

# Electric Life Strength & Movement System™

## Beginner Phase (12-Week Program)

**Build the Body. Train the Nervous System. Restore How You Move.**

### Beginner Strength & Movement Program

If you're just getting started — or starting over — this program is designed for you. At Electric Life Chiropractic in Indianapolis, we see movement as the foundation of healing, not something you earn after you “get in shape.”

This beginner phase focuses on rebuilding how your body moves, improving coordination, and restoring confidence through simple, repeatable patterns. You don't need extreme workouts or heavy weights — you need consistency, control, and a nervous system that feels safe enough to adapt. This is where that process begins.

---

## WHO THIS PROGRAM IS FOR

- New to strength training
- Returning after injury or time off
- Feeling stiff, weak, or deconditioned
- Wanting to lose weight without burnout

---

## CORE PHILOSOPHY

At Electric Life Chiropractic in Indianapolis:

We don't just build strength —  
we build **control, awareness, and resilience.**

Your nervous system determines:

- How you move
- How you recover
- How you adapt



## 12-WEEK PROGRESSION MODEL

### Weeks 1–4 → Build the Base

- Learn movement
- Slow tempo

- Light loads

### **Weeks 5–8 → Build Capacity**

- Add reps and load
- Improve work capacity

### **Weeks 9–12 → Build Confidence**

- Stronger, smoother movement
- Moderate intensity

---

## **▼ DELOAD (Weeks 4, 8, 12)**

- Reduce volume 25–30%
- Keep movements the same
- Focus on quality



## **WEEKLY STRUCTURE**

- Day 1: Squat + Push + Rotation
- Day 2: Hinge + Pull + Carry
- Day 3: Full Body + Conditioning
- Day 4: Recovery + Mobility



## **HOW TO PROGRESS**

- Start at low reps
- Build to top of range
- Add weight → reset



## **NERVOUS SYSTEM RULES**

- Leave 2–3 reps in reserve
- Move with control

- If you feel wired → scale back
- If stiff → extend warm-up



# DAY-BY-DAY PROGRAM (WITH OPTIONS)

---

## ◆ DAY 1 — SQUAT + PUSH + ROTATION

Intent: Foundational strength + posture

---

### 1. Warm-Up (5–8 min)

- Supported deep squat hold
  - Hip rocks × 10
  - Arm circles × 10
- 

### 2. SQUAT (Choose 1)

- Chair Squat
- Goblet Squat (DB or KB)
- Bodyweight Box Squat

**3×8–12**

*Cue:* Sit between hips, slow down, exhale up

---

### 3. PUSH (Choose 1)

- Wall Push-Up
- Incline Push-Up
- DB Chest Press
- Band Chest Press

**3×8–12**

*Cue:* Control down, don't collapse shoulders

---

### 4. ROTATION (Choose 1)

- Pallof Press
- Band Rotation

- Half-Kneeling Pallof

**3×10/side**

*Cue:* Resist movement, stay tall

---

## **5. ACCESSORY (Optional)**

- Split Squat — 2×8/side
  - Half-Kneeling DB Press — 2×8/side
- 

## **6. Optional Conditioning**

- Walk / bike — 10–15 min
- 

# ◆ **DAY 2 — HINGE + PULL + CARRY**

**Intent:** Posterior chain + spinal support

---

## **1. Warm-Up**

- Hip hinge drill × 10
  - Glute bridge × 10
  - Band pull-aparts × 15
- 

## **2. HINGE (Choose 1)**

- KB Deadlift
- DB Romanian Deadlift
- Hip hinge drill

**3×8–12**

*Cue:* Push hips back, neutral spine

---

## **3. PULL (Choose 1)**

- Band Row
- DB Row
- Seated Cable Row

**3×8–12**

*Cue:* Pull elbow toward hip

---

## **4. CARRY (Choose 1)**

- Farmer Carry
- Suitcase Carry
- Front Carry

**3×20–30 sec**

*Cue:* Tall posture, slow steps

---

## **5. ACCESSORY**

- Hip Thrust — 2×10
  - Face Pull — 2×12
- 

# ◆ **DAY 3 — FULL BODY + CONDITIONING**

**Intent:** Integration + endurance

---

## **1. Strength Circuit (3 rounds)**

(Choose 1 per category)

### **Squat**

- Goblet Squat
- Chair Squat

### **Push**

- Push-Up
- DB Shoulder Press

### **Pull**

- Row (band or DB)

### **Lunge**

- Reverse Lunge
- Step-Up

**Reps:** 8–12 each

---

## **2. Conditioning**

- Walking
- Bike
- Elliptical

**15–20 minutes**

*Keep conversational pace*

---

---

## ◆ **DAY 4 — RECOVERY + MOBILITY**

**Intent: Restore + regulate**

---

### **1. Mobility Flow (10–20 min)**

Focus on:

- Hips
- Thoracic spine
- Ankles
- Shoulders

(Phase 6 flows fit perfectly here)

---

### **2. Breathwork**

- Nasal breathing
  - 5–10 minutes
- 

### **3. Optional**

- Sauna
  - Light walking
- 

## **CARDIO STRUCTURE**

- 2–3x/week
  - 10–20 minutes
  - Low intensity
- 

## **MUSCLE GAIN (BEGINNER REALITY)**

Muscle comes from:

- Repetition
- Consistency

- Control

This program:

- Trains full-body movements
  - Builds usable strength
  - Avoids burnout
- 



## SAFETY

- No sharp pain
  - Control every rep
  - Start lighter than you think
- 



## WHAT SUCCESS LOOKS LIKE

After 12 weeks:

- Better posture
  - Increased strength
  - More energy
  - Confidence in movement
- 



## FINAL MESSAGE

This is not just a program.

It's a **foundation for how you move, train, and live.**

---