



SECOND PRIME

8-WEEK PROGRAM

PRIME RESET

Lower Your Fitness Age

A practical eight-week progression for steady strength, cardio, mobility, balance, and muscular endurance.

START WITH CAPACITY, NOT PERFECTION.

Don't just count your years. Measure your prime.

Educational general-fitness guidance. Not medical advice.

PROGRAM OVERVIEW

BUILD CAPACITY YOU CAN KEEP.

Prime Reset is an eight-week, at-home general-fitness program built around the PrimeCheck assessment connections: lower-body strength, upper-body endurance, core endurance, balance and mobility, and low-impact conditioning. It progresses through Foundation, Build, and Prime phases using repeatable effort, comfortable range, and recovery-aware choices.

THE PHASES

Foundation • Weeks 1–2

Learn comfortable setup, controlled range, and repeatable effort.

Build • Weeks 3–5

Add small, sustainable volume while keeping quality ahead of fatigue.

Prime • Weeks 6–8

Practice performance-ready quality while maintaining recovery and reassessing safely if appropriate.

SAFETY AND SCOPE

READ BEFORE YOU BEGIN

Prime Reset is educational general-fitness guidance, not medical advice, diagnosis, or treatment. Stop if you feel chest pain, faintness, unusual shortness of breath, sharp or worsening pain, or another concerning symptom; seek urgent care when appropriate. If you have symptoms, an acute injury, an uncontrolled condition, or any uncertainty about beginning activity, consult an appropriate clinician first.

MVP general-fitness curriculum — clinical/exercise-professional review pending.

HOW TO USE THIS PLAN

THE WEEKLY RHYTHM.

Use the same simple weekly structure throughout the program. Follow the week-specific strength, cardio, and mobility doses on the following pages. Choose the easier variation when it helps you stay controlled, then progress only when the movement remains steady and comfortable.

Mon

Strength A

Chair Strength + Core Control

Tue

Cardio

Talk-test walk or march + daily mobility

Wed

Strength B

Push Capacity + Balance + Range

Thu

Cardio

Talk-test walk or march + daily mobility

Fri

Strength C

Chair Strength + Push Capacity + Core Control

Sat

Optional recovery

Easy walk, gentle mobility, or full rest

Sun

Reset

Brief mobility + weekly check-in

CARDIO, MOBILITY, AND RECOVERY

- Use the talk-test walk or march for the prescribed cardio minutes. Aim for an effort where you can speak in short sentences, not sing comfortably.
- Complete daily mobility using comfortable, controlled range. Balance work stays near a counter or other support, with safety and support first.
- Use Saturday for an easy walk, gentle mobility, or full rest. Reduce volume when soreness, sleep, or energy are trending down.
- After cardio, use a 2–5 minute recovery breathing walk. This is observation, not a diagnostic test.

KEEP THE PLAN USEFUL

- Use the week's prescribed sets and repetitions. The module pages provide movement-specific setup, cueing, easier variations, and progression options.
- Do not train to failure. Preserve steady form, comfortable breathing, and a sense that you can recover for the next session.
- Stop for the movement-specific warning signs in this guide. Do not try to push through a concerning symptom.

FOUNDATION PHASE

FOUNDATION: WEEKS 1–2

Learn comfortable setup, controlled range, and repeatable effort. Make each movement feel familiar before asking for more volume.

WEEK 1 • FOUNDATION

Learn comfortable setup, controlled range, and repeatable effort.

Strength 3 sessions: 2 sets of 6–8 controlled reps per movement

Cardio 2 sessions: 12–15 easy talk-test minutes

Mobility Daily: 5–7 minutes

Check-in: What felt steady? What needs more support or a smaller range?

WEEK 2 • FOUNDATION

Repeat the pattern and make each movement feel familiar.

Strength 3 sessions: 2–3 sets of 6–10 controlled reps

Cardio 2 sessions: 15–18 easy talk-test minutes

Mobility Daily: 6–8 minutes

Check-in: Rate your recovery and choose one form cue to carry forward.

