

**KINGDOM
FITNESS**

7-DAY STRONG START

A SIMPLE FAITH + FITNESS RESET

Move with purpose. Fuel with wisdom. Build the habit.

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WELCOME TO YOUR STRONG START

Seven days. One clear goal: build momentum you can keep.

You do not need a perfect body, a perfect schedule, or a perfect week to begin. You need a starting point you can repeat. This guide gives you seven days of simple movement, practical nutrition habits, faith-centered reflection, and small action steps designed to help you move from intention to consistency.

KINGDOM FITNESS PRINCIPLE

Train for your assignment. Live for His glory.

How to use this guide

- Complete the day's movement session at an effort that fits your current ability.
- Use the nutrition and hydration habit as a practical focus, not a perfection test.
- Read the faith focus and write one sentence about how it applies to your life.
- Check off the action step before the day ends.
- If you miss a day, resume the next day. Do not restart the entire week.

Safety first

This guide is general fitness education, not medical care. Choose movements you can perform safely. Stop if you experience sharp pain, chest pain, fainting, or unusual shortness of breath, and seek appropriate medical attention. If you have a medical condition, recent surgery, pregnancy, or other health concern, get individualized clearance from a qualified healthcare professional before beginning a new exercise program.

BEFORE DAY 1

Set your starting point.

Write down where you are today. These are not judgments; they are reference points.

Starting Point	Your Answer
Energy level (1-10)	
Average sleep hours	
Days active last week	
Water habit	
Biggest obstacle	
Why I want to get stronger	

Your Strong Start commitment

- ☐ I will focus on consistency, not perfection.
- ☐ I will use good form before adding resistance.
- ☐ I will make the workout easier when needed rather than quitting.
- ☐ I will complete one useful nutrition or hydration action each day.
- ☐ I will finish this seven-day guide.

YOUR WHY

Write one sentence you can read on the day you do not feel motivated:

DAY 1 • START WHERE YOU ARE

“For who hath despised the day of small things?” - Zechariah 4:10 (KJV)

TODAY’S OBJECTIVE

The goal today is not to prove anything. It is to establish that you are someone who moves on purpose.

Workout

Block	What to Do
Warm-up	5 minutes easy walking + shoulder rolls + hip hinges
Strength	Sit-to-stand 2 x 8-12 • Wall/elevated push-up 2 x 6-12 • Supported row or band row 2 x 8-12
Finish	5-10 minutes comfortable walking

Choose your level

BEGINNER / RETURNING	READY FOR MORE
Use a higher chair, wall push-ups, and shorter walking intervals.	Add one extra set to one strength movement if form stays strong.

Nutrition / Hydration Focus

Build one meal around a practical protein source plus vegetables or fruit.

Today’s Action Step

☐ Put tomorrow’s movement time on your calendar before bed.

Reflection: What did I do well today? _____

DAY 2 • BUILD THE HABIT

“And let us not be weary in well doing...” - Galatians 6:9 (KJV)

TODAY’S OBJECTIVE

Consistency becomes easier when the habit has a time, place, and trigger.

Workout

Block	What to Do
Warm-up	5 minutes easy movement
Movement	20-30 minute walk, bike, or low-impact cardio at a conversational pace
Mobility	Calf stretch • chest opener • gentle hip stretch, 20-30 sec each

Choose your level

BEGINNER / RETURNING	READY FOR MORE
Break the cardio into 2-3 shorter sessions across the day.	Add 5 minutes or a few moderate hills if appropriate.

Nutrition / Hydration Focus

Keep water visible and drink regularly according to thirst and your individual needs.

Today’s Action Step



Choose your workout trigger: after breakfast, after work, after prayer, or another reliable cue.

Reflection: What did I do well today? _____

DAY 3 • STRENGTH FOR LIFE

“I can do all things through Christ which strengtheneth me.” - Philippians 4:13 (KJV)

TODAY’S OBJECTIVE

Strength is not just for the gym. It helps you work, serve, carry, climb, and stay capable.

Workout

Block	What to Do
Warm-up	5 minutes walking + bodyweight rehearsal
Strength	Squat/sit-to-stand 2 x 8-12 • Push 2 x 6-12 • Pull 2 x 8-12 • Hip hinge 2 x 8-12 • Carry 3 x 20-40 sec
Finish	2 minutes slow breathing

Choose your level

BEGINNER / RETURNING	READY FOR MORE
Use support, lighter resistance, and shorter carry intervals.	Use a moderate resistance that leaves 2-3 good repetitions in reserve.

Nutrition / Hydration Focus

Include protein at two or more meals today. Choose foods that fit your preferences, budget, and needs.

Today’s Action Step

☐ Write one everyday activity you want to feel stronger doing.

Reflection: What did I do well today? _____

DAY 4 • FUEL WITH PURPOSE

“Whether therefore ye eat, or drink... do all to the glory of God.” - 1 Corinthians 10:31 (KJV)

TODAY’S OBJECTIVE

Food is not punishment or reward. It is one of the tools you use to support energy, recovery, and health.

Workout

Block	What to Do
Movement	20-30 minutes easy walking or active recovery
Mobility	5-8 minutes: ankles • hips • upper back • shoulders
Optional	Light core: dead bug or standing brace 2 x 6-10/side

Choose your level

BEGINNER / RETURNING	READY FOR MORE
Do 10 minutes total and focus on comfortable motion.	Add a second 10-minute walk after a meal.

