



**STRONG BODY.
STRONG MIND.
STRONG FAITH.**

KINGDOM FITNESS

THE COMPLETE CHURCH HEALTH & STRENGTH SYSTEM

A FAITH-BASED GUIDE TO EXERCISE, NUTRITION, WEIGHT LOSS,
STRENGTH, MOBILITY, AND HEALTHY LIVING FOR ALL AGES —
INCLUDING SENIORS

— **LUCIUS ALSTON** —

ISSA CERTIFIED PERSONAL TRAINER • NUTRITION COACH

FAITH. MOVEMENT. NUTRITION. COMMUNITY. TRANSFORMATION.



FITNESS FOR *EVERY AGE*



*Kingdom Fitness is for children, teens,
adults, seniors, and seated support participants.*

1



Children:
Move, play,
and build
healthy habits
early.

2



Teens:
Build
discipline,
confidence,
and strength.

3



Adults:
Protect your
health, energy,
and longevity.

4



Seniors:
Stay mobile,
steady, and
strong.

5



Seated Support:
Progress is
possible at
every level.

Start where you are.



Steward what God has given you.



THE KINGDOM FITNESS COVENANT

A commitment to honor God by caring for body, mind, and daily habits.

- | | | |
|---|--|--|
| 1 | I will start where I am and keep moving forward. | |
| 2 | I will choose consistency over excuses. | |
| 3 | I will nourish my body with wisdom and balance. | |
| 4 | I will protect my strength, energy, and mobility. | |
| 5 | I will reject habits that destroy my health. | |
| 6 | I will encourage my family and church community to rise with me. | |
| 7 | I will treat my body as a gift to be stewarded, not neglected. | |

“Healthy stewardship is a spiritual discipline.”

My Kingdom Fitness Commitment _____	Date _____
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KNOW YOUR STARTING POINT

A simple baseline assessment before beginning your Kingdom Fitness journey.

COACH LUCIUS SAYS:

“You can’t build Kingdom strength on guesswork. Know your numbers. Honor your body. Glorify God with every step.”

PROGRESS IS PERSONAL.
MEASURE HONESTLY,
THEN BUILD WISELY.

SENIORS & BEGINNERS:

If needed, begin with chair exercises, walking, breathing work, and gentle mobility.



1 WEIGHT

_____ lbs
Date: ____ / ____ / ____



2 WAIST MEASUREMENT

_____ in
Date: ____ / ____ / ____



3 BLOOD PRESSURE

____ / ____
Date: ____ / ____ / ____



4 DAILY WATER INTAKE

_____ oz
Glasses: ☐ 4 ☐ 6 ☐ 8+



5 SLEEP HOURS

_____ hrs
Quality: ☐ Poor ☐ Fair ☐ Good



6 ENERGY LEVEL

Rate 1–10
(1 = Low Energy, 10 = High Energy)
_____ / 10



7 WALKING TOLERANCE

_____ minutes
Notes: _____



8 BALANCE / STABILITY

Rate 1–10
(1 = Poor, 10 = Very Stable)
_____ / 10



9 STRENGTH LEVEL

Rate 1–10
(1 = Weak, 10 = Very Strong)
_____ / 10



10 CURRENT MEDICATIONS / DOCTOR GUIDANCE

List Medications: _____
Doctor Clearance: ☐ Yes ☐ No
Notes: _____



11 PAIN OR MOBILITY CONCERNS

Areas of Concern: _____
Pain Level (1–10): _____ / 10
(1 = None, 10 = Severe)



12 PERSONAL GOAL

My Top Goal: _____
Why It Matters: _____



I COMMIT TO HONORING GOD WITH MY BODY, MIND, AND SPIRIT.

Signature: _____ Date: ____ / ____ / ____

STEWARD YOUR BODY. RENEW YOUR MIND.

Kingdom Fitness begins with mindset, discipline,
and spiritual responsibility.

5 MINDSET PRINCIPLES



1. **DISCIPLINE**
BEATS MOOD.



2. **EXCUSES**
DELAY CHANGE.



3. **SMALL DAILY**
CHOICES BUILD
STRONG BODIES.



4. **HEALTH IS**
EASIER TO KEEP
THAN TO RECOVER.



5. **RENEWED**
THINKING
PRODUCES
RENEWED LIVING.



PRAYER
FUELS PURPOSE



TRAIN
YOUR BODY



RENEW
YOUR MIND



SERVE OTHERS
LIVE KINGDOM

WHAT MUST CHANGE?

- ✗ OVEREATING
- ✗ INACTIVITY
- ✗ SUGAR DEPENDENCE
- ✗ CELEBRATION WITHOUT MODERATION



WHAT MUST GROW?

- ✓ MOVEMENT
- ✓ RESTRAINT
- ✓ CONSISTENCY
- ✓ SELF-RESPECT

**CHURCH FOLK CAN BE
JOYFUL, FAITHFUL, AND HEALTHY TOO.**

1 CORINTHIANS 6:19-20



YOU WERE CREATED FOR MORE. ✚ LIVE STRONG. ✚ LIVE SET APART. ✚ LIVE ON PURPOSE.

FAITH. MOVEMENT. NUTRITION. COMMUNITY. TRANSFORMATION.



Walking Works for Every Age

A simple way to build health and stamina



MOVE YOUR BODY.
STRENGTHEN YOUR FAITH.
HONOR YOUR TEMPLE.

1 CORINTHIANS 6:19-20

YOUR 4-STEP WALKING PLAN

1 WARM-UP WALK 5-10 MINUTES



- Start slow.
- Loosen up your arms and shoulders.
- Breathe deep and prepare your body.

2 STEADY PACE 20-30 MINUTES



- Find a pace you can maintain.
- Keep a steady rhythm.
- Aim for moderate intensity.

3 POSTURE CUES EVERY STEP



- Stand tall.
- Engage your core.
- Swing your arms.
- Step with purpose.

4 COOL-DOWN STRETCH 5-10 MINUTES



- Slow down your pace.
- Stretch major muscles.
- Thank your body for the work.



DAILY GOAL

Walk at least 30 minutes,
most days of the week.



STAY HYDRATED

Drink water before, during,
and after your walk.



KEEP THE FAITH

Prayer, movement, and
community make us strong.

