



## DELTA ZONE STARTER SYSTEM

### 1 Week Beginner Life Training Plan

Most people wake up feeling strong and motivated in the morning, but by the afternoon their energy drops, their body feels heavy, and simple physical tasks feel harder. This daily drop in energy is what the Delta Zone System focuses on. The **Delta** is the gap between how strong and energetic you feel when the day begins and how fatigued your body feels later. The purpose of Delta Zone training is not competition. It is to help everyday people move better, maintain energy, and stay physically capable even when fatigue begins to build. This system trains the body to move efficiently when energy is lower — the same moment most people stop moving entirely. These sessions are designed for beginners and can be adjusted for any age, fitness level, or limitation.

#### DAY 1 – Reset the Body

This session wakes up the body and restores basic movement patterns. The goal is simply to move and build momentum.

Segment	Workout
Warm Up	5 minute walk
Round 1	10 bodyweight squats

Round 2	10 pushups (or incline pushups)
Round 3	20 second plank
Repeat	Complete 3 rounds total
Finish	5–10 minute relaxed walk

## DAY 2 – Moving Through Fatigue

This session introduces light fatigue and teaches the body to keep moving even when energy begins to dip.

Segment	Workout
Warm Up	5 minute easy walk or bike
Main Set	4 rounds: 300m walk/jog
Strength	10 lunges + 10 squats
Recovery	60 seconds rest between rounds
Finish	Light stretching

## DAY 3 – Everyday Strength

This workout builds strength for everyday life tasks like lifting, carrying, and moving objects while slightly tired.

Segment	Workout
Warm Up	5 minute easy movement
Main Set	3 rounds: 500m walk/jog
Strength	15 dumbbell or kettlebell deadlifts
Carry	20 meter farmer carry
Recovery	90 seconds rest between rounds
Finish	5 minute walk and stretch

**The Goal of the Delta Zone** Energy changes throughout the day. Instead of stopping when fatigue appears, Delta Zone training teaches your body to adapt and keep moving. Over time this improves: • daily energy • physical resilience • strength during fatigue • long-term health Consistency matters more than intensity. Start small, move often, and allow the system to build gradually.