Nutrition / Hydration Focus

Use the simple plate: protein + produce + a quality carbohydrate and/or healthy fat appropriate to your needs.

Today’s Action Step

☐ Prepare one meal or snack in advance for tomorrow.

Reflection: What did I do well today? _____

DAY 5 • DO IT ANYWAY

“I press toward the mark...” - Philippians 3:14 (KJV)

TODAY’S OBJECTIVE

Motivation changes. A scheduled action can survive a changing mood.

Workout

Block	What to Do
Warm-up	5 minutes
Circuit	Sit-to-stand 10 • Incline push-up 8 • Row 10 • Hinge 10 • Carry 30 sec. Repeat 2-3 rounds at a controlled pace.
Cool-down	Easy walking 3-5 minutes

Choose your level

BEGINNER / RETURNING	READY FOR MORE
Complete 1-2 rounds and rest as needed.	Complete 3 rounds with controlled resistance; do not rush form.

Nutrition / Hydration Focus

Choose one high-calorie “automatic” habit to reduce or replace today if it does not serve your goals.

Today’s Action Step

☐ Complete your session at the scheduled time even if you shorten it.

Reflection: What did I do well today? _____

DAY 6 • RECOVERY IS TRAINING

“Come ye yourselves apart... and rest a while.” - Mark 6:31 (KJV)

TODAY’S OBJECTIVE

Recovery is where training becomes adaptation. Rest is not the opposite of discipline.

Workout

Block	What to Do
Recovery	20-30 minute easy walk, mobility, or complete rest depending on how you feel
Breathing	5 slow breaths: inhale gently, long relaxed exhale
Reset	Review sleep, soreness, stress, and energy

Choose your level

BEGINNER / RETURNING	READY FOR MORE
Choose complete rest with a few minutes of gentle mobility.	Take a longer easy walk, keeping intensity low.

Nutrition / Hydration Focus

Plan a balanced evening meal and a realistic bedtime routine.

Today’s Action Step

☐ Set a consistent bedtime target for tonight.

Reflection: What did I do well today? _____

DAY 7 • BUILD THE NEXT 30 DAYS

“Let all things be done decently and in order.” - 1 Corinthians 14:40 (KJV)

TODAY’S OBJECTIVE

A strong week is valuable. A repeatable system is more valuable.

Workout

Block	What to Do
Choice	Repeat your favorite strength session OR complete a 30-minute walk
Review	Notice what felt easiest, hardest, and most useful
Plan	Schedule next week before today ends

Choose your level

BEGINNER / RETURNING	READY FOR MORE
Pick the shortest session you completed successfully this week and repeat it.	Repeat Day 3 with slightly more resistance only if form and recovery are good.

Nutrition / Hydration Focus

Choose 2-3 meals you can repeat next week without much decision-making.

Today’s Action Step

- ☐ Choose your next program: repeat this week, begin a 30-day plan, or apply for personalized coaching.

Reflection: What did I do well today? _____

THE SIMPLE KINGDOM FITNESS PLATE

A practical framework - not a rigid diet.

- Protein: choose a practical source that fits your needs and preferences.
- Produce: include vegetables and/or fruit often.
- Carbohydrate: use portions appropriate to your activity level, goals, and individual needs.
- Healthy fats: include sensible portions from foods such as nuts, seeds, avocado, olive oil, or fish.
- Fluids: drink according to thirst and individual needs; more may be appropriate with heat, prolonged activity, or heavy sweating.

SIMPLE RULE

Build meals you can repeat on ordinary Tuesdays - not just meals you can survive for seven perfect days.

Fast meal-building ideas

Meal	Example
Breakfast	Eggs + oatmeal + berries
Lunch	Chicken/turkey/beans + rice or potatoes + vegetables
Dinner	Fish/lean meat/tofu + vegetables + a practical starch
Snack	Greek yogurt, fruit, nuts, cottage cheese, or another protein-forward option

7-DAY STRONG START TRACKER

Make the invisible visible.

Day	Move	Protein/ Produce	Hydrate	Faith	Action
1	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐

SCORE THE WEEK

5-7 completed days = momentum. 3-4 = useful data. 0-2 = simplify the plan and restart with a smaller target. The goal is not shame; the goal is a system you can keep.

What worked best?

My easiest habit: _____

My hardest habit: _____

My strongest time of day: _____

The obstacle I need a plan for:

One win I am proud of: _____

YOUR NEXT 30 DAYS

Do not lose the momentum you just built.

Choose the next level that fits you:

LEVEL 1 • REPEAT

Repeat this 7-day guide for another week and make one small progression.

LEVEL 2 • 30-DAY PLAN

Move into a structured Kingdom Fitness 30-Day Stronger Life program.

LEVEL 3 • PERSONALIZED

Apply for individualized training/coaching built around your schedule, experience, equipment, and goals.

Your next-week schedule

Day	Planned Movement / Time
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

READY TO LEVEL UP?

Your next plan can be more personal.



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If this seven-day reset helped you, the next step is a plan that gives you structure beyond one week. Kingdom Fitness is built around practical strength, sustainable habits, accountability, and purpose.

PERSONAL TRAINING & COACHING

Explore current training, coaching, fitness resources, books, and upcoming programs at luciusalston.com.



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