your hip hinge foundation, no weight needed.

Dead bug

Lie on your back, arms up, knees bent at 90 degrees. Slowly lower one arm and the opposite leg, then return. Beginner: move only the arms, or tap your heels down with a small range of motion.

Reverse lunge

Step back, lower with control, then step back together. Beginner: take a small step back and hold a support, or do a split squat in place.

One arm row

Hinge at the hips with a flat back, brace one hand on a chair, and pull a dumbbell, backpack, or band up to your ribs. Beginner: use a light weight and a shorter pull.

Bird dog

On hands and knees, reach one arm forward and the opposite leg back, long and level, then switch. Beginner: lift only the arm, then only the leg, until you feel steady doing both.

MEAL BASICS: THE 2 BROTHERS PLATE

No calorie counting and no banned foods. Build most meals on the plate below and your nutrition is 80 percent handled without counting a single thing.

HALF THE PLATE	ONE QUARTER	ONE QUARTER
Vegetables or salad	**Protein**	**Smart carbs**
Greens, peppers, carrots, green beans, broccoli, corn, peas, cucumber, tomato. Fresh, frozen, or canned all count. Big volume, loaded with fiber, and this is what keeps you full.	Chicken, fish, lean beef, turkey, eggs, beans, lentils, Greek yogurt, cottage cheese, tofu. A portion about the size of your palm, or a full cup for beans.	Rice, potatoes, sweet potatoes, oats, beans, whole grain bread, wraps, pasta, corn. A portion about the size of your fist.

Portion sense without a scale

Use your hand. It scales with your body.

- **Palm and a half:** protein portion.
- **Cupped hand:** carb portion, one to two cupped hands depending on your goals and activity.
- **Thumb:** fat portion, oils, butter, nut butter. Plus a small handful of nuts or some avocado counts here too.
- **Fist or two:** vegetables. Go big here.

Eat slowly and stop at about 80 percent full. It takes roughly twenty minutes for fullness signals to register. The people who struggle most with portions are usually the ones eating fastest.

The protein rule

Anchor every meal with protein, breakfast included. Most adults eat plenty of protein at dinner and almost none at breakfast and lunch. Flip that pattern and everything gets easier: protein keeps you full for hours and protects your muscle while you train.

KEEP IT SIMPLE: FOOD, WATER, PREP

The simple rules we give every member

- **Protein at every meal,** breakfast included.
- **Water first.** A glass of water before each meal and a bottle with you all day.
- **Half the plate is vegetables or salad** at lunch and dinner. When in doubt, add more veg.
- **Smart carbs are fuel, not the enemy.** Keep the portion near fist size and earn them with your training.
- **One snack a day, planned on purpose.** Fruit, yogurt, nuts, or a boiled egg. Not a grazing free for all.
- **Cook once, eat twice.** Dinner leftovers are tomorrow's lunch more often than not.
- **Keep it cheap and common.** Frozen vegetables, store brands, beans, eggs, and oats are plan approved.

Water: the free performance enhancer

Water is the most underrated performance tool in existence. It is free, it is everywhere, and most people do not drink enough of it. Even mild dehydration can sap your energy, hurt your workout, and masquerade as hunger. A practical target for active adults is roughly half your body weight in ounces per day, plus more on hard training days and hot days. If your urine is pale yellow, you are in a good place. Drink a big glass first thing in the morning, a full glass with every meal, and keep a bottle with you all day. Fill one bottle by lunch, refill it, finish it by dinner.

Prep once, cruise all week

On your rest day, spend twenty to thirty minutes getting the week ready: cook a batch of rice or potatoes, grill or bake the week's chicken, wash and chop vegetables, portion the snacks, fill your water bottles, and lay out your workout clothes. A little prep makes the whole week easy, and no prep backup meals still work: a rotisserie chicken, a microwave rice pouch, and a frozen vegetable bag is a real dinner.

A day of eating, the simple way

- **Breakfast:** Greek yogurt, granola, and fruit. Or 3 eggs with oatmeal and berries.
- **Lunch:** a big chicken and rice bowl with mixed vegetables, or last night's leftovers.
- **Snack:** a banana and Greek yogurt, or a boiled egg and a piece of fruit.
- **Dinner:** salmon or chicken, sweet potato or rice, and a large salad with olive oil.

