

— TRAINING SYSTEM · THE FIRST STEP

THE ON-RAMP

Six weeks, no gym, no equipment. Build the habit and the base strength to walk into your first program already moving well.

LEVEL

Beginner

LENGTH

6 Weeks

SCHEDULE

3 Days / Wk

STYLE

Bodyweight



01 — BEGIN HERE

START BEFORE YOU'RE READY.

The hardest part of training isn't the training — it's the doorway. The gym feels like a room full of people who already know what they're doing. The On-Ramp is the six weeks before that. No gym, no equipment, no audience. Just your own bodyweight, three times a week, building the one thing every program needs first: the habit of showing up.

FOR YOU, IF

You've never trained, you're coming back after years, or the gym still feels intimidating. You want to build a base at home and arrive at your first real program already moving well.

NOT YET, IF

You already train with weights and know the basic lifts. Start at Foundations of Form instead — this is the rung below it, built for the very first step.

BY THE END OF WEEK SIX, YOU WILL

Move through the six basic patterns with control · hold a habit of three sessions a week · own push-ups, squats and a solid plank · and walk into Foundations of Form as someone who already 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 1–6	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 here follows from these. Read them once; they explain every choice that follows.

01 MOVEMENT BEFORE LOAD

Before you ever touch a weight, you learn to move your own body well. Six weeks of clean bodyweight reps build the control that makes every future lift safer and stronger.

02 CONSISTENCY OVER INTENSITY

At this stage the goal is not a hard workout — it is a kept appointment. Three short sessions you actually do beat a brutal one you dread and skip. The habit is the adaptation.

03 FULL-BODY, OFTEN

Each session trains the whole body. Practising the patterns three times a week teaches them far faster than chasing one muscle at a time. → Studies · Building a routine that survives a bad week

04 LEAVE REPS IN RESERVE

You always stop two or three reps short of failure. It keeps form clean, the joints happy, and tomorrow's motivation intact. Smooth, controlled reps — never grinding.

05 PROGRESS WITHOUT WEIGHTS

No dumbbells? You still progress — by adding reps, slowing the tempo, widening the range, then moving to a harder version of the move. The body adapts to demand, not to equipment.



03

THE PLAN AT A GLANCE

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

THE ARC · TWO BLOCKS

WEEKS 1-3

GROOVE

3 rounds · easy reps, ~3 in reserve.
Learn the patterns. Add a rep or two
each session.

WEEKS 4-6

BUILD

3 rounds · more reps, slower tempo,
harder variations. Push the last round
closer.

EVERY WEEK

3 SESSIONS

A, B and C — full-body, a rest day
between. 20-30 minutes each.

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

DAY A

SQUAT

- 1 Bodyweight Squat
- 2 Incline Push-up
- 3 Table / Door Row
- 4 Plank
- 5 Glute bridge

DAY B

HINGE

- 1 Hip Hinge / Glute Bridge
- 2 Knee Push-up
- 3 Towel Row
- 4 Dead Bug
- 5 Calf raise

DAY C

MIXED

- 1 Split Squat
- 2 Push-up
- 3 Superman Pull
- 4 Side Plank
- 5 March in place

THE ONE RULE

When a move feels easy for all three rounds, **make it harder the next session** — add reps, then slow the lowering to a 3-count, then progress to the harder variation in the library. That ladder is your progressive overload, no weights required.



04

THE MOVEMENT LIBRARY

Six patterns, each with an easier and a harder version. Start where you can do clean reps; climb the ladder as you get strong.

01 SQUAT

Box Squat → Bodyweight Squat → Split Squat

Cue: sit back between the hips, chest tall, heels down. Avoid: knees caving in, heels lifting.

02 HINGE

Glute Bridge → Hip Hinge → Single-leg Bridge

Cue: push the hips back and squeeze the glutes to stand; flat back throughout. Avoid: rounding the lower back, using the knees.

03 PUSH

Wall → Incline → Knee → Full Push-up

Cue: body in one line, elbows ~45°, lower under control. Avoid: sagging hips, flaring elbows, half reps.

04 PULL

Towel / Door Row → Table Row → Superman

Cue: lead with the elbow, squeeze the shoulder blades. Avoid: shrugging, yanking with the arms only.

05 BRACE

Plank · Dead Bug · Side Plank

Cue: ribs down, glutes on, breathe behind a tight core. Avoid: sagging hips, holding your breath.

06 MOVE

March in place · Brisk walk · Step-ups

Cue: tall posture, easy breathing, daily. Avoid: skipping it — easy movement is half the result.



05

THE SESSIONS

Warm up first — 3–4 minutes of easy marching and arm circles. Do the moves as a **circuit**: one round through, rest a minute, repeat for 3 rounds. Reps shown for **Block 1 (Weeks 1–3)**; progress per the guide on the next page.