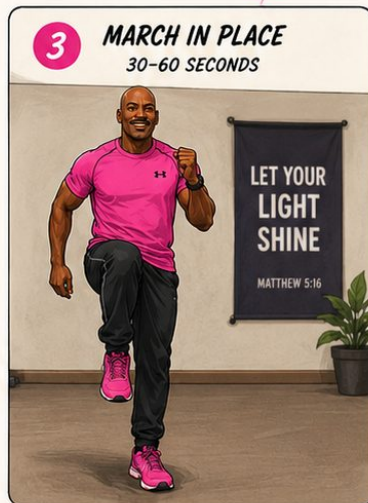
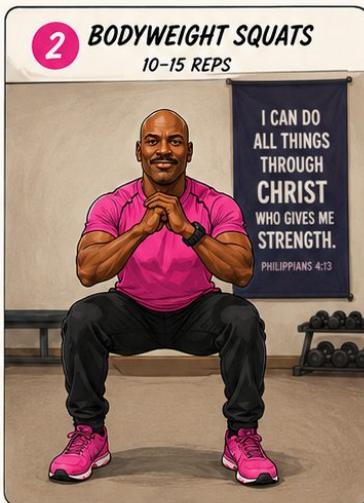
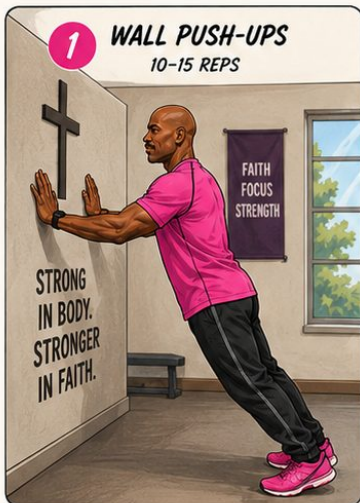
MOVE WITH PURPOSE

SIMPLE BODYWEIGHT EXERCISES FOR EVERY AGE.

"Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own."

1 CORINTHIANS 6:19

START WHERE
YOU ARE. USE
WHAT YOU HAVE.
GIVE GOD
THE GLORY!



MOVE YOUR BODY. RENEW YOUR MIND. GLORIFY GOD.

CONSISTENCY TODAY. STRENGTH TOMORROW. PURPOSE ALWAYS.



STRENGTH & MOBILITY FOR SENIORS

Safe movement keeps you independent, stable, and encouraged.



We move with purpose, we strengthen with wisdom, and we finish strong!



"They will still bear fruit in old age, they will stay fresh and green, proclaiming, 'The LORD is upright; he is my Rock.'"

PSALM 92:14-15



SAFETY FIRST



Use a sturdy chair or support.



Move at a slow, steady pace.



Breathe steadily. Inhale through your nose, exhale through your mouth.



Rest as needed. It's okay to pause.



Talk to your doctor before starting a new routine if you have health conditions.

1 CHAIR MARCHING

Sit tall. March in place by lifting knees one at a time.



Boosts circulation and warms up the body.

1-2 minutes



2 SEATED ARM RAISES

Sit tall. Raise both arms up overhead, then slowly lower them down.



Strengthens shoulders and improves posture.

10-15 reps



3 HEEL-TO-TOE BALANCE

Stand near a chair or counter. Place one foot directly in front of the other. Hold, then switch.



Improves balance and reduces fall risk.

Hold 10-20 sec. each side



4 SIT-TO-STAND

Scout to the edge of your chair. Lean forward, press through your feet, and stand up. Sit back down slowly.



Strengthens legs and supports daily movement.

8-12 reps



5 GENTLE TORSO ROTATION

Sit tall. Cross your arms over your chest. Turn your torso to one side, then the other.



Improves spinal mobility and relieves stiffness.

8-10 reps each side



6 ASSISTED CALF RAISES

Hold the back of a chair. Rise up on your toes, then slowly lower down.



Strengthens calves and improves ankle stability.

10-15 reps



TESTIMONY

"Since I started moving with Kingdom Fitness, I have more energy, better balance, and less pain. I feel stronger and more confident every day!"

—MRS. EVELYN, 72



MOVEMENT IS WORSHIP.

Every rep is an act of gratitude for the strength God gives.

"I can do all this through him who gives me strength."

PHILIPPIANS 4:13

Consistency is more important than intensity. Keep showing up and God will strengthen you.



YOUR BODY IS A TEMPLE AND A TESTIMONY.

Take care of it so you can keep serving, loving, and finishing strong for God.



GOAL OF THE DAY



BALANCE
Move with purpose and stay steady.



STRENGTH
Build strength to live and serve well.



FLEXIBILITY
Keep your body loose and moving freely.



CONFIDENCE
Believe God for strength at every age.



GRATITUDE
Thank God for health, breath, and new days.

YOU ARE NOT TOO OLD TO GET STRONG. YOU ARE TOO BLESSED TO GIVE UP.



Move today in faith so you can live tomorrow in freedom.

KINGDOM FITNESS

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CHAPTER 4

WALKING WORKS FOR EVERY AGE

— One of the safest, simplest, and most effective ways to begin. —



WALKING GUIDELINES



Start with **10–15 minutes**



Add **2–5 minutes** each week



Walk at a **pace** you can maintain



Use **supportive** shoes



Warm up and **cool down** gently



If needed, walk with a **partner**



SENIORS TIP



For balance concerns, use indoor hall walking, a treadmill with rails, or a walking partner.



MOVE WITH PURPOSE. HONOR GOD. BUILD STRENGTH.

Your body is a temple of the Holy Spirit (1 Corinthians 6:19–20). Walking is a simple way to steward your health, increase your strength, and serve God with energy and joy.

Be faithful in the small things. Your daily steps build a stronger body and a stronger life for God's glory.

Proverbs 16:3



SENIOR STRENGTH IN THE SANCTUARY



Safe movements for older adults.

1 SEATED KNEE LIFTS



Lift one knee at a time. Keep your core engaged and your back tall.

2 SEATED OVERHEAD PRESS



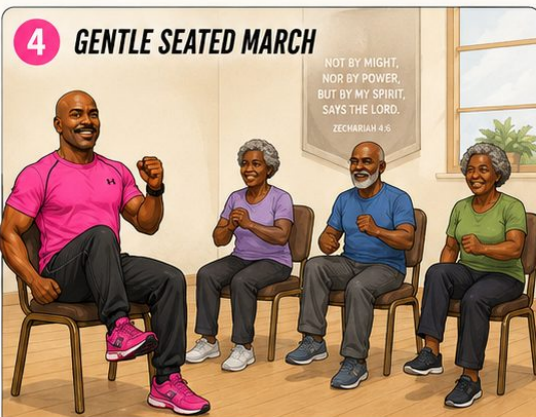
Press the weights up overhead and lower with control.

