



**GET RESILIENT**



## **WELCOME TO THE GET RESILIENT 4 WEEK PROGRAM!**

I'm so stoked that you're here and can't wait to help you get stronger, build a resilient mindset, and crush your goals.

## **WHAT IS THE GET RESILIENT PROGRAM?**

This program is a 3 day per week, 4 week exercise and mindset program aimed to help you get a stronger body and mind. In this program, you'll get four weeks of powerlifting-based program to help get you stronger, plus weekly mindset exercises to help you level up inside and outside of the gym.

## **WHO IS THIS PROGRAM FOR?**

This is for anyone with some lifting or powerlifting experience (particularly the back squat, bench press, and deadlift) who is looking to increase their strength and learn new skills for success. If you're a brand new lifter who has never touched a barbell, this probably isn't the program for you.

## HOW DO I READ THE PROGRAM?

Workouts are written as follows: exercise, sets x reps, percentage or weight instruction.

### BACK SQUAT

5 x 5 75%

### ROPE PUSHDOWNS

3 x 15 RPE 8

For main movements with percentages: please use a one rep max or the heaviest lift you've done as your 100%. For example, 80% back squat if your squat is 100#, would be 80#.

## FOR ACCESSORY MOVEMENTS

Pick a weight that is challenging but doable. An easy way to do this is to use an "RPE" or rate of perceived exertion scale to help you select weights. There are many different ways to use RPE, so please use your favorite style if RPE is something you're familiar with. If RPE is new to you, here is a quick and easy way to conceptualize it:

RPE is a scale of 1-10 where 1 = super easy, could do that weight literally all day and 10 = max weight, one rep max, could definitely not do another one.

This may increase over the course of the next few weeks so don't be afraid to challenge yourself! Make sure all movements stay high quality and avoid sacrificing form for weight.

## REP MAXES

Your last week has you finding a 5 or 3 rep max for your main movements. A rep max is the maximum weight you can do for the allotted repetitions (5 or 3). This should be a very heavy set of 5 or 3 that is difficult to complete, but not impossible.

## WHAT IF I HAVE QUESTIONS ABOUT AN EXERCISE?

Google is going to be your best friend here! You can also reach out to me to ask questions via email or Instagram.



**READY TO GET STARTED?  
LET'S DO IT!**

A woman with long dark hair is in a gym, looking down at a barbell. She is wearing a black tank top, blue shorts, a grey lifting belt, and white Adidas socks. The background shows gym equipment and a concrete wall.

**GOALSETTING**

# GOALSETTING

The next four weeks are all about helping you get stronger, step into your power, and cultivate resilience. Before we embark on this journey, we need to set some goals! Clearly defined, specific, and measurable goals is an important part of creating success because they allow us to have a plan, make adjustments, and assess our progress. With that said, let's get to setting those goals!

# OUTCOME GOALS

Let's start with setting an outcome goal. An outcome goal is a goal focused on the results you want to achieve. Some examples of outcome goals include:

- I want to lose 20lbs.
- I want to squat 200lbs.
- I want to get a gold medal at my next powerlifting meet.
- These goals are all about getting something - a certain number on the scale, the bar, or a placing at a competition.

## WHAT IS YOUR OUTCOME GOAL FOR THE NEXT 4 WEEKS? (BE SPECIFIC!)

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Outcome goals can give us helpful directions but they don't give us guidance on how to get to where we want to go. Also, once we achieve our goal, we may be now?" feeling and not know where to turn once we've reached said goal. If we don't reach our outcome goal, we may feel like a failure (and you're definitely not!) and throw our hands up in frustration. How do we overcome this? By setting process goals.

# PROCESS GOALS

Process goals are goals that are all about the behaviors and habits we need to perform to reach our goals. Cultivating and practicing these behaviors gives a deeper level of satisfaction, education, and engagement which ultimately leads to bigger, better, and repeated success!

Now that you've got your big goal, let's break it down into process goals for maximize success. Some examples of process goals include:

- I will eat 3 servings of veggies every day.
- I will complete all portions of my workouts.
- I will be consistent in my nutrition, recovery, and workouts to help me win.

## WHAT ARE THREE PROCESS GOALS THAT WILL HELP YOU REACH YOUR GOALS IN THE NEXT 4 WEEKS?

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# PROGRAM

# WEEK 1 | FLEX YOUR MIND EXERCISE

**SET GOALS AND BRING AWARENESS TO EVERY TRAINING SESSION.**

What do you want to accomplish today?

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What did you “win” at today?

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What your TWO things you can improve on next session?

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# WEEK 1 PROGRAM

## DAY ONE

### BACK SQUAT

5 x 5 75%

### DUMBBELL ROMANIAN DEADLIFTS

4 x 8 RPE 8

### WALKING LUNGES

4 x 8/leg RPE 7

### REAR DELT FLYES

4 x 10 RPE 7

### PLANKS

10 seconds on/10 seconds off  
for 10 rounds

## DAY THREE

### DEADLIFT

5 x 3 75%

### DUMBBELL GOBLET SQUAT

4 x 8 RPE 8

### STEP UPS

4 x 8/leg RPE 7

### CHEST SUPPORTED ROW

4 x 8 RPE 8

### FACE PULLS

3 x 12 RPE 9

## DAY TWO

### BENCH PRESS

5 x 5 75%

### DUMBBELL INCLINE BENCH

4 x 8 RPE 8

### DUMBBELL SEATED OVERHEAD PRESS

4 x 8 RPE 7

### DUMBBELL HAMMER CURLS

4 x 12 RPE 7

### ROPE PUSHDOWNS

3 x 15 RPE 8

# WEEK 2 | FLEX YOUR MIND EXERCISE

## LET'S TAKE A LOOK AT YOUR RESILIENCY TOOLBOX

What was IN your control this week?