BUILD PHASE

BUILD: WEEKS 3–5

Add small, sustainable volume while keeping quality ahead of fatigue. Use modest progression, not maximum effort.

WEEK 3 • BUILD

Add small, sustainable volume while keeping quality ahead of fatigue.

- Strength** 3 sessions: 3 sets of 8–10 controlled reps
- Cardio** 2 sessions: 18–20 minutes with optional gentle pace pickups
- Mobility** Daily: 7–8 minutes

Check-in: Did your effort stay conversational and your form stay repeatable?

WEEK 4 • BUILD

Consolidate your routine, check in, and reassess without chasing a score.

- Strength** 3 sessions: 3 sets of 8–10 reps; reduce a set if fatigue accumulates
- Cardio** 2 sessions: 20–22 comfortable minutes
- Mobility** Daily: 7–10 minutes

Check-in: Note one improvement in consistency and one movement to keep modifying.

Week 4 reassessment: repeat PrimeCheck only if you feel well, have safe setup, and can follow its instructions.

WEEK 5 · BUILD

Build capacity with modest progression, not maximum effort.

Strength 3 sessions: 3 sets of 8–12 reps or controlled holds

Cardio 2 sessions: 22–25 minutes, optional short pace pickups

Mobility Daily: 8–10 minutes

Check-in: Choose the smallest progression that still leaves you feeling capable tomorrow.

PRIME PHASE

PRIME: WEEKS 6–8

Practice performance-ready quality while maintaining recovery. Refine the movements you may use in reassessment, then taper slightly and reflect.

WEEK 6 · PRIME

Practice performance-ready quality while maintaining recovery.

Strength 3 sessions: 3 sets of 10–12 reps or repeated quality holds

Cardio 2 sessions: 25 minutes at a sustainable pace

Mobility Daily: 8–10 minutes

Check-in: Which assessment area now feels more confident or controlled?

WEEK 7 · PRIME

Refine the movements you may use in reassessment.

Strength 3 sessions: 2–3 quality sets; do not train to failure

Cardio 2 sessions: 25–28 minutes with comfortable pacing

Mobility Daily: 8–10 minutes

Check-in: Protect recovery: reduce volume if soreness, sleep, or energy are trending down.

WEEK 8 · PRIME

Taper slightly, reflect, and reassess safely if appropriate.

Strength 3 sessions: 2 controlled sets; leave energy for reassessment

Cardio 2 sessions: 20–25 easy-to-moderate minutes

Mobility Daily: 6–8 minutes

Check-in: Record what you will keep doing next week, regardless of any score.

Week 8 reassessment: use PrimeCheck as a snapshot, not a diagnosis or guarantee of Fitness Age change.

CHAIR STRENGTH

CHAIR SIT-TO-STAND / LOWER-BODY STRENGTH

Controlled leg strength and confidence using a stable chair. Suggested module time: 18–24 min.

CHAIR SIT-TO-STAND

Chair sit-to-stand

Setup: Place a stable chair against a wall. Stand with feet hip-width, toes forward, and arms crossed or reaching forward for balance.

Dose: Use the week's prescribed sets; rest 60–90 seconds between sets.

Cue: Lightly touch the chair, then press the floor away and stand tall without dropping into the seat.

Easier: Use hands on the chair arms or a higher seat, and reduce the range only as needed.

Progress: Cross arms, slow the lowering phase to three seconds, or add a brief pause just above the chair.

Stop: Stop and seek professional guidance for sharp knee/hip/back pain, dizziness, chest symptoms, or a sense that you may fall.

SUPPORTED SPLIT STANCE

Lower-body strength support

Setup: Hold a countertop or chair back. Step one foot comfortably behind the other with both feet pointing forward.

Dose: Use the week's prescribed sets on each side; move slowly and rest as needed.

Cue: Lower only as far as you can keep your front knee tracking over the middle toes and your torso steady.