3 SIT-TO-STAND



Lean forward, push through your feet, and stand tall. Then sit back down with control.

4 GENTLE SEATED MARCH



March in place while seated. Keep it smooth and breathe steady.



Move with purpose. Strengthen your body. Glorify God.

1 CORINTHIANS 6:19-20

Listen to your body. Go at your pace.
You've got this—and God's got you!

BODY FAT & HEALTH

What really matters most



*It's not just about the scale.
It's about how you feel, how you move,
and how well you live for God.*

*Strong
in body.
Steady
in faith.
Built to
serve.*

1 WAIST SIZE MATTERS



A smaller waist is linked to lower risk of heart disease, diabetes, and high blood pressure.



2 STRENGTH MATTERS



Muscle helps your body burn fat, stay independent, and protect your joints and bones.



3 ENERGY MATTERS



Lower body fat means more energy, better sleep, and a clearer mind to walk in purpose.



4 HEALTHY HABITS MATTER



Small, daily choices add up to a longer, stronger, and healthier life.



5 PROGRESS BEATS PERFECTION



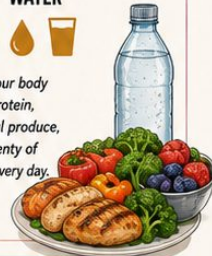
You don't have to be perfect—just consistent. Keep showing up and keep moving forward.



6 PROTEIN + PRODUCE + WATER



Fuel your body with protein, colorful produce, and plenty of water every day.



KINGDOM FOCUS

*Steward the body
God gave you.*

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.” 1 CORINTHIANS 6:19–20



DAILY WINS

- Move your body with purpose.
- Lift or use resistance 2–3 times a week.
- Eat real food. Limit sugar and processed foods.
- Drink water. Stay hydrated.
- Sleep well. Rest helps you recover.
- Pray and give thanks. Guard your heart.



REMEMBER

You are fearfully and wonderfully made. Take care of yourself so you can keep showing up for God, your family, and your calling.

YOU WERE MADE FOR MORE!



STRONG BODY. STRONG MIND. STRONG FAITH.
Live well. Lead well. Leave a legacy.

CHAPTER 14

HEART & CARDIOVASCULAR FITNESS

Train the engine


**KINGDOM
FOCUS**



*A strong heart
serves a
strong life.*



*A strong heart
honors God and
supports a strong life.
Take care of it!*

A healthy heart fuels every part of your life. Strengthen your cardiovascular system so you can live with energy, confidence, and purpose—today and for years to come.

1 WALK CONSISTENTLY



Walking is one of the best things you can do for your heart. Aim for at least 30 minutes most days of the week.



2 WARM UP FIRST



Prepare your heart and muscles with 5–10 minutes of light movement before you start. It helps prevent injury and boosts performance.



3 BREATHE WELL



Deep, steady breathing delivers oxygen to your heart and muscles. Inhale through your nose, exhale through your mouth.



4 BUILD ENDURANCE GRADUALLY



Start where you are. Slowly increase time, distance, or intensity. Progress, not perfection.



5 MONITOR EFFORT



Use the Talk Test: You should be able to talk, but not sing, during moderate activity. Listen to your body and rest when needed.

- Light
Easy to talk
- Moderate
Can talk, not sing
- Hard
Hard to talk

6 KEEP MOVING AT EVERY AGE

You are never too young or too old to strengthen your heart. Movement keeps you independent, energized, and ready for the call on your life.



MOVE ON PURPOSE. PROTECT YOUR HEART. HONOR THE GIVER OF LIFE.

WAYS TO MOVE YOUR HEART



WALK

Simple, effective, and for everyone.



CYCLE

Great for heart health and joint-friendly.



LOW-IMPACT CARDIO

Move, sweat, and strengthen without high impact.



CHURCH COMMUNITY

Walk together. Encourage one another. Stronger together in Christ.



Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own.

1 CORINTHIANS 6:19





CHAPTER 15

BLOOD PRESSURE & EXERCISE



— Move wisely and consistently —

1 WALK OFTEN

Aim for 30 minutes most days. Walking improves circulation and supports a healthy heart.



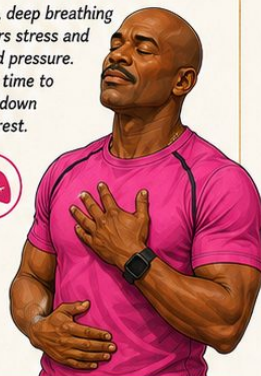
2 START GENTLY

Begin at your level. Ease in, be consistent, and let your body adapt.



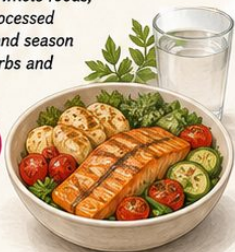
3 BREATHE AND RECOVER

Slow, deep breathing lowers stress and blood pressure. Take time to cool down and rest.



4 REDUCE SODIUM

Choose whole foods, limit processed foods, and season with herbs and spices.



5 STRENGTH TRAIN SAFELY

Build muscle to support your heart and metabolism. Use moderate weights and perfect your form.



6 SLEEP AND STRESS MATTER

Rest well. Manage stress. Both are key to keeping your blood pressure in a healthy range.



KINGDOM FOCUS

Peace, discipline, and movement work together.

“ I can do all this through him who gives me strength.

PHILIPPIANS 4:13

”



HONOR GOD WITH YOUR BODY.

Move with purpose. Eat with wisdom. Rest in His peace.



CHAPTER 16

BLOOD SUGAR & MOVEMENT

Feed well, move well

Stable blood sugar means steady energy, better mood, and greater freedom to live God's purpose!

1 WALK AFTER MEALS

A 10–15 minute walk after eating helps your body use glucose more efficiently and supports healthy blood sugar.



10–15 MINUTES



EASY PACE



BETTER BALANCE



3 CHOOSE SMART PORTIONS

Balancing your plate helps prevent spikes and crashes.



