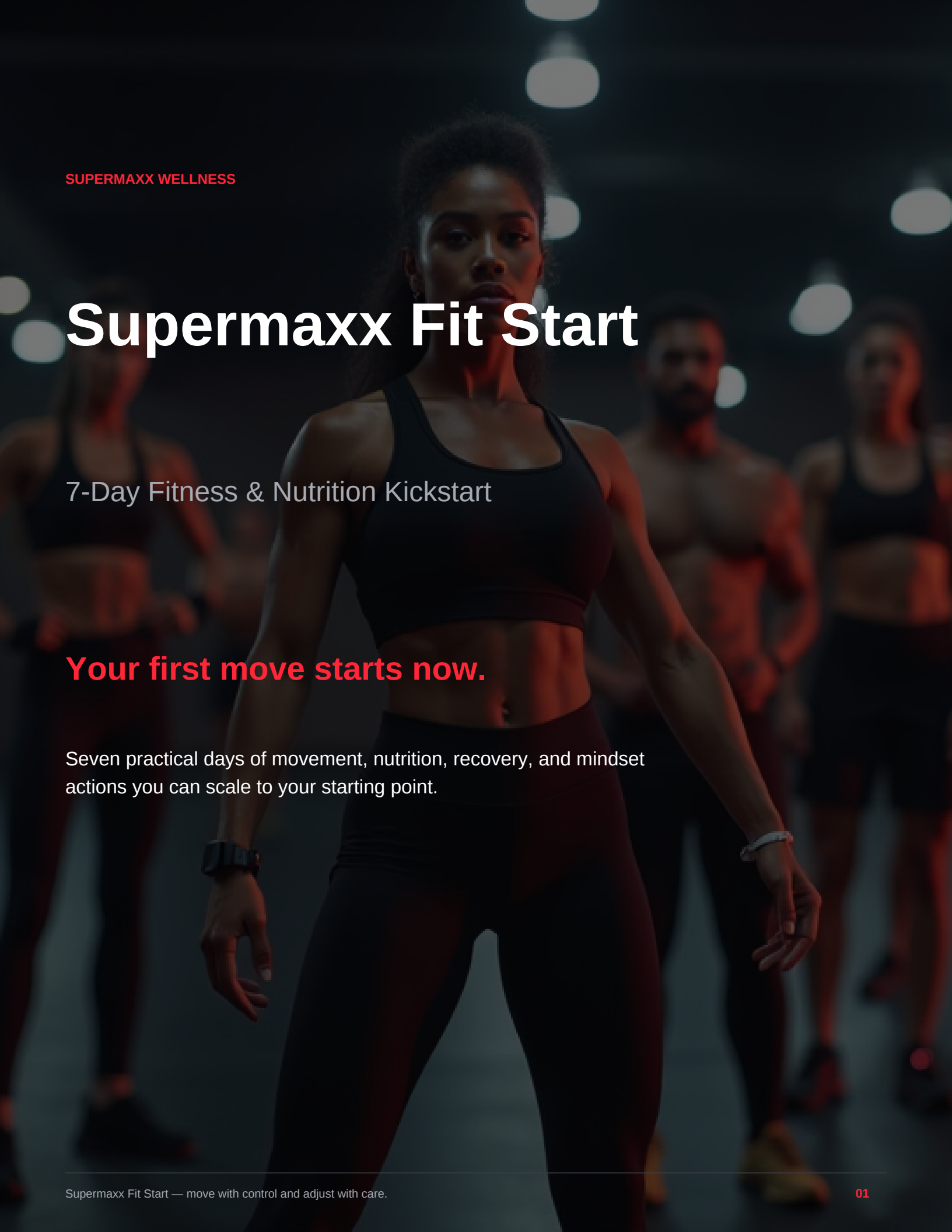




SUPERMAXX WELLNESS

Supermaxx Fit Start

7-Day Fitness & Nutrition Kickstart

Your first move starts now.

