

APEX IRON / FREE GUIDE

SIX WEEKS. STRONGER HABITS.

Your weight-loss starter program

Home: no equipment. Gym: weights + machines.
Same walking and nutrition plan. Choose your track.

6 WEEKS

2 STRENGTH DAYS

YOUR PACE

Owner review edition / September 2026 / No purchase required

BUILD A REPEATABLE ROUTINE

A plan for real life.

For adults beginning or returning to exercise who would benefit from gradual weight loss.

01

Train twice a week

Use two full-body sessions. Learn the movements first; add work only as you recover.

02

Move most days

Walk in manageable chunks. Build toward 150 moderate minutes a week at your own pace.

03

Eat with intention

Build balanced meals. If helpful, estimate your needs and choose a modest change you can sustain.

04

Review, then adjust

Use energy, recovery and habits alongside optional weight trends. Review after 2-3 consistent weeks.

Check that this guide fits you

This is general education for adults 18+. Do not use it as a weight-loss prescription during pregnancy or breastfeeding, when underweight, or with a current/past eating disorder without professional support.

If you use glucose-lowering medication, have kidney disease, an injury or a prescribed diet, ask your clinician or registered dietitian how to adapt the plan. Stop exercise for chest pain, faintness or unusual severe breathlessness; seek prompt medical help.

The principles are evidence-informed. This exact six-week schedule is an original starter plan, not a clinically tested treatment. Sources [1-3], page 19.

START SMALL. KEEP SHOWING UP.

The six-week plan.

Targets are adjustable. Repeat any week or do less while you build confidence.

WEEK	STRENGTH	WALKING*	FOOD / HABIT FOCUS
01 Learn	2 sessions 1 set per exercise	75 min	Find a realistic starting intake.
02 Repeat	2 sessions Up to 2 sets	90 min	Add protein to main meals.
03 Build	2 sessions Optional third	105 min	Build meals around the plate.
04 Refine	2 or 3 sessions Progress gently	120 min	Review trends; change one thing.
05 Practice	2 or 3 sessions Keep quality	135 min	Plan for a busy day or meal out.
06 Continue	2 or 3 sessions Finish recovered	150 min	Choose the habits to keep.

Your starting point is allowed to be smaller

*Weekly total of moderate walking or another suitable aerobic activity. If inactive, start with 5-10 minute walks and a lower total. Already doing more comfortably? Keep your established activity.

The minute-by-minute progression is a practical coaching choice. Adult activity guidelines support gradual increases and two strength days. Sources [1, 2].

A WEEKLY RHYTHM

Make room for the work.

Choose Home or Gym, then follow its A/B workouts. Do not do both tracks in one session.

DAY	TWO-DAY STRENGTH OPTION	WALKING
Monday	Workout A	Optional easy walk
Tuesday	Recovery from strength	Part of weekly total
Wednesday	Recovery from strength	Part of weekly total
Thursday	Workout B	Optional easy walk
Friday	Recovery from strength	Part of weekly total
Saturday	Enjoyable movement	Part of weekly total
Sunday	Rest / gentle movement	Optional; review the week

Optional third strength day - from week 3

If recovered, train Monday / Wednesday / Friday. Alternate A-B-A one week and B-A-B the next within your chosen track. Keep at least a recovery day between strength sessions; the third session can stay at 1-2 sets.

Walking example: week 1 could be five 15-minute walks; week 6 could be five 30-minute walks. Shorter chunks also count. Choose a pace where you can talk but cannot comfortably sing.

Moderate activity and weekly strength recommendations: sources [1, 2]. The schedule is adaptable rather than a deadline.

ONE PLAN. TWO WAYS TO TRAIN.

Home or gym.

Pick the option that fits today. Keep the same walking, nutrition and recovery structure.

HOME

No equipment

Body weight, floor space and a wall. No weights, bands, benches, chairs or jumping. Workouts A/B: pages 6-7.

GYM

Weights + machines

Dumbbells, cables and standard machines. Manageable starting effort and alternatives. Workouts A/B: pages 8-9.

Choose one track - not twice the work

Monday: your chosen A. Thursday: your chosen B. You can switch tracks when access changes: replace Home A with Gym A, or Home B with Gym B. Start the unfamiliar variation conservatively.

Home setup: clear a non-slip floor area and use a solid wall. You should be able to get down to and up from the floor comfortably. If not, ask for a standing adaptation rather than forcing floor exercises.