- ½ Non-Starchy Vegetables
- ¼ Lean Protein
- ¼ Whole Grains or Complex Carbs

2 STRENGTH HELPS

Building muscle improves how your body uses glucose and keeps your metabolism strong.



Aim for strength 2–3 times per week.

4 PAIR PROTEIN WITH FIBER

This combo slows digestion, keeps you full longer, and supports steady energy.



PROTEIN



FIBER

A powerful pair.

5 HYDRATE

Water helps your body process nutrients, regulate blood sugar, and stay at its best.



Aim for 6–8 glasses of water daily.

6 STAY CONSISTENT

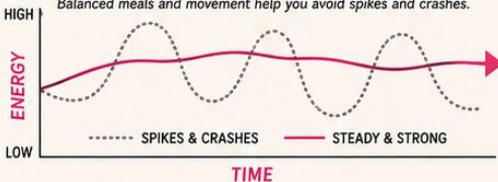
Small, daily faithful choices create long-term freedom and better health.



Progress comes from obedience, not perfection.

STEADY CHOICES. STEADY ENERGY.

Balanced meals and movement help you avoid spikes and crashes.



KINGDOM FOCUS

Discipline at the table supports discipline in the body.



Your choices today shape your strength tomorrow.

“

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

1 CORINTHIANS 6:19–20



Honor God with how you eat, how you move, and how you live.



FEED YOUR BODY. MOVE WITH PURPOSE. LIVE FOR HIS GLORY.



CHAPTER 17

BONES, JOINTS & AGING



**KINGDOM
FOCUS**

Strong
structure
supports
faithful
living.

Stay strong and mobile

God designed your body to last.
Move with wisdom, build strength,
and protect what He has given you.



1 STRENGTH PROTECTS THE FRAME



Strong muscles support your bones, reduce fall risk, and help you live independently.

Try chair squats and sit-to-stands.



2 MOBILITY EVERY DAY



Move each joint through a full, gentle range daily. It keeps you loose, reduces stiffness, and improves comfort.

Neck, shoulders, spine, hips, knees, ankles.



3 WALK FOR BONE HEALTH



Weight-bearing movement stimulates bone strength and supports heart, mood, and longevity.

Aim for 20-30 minutes most days.



4 TRAIN BALANCE TOO



Good balance prevents falls and builds confidence. Practice regularly.

Try single-leg stands and heel-to-toe walks.



5 PROTECT THE JOINTS



Strong muscles around the joints provide cushion and support.

- Use good form
- Avoid overdoing
- Listen to pain
- Warm up
- Cool down



6 PROTEIN PLUS SUPPORTIVE NUTRITION



Protein builds and repairs muscle and bone-supporting nutrients keep you strong.

- Lean protein
- Calcium & Vitamin D
- Fruits & vegetables
- Stay hydrated
- Limit excess sugar and salt



**GOD STRENGTHENS
WHAT YOU STEWARD.**

Honoring your body is part of honoring Him.

“They that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

ISAIAH 40:31

- ✓ Move daily with purpose.
- ✓ Build strength intentionally.
- ✓ Protect your joints.
- ✓ Fuel your body wisely.
- ✓ Walk in God's strength.



STRONG BONES. MOBILE JOINTS. STEADY FAITH. PURPOSE EVERY DAY.
YOU ARE FEARFULLY AND WONDERFULLY MADE.



CHAPTER 18

BALANCE & FALL PREVENTION

Confidence in every step

Strong balance today means independence tomorrow.

Let's move with purpose and walk in faith!

Falls are not a normal part of aging. With strength, awareness, and faith, you can stay steady, stay active, and keep doing Kingdom work.

You were made to move—and called to keep moving forward.



KINGDOM FOCUS

Steady steps build confident living.



1 USE SUPPORT WHEN NEEDED

Use a sturdy chair, counter, or wall for extra balance and confidence.



It's smart, not weak.



2 TRAIN ONE LEG AT A TIME

Build balance and strength safely with supported single-leg stands.

- Hold 10–20 seconds on each side.



3 STRENGTHEN HIPS AND LEGS

Strong legs support your steps and protect your joints.

- Squats
- Step-ups
- Marching
- Leg lifts



4 CLEAR YOUR ENVIRONMENT

Remove tripping hazards and keep walkways well-lit and clutter-free.

- Remove rugs
- Keep cords tucked
- Good lighting
- Keep paths clear at home and church



5 PRACTICE POSTURE

Stand tall. Look forward. Shoulders back. Core engaged.

Good posture keeps you balanced and breathing well.



6 KEEP WALKING

Walking daily builds balance, strength, and joy.

- Short walks
- Walk with others
- Walk with worship
- Walk with purpose



PRACTICE THESE EVERY DAY

HEEL-TO-TOE WALKING

Place one foot directly in front of the other. Walk in a straight line for 10–20 steps.



SUPPORTED SINGLE-LEG STAND

Hold the back of a chair. Lift one foot. Hold 10–20 seconds. Switch sides.



SIT-TO-STAND

Sit tall. Lean forward. Push through your feet and stand up slowly. Sit back down with control.



SAFE SPACE TO WALK

Wide walkways. No clutter. Good lighting. Places of peace and purpose.



"Your word is a lamp for my feet, a light on my path."

PSALM 119:105



Every steady step is an act of worship.

Walk in strength. Walk in faith. Walk in purpose.

You are fearfully and wonderfully made—and still called to do great things!

Mobility for Daily Life

Stay flexible, steady, and ready to serve.

*"I can do all things through Christ who strengthens me."
Philippians 4:13*



1 NECK STRETCH

Loosen up tension and improve neck mobility.



Sit or stand tall. Gently tilt your head toward your right shoulder. Hold for 20–30 seconds. Switch sides.

2 SHOULDER ROLLS

Release tension and keep your shoulders healthy.



Roll your shoulders up, back, down, and forward in a smooth circle. Repeat 8–10 times. Then reverse directions.

3 CALF STRETCH

Improve lower leg flexibility and support healthy joints.



Step one foot back. Keep your heel down and leg straight. Lean forward gently. Hold for 20–30 seconds. Switch legs.

4 SEATED HAMSTRING STRETCH

Lengthen your hamstrings and support lower back comfort.