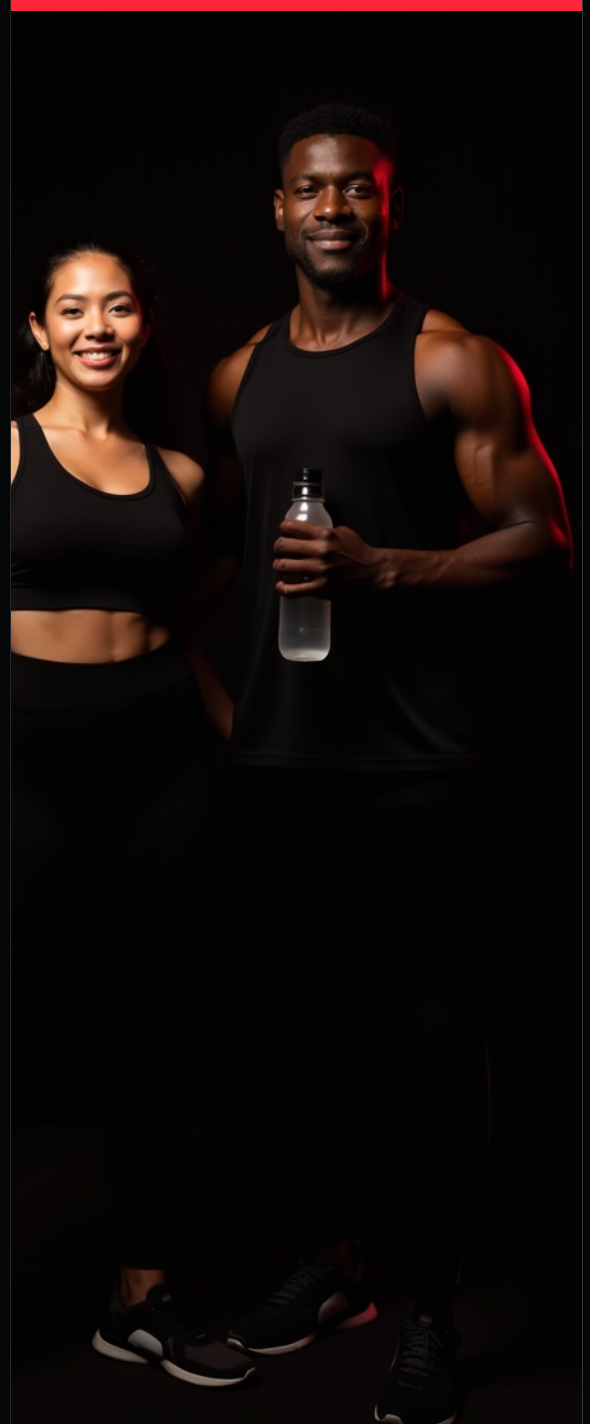
Seven practical days of movement, nutrition, recovery, and mindset actions you can scale to your starting point.

Welcome to your Fit Start

Use this guide as a simple seven-day experiment. Choose the easier or standard option, keep notes, and return tomorrow without trying to make the week perfect.

- ☐ Start where you are.
- ☐ Practice consistent basics.
- ☐ Adjust with care.

This guide provides general fitness and nutrition education, not medical advice. If you have a health condition, are pregnant, have an injury, take medication, or have a history of disordered eating, consult a qualified professional before changing movement or nutrition habits.



Day Zero Setup

Take five quiet minutes to choose a realistic week. Your baseline is information, not a test.

Equipment: chair, wall, backpack, floor space.

Schedule: 10–30 minutes daily.

Mindset: steady beats dramatic.



The Supermaxx Plate

At most meals, build a flexible plate from familiar foods: a protein, colorful produce, a smart carbohydrate, and a hydration choice. Portions and needs differ; use this as a general framework.

Protein: beans, eggs, yogurt, fish, poultry, tofu, or another preferred choice.

Produce: choose a color you enjoy, fresh, frozen, or canned.

Smart carbohydrate: oats, rice, potatoes, fruit, whole grains, or another staple.

