WC
FITNESS

FREE STARTER WEEK.

7 sessions. 20–30 minutes. Minimal equipment. Train anywhere.

westincrosby.com

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Built for guys with no time to waste.

Seven sessions in seven days, most of them 20–30 minutes. All you need is one kettlebell or a pair of dumbbells, plus floor space. Day 7 needs nothing at all.

Thirty years of training. Ten of those in CrossFit. The last six with no gym membership, just minimal equipment I use to program full-body workouts and conditioning that get results without wasting time. This free week is how I do it when the clock is tight: full body, varied, no fluff.

What you need: one kettlebell or a pair of dumbbells (moderate weight, about 15–25 kg / 35–55 lb), a mat or open floor, and a timer.

Day	Session	Time
Day 1	Full Body Strength	25–30 min
Day 2	Conditioning	20 min
Day 3	Push / Pull + Core	25–30 min
Day 4	Mobility & Recovery	15–20 min
Day 5	Legs + Finisher	25–30 min
Day 6	Full Body Power	25–30 min
Day 7	Bodyweight Conditioning	20–25 min

Run the days in order. Day 4 is your recovery day, so don't skip it.

How to run it

Every session lists a range: pick the low end if you're coming back, the high end if you're already training. Each day has scale-down and scale-up options under the workout. Finish the week, then repeat it moving one step up.

- **Rounds and reps:** “3–5 rounds, 8–12 reps” means choose a number in that range and hold it for the session.
- **Load:** pick a weight where the last 2 reps are hard but clean. If form breaks, drop the weight, not the reps.
- **Rest:** 60–90 seconds between rounds on strength days. Conditioning rest is built into the clock.
- **Single-side moves:** reps are per side.
- **Warm-up (5 min, every session):** 2 rounds of 10 bodyweight squats, 10 arm circles each way, 5 inchworms, 10 hip bridges, 20-second plank.

DAY 1

Full Body Strength

Every major muscle group in one circuit. Use a kettlebell or dumbbells for every movement, whichever you have. 3–5 rounds, 60–90 seconds rest between rounds.

#	Movement	Reps
1	Goblet squat (KB or DB)	8–12
2	Single-arm row (KB or DB)	8–12 per side
3	Single-arm floor press (KB or DB)	8–12 per side
4	Romanian deadlift (KB or DB)	10–15
5	Half-kneeling overhead press (KB or DB)	6–10 per side

Scale down: bodyweight squats to a box or chair, lighter rows with your free hand braced on a bench, two-hand floor press, lighter RDLs with a shorter range, tall-kneeling two-hand press.

Scale up: 3-sec lower and 2-sec pause on squats, heavier rows with a 2-sec squeeze, 3-sec lower on the floor press, staggered-stance RDLs, standing press with a 2-sec pause overhead.

DAY 2

Conditioning

An EMOM (every minute on the minute): do the reps at the start of each minute, rest whatever's left. 16–20 minutes, cycling through the 4 movements.

Min	Movement	Reps
1	KB or DB swing	12–20
2	Push-up	8–15
3	Reverse lunge	6–10 per side
4	Mountain climbers	20–30 total

If you can't finish the reps with at least 15 seconds to spare, drop the reps next round.

Scale down: KB or DB deadlifts instead of swings, push-ups with hands elevated on a bench or couch, bodyweight lunges with a hand on the wall, slow step-backs from a plank.

Scale up: heavier bell or single-arm swings (alternate arms each minute), deficit push-ups with hands on KBs or DBs, weighted lunges with a goblet or suitcase hold, cross-body mountain climbers.

DAY 3

Push / Pull + Core

Two supersets: do A1 then A2 back to back, rest 60 seconds, repeat. 3–4 rounds each, then run the two core movements back to back for 2–3 rounds.

#	Movement	Reps
A1	Push-up	8–15
A2	Bent-over row (KB or DB)	8–12
B1	Single-arm overhead press (KB or DB)	6–10 per side
B2	Gorilla row (KB or DB, alternating)	6–10 per side
Core	Dead bug	8–12 per side
Core	Suitcase carry or hold	30–45 sec per side

Scale down: hands-elevated push-ups, chest-supported rows, seated two-hand press, single-arm rows with a hand braced, dead bug heel taps only, suitcase hold in place for 20–30 sec.