An honest difference: home upper-back movements build control, but they do not provide the same progressive pulling resistance as gym rows and pulldowns. Both tracks support a routine; they are not identical training stimuli.

The home and gym routines are practical starter options, not a claim of equivalent results. Stop for pain; use individual support when needed.

NO EQUIPMENT

Home workout A.

Warm up with 5 minutes of easy marching and gentle movement. Practice a few comfortable reps; no jumping or equipment.

01

Bodyweight squat**8-12 repetitions**

Feet planted; sit your hips back and bend knees comfortably.
Use a shallower squat or a light touch on the wall for balance.

02

Wall push-up**8-12 repetitions**

Hands at chest height; lower toward the wall with your body steady.
Harder: use a kneeling or full push-up on the floor.

03

Glute bridge**10-15 repetitions**

Feet flat; lift your hips without arching your lower back.
Use a smaller comfortable range or pause briefly at the top.

04

Prone W raise**8-12 controlled repetitions**

Lie face down, elbows bent in a W; gently lift hands and elbows.
Keep neck relaxed, chest low; use a tiny lift without back arching.

05

Dead bug**6-10 slow repetitions per side**

Reach opposite arm and leg while keeping your trunk still.
Shorten the reach or move one heel at a time.

Effort that you can repeat

Week 1: 1 set; later: up to 2. Rest 60-120 seconds. Use fewer reps if needed. Keep a few good reps left; on hinges, upper-back and core drills, prioritize control over fatigue.

NO EQUIPMENT

Home workout B.

Warm up with 5 minutes of easy marching and gentle movement. Practice a few comfortable reps; no jumping or equipment.

01

Split squat**6-10 repetitions per side**

Use a staggered stance; bend both knees through a small range. Touch the wall for balance; use a shallow squat if needed.

02

Standing bodyweight hip hinge**10-15 repetitions**

Soften knees; send hips back, keeping your back comfortable. Start with a short range. Stand by squeezing through the hips.

03

Wall push-up**8-12 repetitions**

Lower smoothly toward the wall; press away with your body steady. Harder: use a kneeling or full push-up on the floor.

04

Prone reverse snow angel**8-12 controlled repetitions**

Face down, sweep arms through a small comfortable arc. Keep chest low and neck relaxed; use prone W raises if easier.

05

Bird dog**6-10 slow repetitions per side**

On hands and knees, reach opposite arm and leg without turning. Begin with one limb; keep the reach short and controlled.

Effort that you can repeat

Week 1: 1 set; later: up to 2. Rest 60-120 seconds. Use fewer reps if needed. Keep a few good reps left; on hinges, upper-back and core drills, prioritize control over fatigue.

WEIGHTS + MACHINES

Gym workout A.

Warm up for 5 minutes, then practice with very light loads. Ask gym staff to show unfamiliar equipment adjustments.

01

Goblet squat / leg press**8-12 repetitions**

Use a light dumbbell or machine load; lower with control.
On the leg press, keep hips on the pad and use a comfortable range.

02

Machine chest press**8-12 repetitions**

Adjust the seat; press smoothly without shrugging or bouncing.
Ask staff to help set the handles around chest height.

03

Seated cable row**8-12 repetitions**

Keep your torso steady; draw elbows back and return slowly.
Use a light load and avoid rocking backward.

04

Glute bridge / hip-thrust machine**10-15 repetitions**

Lift your hips without over-arching the lower back.
Begin on the floor; use the machine only after learning its setup.

05

Dead bug**6-10 slow repetitions per side**

Reach opposite arm and leg while keeping your trunk still.
Shorten the reach or move one heel at a time.

Effort that you can repeat

Week 1: 1 set; later: up to 2. Rest 60-120 seconds. Use fewer reps if needed; leave about 2-3 good repetitions in reserve. On core drills, prioritize control over fatigue.

WEIGHTS + MACHINES

Gym workout B.

Warm up for 5 minutes, then practice with very light loads. Ask gym staff to show unfamiliar equipment adjustments.

01

Dumbbell Romanian deadlift**8-12 repetitions**

Soften knees; send hips back, keeping weights close to your legs.
Practice without weight first. Stop before your back rounds.

02

Low step-up**8-10 repetitions per side**

Use a low stable step and a rail; rise and lower with control.
Choose a supported reverse lunge or leg press if needed.

