

— TRAINING SYSTEM · THE ON-RAMP

FOUNDATIONS OF FORM

Your first twelve weeks. The patterns, the progression, and the standard you will build everything else on.

LEVEL

Beginner

LENGTH

12 Weeks

SCHEDULE

3 Days / Wk

STYLE

Full-body



01 — BEGIN HERE

THIS IS YOUR FIRST SEASON.

Most people quit in the first month — not from weakness, but from confusion. Too many exercises, no plan, no way to know if it's working. Foundations of Form removes the noise. Three sessions a week, a handful of movements, and one rule for getting stronger.

FOR YOU, IF

You're new, returning after years away, or you've trained a while but never on a real plan. You want to build a body that lasts, not chase a two-week transformation.

NOT YET, IF

You already squat and pull with confidence and want size or strength fast — start at Hypertrophy Method or Strength Architecture instead. Come here only if form is the gap.

BY THE END OF WEEK TWELVE, YOU WILL

Own the six movements that every program is built from · know exactly how to make a lift harder without guessing · have twelve weeks of training logged in your own hand · and, quietly, have become someone who trains — not someone trying to start.

WHAT'S INSIDE

The principles	P. 03
The plan at a glance — keep this page	P. 04
The movement library	P. 05
The sessions · weeks 1–12	P. 06
The plate · nutrition pairing	P. 08
Recovery	P. 09
The trackers · print these	P. 10
Questions, answered	P. 12



02

THE FIVE PRINCIPLES

Everything in this program follows from these. Read them once; they explain every choice that follows.

01 **TECHNIQUE BEFORE LOAD**

A clean rep with less weight beats a heavy rep done badly, every time. For twelve weeks, the weight serves the movement — never the other way around.

02 **PROGRESSIVE OVERLOAD**

Muscle and strength are built by asking the body for a little more over time — another rep, a little more weight. One rule, applied patiently, is the entire engine. → [Studies · Progressive Overload](#)

03 **FULL-BODY FREQUENCY**

Training each pattern three times a week teaches it faster than splitting the body into parts. Beginners progress on practice, not on punishment.

04 **LEAVE REPS IN RESERVE**

You stop a few reps short of failure. This grooms technique, protects the joints, and still drives every adaptation you need at this stage.

05 **MEASURE IN MONTHS**

Strength moves in weeks; the body changes over seasons. The work is unglamorous and it compounds. Show up; let time do what it does.



03

THE PLAN AT A GLANCE

Twelve weeks, one page. Screenshot it. This is the whole program — everything after is detail.

THE ARC · FOUR BLOCKS

WEEKS 1–4

FOUNDATION

3×8–10 · ~3 reps in reserve. Learn the patterns. Add reps before weight.

WEEKS 5–8

LOAD

3×6–8 · ~2 RIR. Start adding weight as the reps come easily.

WEEKS 9–11

BUILD

4×6–10 · 1–2 RIR. Add a set. Push the last set closer.

WEEK 12

DELOAD

2×8 · easy. Back off, recover, retest. Then repeat heavier.

THE WEEK · THREE FULL-BODY SESSIONS, A REST DAY BETWEEN

DAY A

SQUAT

- 1 Squat
- 2 DB Bench Press
- 3 One-arm DB Row
- 4 Plank
- 5 Calf raise

DAY B

HINGE

- 1 Romanian Deadlift
- 2 DB Shoulder Press
- 3 Lat Pulldown
- 4 Dead Bug
- 5 Biceps curl

DAY C

MIXED

- 1 Split Squat
- 2 Incline DB Press
- 3 Seated Cable Row
- 4 Farmer's Carry
- 5 Face pull

THE ONE RULE

Hit the **top of the rep range on every working set** → next session, add the smallest weight (2.5 kg upper body, 5 kg lower), drop to the bottom of the range, and climb again. That loop is progressive overload. It is the whole program.



04

THE MOVEMENT LIBRARY

Six patterns build the entire body. Learn these and you can train anywhere, forever. One cue to hold, one error to avoid.

01 SQUAT

Goblet Squat → Barbell Back Squat

Cue: sit down between your hips, chest tall, drive the floor away. Avoid: knees caving in, heels lifting.

