



I l e n i a A t z o r i

7-Day Fitness KickStart Guide

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Build Strength, Discipline & Momentum — One Day at a Time

By Ilenia | Strength, Conditioning & Mindset Coach

WELCOME

I'm Ilenia — a strength and mindset coach passionate about helping you become the strongest version of yourself, inside and out.

If you're holding this guide, it means you're ready to make a change.

Maybe you've been inconsistent.

Maybe life, stress, work, and responsibilities got in the way.

Maybe you know exactly what to do... but doing it feels overwhelming.

This guide is your reset.

Over the next 7 days, you'll build momentum through simple actions, powerful mindset shifts, and beginner-friendly strength training. My goal is to show you that getting started doesn't require perfection — just intention.

By the end of these 7 days you will feel:

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- more grounded
- more capable
- more confident
- more connected to your goals

You're here. You're doing this. And I'm proud of you already.

Let's get started.

HOW TO USE THIS GUIDE

This is not a "challenge."

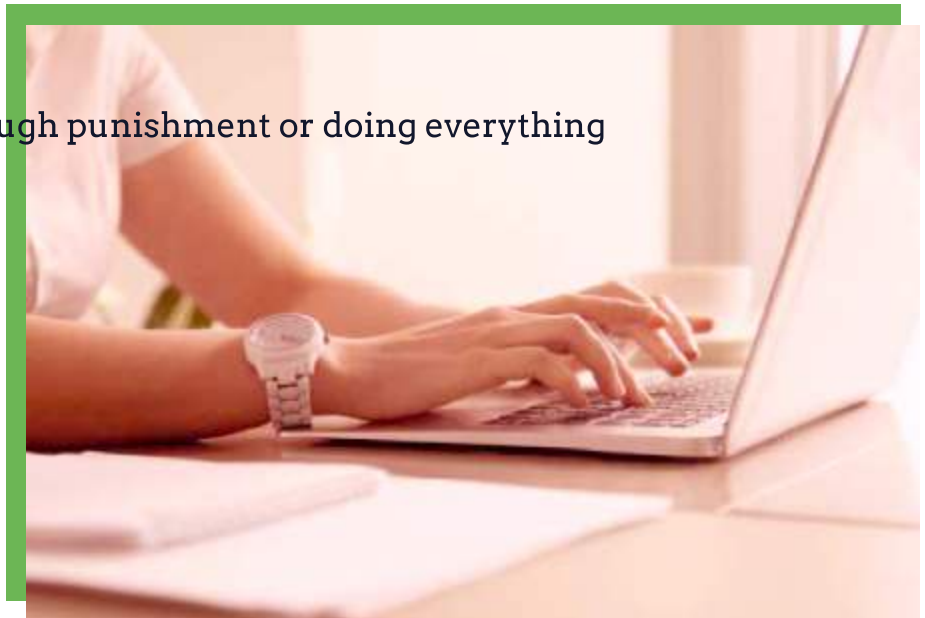
It's not about discipline through punishment or doing everything perfectly.

This guide is about:

- ✨ small steps
- ✨ daily wins
- ✨ reconnecting with yourself
- ✨ building consistency without stress

Your only rule:

Do something every day. Something small is still something.



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Each day includes:

- One simple habit
- A short movement practice or workout
- A mindset prompt or reflection

If you miss a day?

You come back the next one — no guilt.

DAY 1 — RESET YOUR WHY

Your Habit: 5 Deep Breaths + 5 Minutes of Stillness

Sit somewhere quiet and breathe deeply into your belly.

Let your shoulders drop.

Let today be a clean slate.

Mindset Prompt

Why now?

Why do you want to get fitter, stronger, healthier?

Write it down. When motivation fades, your “why” keeps you moving.

Movement

5-minute mobility flow:



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- Cat–Cow x 10
- Hip openers x 10 each side
- Shoulder circles x 10
- Thoracic rotations x 8 each side

DAY 2 — BUILD YOUR NON-NEGOTIABLES

Consistency isn't about doing everything perfectly — it's about the small things you repeat daily.

Your Habit: Choose 2 Non-Negotiables

Examples:

- Drink 2L of water
- Take a 10-minute walk
- Add protein to breakfast
- Stretch for 5 minutes

Choose ONLY two. Make them easy.

Mindset Prompt

What usually stops you from staying consistent?

Be honest. Awareness is step one.

