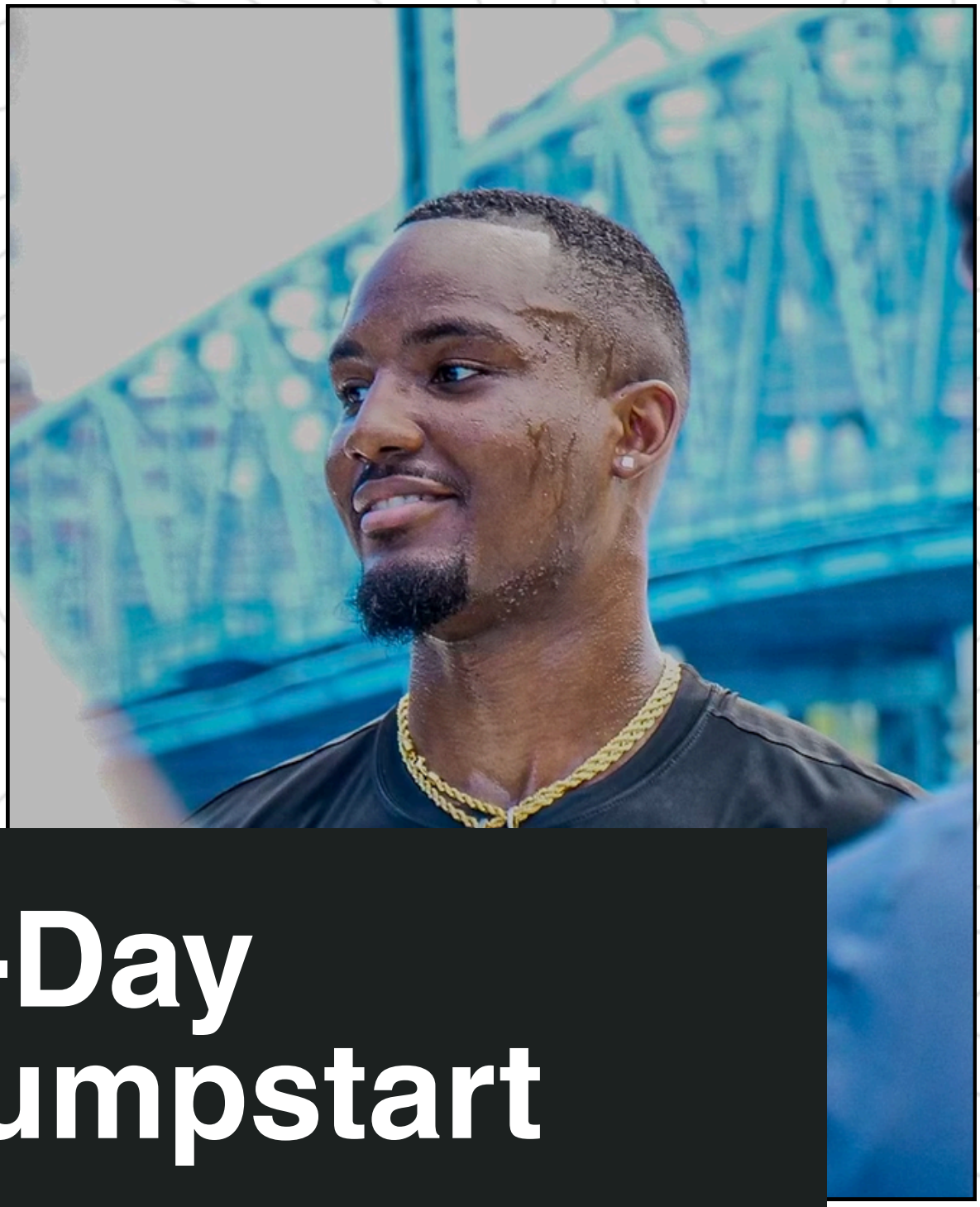


5-Day Jumpstart

Build the Foundation. Start Strong.

By Jaylen Fowler

Meet Your Coach

I am Jaylen Fowler, a personal trainer, nutritionist, former college football athlete, and founder of Jacksonville Run Club. I created this guide to help you build momentum and get back on track with your health. With a background in athletics and nutrition, my goal is to help you train with purpose and build a strong foundation.

Whether you are just starting or restarting, this is your foundation. Stay consistent, trust the process, and focus on showing up each day.



HOW TO USE THIS GUIDE

This 5-day plan is designed to help you build consistency and confidence in the gym or at home.

