RUNLADYPINK

TRAINER EDITION

ZFit

Beginner’s Guide

Four weeks to build a base.
Two sessions a week.



START WHERE YOU ARE.

FOUR-WEEK TRAINING GUIDE

START HERE / ZFIT

A note from your trainer

I’m here to get you ready to move, carry what you need, and get back up when you get low. We’ll start with what you can do today and build from there.



WHO IT’S FOR	New to strength training or getting back into it after some time away.
WHAT YOU NEED	A sturdy chair, a wall, and room to move. An empty or lightly loaded bag is optional.
HOW TO BEGIN	Try Session 01. Leave a day between strength sessions and jot down what felt doable.

FOUR-WEEK PLAN →
FIRST SESSION →

YOUR TRAINING ROUTE

Four weeks at a glance.

Do two sessions each week with at least one day between them. Repeat a week whenever you need more practice. Tap a session title to jump to it.

WEEK 01

Find your starting point

Try both sessions. Learn the movements and find versions you can repeat.

01 Get low. Get back up.

02 Pick it up. Stay steady.

WEEK 02

Make it familiar

Repeat the moves. If you're ready, make one small change.

03 Make it repeatable.

04 Practice the pickup.

WEEK 03

Build a little room

Consider a second round if one has felt manageable more than once.

05 Build a little room.

06 Keep your footing.

WEEK 04

Check in and choose

Revisit your starting point and pick what you'll repeat next week.

07 Try your first route again.

08 Choose what comes next.

A NOTE FROM YOUR TRAINER

Keep a version that feels steady and manageable. An extra rep, a longer carry, and a second round are separate choices. Pick one at a time.

WEEK ONE

01 Find your starting point.

I’m here to get you ready to move, carry what you need, and get back up when you get low. Start with the version you can do today.

The dead can wait. Today, grab a chair.



FIELD KIT

A sturdy chair, a wall, and room to move. An empty or lightly loaded bag is optional.

THIS WEEK

01 Get low. Get back up.
02 Pick it up. Stay steady.

SESSION 01 / WEEK ONE

Get low. Get back up.

Today you'll practice getting up, pushing away, and carrying something. Think getting out of a low seat with your hands free to grab the bag.

WARM UP Walk or march easily for two minutes. Start where you are today.

01 Chair sit-to-stand

3–5 REPS

Lower onto a sturdy chair, then stand back up. Use the armrests or press your hands against your thighs for support if you need it.

02 Wall push-up

3–5 REPS

Put your palms on a sturdy wall. Bend your elbows to bring your chest closer, then push away. Move your feet closer to make it easier.

Useful when you're holding a door shut and the thing outside has all day.

03 Easy carry

15–20 SEC PER SIDE

Walk slowly with a light bag at your side, then switch hands. Walk with empty hands if you'd rather practice the route first.

ONE ROUND IS ENOUGH

Rest as needed. Move at a pace you could repeat another day.

FIELD NOTE *Which version did you use, and which move would you keep the same next time?*

← FOUR-WEEK PLAN NEXT SESSION →

SESSION 02 / WEEK ONE

Pick it up. Stay steady.

Today is about reaching down and staying steady when your weight shifts. Start with a small range you can control.

WARM UP Walk or march easily for two minutes. Start where you are today.

01 Hip hinge to wall

3–5 REPS

Stand a small step in front of a wall with your back to it. Soften your knees, send your hips back toward the wall, then stand tall. Step closer if you need less reach.

02 Supported march

3–5 LIFTS PER SIDE

Stand beside a sturdy counter and hold on as needed. Lift one foot a little, set it down, then switch. Keep each step low enough to stay steady.

03 Easy carry

15–20 SEC PER SIDE

Walk slowly with a light bag at your side, then switch hands. Walk with empty hands if you'd rather practice the route first.

KEEP IT FAMILIAR

Use the same bag or walk without it. Give yourself enough time between drills to feel ready for the next one.

FIELD NOTE *Which felt steadier today: reaching back or lifting one foot?*

← FOUR-WEEK PLAN WEEK TWO →

WEEK TWO

02 Make it familiar.

You've tried the movements. Come back to the versions you know and see how they feel on a different day. If you're ready, make one small change.



FIELD KIT

Use the same chair, wall, and sturdy counter. Keep the bag light or practice without it.

THIS WEEK

03 Make it repeatable.
04 Practice the pickup.

SESSION 03 / WEEK TWO

Make it repeatable.

Repeat the first session. Try to make the last rep feel as controlled as the first.

WARM UP Walk or march easily for two minutes. Start where you are today.

01 Chair sit-to-stand

3–5 REPS

Lower onto a sturdy chair, then stand back up. Use the armrests or press your hands against your thighs for support if you need it.

02 Wall push-up

3–5 REPS

Put your palms on a sturdy wall. Bend your elbows to bring your chest closer, then push away. Move your feet closer to make it easier.

03 Easy carry

15–20 SEC PER SIDE

Walk slowly with a light bag at your side, then switch hands. Walk with empty hands if you'd rather practice the route first.

CHANGE ONE THING IF YOU'RE READY

If the first session felt easy to repeat, add one rep to one drill within the range shown. Otherwise, repeat exactly what you did.

FIELD NOTE *What did you repeat? Did any part feel smoother this time?*

← FOUR-WEEK PLAN NEXT SESSION →

SESSION 04 / WEEK TWO

Practice the pickup.

Return to the hinge, march, and carry. Use a route that gives you room to turn without rushing.

WARM UP Walk or march easily for two minutes. Start where you are today.

01 Hip hinge to wall

3–5 REPS

Stand a small step in front of a wall with your back to it. Soften your knees, send your hips back toward the wall, then stand tall. Step closer if you need less reach.