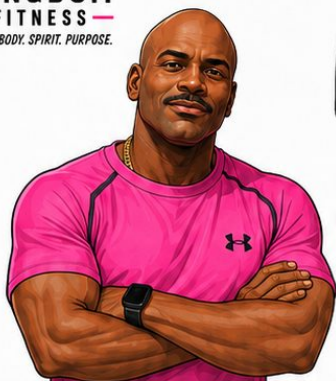


Sit tall with one leg extended. Hinge forward from your hips and reach toward your foot. Hold for 20–30 seconds. Switch legs.



Remember: Small stretches, big faith. Care for your body so you can keep serving with joy and strength.





WALKING WORKS FOR EVERY AGE

Simple. Safe. Powerful.



YOUTH
8-17

- 🕒 Time Goal: 30-45 minutes
- 📅 Frequency: 5-7 days per week
- ★ Tip: Walk with friends and make it fun. Set goals. Track progress.



YOUNG ADULT
18-29

- 🕒 Time Goal: 30-60 minutes
- 📅 Frequency: 4-6 days per week
- ★ Tip: Build it into your routine. Walk before work or after class.



ADULT
30-59

- 🕒 Time Goal: 30-60 minutes
- 📅 Frequency: 4-6 days per week
- ★ Tip: Use walking for stress relief. Protect your time. You matter.



SENIOR
60+

- 🕒 Time Goal: 20-45 minutes
- 📅 Frequency: 5-7 days per week
- ★ Tip: Start slow and steady. Consistency is key.



LIMITED MOBILITY

- 🕒 Time Goal: 10-30 minutes
- 📅 Frequency: 5-7 days per week
- ★ Tip: Every step counts. Move in a way that works for you.



WALKING FORM



POSTURE
Stand tall.
Shoulders back.
Head up.
Eyes forward.



ARM SWING
Swing your arms naturally.
Elbows at about 90°.



HEEL-TO-TOE
Land on your heel.
Roll through to your toes.
Take smooth steps.



BREATHE
Breathe in through your nose.
Breathe out through your mouth.
Stay relaxed.

Your body is a temple.
Move it with purpose.
Honor God with every step.

One step at a time. One day at a time. Keep moving.



Let's build strong bodies for God's glory!

Kingdom Fitness

MOVE WITH PURPOSE

A simple full-body routine for beginners.

Your body was created to move for God's glory. This beginner routine strengthens your body, boosts your energy, and builds daily discipline. Do it with joy, do it with faith—move with purpose!

“ I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others, I myself might be disqualified. **”**

1 CORINTHIANS 9:27

WARM UP FIRST

Spend 3–5 minutes waking up your body.



March in place or walk.
1 minute



Arm circles (forward & back).
30 seconds each



Shoulder rolls and neck rolls.
30 seconds each



Side reaches or gentle twists.
30 seconds each

Warm muscles = fewer injuries!

1 BRISK WALKING OR MARCHING IN PLACE

Beginner: 2–3 minutes



How: Walk briskly or march in place, lifting your knees and swinging your arms.

★ **Benefits:** Improves heart health, circulation, and warms up your whole body.

2 CHAIR SQUATS OR SIT-TO-STANDS

Beginner: 2 sets of 8–12 reps



How: Sit tall, feet shoulder-width apart. Stand up using your legs, then sit back down with control.

★ **Benefits:** Strengthens legs and glutes; supports daily activities and balance.

3 WALL PUSH-UPS

Beginner: 2 sets of 8–12 reps



How: Stand arm's length from the wall. Place hands on the wall, lower your chest, then push back.

★ **Benefits:** Builds upper body strength safely; great starting point for push-ups.

4 RESISTANCE-BAND OR BODYWEIGHT ROWS

Beginner: 2 sets of 8–12 reps



How: Pull your body toward the band or bar, squeezing shoulder blades together. Lower with control.

★ **Benefits:** Strengthens back and arms; improves posture and stability.

5 STANDING KNEE LIFTS

Beginner: 2 sets of 10–15 reps (each leg)



How: Lift one knee up toward your chest, lower it, then switch legs. Keep your core engaged.

★ **Benefits:** Improves core strength, balance, and heart health.

6 GENTLE STRETCH & COOL-DOWN

Beginner: 3–5 minutes



How: Stretch slowly and gently. Hold each stretch for 15–30 seconds. Breathe deep and relax.

★ **Benefits:** Improves flexibility, reduces soreness, and helps your body recover.

DON'T RUSH THE PROCESS

“ Discipline today builds strength tomorrow. Trust the process—God is with you every step. **”**

— Coach Lucius



FORM OVER EGO

Small steps. Safe choices. Big results.

- ✓ Listen to your body. Stop if you feel pain.
- ✓ Keep core tight and back straight.
- ✓ Use control, not speed.
- ✓ Drink water before, during, and after.
- ✓ Rest when needed. Consistency beats intensity.



HOW OFTEN?

Start 3 days per week and build up. Be consistent. **Keep showing up!**



Your body is a temple of the Holy Spirit. Take care of it with gratitude and honor.

1 CORINTHIANS 6:19–20

CHAPTER 31

THE COMPLETELY NEW BEGINNER

You're not behind.
You're just getting started.

This is your foundation chapter.
We'll build your confidence,
create simple wins, and
set you up for long-term
success.



THE GOAL:

Build the habit. Protect your body.
Honor God with your health.

THE NEW BEGINNER ROADMAP



START SMALL

5–10 minutes a day.



MOVE DAILY

Walking is your best friend.



FUEL SMART

Eat simple. Drink water.



REST WELL

Sleep and stress management.



BE PATIENT

Progress comes with consistency.



*Small steps done daily
lead to a transformed life.*

NEW BEGINNER PLAN

THE BASICS THAT BUILD YOU

MOVE



Walk
5-10 minutes
daily.

FUEL



Eat 3 meals.
Add fruit &
vegetables.

WATER



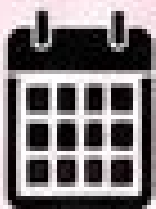
Drink
64 oz.
daily.

REST



Sleep
7-8 hours
nightly.

30-DAY INSTALLATION



- ✓ Walk 5 minutes every day.
- ✓ Drink 64 oz. of water daily.
- ✓ Eat one extra vegetable daily.
- ✓ Go to bed 15 minutes earlier.
- ✓ Write 3 things you are thankful for.