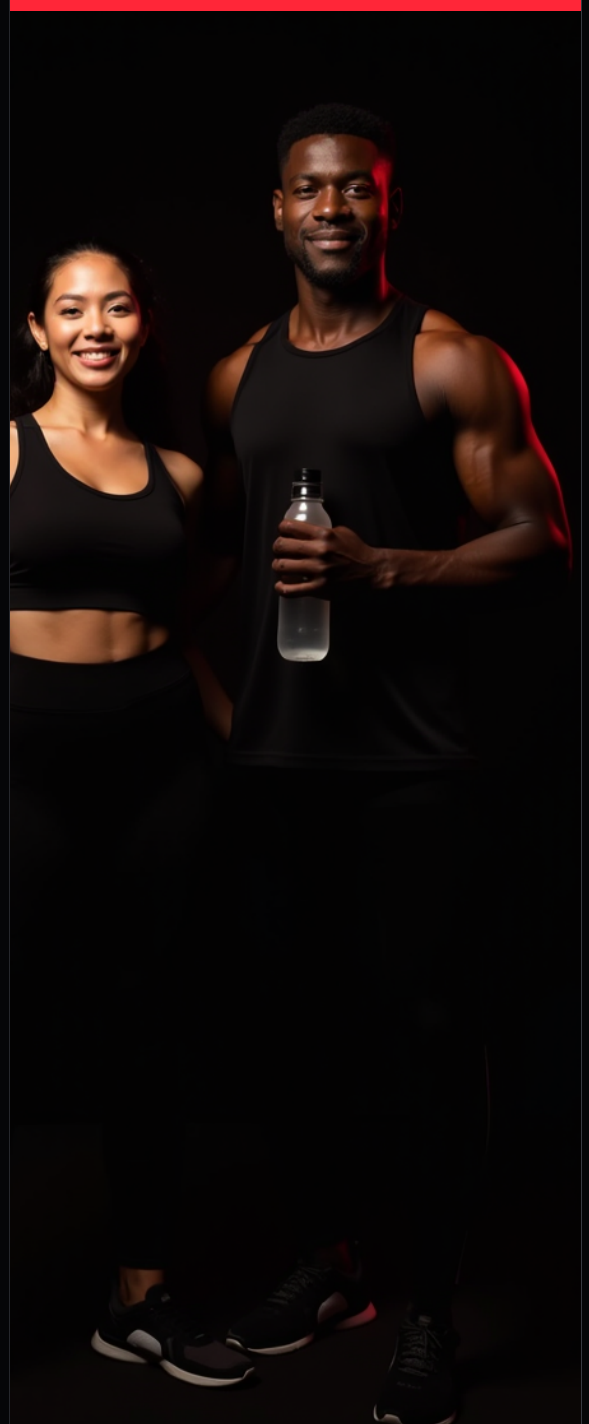
Hydration: water and other suitable non-alcoholic options.



Fit Start Grocery Grid

Buy what supports the week you can actually repeat. Choose substitutes that fit your budget, culture, and access.

- ☐ Two protein options for meals and snacks.
- ☐ Three produce options, including one frozen or shelf-stable choice.
- ☐ One easy carbohydrate staple.
- ☐ A hydration plan and a reusable bottle.
- ☐ One simple meal-prep container or bowl.



Your Seven-Day Overview

Each day pairs a movement focus with one nutrition action and one recovery action. Do the minimum useful version when time is tight.

- 01 1 — Establish**
Build a full-body foundation with calm, repeatable form.
- 02 2 — Move**
Build an easy cardio rhythm and restore joint range.
- 03 3 — Build**
Practice strength with a controlled progression.
- 04 4 — Recover**
Use active recovery to support the work you have already done.
- 05 5 — Challenge**
Try a short interval circuit while keeping control over intensity.
- 06 6 — Perform**
Repeat familiar movements and make them more consistent.
- 07 7 — Prove It**
Finish with a controlled session and a clear next-week commitment.

Day 1 — Establish

Build a full-body foundation with calm, repeatable form.

STANDARD

Complete three rounds: 8 bodyweight squats, 6 incline push-ups, 10 hip hinges, and a 20-second plank. Rest 60 seconds between rounds.

