



FREE FROM 21MINFIT

The 21minFit Workout Template

A complete 21-minute strength session you can start tomorrow — print it, pin it up, and log two numbers every session.

Inside

- How a 21minFit session is built
- The six movements — beginner and intermediate
- Your first session, as a tick-box checklist
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“Your body was designed to help you live your life — not recover from your workouts.” — Ranjith Vasu

From **The 21minFit Blueprint** by Ranjith Vasu — the full book explains the science behind every page here. Get it at 21minfit.com/blueprint.

Safety first. General education, not medical advice. Check with your doctor before starting any exercise programme, especially if you have a medical condition or take medication. Stop and seek help if you feel chest pain, dizziness or unusual breathlessness. If poor sleep persists for weeks, speak to a doctor.

How a Session Is Built

Part	Time	What you do
Warm-up	3-4 min	Bodyweight squats, arm circles, a light first set.
Working portion	~21 min	5-6 compound movements, 2 sets each. Set 1 light-to-moderate; Set 2 at ~85% effort.
Cool-down	3-5 min	Easy movement and stretching.

The Six Movements

Movement	Beginner	Intermediate
Lower-body push	Bodyweight squat — 12-15 reps, then 8-10	Goblet or dumbbell squat — same rep scheme
Upper-body push	Incline or wall push-up — 12-15, then 8-10	Standard push-up or dumbbell chest press
Upper-body pull	Resistance-band or suspension-trainer row	Dumbbell row or assisted pull-up
Hip hinge	Glute bridge — 12-15, then 8-10	Dumbbell Romanian deadlift or single-leg hinge
Overhead press	Seated light dumbbell press	Standing dumbbell shoulder press
Core / trunk	Dead bug or knee plank — 30-45 s holds	Full plank or hanging knee raise

Tempo & Effort

- 3-4 seconds down, 3-4 seconds up on every rep. Momentum never substitutes for muscle.
- Set 1 should feel manageable. Set 2 at ~85% effort: hard, controlled, one or two reps left in reserve.
- Never train to complete failure while you are still learning the movements.

Rest & Frequency

- Rest 30-45 s between sets and 60-90 s between exercises.
- Train 2-3 times a week, with at least one rest day between sessions covering the same movements.

START HERE

Your First Session — Exactly As Written

Tick each box as you go. Total time: about 30 minutes including warm-up and cool-down.

✓	Step	Set 1	Set 2
☐	Warm-up (3-4 min)		
☐	Bodyweight squat	15	10
☐	Incline push-up	15	10
☐	Resistance-band row	15	10
☐	Glute bridge	15	10
☐	Seated light dumbbell press	15	10
☐	Knee plank	30 s	30 s
☐	Cool-down and stretch (3-5 min)		

How did it feel?

Progress rule: next session, do slightly more of one thing — a little more weight or one or two more reps — without sacrificing form. If you can't for several sessions in a row, that's a recovery signal, not a training one.

TRACK TWO NUMBERS

12-Session Training Log

Write **load** x **reps** for your hard set (Set 2), e.g. "12 kg x 10". Bodyweight? Write reps or seconds. That's all you need to track.

Movement / exercise	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12
Date												
Lower-body push exercise: _____												
Upper-body push exercise: _____												
Upper-body pull exercise: _____												
Hip hinge exercise: _____												
Overhead press exercise: _____												
Core / trunk exercise: _____												
Energy today (1-5)												

The 21minFit Principles

1	Fitness should give you energy. Not take it away.
2	More isn't the answer. It never was.
3	A plan gets you through a good month. A philosophy gets you through a bad one.
4	You don't manage time. You manage energy.
5	Consistency beats perfection, every time.
6	Nobody actually wants a six-pack. They want to stop crashing at 3 pm.
7	Recovery isn't rest from training. Recovery is training.
8	Your nervous system can't tell a deadline from a threat. Your training plan has to.
9	Muscle is your retirement plan — fund it early.
10	Your joints remember every rep. Train them with respect.
11	Sleep is the most underrated tool you already own.
12	Past a point, more training subtracts recovery rather than adding progress.
13	You don't need more time. You need a system that respects the time you have.
14	Two honest sets beat ten careless ones.
15	A workout doesn't need an hour to count. It needs to be built well enough that 21 minutes is enough.
16	You don't need to feel wrecked to know it's working. You need one honest number.
17	A missed week is a pause, not a failure. Never miss twice.
18	A life built around fitness rarely lasts. Fitness built around a life usually does.
19	Ageing is not optional. How much strength you bring into it still is.
20	Knowing what to do and having someone make sure you do it are two different things.
21	Twenty-one minutes, done right, is enough.

Want a coach in your corner?

Build your next 21 minutes with 21minFit.

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