THE 10-MINUTE CHURCH MEMBER WORKOUT

Short on time? No problem. Do this daily.

1

MARCH IN PLACE

1 minute



2

WALL PUSH-UPS

1 minute



3

CHAIR SQUATS

1 minute



4

STANDING ROWS

(Use towel or band)

1 minute



5

GLUTE BRIDGE

1 minute

6

PLANK (KNEES)

1 minute



7

STRETCH & BREATHE

2 minutes



*You just did something great
for your body and your ministry!*

THE 20-MINUTE HOME WORKOUT

Simple. Effective. Equipment: Optional.



WARM-UP (3 MIN)

March, arm circles, hip circles.



CIRCUIT (3 ROUNDS)

- Squats – 12 reps
- Push-ups – 10 reps
- Bent Rows – 12 reps
- Glute Bridges – 15 reps
- Plank – 30 seconds



COOL DOWN (3 MIN)

Stretch and breathe.



30-DAY INSTALLATION

Do this 3–4 days per week.

Increase one rep or one round each week.

THE 30-MINUTE FULL-BODY WORKOUT

Total body. Total results.



WARM-UP (5 MIN)

Walk, mobility, dynamic stretches.



STRENGTH (20 MIN)

3-4 sets of 8-15 reps

- Squats
- Push-ups
- Rows
- Lunges
- Plank variations



COOL DOWN (5 MIN)

Stretch. Hydrate. Breathe.

30-DAY INSTALLATION

Complete 3-5 days per week.

Track your sets and reps.



NO-EQUIPMENT TRAINING

You don't need a gym. You need discipline.

BEST NO-EQUIPMENT MOVES



**BODYWEIGHT
SQUAT**



PUSH-UP



GLUTE BRIDGE



LUNGE



PLANK



**MOUNTAIN
CLIMBERS**

30-DAY INSTALLATION

Pick 4 moves. Do 3 rounds.

3-4 days per week.

RESISTANCE-BAND TRAINING

Small band. Big results.

EFFECTIVE BAND EXERCISES



BAND SQUAT



BAND ROW



**BAND CHEST
PRESS**



**BAND SHOULDER
PRESS**



**BAND BICEP
CURL**



**BAND LAT
PULLDOWN**



30-DAY INSTALLATION

Do 2-3 sets of 12-15 reps.

3-4 days per week.



PUT IT ALL TOGETHER

YOUR WEEKLY SIMPLE PLAN

MON

10-Minute Workout

TUE

20-Minute Workout

WED

Walk 20–30 Minutes

THU

20-Minute Workout

FRI

Rest or Walk

SAT

30-Minute Workout

SUN

Rest, Stretch, Reflect



*Consistency over intensity.
Discipline over motivation.
Faith over fear.*

DUMBBELL TRAINING

Simple tools. Total-body strength.

KINGDOM
FITNESS
MIND. BODY. SPIRIT. PURPOSE.



COACH LUCIUS GAME PLAN

- 1 Learn the basic patterns first: goblet squat, row, press, hinge, carry and curl.
- 2 Choose weights that challenge the final repetitions without changing your form.
- 3 Control the lowering phase. Do not throw the dumbbell through the movement.
- 4 Start with two full-body sessions each week before adding more volume.
- 5 Progress slowly: add repetitions first, then a small amount of weight.

BEGINNER

One pair of light dumbbells can train the whole body.

STRONG AFTER 60

Seated presses/curls and supported rows reduce balance demands.

FORM

Keep wrists neutral and never sacrifice control for heavier weight.

STRONG BODY. STRONG MIND. STRONG FAITH.

Dumbbells do not make the workout effective. Good movement, enough challenge and consistency do.

GYM MACHINE TRAINING

Let the machine support the learning curve.

KINGDOM
FITNESS
MIND. BODY. SPIRIT. PURPOSE.



COACH LUCIUS GAME PLAN

- 1 Adjust the seat, pad and handles before the first set.
- 2 Line the machine's pivot with your joint when the design requires it.
- 3 Use a comfortable range of motion and avoid slamming the weight stack.
- 4 Machines are excellent for beginners and seniors who want more stability.
- 5 Record the machine, seat setting, weight and repetitions so progress is repeatable.

START HERE

Leg press, chest press, seated row, pulldown and leg curl are strong basics.

SENIOR LANE

Machines can reduce balance requirements while still building strength.

SAFETY

Ask staff for setup help when a machine is unfamiliar.

STRONG BODY. STRONG MIND. STRONG FAITH.

A machine can guide the path. You still control the effort.

MEN'S STRENGTH PROGRAM

Train the whole man - not only the mirror muscles.

**KINGDOM
FITNESS**
MIND. BODY. SPIRIT. PURPOSE.



COACH LUCIUS GAME PLAN

- 1 Build the week around legs, back, chest, shoulders, core and carries.
- 2 Train pulling as seriously as pressing to support posture and shoulders.
- 3 Do not skip legs. Strong hips and legs support work, balance and long-term independence.
- 4 Use two to four strength sessions per week depending on experience and recovery.
- 5 Track performance instead of chasing soreness.

2-DAY OPTION

Two full-body workouts.

3-DAY OPTION

Full body three nonconsecutive days.

4-DAY OPTION

Upper / lower split with recovery days.

STRONG BODY. STRONG MIND. STRONG FAITH.

Strength is most useful when it serves your health, work, family and assignment.

WOMEN'S STRENGTH PROGRAM

Strength supports confidence, bone, muscle and independence

KINGDOM
FITNESS
MIND. BODY. SPIRIT. PURPOSE.



COACH LUCIUS GAME PLAN

- 1 Train the entire body: squat, hinge, push, pull, step, core and carry.
- 2 Use progressive resistance instead of relying only on light weights forever.
- 3 Give hips and legs attention without neglecting the back, chest and shoulders.
- 4 Strength training can support bone and muscle as women age.
- 5 Choose a program based on goals and ability - not stereotypes about what women should train.

BEGINNER

Two full-body sessions each week.

BUILD

Three strength days with gradual progression.

AFTER 60

Prioritize legs, back, balance, posture and safe loading.

STRONG BODY. STRONG MIND. STRONG FAITH.

Strong is not a men's category. Strength belongs to every woman who wants more capability.

FAT-LOSS CONDITIONING

Burn calories - but build a life you can maintain.