- Each workout should take 45–60 minutes
- Focus on proper form over heavy weight
- Rest 60–90 seconds between sets
- If you're a beginner, start light and build up



Your goal is simple: complete all 5 days and stay consistent

DAY 1: FULL BODY

Gym Version:

- Squats — 3 sets x 10 reps
- Bench Press — 3 sets x 10 reps
- Lat Pulldown — 3 sets x 10 reps
- Dumbbell Shoulder Press — 3 sets x 10 reps
- Plank — 3 sets x 30–45 seconds

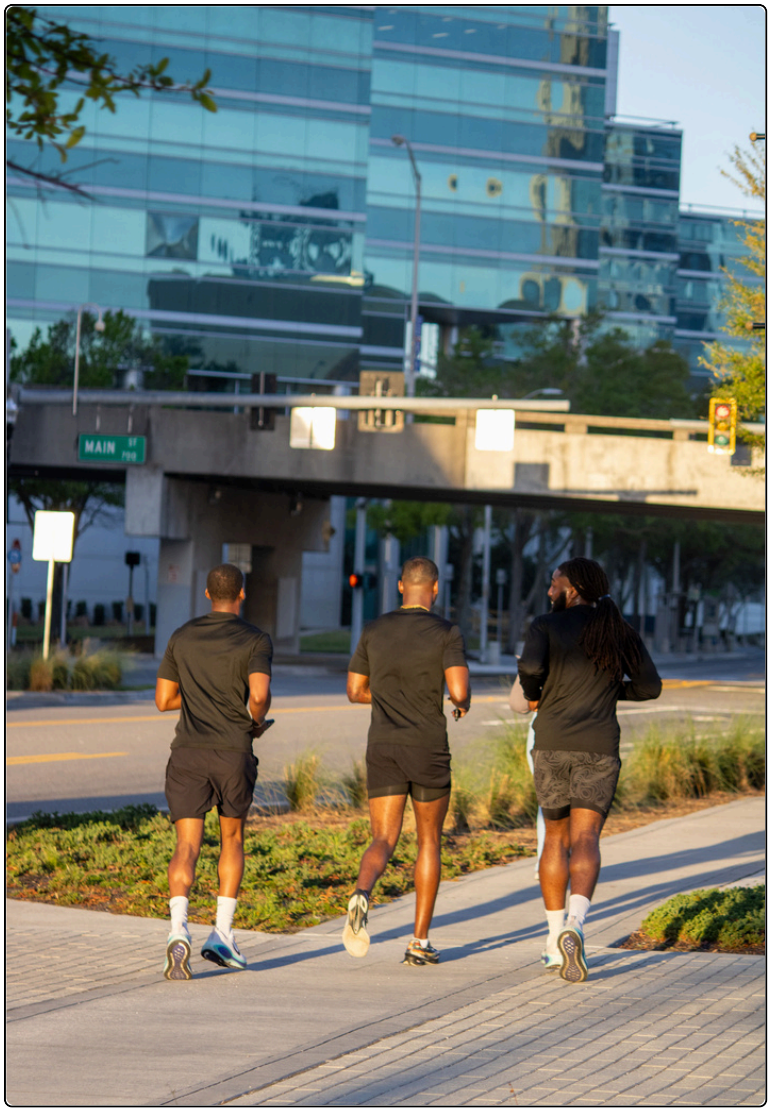


Home Version:

- Bodyweight Squats — 3 x 12
- Push-Ups — 3 x 10
- Resistance Band Rows — 3 x 12
- Pike Push-Ups — 3 x 8
- Plank — 3 x 30–45 seconds

DAY 2: CARDIO / ACTIVE RECOVERY

- Walk or light jog — 20–30 minutes
- Optional: Bike or treadmill



Goal: Move your body and stay active without overexerting

DAY 3: UPPER BODY

Gym Version:

- Incline Dumbbell Press — 3 x 10
- Seated Row — 3 x 10
- Lateral Raises — 3 x 12
- Bicep Curls — 3 x 12
- Tricep Pushdowns — 3 x 12



Home Version:

- Push-Ups — 3 x 10
- Resistance Band Rows — 3 x 12
- Shoulder Taps — 3 x 20
- Bicep Curls (bands or light weights) — 3 x 12
- Chair Dips — 3 x 10

DAY 4: LOWER BODY

Gym Version:

- Leg Press — 3 x 10
- Romanian Deadlifts — 3 x 10
- Walking Lunges — 3 x 12 each leg
- Leg Curls — 3 x 12
- Calf Raises — 3 x 15



Home Version:

- Bodyweight Squats — 3 x 12
- Glute Bridges — 3 x 12
- Reverse Lunges — 3 x 10 each leg
- Wall Sit — 3 x 30–45 seconds
- Calf Raises — 3 x 15

DAY 5: CONDITIONING + CORE

- Jump Rope or High Knees — 3 x 30 seconds
- Mountain Climbers — 3 x 30 seconds
- Russian Twists — 3 x 20
- Leg Raises — 3 x 12
- Plank — 3 x 45 seconds



Optional Finisher:

- Light jog or walk — 10–15 minutes

GUIDELINES

- Stay consistent — that's more important than being perfect
- Focus on form over weight
- Rest when needed, but don't quit
- Modify exercises if needed



This is your starting point, not your limit.

BASIC HABITS

- Drink enough water daily
- Prioritize sleep and recovery
- Eat enough protein to support your body
- Stay active outside of workouts
- Show up consistently



Small habits create big results.

FINAL PAGE

You've completed the 5-Day Jumpstart.

If you're ready to take things to the next level and want a structured, personalized plan designed specifically for you...

Apply for 1:1 Coaching now.

Let's build your next level together.