03

Lat pulldown**8-12 repetitions**

Pull toward your upper chest without leaning far backward.
Use a light load, comfortable grip and slow return.

04

Seated dumbbell shoulder press**8-12 repetitions**

Use light weights and a comfortable overhead range.
Choose machine chest press if overhead work is uncomfortable.

05

Bird dog**6-10 slow repetitions per side**

On hands and knees, reach opposite arm and leg without turning.
Begin with one limb; keep the reach short and controlled.

Effort that you can repeat

Week 1: 1 set; later: up to 2. Rest 60-120 seconds. Use fewer reps if needed; leave about 2-3 good repetitions in reserve. On core drills, prioritize control over fatigue.

THE NEXT STEP SHOULD FEEL EARNED

Progress without rushing.

A little more work is useful only when your technique and recovery hold up.

1**LEARN THE MOVEMENT**

Week 1: one comfortable set. Keep a few repetitions in reserve.

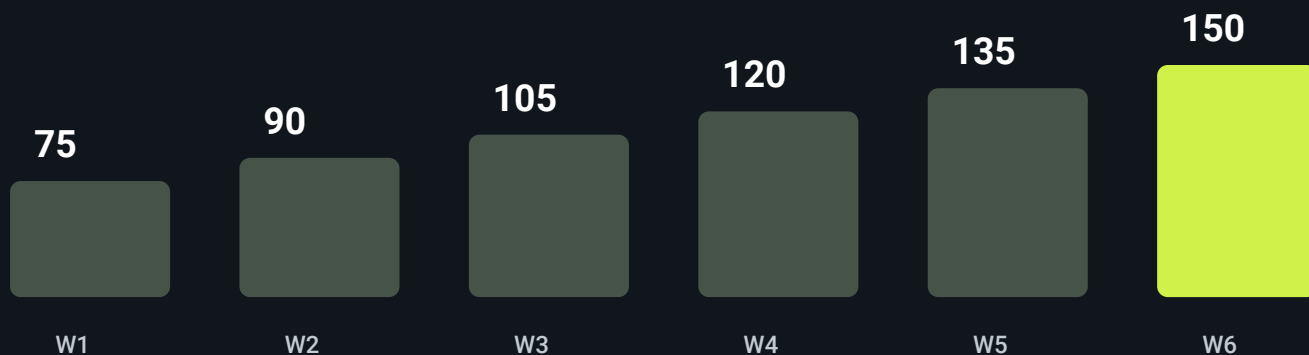
2**REPEAT WITH CONTROL**

Week 2: add a second set if the first week felt manageable.

3**PROGRESS YOUR CHOSEN TRACK**

After two consecutive controlled sessions at the top with 2-3 reps left: at home, add a pause, slower lowering or harder variation; at the gym, try a small load increase. Change one thing, then return to fewer reps.

WALKING MINUTES / WEEK



Sore or unusually tired? Reduce a set or take another recovery day. Stop for sharp or worsening pain. Aim for at least 7 hours of sleep for most adults. [9] You do not need to make up missed sessions.

CALORIES ARE A STARTING ESTIMATE

Find your starting point.

Calorie counting is optional. For an individualized estimate, try the NIDDK Body Weight Planner, then review real-life trends. [3]

OPTIONAL MANUAL METHOD: MIFFLIN-ST JEOR [4]

Resting kcal/day =

$10 \times \text{kg} + 6.25 \times \text{cm} - 5 \times \text{age} + \text{coefficient}$

Original male equation: +5 Original female equation: -161

Convert pounds to kilograms: **lb / 2.205**. Convert inches to centimeters: **in x 2.54**. These sex-based coefficients reflect the study; they are not a measure of gender identity and will not fit every person equally well.

Resting calories are not maintenance. Daily movement, digestion and exercise also use energy. Common activity multipliers are rough assumptions, not part of the original equation. The NIDDK planner is a better place to explore an activity-adjusted starting estimate.