Simple beats perfect. A simple good meal you actually eat beats a perfect meal plan you abandon.

THE 5 STARTER HABITS

Print this page. These five habits are the whole starter system in one checklist. Check them off every day of your starter week, and keep the streak alive after it.

☐	**1. Walk every morning.** 10 to 20 minutes, soon after you wake up. Sunlight, fresh air, clear head. This one habit starts every good day in our plans.
☐	**2. Protein at every meal.** Breakfast, lunch, and dinner, each anchored with a palm sized portion of protein. Full longer, muscle protected.
☐	**3. Water first.** A glass before every meal and a bottle with you all day. About 8 cups a day, more when you train or the day is hot.
☐	**4. Show up for the workout.** Follow the day's focus on page 4. Lay your clothes out the night before, and schedule it like an appointment. Five minutes counts on the hard days.
☐	**5. Lights out on time.** Aim for 7 to 9 hours of sleep. Muscles grow and habits stick while you sleep, not while you scroll.

Your 7 day tracker

One row per day. Five boxes per day. Small checks, big change.

DAY	WALK	WORKOUT	PLATE MEALS	WATER	SLEEP
Day 1	☐	☐	☐	☐	☐
Day 2	☐	☐	☐	☐	☐
Day 3	☐	☐	☐	☐	☐
Day 4	☐	☐	☐	☐	☐
Day 5	☐	☐	☐	☐	☐
Day 6	☐	☐	☐	☐	☐
Day 7	☐	☐	☐	☐	☐

Miss a box? Do the next one. A modified day still counts. A skipped day is just a day: turn the page and start again tomorrow.

WHAT TO DO NEXT

You now have the foundation: the rhythm, the week, the plate, and the habits. Here is how to keep going with us, in order.

STEP 1: GET THE FULL BOOK

This guide is the first week. Our book, **2 Brothers Health & Fitness: The Everyday Guide to Training, Eating, and Staying Consistent**, is the whole operating system: the mindset that makes it stick, nutrition in plain English, the beginner program, home workouts, recovery, and the honest word on supplements. Get it on Kindle and put it to work:

https://a.co/d/00GEGjFu

STEP 2: JOIN R&R WITH TONY B

Inside the R&R with Tony B community, the meal and workout plans are included for members, along with the full resource library and a community that keeps you honest. Start with a 7 day free trial and put this starter week to work with us:

RRwithTonyB.com

STEP 3: EVERYTHING LIVES AT FUEL YOUR FLOW

Our home base is **FuelYourFlow.net**. That is where you will find the 7-Day Habit Break Guide, the 30-Day and 90-Day plans, and coaching for members who want a plan built around their body and their schedule. Start where you are. The next step is there when you are ready for it.

Start today: morning walk, one workout from page 4, dinner on the plate from page 6, lights out on time. That is a full first day, and day one is the only day that matters right now.

BEFORE YOU START: PLEASE READ

This guide is general, educational fitness and nutrition information for healthy adults, drawn from our book and plans. It is not medical advice, and it is not a diagnosis, a treatment, or a personal prescription of any kind.

- Talk to your doctor before you start this or any workout or meal plan, especially if you are pregnant, nursing, taking medication, or living with a heart condition, joint problem, diabetes, high blood pressure, or any injury or illness.
- Stop right away if anything hurts, or if you feel dizzy, faint, short of breath in a way that feels wrong, or unwell. Rest, and get medical help if you need it.
- Adjust everything to your level. Use the beginner modification on any move, take extra rest days, and swap any food for a similar food that suits you, your budget, or your allergies.
- Results are not guaranteed. Every body is different. Honest effort over time is what this system is built on. Nothing here promises weight loss, muscle gain, or any health outcome.
- By using this guide, you accept that you are responsible for your own health and safety, and that you will listen to your body and your doctor over anything written here.

Now go earn it

If you apply what is in this guide consistently, you will move better, eat better, and feel the difference a real week makes. Not a new person. A better version of you, one day at a time. Your future self is already grateful.

"Health is wealth."

Tony n Craig, 2 Brothers Health & Fitness

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