EASIER

Complete two rounds using a chair for squats, wall push-ups, hands-on-thigh hip hinges, and a 10-second elevated plank.

NUTRITION

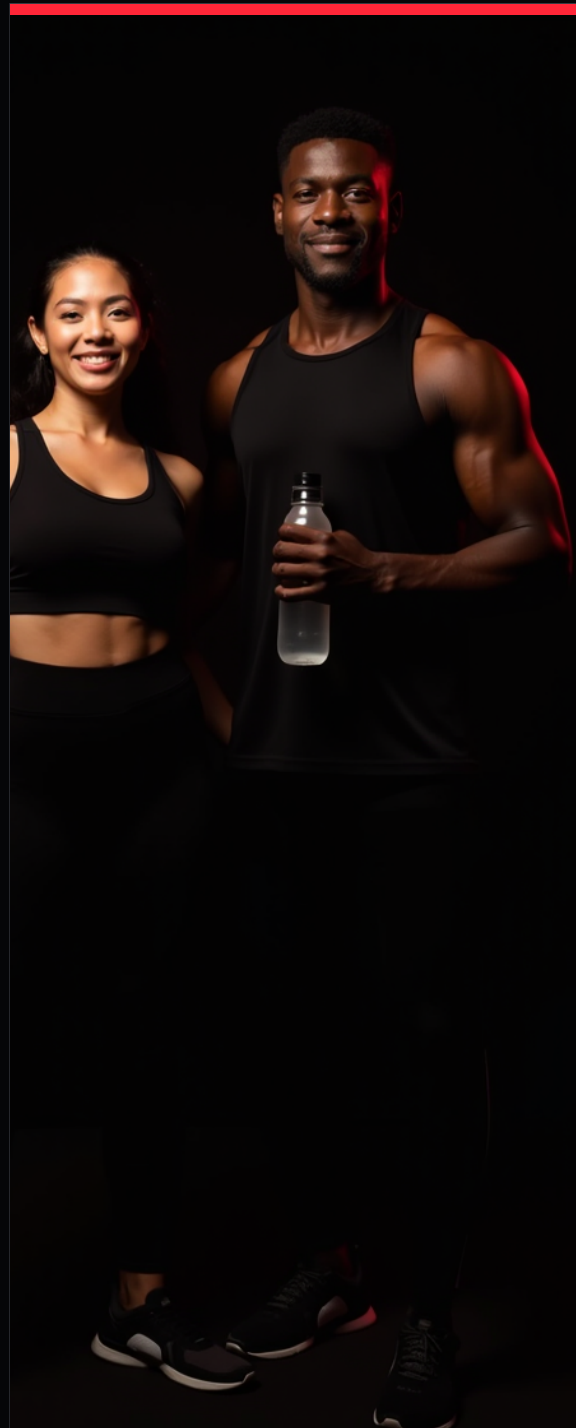
Build one Supermaxx Plate today: protein, colorful produce, a smart carbohydrate, and water.

RECOVERY

Take a five-minute easy walk after your session and write down one movement that felt steady.

STOP RULE

Stop if form breaks down, pain appears, or you feel dizzy; rest and consult a qualified professional when needed.



Day 2 — Move

Build an easy cardio rhythm and restore joint range.

STANDARD

Walk, cycle, or march at a conversational pace for 25 minutes, then complete two rounds of 8 shoulder circles and 8 hip circles per side.

EASIER

Accumulate 10 minutes of gentle walking or seated marching, then complete one round of slow shoulder and hip circles.