A WORKED EXAMPLE - NOT YOUR PRESCRIPTION

2,400

estimated maintenance

- 300

modest example reduction

= 2,100

initial calories / day

Choose a modest change you can sustain

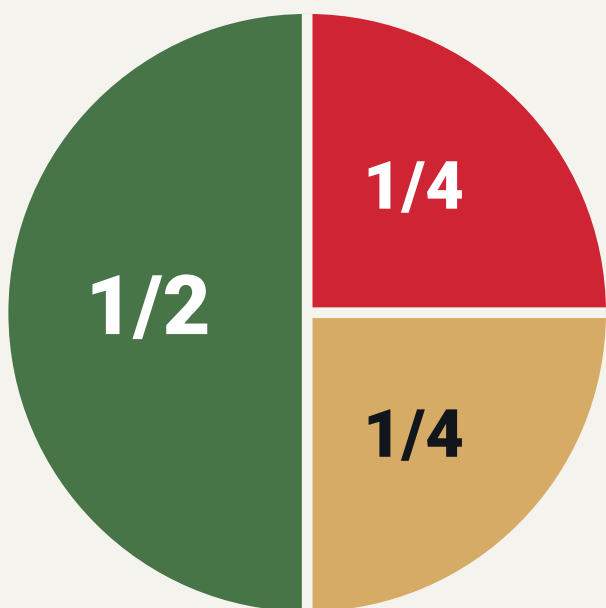
A 300-calorie reduction is an example, not a rule; smaller adults may need less. Avoid cutting so far that hunger, energy or training suffers. Do not automatically add back wearable exercise calories when activity is already included.

Planner: niddk.nih.gov/health-information/weight-management/body-weight-planner. Equation: Mifflin et al. (1990). Sources [3, 4]; review method on page 15.

FLEXIBLE PORTIONS. EVERYDAY FOOD.

Build a satisfying plate.

Use these proportions as a meal-building guide, then adjust amounts to your needs. [5]



■ VEGETABLES + FRUIT

Mix colors and textures. Fresh, frozen and canned options all fit.

■ PROTEIN FOODS

Beans, lentils, tofu, eggs, fish, poultry, yogurt or other foods you enjoy.

■ WHOLE GRAINS

Oats, brown rice, whole-grain bread, quinoa or whole-wheat pasta.

1.2-1.6

Protein: grams / kg / day

An optional range for healthy exercising adults.
At 80 kg: 96-128 g/day. Or simply include protein at each main meal. [6]

~30 g

Fiber: build gradually

Use beans, fruit, vegetables, oats and whole grains. Increase gradually and drink normally; respect medical restrictions. [7]

Use modest portions of oils, nuts or other unsaturated fats. Water is a useful default drink. The plate is not an exact calorie allowance. With kidney disease, prescribed protein limits or much higher bodyweight, get individual advice before using the protein formula.

Plate adapted from Health Canada [5]. Protein review [6]. Adult fiber guidance: NHS [7]. All citations are on page 19.

MAKE IT APPETIZING

A day you can repeat.

Choose familiar meals, then size portions for your appetite, activity and calorie estimate.



ILLUSTRATIVE MEAL PHOTOGRAPHY - NOT A CALORIE-PRESCRIBED SERVING

BREAKFAST

Greek yogurt or fortified soy yogurt, oats, berries and nuts. Or eggs / tofu, whole-grain toast and fruit.

LUNCH

A bowl with chicken, tofu or beans; brown rice; plenty of vegetables; and a dressing you enjoy.

DINNER

Fish, lentils or lean meat with whole grains or a skin-on potato and vegetables. Adjust portions to fit your needs.

IF HUNGRY

Choose a snack that helps you reach your needs: yogurt, fruit with nuts, or hummus with vegetables and crackers.

These are meal ideas, not a fixed menu or a nutrient analysis. Swap foods to fit your culture, preferences, allergies and budget.

A LITTLE PREPARATION HELPS

Stock a useful kitchen.

Choose a few foods from each group. You do not need special products or supplements.

PROTEIN

Eggs; plain yogurt; tofu; canned beans or lentils; fish or chicken; frozen edamame.

PLANTS

Frozen vegetables; salad greens; carrots; tomatoes; apples; bananas; frozen berries.

STARCHES + GRAINS

Oats; brown rice; whole-grain bread; potatoes; whole-wheat pasta.

FLAVOR + FATS

Olive oil; nuts or seeds; herbs; spices; lemon; a sauce or dressing you like.

YOUR WEEKLY PREP

1**Choose two meals**

Pick one easy lunch and one dinner you can repeat.

2**Prepare useful parts**

Wash produce and prepare a protein and grain. Refrigerate promptly; freeze extra portions.

3**Keep a backup**

A canned-bean bowl or simple eggs-and-toast meal can save a busy evening.