**KINGDOM
FITNESS**
MIND. BODY. SPIRIT. PURPOSE.



COACH LUCIUS GAME PLAN

- 1 Fat loss requires a sustainable energy deficit; conditioning helps but cannot out-train unlimited eating.
- 2 Use walking as the base and add intervals only after a fitness foundation exists.
- 3 Keep strength training in the plan so weight loss does not become only about getting smaller.
- 4 Low-impact conditioning is often easier to recover from and repeat.
- 5 Measure weeks of consistency, not how destroyed you feel after one session.

BASE

Walking 20-45 minutes.

INTERVAL

Short faster periods
mixed with easy recovery.

NO SHAME

Progress by habits, waist
trend, fitness and
function - not one scale
reading.

STRONG BODY. STRONG MIND. STRONG FAITH.

The winning fat-loss plan is the one that lets you keep muscle, keep moving and keep living.

MUSCLE-BUILDING PROGRAM

Give the body a reason to grow - then give it time.

KINGDOM
FITNESS
MIND. BODY. SPIRIT. PURPOSE.



COACH LUCIUS GAME PLAN

- 1 Train each major muscle group consistently across the week.
- 2 Use enough resistance that the set becomes challenging while form stays controlled.
- 3 Add repetitions or load gradually over time.
- 4 Eat enough protein and overall nutrition to support recovery.
- 5 Sleep and rest are part of muscle building, not time away from it.

TRAIN

2-4 strength days each week.

FUEL

Include useful protein across meals.

RECOVER

Allow muscle groups time to recover before hard repeat training.

STRONG BODY. STRONG MIND. STRONG FAITH.

Muscle is built through progressive training, sufficient recovery and months of consistency.

WALKING PROGRAM

Build the habit before you chase the pace.

COACH LUCIUS GAME PLAN

- 1 Choose a baseline: 5, 10, 20 or 30 minutes you can repeat comfortably.
- 2 Walk 4-6 days each week at an easy-to-moderate effort.
- 3 Add time before speed. Increase only one variable at a time.
- 4 Use hills or brisk intervals only after the base feels easy.
- 5 Track weekly minutes, not perfection.



RESTART

5-10 min • easy pace • one or two short walks/day

BUILD

20-40 min • most days • occasional brisk periods

STRONG 60+

10-30 min • safe surface • partner/support as needed

STRONG BODY. STRONG MIND. STRONG FAITH.

Walking is not the warm-up to real fitness. For many people, walking is the foundation of real fitness.

STRONG AFTER 60

Train for independence, confidence and service.

COACH LUCIUS GAME PLAN

- 1 Strength train 2-3 days each week.
- 2 Walk or use appropriate cardio most days.
- 3 Practice balance several days each week.
- 4 Train sit-to-stand, step, push, pull, carry and mobility.
- 5 Use enough recovery to keep progressing.



LEGS

Sit-to-stand • step strength

BALANCE

Supported practice • walking confidence

POSTURE

Back • grip • carry • mobility

STRONG BODY. STRONG MIND. STRONG FAITH.

Older does not mean finished. Train the abilities that help you stay independent and engaged.

CHAIR-BASED STRENGTH

A chair can be a training tool, not a limitation.

COACH LUCIUS GAME PLAN

- 1 Seated march for warm-up and hip control.
- 2 Sit-to-stand for legs and independence.
- 3 Seated band row for back and posture.
- 4 Seated press or curl with light resistance.
- 5 Heel raises and supported balance.
- 6 Finish with breathing and mobility.



SETUP

Sturdy chair • no wheels • stable floor

DOSING

1-3 sets • 8-15 reps • slow control

PROGRESS

More reps → range → light resistance

STRONG BODY. STRONG MIND. STRONG FAITH.

Chair-based training can be challenging, progressive and meaningful.

BALANCE & FALL-PREVENTION TRAINING

Train steadiness before fear takes over.

COACH LUCIUS GAME PLAN

- 1 Practice near a counter, rail or sturdy chair.
- 2 Start with feet together, staggered stance and weight shifts.
- 3 Progress to heel-to-toe stance and supported single-leg holds.
- 4 Strengthen hips, legs and ankles alongside balance work.
- 5 Remove trip hazards and improve lighting at home.

DO IT FUSES



BEGINNER

10-20 sec holds • support within reach

STRONG 60+

Practice 3+ days/week • short frequent sessions

SAFETY

New dizziness, repeated falls or sudden balance change deserve evaluation

STRONG BODY. STRONG MIND. STRONG FAITH.

Balance is trainable. Safety is part of training, not a sign of weakness.

WALKING FOR OLDER ADULTS

Move often. Stay confident. Protect independence.

COACH LUCIUS GAME PLAN

- 1 Choose a safe, repeatable route.
- 2 Start with 5-10 minutes if needed.
- 3 Use a partner, cane, walker or rail when prescribed or helpful.
- 4 Increase time slowly before increasing pace.
- 5 Break longer walks into shorter sessions when fatigue is high.

DO NOT FUSE



EASY DAY

Comfortable pace • conversation easy

BUILD DAY

A little longer or slightly brisker

RECOVERY

Short walk + mobility + rest

STRONG BODY. STRONG MIND. STRONG FAITH.

The goal is not to prove how far you can go today. The goal is to keep walking tomorrow.

STRENGTH TRAINING WITH BANDS

Small tool. Big possibilities.

COACH LUCIUS GAME PLAN

- 1 Inspect the band before every session.
- 2 Use seated rows, presses, curls and leg work to reduce balance demand.
- 3 Keep the band anchored to a secure, appropriate point.
- 4 Control the return phase - never let the band snap.
- 5 Progress by adding reps, tension or a stronger band gradually.

DOIT FUSES



BEGINNER

Light band • 1-2 sets • 8-15 reps

STRONG 60+

Seated or supported options work well

SAFETY

Never anchor to loose furniture, towel bars or unstable doors

STRONG BODY. STRONG MIND. STRONG FAITH.

Bands can build strength at home, at church, while traveling and in a chair.

JOINT-FRIENDLY EXERCISE

Train the movement - not the pain.

COACH LUCIUS GAME PLAN

- 1 Use a comfortable range of motion.
- 2 Choose stable, controlled exercises.
- 3 Use machines, bands, water exercise or supported bodyweight work when helpful.
- 4 Warm up gradually before harder movement.
- 5 Progress range and resistance slowly.