NUTRITION

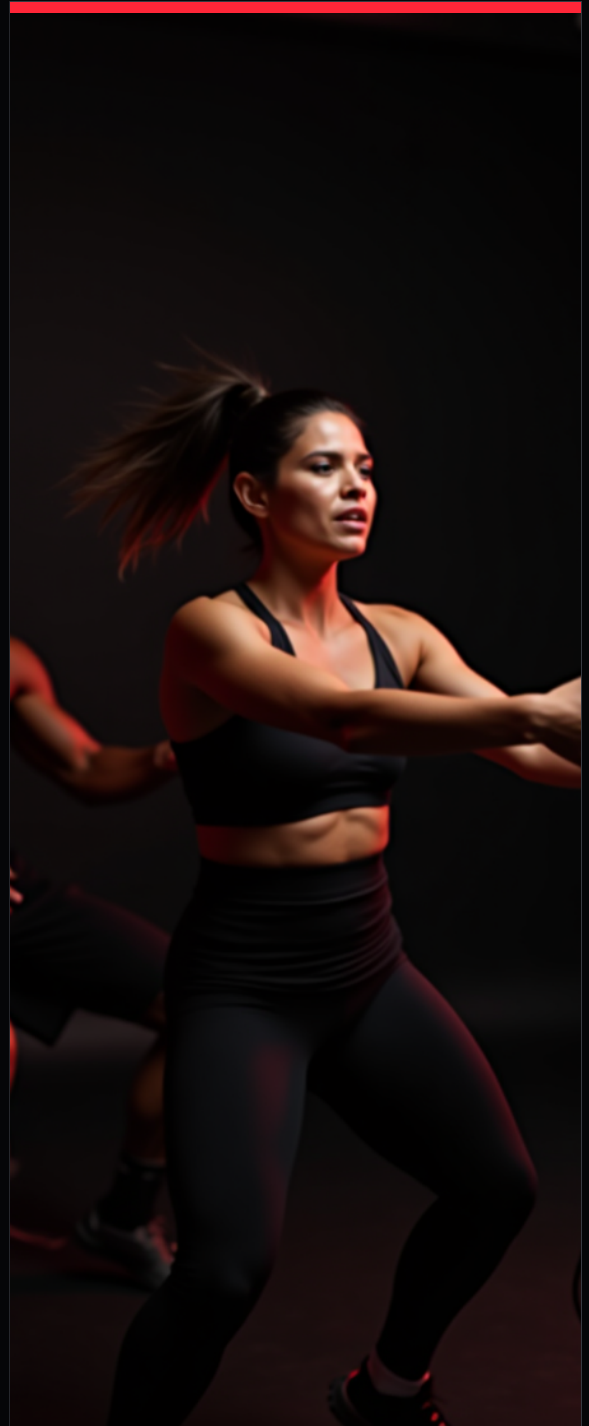
Carry water and use a regular refill cue, such as every meal and every planned movement break.

RECOVERY

Set a wind-down alarm for tonight and spend the final 20 minutes before bed away from bright screens.

STOP RULE

Stop if breathing feels difficult, pain appears, or you feel dizzy; choose a gentler pace and seek qualified guidance if symptoms persist.



Day 3 — Build

Practice strength with a controlled progression.

STANDARD

Complete three rounds: 10 split-stance sit-to-stands per side, 10 backpack rows per side, 8 glute bridges, and 20 seconds of dead-bug breathing.

EASIER

Complete two rounds: 6 supported sit-to-stands per side, 6 light rows, 6 bridges, and 10 seconds of slow breathing.

NUTRITION

Include a protein-forward food at your next meal, using a familiar option that fits your preferences.

RECOVERY

Write a short note about your energy before and after movement without judging either number.

STOP RULE

Stop if you feel sharp pain, numbness, dizziness, or unusual shortness of breath; consult a qualified professional before continuing.



Day 4 — Recover

Use active recovery to support the work you have already done.

STANDARD

Take a 20-minute relaxed walk, then hold a supported calf stretch, chest opener, and hip flexor stretch for 30 seconds per side.

EASIER

Take a five-minute gentle walk indoors and hold each supported stretch for 15 seconds without forcing range.

NUTRITION

Add one produce item to a meal you already planned, choosing frozen, fresh, or canned options that are practical.

RECOVERY

Create a simple sleep cue: prepare tomorrow's clothes, dim the room, and keep a consistent bedtime window.

STOP RULE

Stop any stretch that pinches, tingles, or causes pain; use comfortable range and consult a qualified professional for persistent symptoms.



Day 5 — Challenge

Try a short interval circuit while keeping control over intensity.