USE A TREND, NOT A SINGLE DAY

Check in. Then decide.

Give a repeatable routine about 2-3 weeks before making a small adjustment, unless you feel unwell.

1 LOOK AT THE WHOLE PICTURE

Review completed workouts, walking, meal consistency, hunger, energy and sleep. Weight tracking is optional. If used, measure under similar conditions and compare weekly averages. [8]

2 FEELING WELL, TREND MOVING?

Keep going. You do not need to cut more calories just because progress is slower than someone else's.

3 TREND FLAT AFTER CONSISTENCY?

Check portions, drinks, weekends and measurement conditions first. If weight loss remains appropriate, try one small change: a slightly smaller energy-dense portion OR a little more walking. Review again.

4 HUNGRY, DIZZY OR EXHAUSTED?

Do not tighten the plan. Eat enough, reduce training demands and seek advice for persistent symptoms. If weight tracking affects your wellbeing, use habits and function instead.

Daily weight can shift with water, food, digestion and menstrual cycles. This review interval is a practical guide choice. Sources [3, 8].

COUNT THE ACTIONS YOU TAKE

Your six-week tracker.

Print this page. Record what actually happened, then use the notes to plan your next week.

Start date: _____

My reason for starting: _____

WEEK	STRENGTH SESSIONS	WALKING MINUTES	ENERGY 1-5*	ONE HABIT / OBSERVATION
1				
2				
3				
4				
5				
6				

*1 = very low; 5 = high. Optional: record a weekly weight average in the notes if weighing supports your wellbeing. Success also includes better consistency, technique, stamina and recovery.

A habit I want to keep:

PRINT ONE SHEET FOR EACH SESSION

Log the work.

Circle your track: HOME / GYM. Record your variation, repetitions and how the session felt.

Date: _____ Workout A / B: _____ Energy before: _____

EXERCISE / VARIATION	LOAD*	SET 1 REPS	SET 2 REPS	REPS LEFT / NOTES

*Home: write body weight, wall/kneeling/full variation, pause or tempo. Gym: write machine setting or dumbbell weight. Note reps for each side where needed. Leave set 2 blank when doing one set.

Next time I will:

KEEP THE PARTS THAT WORKED

Build your next six.

Finishing the guide is a checkpoint. Keep the routine useful, flexible and repeatable.

KEEP

Your core routine

Retain two strength days, suitable walking and meals you like. Repeat a week when life gets busy.

CHECK

Your next goal

Consider how you feel and whether further weight loss is appropriate. Maintenance is a valid next step.

Apex Iron can help you keep a record

Use your workout log, food journal and progress history to review the week. The guide is free to use with a notebook, another tool or Apex Iron. No AI coaching or paid subscription is required.

YOUR NEXT STEP

Choose two training days.

Choose your next walking target.

Choose one meal you want to repeat.

Visit apexironfitness.com for current app availability

The app is optional. Use current store listings for availability. This review edition does not change any of your app targets or existing workouts.

EVIDENCE BEHIND THE PRINCIPLES

Read the sources.

Prepared September 2026. General education, not individualized medical or dietetic care.

01 CDC - What counts as physical activity for adults

Two strength days, major muscle groups, repetitions and moderate intensity.

02 HHS - Physical Activity Guidelines for Americans

Gradual progression toward 150-300 moderate minutes per week.

03 NIDDK - Body Weight Planner

Individualized calorie/activity estimates; adult suitability limits.

04 Mifflin et al. (1990) - Resting energy expenditure equation

Original resting-calorie equation, not an exact maintenance measurement.

05 Health Canada - Make healthy meals with the food guide plate

Food-group proportions, varied foods and adaptable portions.

06 Leidy et al. (2015) - Protein in weight loss and maintenance

Review supporting the optional 1.2-1.6 g/kg/day protein range.

07 NHS - How to get more fibre into your diet

An adult fiber target of about 30 grams per day.

08 CDC - Tips for keeping weight off

Consistent eating/activity patterns, monitoring and support.

09 CDC - About sleep

Most adults need at least seven hours, with age-specific ranges.

The exact six-week calendar, exercise selections, 2-3 reps in reserve, 300-calorie worked example and 2-3 week review interval are practical editorial choices. They have not been validated together as a clinical program. Photographic cover and meal visuals are AI-generated illustrations; they depict no client results. Source titles above are clickable.