02 HINGE

Romanian Deadlift

Cue: push the hips back, soft knees, bar close to the legs, flat back. Avoid: rounding the lower back, squatting it down.

03 HORIZONTAL PUSH

Push-up → Dumbbell Bench Press

Cue: shoulder blades pinned, elbows ~45°, press the floor away from you. Avoid: flaring elbows, bouncing off the chest.

04 HORIZONTAL PULL

One-arm Dumbbell Row → Seated Cable Row

Cue: lead with the elbow, pull to the hip, squeeze the back — not the arm. Avoid: yanking with the bicep, twisting the torso.

05 VERTICAL PUSH & PULL

DB Shoulder Press · Lat Pulldown / Assisted Pull-up

Cue: ribs down on the press; chest to the bar on the pull. Avoid: arching the back to press, half-range pulldowns.

06 CARRY & BRACE

Farmer's Carry · Plank · Dead Bug

Cue: stand tall, ribs stacked over hips, breathe behind a braced core. Avoid: leaning, holding your breath, sagging hips.



05

THE SESSIONS

Warm up first — 5 minutes easy cardio, then 1–2 light ramp-up sets of the first lift. Sets & reps shown for **Block 1 (Weeks 1–4)**; adjust per the block guide on the next page. Rest 90–120s between sets.

DAY A · SQUAT EMPHASIS

EXERCISE	SETS × REPS	RIR	NOTE
Squat SQUAT	3 × 8–10	3	Goblet, then barbell
DB Bench Press HORIZONTAL PUSH	3 × 8–10	3	Push-ups if no bench
One-arm DB Row HORIZONTAL PULL	3 × 10–12	3	Each side
Plank BRACE	3 × 30–45s	—	Ribs down, glutes on
Calf Raise · optional	2 × 12–15	2	Full range

DAY B · HINGE EMPHASIS

EXERCISE	SETS × REPS	RIR	NOTE
Romanian Deadlift HINGE	3 × 8–10	3	Hips back, bar close
DB Shoulder Press VERTICAL PUSH	3 × 8–10	3	Seated or standing
Lat Pulldown VERTICAL PULL	3 × 10–12	3	Assisted pull-up works
Dead Bug BRACE	3 × 8/side	—	Slow, low back flat
Biceps Curl · optional	2 × 10–12	2	No swinging

**DAY C · MIXED**

EXERCISE	SETS × REPS	RIR	NOTE
Split Squat SQUAT · SINGLE-LEG	3 × 8–10	3	Each leg; or Leg Press
Incline DB Press HORIZONTAL PUSH	3 × 8–10	3	~30° bench
Seated Cable Row HORIZONTAL PULL	3 × 10–12	3	Chest tall, no lean-back
Farmer's Carry CARRY	3 × 30 m	—	Heavy, tall posture
Face Pull · optional	2 × 15	2	Healthy shoulders

06**HOW EACH BLOCK CHANGES**

BLOCK	SETS × REPS	RIR	WHAT YOU DO
1 · Foundation WEEKS 1–4	3 × 8–10	~3	Own the technique. Add a rep each week before you add any weight.
2 · Load WEEKS 5–8	3 × 6–8	~2	Heavier. When all sets hit 8, add the smallest plate and drop back to 6.
3 · Build WEEKS 9–11	4 × 6–10	1–2	Add a fourth set. Take the final set genuinely close to hard.
4 · Deload WEEK 12	2 × 8	4+	~60–70% of working weight. Light and crisp. Recover, then retest your lifts.

After week 12: run it again with your new, heavier starting weights — or step up to **Hypertrophy Method**. You'll be ready.



07

THE PLATE

Training is the signal; food is the material. You do not need a diet for this — you need enough protein and enough real food to recover. Here is the whole of it.

BUILD EVERY PLATE FROM FOUR PARTS

PROTEIN

A palm, each meal

Eggs, curd, paneer, soya, chicken, fish, whey. Dal + rice together counts. This is the part Indians miss — guard it.

CARBS

A cupped hand

Rice, roti, poha, oats, fruit. Fuel for training — do not fear them. More on training days.

VEGETABLES

Two fists

Any sabzi, salad, greens. Volume, fibre, micronutrients. They keep you full on less.

FATS

A thumb

Ghee, oil, nuts, seeds. A little, by habit — not the main event of the plate.