02 Supported march

3–5 LIFTS PER SIDE

Stand beside a sturdy counter and hold on as needed. Lift one foot a little, set it down, then switch. Keep each step low enough to stay steady.

03 Easy carry

15–20 SEC PER SIDE

Walk slowly with a light bag at your side, then switch hands. Walk with empty hands if you'd rather practice the route first.

The supply run is only half the job. The supplies still have to get home.

PICK ONE SMALL CHANGE

Try a slightly longer carry within the range shown or keep the same time and walk more steadily. Keep the bag light.

FIELD NOTE *Which carry setup let you walk most comfortably?*

← FOUR-WEEK PLAN WEEK THREE →

WEEK THREE

03 Build a little room.

Start with the versions that worked last week. If one round has felt manageable on more than one day, you can rest and try a second.



FIELD KIT

Use the setup that worked in Week Two. Leave yourself room to turn on the carry.

THIS WEEK

05 Build a little room.
06 Keep your footing.

SESSION 05 / WEEK THREE

Build a little room.

Go back to the first three movements. Start with the versions that felt best in Week Two.

WARM UP Walk or march easily for two minutes. Start where you are today.

01 Chair sit-to-stand — 3–5 REPS

Lower onto a sturdy chair, then stand back up. Use the armrests or press your hands against your thighs for support if you need it.

02 Wall push-up — 3–5 REPS

Put your palms on a sturdy wall. Bend your elbows to bring your chest closer, then push away. Move your feet closer to make it easier.

03 Easy carry — 15–20 SEC PER SIDE

Walk slowly with a light bag at your side, then switch hands. Walk with empty hands if you'd rather practice the route first.

A SECOND ROUND IS OPTIONAL

If one round has felt manageable on more than one day, rest and repeat it once. Keep the same versions, reps, and load.

FIELD NOTE *Did you stay with one round or try two? How did the last movement feel?*

← FOUR-WEEK PLAN NEXT SESSION →

SESSION 06 / WEEK THREE

Keep your footing.

Practice moving at the same easy pace even as you switch sides or turn around.

WARM UP Walk or march easily for two minutes. Start where you are today.

01 Hip hinge to wall

3–5 REPS

Stand a small step in front of a wall with your back to it. Soften your knees, send your hips back toward the wall, then stand tall. Step closer if you need less reach.

02 Supported march

3–5 LIFTS PER SIDE

Stand beside a sturdy counter and hold on as needed. Lift one foot a little, set it down, then switch. Keep each step low enough to stay steady.

Useful when you have to step over a mess without becoming part of it.

03 Easy carry

15–20 SEC PER SIDE

Walk slowly with a light bag at your side, then switch hands. Walk with empty hands if you'd rather practice the route first.

SLOW DOWN THE SWITCH

Put each foot down before lifting the other. Keep support nearby. If you repeat the round, use the same setup.

FIELD NOTE *Where did slowing down help you feel steadier?*

← FOUR-WEEK PLAN WEEK FOUR →

WEEK FOUR

04 Check in and choose.

Come back to the setup you used in your first session. Notice what feels steadier or more familiar, then choose what to repeat next week.



FIELD KIT

Use the same chair, wall position, and carry as Session 01. Have your notes handy for the check-in.

THIS WEEK

07 Try your first route again.
08 Choose what comes next.

SESSION 07 / WEEK FOUR

Try your first route again.

Use your Session 01 notes. Repeat the same chair, wall position, and carry so you can compare how they feel now.

WARM UP Walk or march easily for two minutes. Start where you are today.

01 Chair sit-to-stand

3–5 REPS

Lower onto a sturdy chair, then stand back up. Use the armrests or press your hands against your thighs for support if you need it.

If the chair still creaks, that's the chair's problem. Your job is to stand up smoothly.

02 Wall push-up

3–5 REPS

Put your palms on a sturdy wall. Bend your elbows to bring your chest closer, then push away. Move your feet closer to make it easier.

03 Easy carry

15–20 SEC PER SIDE

Walk slowly with a light bag at your side, then switch hands. Walk with empty hands if you'd rather practice the route first.

COMPARE LIKE FOR LIKE

For this check-in, keep your first round the same as Session 01. Notice what feels easier, steadier, or simply more familiar.

FIELD NOTE *What feels different compared with Session 01, even if your reps stayed the same?*

← FOUR-WEEK PLAN NEXT SESSION →

SESSION 08 / WEEK FOUR

Choose what comes next.

Finish with the hinge, march, and carry. You'll use what you noticed over the last four weeks to choose a starting point for next week.

WARM UP Walk or march easily for two minutes. Start where you are today.

01 Hip hinge to wall

3–5 REPS

Stand a small step in front of a wall with your back to it. Soften your knees, send your hips back toward the wall, then stand tall. Step closer if you need less reach.

02 Supported march

3–5 LIFTS PER SIDE

Stand beside a sturdy counter and hold on as needed. Lift one foot a little, set it down, then switch. Keep each step low enough to stay steady.

03 Easy carry

15–20 SEC PER SIDE

Walk slowly with a light bag at your side, then switch hands. Walk with empty hands if you'd rather practice the route first.

PICK A VERSION WORTH REPEATING

Choose the versions you can do steadily. Keep one thing the same next week and decide whether anything needs to get easier.

FIELD NOTE *Which session will you repeat next week? What will you keep or adjust?*

← FOUR-WEEK PLAN FIELD LOG →

PRINT OR COPY FOR YOUR NEXT SESSION

Session record

Write down the version you actually did. You'll want that detail when you come back to it.

DATE	SESSION	ROUNDS

MOVEMENT + VERSION	REPS OR TIME	LOAD / SUPPORT

HOW IT FELT

WHAT I CHANGED

WHAT I'LL DO NEXT TIME

← FOUR-WEEK PLAN