Easier: Keep the stance shorter and use both hands for support.

Progress: Use one fingertip for support, increase depth gradually, or lengthen the lowering phase.

Stop: Stop for joint pain, loss of balance, numbness, dizziness, or any concerning symptom; consult a clinician if it persists.

PUSH CAPACITY

PUSH-UP OR MODIFIED PUSH-UP / UPPER-BODY ENDURANCE

Build pressing endurance from a countertop, sturdy table, or floor variation you can control. Suggested module time: 16–22 min.

INCLINE PUSH-UP

Push-up or modified push-up

Setup: Place hands on a stable wall, countertop, or sturdy elevated surface. Walk feet back so your body forms a straight line.

Dose: Use the week's prescribed sets, stopping with 2–3 smooth repetitions in reserve.

Cue: Keep ribs stacked over hips; lower your chest toward your hands and press the surface away without shrugging.

Easier: Use a wall or higher countertop, shorten the range, and take more rest.

Progress: Use a lower secure surface, pause for one second at the bottom, or add a repetition only if form stays steady.

Stop: Stop for chest pain, shoulder pain that is sharp or worsening, wrist numbness, dizziness, or unusual breathlessness; seek care if needed.

WALL SCAPULAR PRESS

Upper-body shoulder control

Setup: Face a wall with palms at shoulder height and elbows straight but relaxed.

Dose: 2–3 sets of 6–10 slow repetitions.

Cue: Without bending the elbows, gently move your upper back away from and toward the wall; keep your neck long.

Easier: Stand closer to the wall and make the motion smaller.

Progress: Step farther back or hold the away position for two seconds.

Stop: Stop for tingling, sharp shoulder or neck pain, dizziness, or symptoms that feel unusual for you.

CORE CONTROL

PLANK / CORE ENDURANCE

Practice bracing and breathing before extending plank duration. Suggested module time: 12–18 min.

COUNTERTOP PLANK

Plank hold

Setup: Place forearms or hands on a secure countertop. Step back until your body forms a long line from head to heels.

Dose: Use repeated short holds from the week's plan; breathe normally between and during holds.

Cue: Gently tighten around the middle as if preparing for a cough, while keeping shoulders away from ears.

Easier: Use a wall, elevate the hands higher, or shorten the hold.

Progress: Lower the hand position, lengthen each hold by 5 seconds, or reduce rest only while quality stays high.

Stop: Stop for sharp back/shoulder pain, breath-holding you cannot correct, dizziness, chest symptoms, or a worsening hernia concern; seek professional advice.

DEAD-BUG HEEL TAP

Core control for plank progression

Setup: Lie on your back with knees bent over hips if comfortable, arms pointed upward, and low back gently supported by the floor.

Dose: 2–3 sets of 5–8 controlled taps per side.

Cue: Move one heel slowly while exhaling; keep the trunk quiet rather than forcing a flat back.

Easier: Keep the nonmoving foot on the floor or use a smaller range.

Progress: Alternate arms with legs or extend the moving leg farther without arching.

Stop: Stop for sharp back pain, numbness, dizziness, or discomfort that increases; consult a clinician if you are unsure.

BALANCE + RANGE

SINGLE-LEG BALANCE AND MOBILITY ASSESSMENT

Build steadiness with support nearby, then add controlled range of motion. Suggested module time: 12–16 min.

SUPPORTED SINGLE-LEG BALANCE

Single-leg balance

Setup: Stand next to a counter with fingertips ready. Shift weight over one foot and lift the other foot only as high as feels steady.

Dose: Use 2–4 holds per side from the week's plan, with full recovery between attempts.

Cue: Keep a soft standing knee, steady breathing, and eyes on a fixed point; prioritize safety over hold time.

Easier: Keep the toes of the lifted foot on the floor like a kickstand and use both hands for support.

Progress: Use one fingertip, then hover hands close to support; do not close eyes in this MVP plan.