STANDARD

Complete four rounds of 30 seconds each: brisk marching, squat-to-chair taps, standing punches, and a 60-second easy reset.

EASIER

Complete two rounds of 20 seconds each: slow marching, supported chair taps, gentle punches, and a 90-second seated reset.

NUTRITION

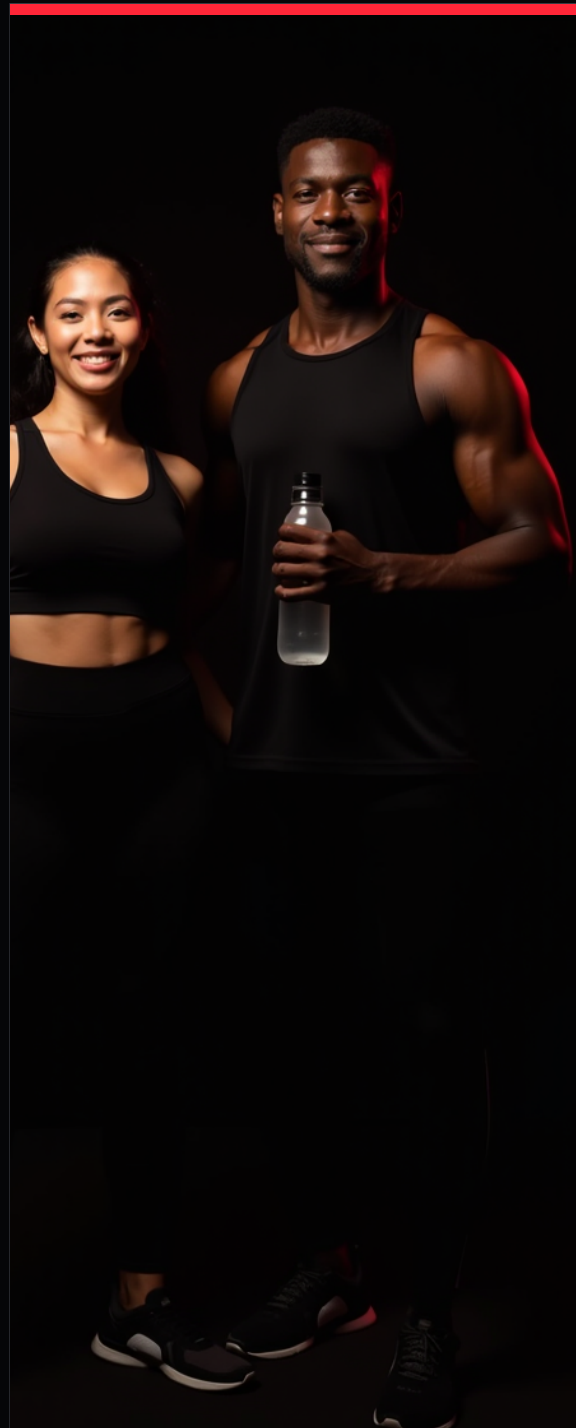
Plan a balanced snack with protein and fiber for the part of the day when your energy usually dips.

RECOVERY

Spend five minutes on slow nasal breathing or another quiet practice that helps your body downshift.

STOP RULE

Stop if you feel chest discomfort, dizziness, or pain; return to easy walking only when you feel settled and seek qualified guidance if needed.



Day 6 — Perform

Repeat familiar movements and make them more consistent.

STANDARD

Complete three rounds: 10 squats, 8 incline push-ups, 10 backpack rows per side, and a 30-second carry with a light object.

EASIER

Complete two rounds: 6 chair squats, 5 wall push-ups, 6 light rows per side, and a 15-second easy carry.