DO IT FUSES



LOW IMPACT

Walking • cycling • pool • seated cardio

STRENGTH

Slow reps • stable setup • pain-aware range

MODIFY

Shorter range • lighter load • more support

STRONG BODY. STRONG MIND. STRONG FAITH.

Joint-friendly does not mean easy. It means challenging the body without unnecessarily irritating the joint.

MOBILITY FOR EVERYDAY INDEPENDENCE

Move well enough to live well.

DOIT FUSES

COACH LUCIUS GAME PLAN

- 1 Train ankle motion for walking and stairs.
- 2 Train hip motion for sitting, stepping and dressing.
- 3 Train upper-back rotation for reaching and turning.
- 4 Train shoulder motion for grooming, dressing and shelves.
- 5 Use short daily mobility sessions instead of rare long sessions.



DAILY

5-10 minutes is enough to build the habit

SEATED

Most drills can be adapted to a chair

RULE

Gentle tension is okay. Sharp or worsening pain is not the goal

STRONG BODY. STRONG MIND. STRONG FAITH.

Mobility matters because everyday life asks you to reach, turn, bend, step and rise.

THE SENIOR 20-MINUTE ROUTINE

More time. More strength. Still practical.

COACH LUCIUS GAME PLAN

- 1 3 minutes: easy walk/march + mobility.
- 2 2 rounds: sit-to-stand, row, wall push-up, hinge and calf raise.
- 3 Add supported step taps or low step-ups.
- 4 Add 2-3 minutes of core/bracing.
- 5 Finish with balance, breathing and mobility.

ILL BODY POSES



SETS

1-3 sets • 6-15 reps

REST

30-120 sec as needed

PROGRESS

Control → reps → range → resistance

STRONG BODY. STRONG MIND. STRONG FAITH.

A complete senior workout does not need an hour. Twenty focused minutes can train the whole system.

PROTEIN, CARBS, FATS & FIBER

Know what each part of the plate is doing.

COACH LUCIUS GAME PLAN

- 1 Protein supports muscle repair and helps meals feel substantial.
- 2 Carbohydrates provide useful fuel, especially for active bodies.
- 3 Dietary fats support health and help meals satisfy.
- 4 Fiber supports fullness, digestion and food quality.
- 5 Build meals from real food categories before chasing supplements.

ILL BODY POSES



PROTEIN

Chicken • fish • eggs • beans •
dairy/tofu

CARBS + FIBER

Fruit • oats • rice • potatoes •
whole grains

FATS

Nuts • seeds • avocado • olive
oil

FUEL THE BODY. HONOR THE ASSIGNMENT.

You do not need to fear nutrients. You need to learn how to use them.

HYDRATION

Water supports the whole system.

COACH LUCIUS GAME PLAN

- 1 Start the day with water instead of waiting until late afternoon.
- 2 Keep water visible and easy to reach.
- 3 Drink more around exercise and heat as appropriate.
- 4 Use urine color, thirst and individual guidance as practical clues - not rigid internet rules.
- 5 Remember that some medical conditions require individualized fluid guidance.

ILL BODY POSES



START

Water with breakfast

TRAIN

Drink before/during/after as needed

CHECK

Medications/conditions may change fluid needs

FUEL THE BODY. HONOR THE ASSIGNMENT.

Hydration is a daily habit, not a rescue mission after you are already depleted.

HAND-SIZE PORTION GUIDE

Use your hand when measuring tools are not available.

PROTEIN

PALM

Chicken, fish, turkey, eggs, tofu, beans

1 palm is a simple starting point for many meals.

CARBOHYDRATE

CUPPED HAND

Rice, oats, potatoes, fruit, whole grains

1 cupped hand is a practical starting serving.

VEGETABLES

FIST

Greens, broccoli, carrots, peppers, cabbage

1-2 fists adds volume, color and fiber.

HEALTHY FAT

THUMB

Olive oil, nuts, seeds, avocado, nut butter

1 thumb-sized serving is a useful visual cue.

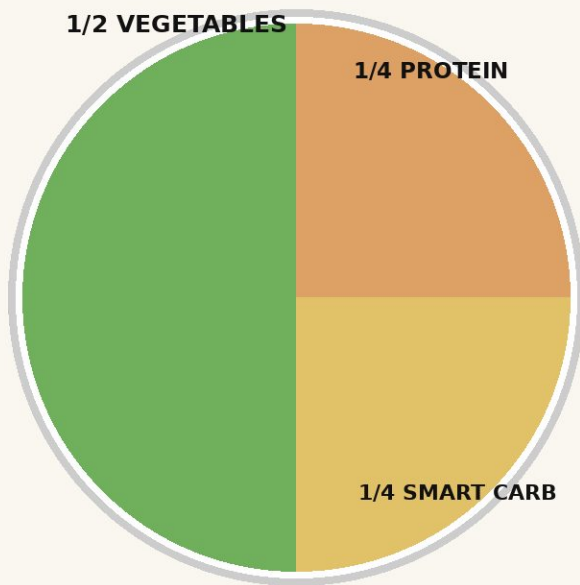


COACH LUCIUS SAYS

Hand portions are a starting framework, not a medical prescription. Appetite, body size, activity, goals, age and health conditions can change how much food you need.

THE KINGDOM PLATE

Simple. Balanced. Practical.



BUILD THE PLATE

- 1 Vegetables first**
Color + volume + fiber
- 2 Protein next**
Build and repair
- 3 Smart carb**
Fuel the body
- 4 Healthy fat**
Small sensible portion
- 5 Water**
Drink with the meal



KINGDOM GROCERY BLUEPRINT

Shop for meals, not random ingredients.

PROTEIN	- Chicken/turkey - Fish/tuna - Eggs - Beans/lentils - Greek yogurt / tofu
PRODUCE	- Fresh vegetables - Frozen vegetables - Fresh fruit - Frozen fruit - Bagged greens
SMART CARBS	- Oats - Brown rice - Potatoes - Whole-grain bread - Beans/fruit
HEALTHY FATS	- Nuts - Seeds - Avocado - Olive oil - Nut butter
FAST STAPLES	- Canned beans - Low-sodium tuna - Frozen veg - Microwave grains - Simple seasonings

ILL BODY POSES