Scale up: feet-elevated or deficit push-ups on KBs or DBs, 3-sec lower on rows, standing press with a 3-sec lower, 2-sec pause on gorilla rows, dead bug holding a KB or DB, heavier suitcase carry for 40–60 sec.

DAY 4

Mobility & Recovery

No weights. 2 rounds, slow and controlled, breathing through the nose. This is the day that keeps the rest of the week working.

#	Movement	Time / reps
1	Cat-cow	10 slow reps
2	World's greatest stretch	5 per side
3	90/90 hip switches	8–10 per side
4	Deep squat hold	45–60 sec
5	Thoracic open book	8 per side
6	Child's pose	60 sec

Follow it with a 20–30 minute walk if you have the time.

Scale down: smaller range on cat-cow and open books, back knee down on the stretch, hands behind you on 90/90s, hold a doorframe in the squat, pillow under your hips in child's pose.

Scale up: 3-sec holds at the end range of every movement, hands-free 90/90s, 90-sec squat hold rocking side to side, walk hands to each side in child's pose.

DAY 5

Legs + Finisher

Strength first, then a short burner. 3–4 rounds of the strength block, 60–90 seconds rest. Then the finisher: 5–8 minutes, as many rounds as possible of 10 swings, 10 squat jumps, 10 sit-ups.

#	Movement	Reps
1	Split squat (KB or DB, goblet or front rack)	8–12 per side
2	Single-leg Romanian deadlift (KB or DB)	8–10 per side
3	Lateral lunge	6–10 per side
4	Glute bridge (KB or DB on hips)	12–20

Scale down: bodyweight split squats with a hand on the wall, kickstand-stance RDLs, bodyweight lateral lunges, bodyweight bridges. Finisher: deadlifts instead of swings, bodyweight squats instead of squat jumps.

Scale up: rear-foot-elevated split squats, heavier RDLs with a 3-sec lower, goblet lateral lunges, single-leg bridges. Finisher: 15 heavier swings, full 8 minutes.

DAY 6

Full Body Power

Faster, more athletic full-body work. Use a kettlebell or dumbbells. 3–4 rounds, 60–90 seconds rest between rounds.

#	Movement	Reps
1	Deadlift (KB or DB)	10–15
2	Clean (KB or DB)	6–8 per side
3	Push-up	10–15
4	Goblet reverse lunge (KB or DB)	8 per side
5	Thruster (KB or DB)	8–12

Scale down: lighter weight, swap cleans for high pulls, hands-elevated push-ups, bodyweight lunges, goblet squat instead of thrusters.

Scale up: heavier weight, double-bell cleans, deficit push-ups, front-rack lunges, 10–15 thrusters unbroken.

DAY 7

Bodyweight Conditioning

No equipment. Train anywhere: hotel room, backyard, garage. 40 seconds work, 20 seconds rest, through all 5 movements. 4–5 rounds.

#	Movement	Work / rest
1	Burpees	40 / 20 sec
2	Air squats	40 / 20 sec
3	Push-ups	40 / 20 sec
4	Alternating jump lunges	40 / 20 sec
5	Plank shoulder taps	40 / 20 sec

Scale down: 30 / 30 sec intervals, step-back burpees with no jump, push-ups from your knees, alternating reverse lunges instead of jumping.

Scale up: 45 / 15 sec intervals, burpees with a tuck jump, squat jumps instead of air squats, 5 full rounds.

Track your week.

Write it down. Next week's job is to beat this one.

Day	Done	Weight used	Rounds / reps	Notes
Day 1 — Full Body Strength				
Day 2 — Conditioning				
Day 3 — Push / Pull + Core				
Day 4 — Mobility & Recovery				
Day 5 — Legs + Finisher				
Day 6 — Full Body Power				
Day 7 — Bodyweight Conditioning				

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30-Minute Strong, $44.99 each — an 8-week plan in three editions: **Kettlebell**, **Dumbbell**, and **Bodyweight**. Same style as this free week, about 30 minutes a session, with an editable tracker. Get all three for $99.99.

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