NUTRITION

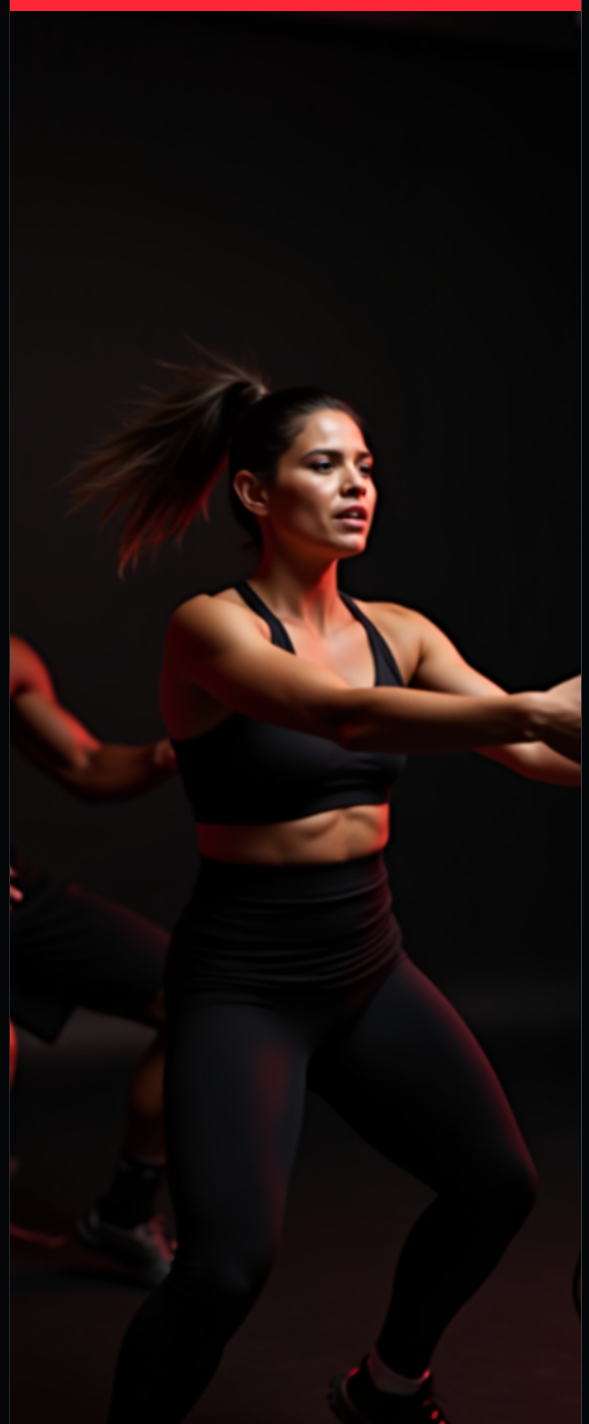
Prep one flexible meal component for tomorrow, such as washed produce, cooked grains, or a ready protein option.

RECOVERY

Review your water, movement, and sleep cues; keep the one that was easiest to repeat.

STOP RULE

Stop if grip, balance, or form feels unsafe; set the load down and consult a qualified professional for any recurring concern.



Day 7 — Prove It

Finish with a controlled session and a clear next-week commitment.

STANDARD

Complete two rounds: 8 squats, 6 incline push-ups, 8 rows per side, 20 seconds of marching, and a 30-second reflection.

EASIER

Complete one round: 5 supported squats, 4 wall push-ups, 5 light rows per side, 10 seconds of marching, and a seated reflection.

NUTRITION

Choose one Supermaxx Plate meal to repeat next week and add its ingredients to your grocery list.

RECOVERY

Record what felt useful, what felt hard, and one small action you will schedule for the next seven days.

STOP RULE

Stop if pain, dizziness, or unusual fatigue appears; recovery is part of training, and qualified support can help you choose a safe next step.



Tracker and Next Step

Mark the actions you practiced, then carry one helpful habit into next week. Visit <https://supermaxxwellness.net> when you are ready to explore the Founder paths.

- ☐ Day 1
- ☐ Day 2
- ☐ Day 3
- ☐ Day 4
- ☐ Day 5
- ☐ Day 6
- ☐ Day 7
- ☐ Customer Founder: start with the wellness path and early access.
- ☐ Affiliate Founder: explore creator and referral tools as they become available.
- ☐ Founder Maxx: combine the customer and affiliate paths when that route fits your goals.