Movement

8-minute warm-up flow:



- Glute bridge hold 20 sec
- Dead bug x 6 each side
- Squat to stand x 8
- Marching hip raises x 10 each leg

Repeat twice.

DAY 3 — STRENGTH FOUNDATIONS

Today we build confidence. No equipment needed.

Full-Body Beginner Workout

A1. Glute Bridges — 12 reps

Focus on squeezing your glutes at the top.

A2. Bodyweight Squats — 10–12 reps

Keep chest lifted, feet grounded.

A3. Incline Push-Ups — 8–10 reps

Use a bench/counter to make it easier.

A4. Row (band or table) — 10 reps

Think “pull elbows back.”

A5. Core Brace — 20 seconds

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Ribs down. Hips still.

Repeat 2–3 rounds.

Mindset Prompt

What movement felt surprisingly good today?

DAY 4 — NUTRITION RESET

No diets. No restriction. No “starting again Monday.”

Today we simplify.

Your Habit: Add Protein to Every Meal

Examples:

- Eggs
- Greek yogurt
- Chicken, tofu, fish
- Lentils or chickpeas
- Protein shake

Portion Guide (Easy Visual)

- Protein = 1–2 palms
- Carbs = 1 cupped hand
- Fats = 1 thumb
- Veggies = 2 handfuls



Mindset Prompt

What's one small nutrition habit you can realistically maintain?

DAY 5 — MOVE FOR YOUR MIND

Movement isn't only physical — it resets your nervous system.

Your Habit: 20–30 Minute Walk

If you can, walk outside.

Leave your phone in your pocket.

Notice your breath, your posture, your pace.

Mindset Prompt

How does movement change your mood?

Write down 3 observations.

DAY 6 — STRENGTH CONFIDENCE CIRCUIT

A simple full-body routine to build strength and self-belief.

Circuit

A1. Reverse Lunges — 8 each side

A2. Elevated Push-Ups — 8–10

A3. Hip Hinge (with backpack/dumbbell) — 12 reps

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A4. Dead Bug — 6 each side

A5. Glute Bridge March — 12 each side

Rest 60–90 seconds. Repeat 2–3 rounds.

Mindset Prompt

Where did you feel strong today?

It doesn't need to be physical — emotional strength counts too.

DAY 7 — REFLECT + RESET

You made it to day 7 — incredible work.

Reflection Questions

1. What did you learn about yourself this week?
2. What felt easier than expected?
3. What challenged you (and how can we work on it together)?
4. How do you want to feel 12 weeks from now?

Your Habit

Set 1–2 goals for the next week — realistic, not perfect.

Movement (Optional)

Repeat your favorite workout from the week.

PORTION CONTROL GUIDE (Visual Summary)



Protein (1–2 palms)

Supports muscle, keeps you full longer.

Carbs (1 cupped hand)

Fuel for energy, training, and recovery.

Fats (1 thumb)

Essential for hormones + satiety.

Veggies (2 handfuls)

Vitamins, minerals, fibre — eat the rainbow.

MOVEMENT BASICS (Technique Tips)

The Squat

- Feet shoulder-width
- Sit hips back
- Knees track over toes
- Chest lifted

The Hinge

- Push hips back
- Neutral spine
- Feel hamstrings working

Push

- Elbows 45°
- Brace core

Pull

- Squeeze shoulder blades
- Lead with your elbows

Core Brace

- Ribs down
- Belly firm
- Breathe through tension

MY COACHING APPROACH

My coaching is built around three pillars:

1. Strength Training

We build a strong, capable body that supports your life, not drains it.

2. Mindset Work

Discipline, confidence, self-belief — these are skills you can grow.

3. Sustainable Habits

No extremes. No guilt.

Just real, enjoyable habits you can maintain long term.

I work closely with clients who want guidance, structure, accountability, and someone who actually understands what they need — physically and mentally.



READY FOR YOUR NEXT STEP?

If you enjoyed this guide and want deeper support — personalised training, mindset coaching, nutrition guidance, and full accountability — I'd love to help you continue this journey.

👉 Click here to apply for coaching

<https://atypicalptile.com/>

👉 Or send me a message on Instagram: [@AtypicalPT_Ile]

👉 Or send me an email at : ilenia.atzori92@gmail.com

You're capable of so much more than you think.

Let's build the strongest, happiest version of you — together.