Stop: Stop immediately if you feel unsteady, dizzy, weak, or at risk of falling. Use support and seek professional guidance for repeated falls or new balance changes.

CHAIR-ASSISTED HIP HINGE

Mobility assessment support

Setup: Stand facing a chair back or wall with feet hip-width. Keep hands on the chair if needed.

Dose: 2 sets of 6–10 slow repetitions on mobility days.

Cue: Send hips back as your torso tips forward, keeping a long spine and weight balanced across both feet.

Easier: Use a smaller range and keep both hands on support.

Progress: Pause just before your comfortable end range or reach hands toward thighs while maintaining control.

Stop: Stop for sharp back, hip, or hamstring pain, dizziness on bending, or any symptom that concerns you.

SUPPORTED ANKLE ROCKS

Mobility assessment support

Setup: Face a wall or counter. Place one foot forward and keep its heel down as the knee moves gently toward the toes.

Dose: 1–2 sets of 6–10 slow rocks per side.

Cue: Keep the knee tracking over the middle toes and move only within a comfortable range.

Easier: Use a shorter stance and a smaller forward shift.

Progress: Move the front foot slightly farther away while keeping the heel grounded.

Stop: Stop for sharp ankle, knee, or calf pain, swelling, or instability and seek professional advice when appropriate.

STEADY CONDITIONING

CARDIO / RESTING-HEART-RATE OR LOW-EQUIPMENT CONDITIONING

Use an easy-to-moderate, low-impact effort you can sustain and recover from. Suggested module time: 15–30 min.

TALK-TEST WALK OR MARCH

Low-equipment conditioning

Setup: Choose a flat, familiar walking route or clear space indoors. Wear stable footwear and keep water nearby.

Dose: Use the week's prescribed minutes. Aim for an effort where you can speak in short sentences, not sing comfortably.

Cue: Keep steps smooth, shoulders relaxed, and pace steady enough to finish feeling capable rather than depleted.

Easier: Use 3–5 minute intervals with seated or standing recovery between rounds.

Progress: Add 2–5 total minutes, a few gentle pace pickups, or a modest incline only when recovery is comfortable.

Stop: Stop and seek urgent care for chest pain, fainting, severe shortness of breath, or new neurological symptoms. Stop and consult a clinician for concerning palpitations or symptoms that recur.

RECOVERY BREATHING WALK

Resting-heart-rate awareness

Setup: After a short walk, stand or sit safely and notice whether breathing returns toward normal over several minutes.

Dose: 2–5 easy minutes after each cardio session; this is observation, not a diagnostic test.

Cue: Let your pace ease down gradually; breathe comfortably without forcing deep breaths.

Easier: Perform seated with feet supported if needed.

Progress: Extend the easy cooldown to 5 minutes after longer sessions.

Stop: Stop for worsening breathlessness, dizziness, chest discomfort, or a recovery pattern that worries you; consult a clinician instead of trying to push through.

PROGRESS AND CHECK-IN

NOTICE WHAT IS CHANGING.

Use this page for brief notes at the end of each week. Record what felt steady, what needed more support or a smaller range, and what you will carry into the following week. The goal is a repeatable practice, not a perfect score.

WEEK 1 What felt steady? What needs more support or a smaller range?

WEEK 2 What setup or form cue will you carry forward?

WEEK 3 Did effort stay conversational and form repeatable?

WEEK 4 What consistency improvement and modification will you keep?

WEEK 5 What smallest progression still leaves you capable tomorrow?

WEEK 6 Which assessment area feels more confident or controlled?

WEEK 7 How are soreness, sleep, and energy trending?

WEEK 8 What will you keep doing next week, regardless of score?

REASSESS WHEN APPROPRIATE

Week 4 reassessment: repeat PrimeCheck only if you feel well, have safe setup, and can follow its instructions.

Week 8 reassessment: use PrimeCheck as a snapshot, not a diagnosis or guarantee of Fitness Age change.

PRIME RESET

<https://second-prime.madethis.app/prime-reset>

