

Recovery, Cardio & Getting Started

The parts that happen outside the gym — and what to actually do in your first month. You grow when you rest, not when you train.

Sleep

At least 7 hours

You can train perfectly and eat perfectly, and bad sleep will still cut down how much progress you make. Seven hours has been my average for years.

Fix the wake-up time, not the bedtime

Pick one wake-up time and hit it consistently. Your body adjusts, your bedtime follows on its own, and your sleep quality improves gradually.

Cardio

Weekly, alongside any split. Cardio is genuinely important for an aesthetic physique — it keeps you lean and fit throughout the journey.

Zone 2 • 4 × 15 min per week

Conversational pace, roughly **60–80% of max heart rate**. You should be able to hold a conversation the whole time. It's easy, and it feels easy.

No heart-rate tracker? Just go and check you can still talk. I use a light jog. There's almost no downside to doing this.

Zone 4–5 • 2 × 15 min per week

Hard. Roughly **85–100% of max heart rate**. You should be able to get a word out, but never a full sentence.

Really push yourself here. I use sprints. Anything works as long as it gets your heart rate where it needs to be.

Your first month

Don't try to implement all of this at once — you'll last a week. This is the whole plan for the next four weeks.

WEEK 1

Pick the 3-day split. Log every session. Find the weight you can do 8 reps of on each exercise.

WEEKS 2–4

Add reps each week. Weigh in weekly. Fix your wake-up time. Don't miss a single session.

MONTH 2+

Hit 12 on every set → add weight, back to 8. Keep protein high. Add the cardio in.

LATER

Move to the 5-day split only once 3 days has been automatic for months. Never before.

You have no excuse. You can do this with body weight. You don't need a gym, you don't need genetics, you don't need money, you don't need time. Pick the split, show up, and don't quit — especially when you don't feel like it. Over time you'll start falling in love with the journey itself. **I'm rooting for you.**