THE ONE NUMBER WORTH TRACKING

Protein: aim for roughly **1.6–2.0 g per kg** of bodyweight, every day. A 70 kg person $\approx$ 110–140 g. Spread it across the day, with protein at every meal. Hit this and you can be relaxed about almost everything else.

DON'T OVERTHINK THE REST

Eat to roughly maintain your weight while you learn to train. Drink water, sleep, and keep meals mostly whole-food. The full Indian-first system — portions, swaps, eating out — lives in **The Indian Plate**.

IN SHORT

Protein at every meal · enough carbs to train hard · vegetables for volume · water and sleep. That is 90% of nutrition for your first season.



08

RECOVERY

You do not grow in the gym. You grow in the hours after it. Training is the stimulus; recovery is where the body answers.

SLEEP

7–9 hours. The single most powerful recovery tool you have, and the only one that is free. Protect it before any supplement.

REST DAYS

A full day between sessions. Walk, stretch, live. Doing nothing is part of the plan, not a break from it.

STEPS

7,000–9,000 a day. Easy movement aids recovery, manages appetite, and keeps you healthy without taxing the lifts.

TWO THINGS TO UNLEARN

Soreness is not the scoreboard. It tells you a movement was new, not that a session was good. You will get sore early and less so as you adapt — both are normal, neither measures progress.

The week-12 deload is training. Backing off on purpose lets the body consolidate everything you built. Skipping it is not toughness; it is leaving progress on the table.



09

THE WEEK LOG

Print this page. Tick each session as you finish it — three a week, twelve weeks. The page filling in is the progress.

WEEK	DAY A	DAY B	DAY C	WEIGHT / NOTES
01 • Found.				
02				
03				
04				
05 • Load				
06				
07				
08				
09 • Build				
10				
11				
12 • Deload				



09

THE LIFT LOG

One row per lift. Write the weight you used and the reps you hit. When the top of the range comes easily across all sets, add weight — and watch the numbers climb.

LIFT	WK 2	WK 4	WK 6	WK 8	WK 10	WK 12
Squat						
Romanian Deadlift						
DB Bench Press						
DB Shoulder Press						
Lat Pulldown						
Seated Cable Row						
Incline DB Press						
Split Squat						

BODYWEIGHT · OPTIONAL

WK 1	WK 4	WK 8	WK 12

NOTES TO SELF



10

QUESTIONS, ANSWERED

I'M COMPLETELY NEW — IS THIS REALLY FOR ME?

Exactly for you. Start lighter than feels necessary, focus on the cue for each movement, and let the weight rise on its own.

HOW FAST WILL I SEE RESULTS?

Strength and coordination in 2–3 weeks. Visible change over 8–12. The honest unit of measure is months — this is a foundation, not a sprint.

SHOULD I DO CARDIO?

Walk daily. If you want more, add the **Conditioning** program — it bolts straight onto this. Just don't let it crowd out the lifts.

I'M SORE. DO I STILL TRAIN?

Mild soreness, yes — train through it. Sharp or joint pain, no. Soreness is information, not a target.

I MISSED A SESSION, OR A WHOLE WEEK.

Resume exactly where you left off. Never try to "make up" lost sessions. Consistency over a season beats perfection over a week.

HOME OR GYM?

A gym is ideal. At home it works with adjustable dumbbells and a bench — the patterns don't change, only the equipment.

CAN WOMEN RUN THIS PROGRAM?

Yes — without changes. The movements and the progression are identical; only the loads differ. It builds strong, capable bodies regardless.

WHAT COMES AFTER WEEK 12?

Run it again with your new heavier starting weights, or move up to **Hypertrophy Method** to start building real size.



YOU WILL NOT FEEL TRANSFORMED. YOU WILL FEEL LIKE SOMEONE WHO TRAINS.

That is the point. Not a result you chase, but a default you return to
— built quietly, one logged session at a time, for the next decade
rather than the next twelve weeks.

NEXT PROGRAM

HYPERTROPHY METHOD

When form is no longer the gap,
build the size.

EVERY MORNING

THE EDGE

One letter before noon. One
principle, one practice.

WHEN YOU'RE READY

COUNSEL

Direct guidance from the studio.
By application.

vysnfitness.com