

NXTLVL

DAD RESET

5-DAY PROGRAM / ONE-DAY PREVIEW

A focused preview of the paid 5-Day Program. It includes one complete workout day so you can experience the training format before unlocking the full four-week prescription.

WHAT IS INSIDE

1 complete workout day

The full paid program includes 5 training days for 4 weeks.

The remaining workout days, checkoff pages, and training logs are reserved for the full program.

DAY 1 / COMPLETE WORKOUT

Upper Push

This is the only complete workout day included in this public preview. The paid 5-Day Program adds the remaining four training days, four weekly checkoff pages, and four training logs.

SETS: 4x		
DB Bench Press		6-10
DB Push Press		6-8
SETS: 3x		
Incline DB Bench		8-12
DB Lateral Raise		12-15
SETS: 3x		
Seated DB Shoulder Press		8-12
Triceps Extension		10-15
SETS: 2x		
Cable Ab Crunch		Use your established working range
Hanging Leg Raise		Use your established working range

CONDITIONING

- ESD: 5 x 40 sec / 20 sec

READY FOR THE FULL RESET?

Build your complete four-week rhythm.

The paid 5-Day Program includes the other four training days, four repeatable weekly checkoff pages, and four training logs to keep your progress moving.

FULL 5-DAY PROGRAM**All 5 prescribed training days**

Four weeks of checkoffs and training logs

GENERAL FITNESS DISCLAIMER

General fitness education only. Adapt training to your ability, stop for pain, and seek appropriate professional guidance when needed. This is not medical advice.