DAY A · SQUAT EMPHASIS

EXERCISE	ROUNDS × REPS	RIR	NOTE
Bodyweight Squat SQUAT	3 × 10–15	3	Box squat if needed
Incline Push-up PUSH	3 × 8–12	3	Hands on a counter
Table / Door Row PULL	3 × 8–12	3	Lean back, pull in
Plank BRACE	3 × 20–40s	—	Ribs down, glutes on
Glute Bridge · optional	2 × 12–15	2	Squeeze at the top

DAY B · HINGE EMPHASIS

EXERCISE	ROUNDS × REPS	RIR	NOTE
Glute Bridge / Hip Hinge HINGE	3 × 10–15	3	Hips back, flat back
Knee Push-up PUSH	3 × 8–12	3	Full range, slow down
Towel Row PULL	3 × 10–12	3	Towel round a door handle
Dead Bug BRACE	3 × 6/side	—	Slow, low back flat
Calf Raise · optional	2 × 15–20	2	Full range, on a step



DAY C · MIXED

EXERCISE	ROUNDS × REPS	RIR	NOTE
Split Squat SQUAT · SINGLE-LEG	3 × 8–10	3	Each leg; hold a wall
Push-up PUSH	3 × 6–12	3	Easiest version you can do clean
Superman Pull PULL	3 × 10–12	3	Squeeze the back, brief hold
Side Plank BRACE	3 × 15–25s	—	Each side; hips high
March in Place · finish	2 × 40s	—	Easy, tall, breathe

06

HOW EACH WEEK CHANGES

BLOCK	HOW HARD	WHAT YOU DO
1 · Groove WEEKS 1–3	~3 RIR	Learn the patterns. Add a rep or two each session. Keep every rep smooth.
2 · Build WEEKS 4–6	~2 RIR	More reps, then a 3-second lowering, then the next variation up. Last round close to hard.

THE
LADDER

When a move is easy: **more reps** → **slower tempo** → **bigger range** → **harder variation**. Climb one rung at a time. That is how bodyweight training keeps getting harder without a single weight.

After week 6: step up to **Foundations of Form** — your first twelve weeks with weights. You'll arrive already moving well.



07

THE PLATE

You don't need a diet for these six weeks — you need enough protein and enough real food to recover and build the habit. 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. The part most people miss — guard it.

CARBS

A cupped hand

Rice, roti, poha, oats, fruit. Fuel for moving — don't fear them. A little 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 g per kg** of bodyweight a day. A 70 kg person $\approx$ 110 g. Put a protein at every meal and you've done the hard part. Everything else is detail.

PAIR IT WITH THE INDIAN PLATE

For the full system — portions by hand, the vegetarian plate, eating out, the goal dials — download **The Indian Plate**. It's the foundation every VYSN nutrition plan is built on, and it's free.

IN SHORT

Protein at every meal · enough carbs to move well · vegetables for volume · water and sleep. That is 90% of nutrition for your first six weeks.



08

RECOVERY

You don't grow during the session. You grow in the hours after it. The work is the signal; recovery is where the body answers.

SLEEP

7–9 hours. The single most powerful recovery tool you have, and the only one that's 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.

WALK DAILY

A brisk walk on most days. Easy movement speeds recovery, lifts mood, and builds the base your first program will stand on.

TWO THINGS TO UNLEARN

Soreness is not the scoreboard. It tells you a movement was new, not that a session was good. You'll get sore in week one and far less by week six — both are normal, neither measures progress.

Missing one session is nothing. Missing the habit is everything. If life gets in the way, do a shorter round and keep the appointment — momentum matters more than any single workout.



09

THE WEEK LOG

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

WEEK	DAY A	DAY B	DAY C	HOW IT FELT
01 • Groove				
02				
03				
04 • Build				
05				
06				

THE DAILY WALK

MON	TUE	WED	THU	FRI	SAT	SUN



09

THE MOVEMENT LOG

One row per pattern. Note the version you're on and the reps you hit. When it's easy for all three rounds, climb a rung — and watch the numbers and the variations rise.

PATTERN	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6
Squat						
Hinge / Bridge						
Push-up						
Row / Pull						
Plank (secs)						
Split Squat						

MY VERSION OF THE PUSH-UP

WALL	INCLINE	KNEE	FULL

NOTES TO SELF



10

QUESTIONS, ANSWERED

I CAN'T DO A SINGLE PUSH-UP. WHERE DO I START?

At the wall. Push-ups against a wall, then a counter, then your knees, then the floor. Everyone starts somewhere on that ladder — the ladder is the program.

DO I REALLY NEED NO EQUIPMENT?

None. A wall, a sturdy table or a door, and the floor are enough for all six weeks. A resistance band is a nice extra, never a requirement.

HOW LONG IS EACH SESSION?

Twenty to thirty minutes, warm-up included. Short is the point — short sessions get done, and done is what builds the habit.

IT FEELS TOO EASY. AM I WASTING TIME?

No. Easy and consistent is exactly right for week one. Use the ladder — more reps, slower tempo, harder variations — and it stops being easy soon enough.

I MISSED A FEW DAYS.

Just resume where you left off. Never try to "make up" sessions. Returning is the skill being built here — practise it.

CAN I DO THIS IF I'M VERY OUT OF SHAPE OR OLDER?

Yes — it's built for exactly that. Start at the easiest version of each move and progress at your own pace. If anything causes sharp pain, stop and scale back.

WHAT COMES AFTER WEEK 6?

Step up to **Foundations of Form** — your first twelve weeks with weights. The patterns are the same; you'll just add load to movements you already own.



YOU WILL STOP WONDERING IF YOU CAN.

Six weeks from now, the doorway won't feel like a doorway. You'll have built the one thing no program can give you — the habit of showing up — and you'll walk into your first season already moving like someone who trains.

NEXT PROGRAM

FOUNDATIONS OF FORM

Your first twelve weeks with weights. You'll be ready.

EVERY MORNING

THE EDGE

One letter before noon. One principle, one practice.

PAIR THE PLATE

THE INDIAN PLATE

The free, India-first nutrition foundation.

vysnfitness.com