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What was NOT in your control this week?

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What are THREE ways that you improve things you can control and THREE things to navigate things you cannot control?

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# WEEK 2 PROGRAM

## DAY ONE

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### BACK SQUAT

4 x 5 80%

### DUMBBELL ROMANIAN DEADLIFTS

4 x 8 RPE 8

### WALKING LUNGES

4 x 8/leg RPE 7

### REAR DELT FLYES

4 x 10 RPE 7

### PLANKS

10 seconds on/10 seconds off  
for 10 rounds

## DAY THREE

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### DEADLIFT

4 x 3 80%

### DUMBBELL GOBLET SQUAT

4 x 8 RPE 8

### STEP UPS

4 x 8/leg RPE 7

### CHEST SUPPORTED ROW

4 x 8 RPE 8

### FACE PULLS

3 x 12 RPE 9

## DAY TWO

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### BENCH PRESS

4 x 5 80%

### DUMBBELL INCLINE BENCH

4 x 8 RPE 8

### DUMBBELL SEATED OVERHEAD PRESS

4 x 8 RPE 9

### DUMBBELL HAMMER CURLS

4 x 12 RPE 7

### ROPE PUSHDOWNS

3 x 15 RPE 8

# WEEK 3 | FLEX YOUR MIND EXERCISE

**DID YOU HAVE A TOUGH TRAINING SESSION THIS WEEK? LET'S WORK ON REFRAMING AND LEARNING FROM THOSE NOT SO GREAT DAYS.**

What was the struggle this week?

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What lesson can you learn from your struggle? How can you reframe this into something positive?

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What can you do to improve next week? Be specific!

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# WEEK 3 PROGRAM

## DAY ONE

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### BACK SQUAT

3 x 5 85%

### DUMBBELL ROMANIAN DEADLIFTS

3 x 10 RPE 8

### WALKING LUNGES

3 x 10/leg RPE 7

### REAR DELT FLYES

3 x 10 RPE 7

### PLANKS

10 seconds on/10 seconds off  
for 10 rounds

## DAY THREE

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### DEADLIFT

3 x 3 85%

### DUMBBELL GOBLET SQUAT

3 x 10 RPE 8

### STEP UPS

3 x 10/leg RPE 7

### CHEST SUPPORTED ROW

3 x 8 RPE 8

### FACE PULLS

3 x 12 RPE 9

## DAY TWO

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### BENCH PRESS

3 x 5 85%

### DUMBBELL INCLINE BENCH

3 x 10 RPE 7

### DUMBBELL SEATED OVERHEAD PRESS

3 x 8 RPE 7

### DUMBBELL HAMMER CURLS

4 x 12 RPE 7

### ROPE PUSHDOWNS

3 x 15 RPE 8

# WEEK 4 | FLEX YOUR MIND EXERCISE

**A BIG PART OF BEING RESILIENT IS LEARNING TO BE RESOURCEFUL WHEN THINGS DO NOT COME TOGETHER AS YOU PLANNED.**

How can you pivot to accomplish your goals for the day, even when things don't come together?

Think through some frequent scenarios that come up in your life: work, school, family obligations, etc.

What are THREE things that you can do work on your goals when life gets hectic?

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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# WEEK 4 PROGRAM

## DAY ONE

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### BACK SQUAT

5RM

### DUMBBELL ROMANIAN DEADLIFTS

3 x 8 RPE 8

### WALKING LUNGES

3 x 10/leg RPE 9

### REAR DELT FLYES

3 x 10 RPE 7

### PLANKS

10 seconds on/10 seconds off  
for 10 rounds

## DAY THREE

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### DEADLIFT

3RM

### DUMBBELL GOBLET SQUAT

3 x 8 RPE 8

### STEP UPS

3 x 10/leg RPE 9

### CHEST SUPPORTED ROW

3 x 8 RPE 8

### FACE PULLS

3 x 12 RPE 9

## DAY TWO

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### BENCH PRESS

5RM

### DUMBBELL INCLINE BENCH

3 x 8 RPE 8

### DUMBBELL SEATED OVERHEAD PRESS

3 x 8 RPE 9

### DUMBBELL HAMMER CURLS

3 x 12 RPE 7

### ROPE PUSHDOWNS

3 x 15 RPE 8

A woman with dark hair, smiling and looking down, is working out in a gym. She is wearing a black tank top with the word 'ESTRO' visible on it. She is positioned in front of a piece of gym equipment, possibly a weight rack. The background shows a gym setting with various pieces of equipment and a window.

**REFLECTION**

# REFLECTION

**NOW THAT YOU'VE SPENT 4 WEEKS GETTING RESILIENT AND STRONG, IT'S TIME TO REFLECT ON ALL OF THE AWESOME PROGRESS YOU'VE MADE.**

Take a look back at your outcome goal - did you achieve it? If not, did you make significant strides towards this goal? Did your goal change along the course of the 4 weeks?

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Look back at your process goals - how did you do on achieving things? Are there areas you can improve? Are there other things that came up that you'd like to add to these goals?

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# REFLECTION

What ways did you get stronger physically?

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What ways did you get stronger mentally?

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# GABSTRENGTH

Congratulations on an awesome 4 weeks and taking some steps to get strong in every way!

I'd love to hear about your results, see your progress, and celebrate your wins. If you want to continue your coaching journey with one on one coaching, have questions, or are interested in some other resources, reach out!

Send an email to [info@gabstrength.com](mailto:info@gabstrength.com)

Tag and DM @gabstrength