



MINDFULFIT BY NJ

# PULL UP. PUSH UP. SQUAT.

A Step-by-Step Beginner-to-Strong Programme

8-WEEK PROGRESSIVE PLAN · ALL LEVELS

## PULL UP

Back · Biceps · Grip

## PUSH UP

Chest · Shoulders · Triceps

## SQUAT

Legs · Glutes · Power

*"Get stronger — a different way."*

This programme blends progressive overload with mindful movement — helping you build real, functional strength from the ground up. Whether you cannot do a single pull-up yet or want to master all three patterns, this plan meets you exactly where you are.

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# Pull Up

From Zero to Reps

## WHY THE PULL UP?

The pull-up is the ultimate test of relative strength. It builds your lats, rhomboids, biceps and core — and demands your body works as a single unit. Most people skip it because it feels impossible at first. That's exactly why we start here.

## STEP-BY-STEP PROGRESSION

1

### Dead Hang

Hang from bar, arms fully extended, shoulder-width grip. Hold 10–30 sec. Builds grip strength and shoulder stability — the foundation for everything.

2

### Scapular Pulls

From a dead hang, retract shoulder blades downward without bending the elbows. Activates the lats before you even start pulling.

3

### Negative Pull-Ups

Jump to the top (chin over bar) and lower slowly over 3–5 sec. Builds the eccentric strength needed before you pull concentric.

4

### Band-Assisted Pull-Ups

Loop a resistance band over the bar, place knees or feet in it. Reduces load while training the full movement pattern with correct form.

5

### Full Pull-Up

From dead hang, drive elbows to hips, pulling chin over the bar. Breathe out on the way up. Pause. Lower with control. One mindful rep.

## 8-WEEK PROGRESSIVE PLAN

WEEK	SETS / REPS	FOCUS
WK 1	3 × 20s hang	Dead hang endurance
WK 2	3 × 8 scapular pulls	Scapular activation
WK 3	4 × 5 negatives (5s)	Eccentric strength
WK 4	4 × 6 neg + 2 band	Transition week
WK 5	4 × 5 band-assisted	Full pattern practice
WK 6	3 × 3–4 full reps	First real pull-ups
WK 7	4 × 4–5 full reps	Volume build
WK 8	3 × Max reps	Test your progress

# Push Up

*From Wall to Floor*

## WHY THE PUSH UP?

The push-up is the most accessible strength movement on the planet — no equipment, no excuses. Done mindfully, it trains chest, shoulders, triceps and core simultaneously. Form over volume, always. One perfect rep beats ten sloppy ones.

## STEP-BY-STEP PROGRESSION

1

### Wall Push-Up

Stand arm's-length from a wall. Palms at chest height. Bend elbows to bring chest to wall, push back. Perfect entry-level pattern builder.

2

### Incline Push-Up

Hands on a bench, step or chair. Same form as a full push-up but reduced load. Lower chest to surface — keep core tight throughout.

3

### Kneeling Push-Up

Full push-up position with knees on the floor. Keep hips in line — no sagging. Lower chest to the floor with a straight back line.

4

### Negative Push-Up

Full push-up position — lower yourself slowly over 5 seconds to the floor. Reset at the top. Builds strength for the full movement.

5

### Full Push-Up

Straight body from head to heels. Hands just outside shoulders. Lower your chest — not your hips — to the floor. Push the earth away.

## 8-WEEK PROGRESSIVE PLAN

WEEK	SETS / REPS	FOCUS
WK 1	3 × 10 wall	Movement pattern
WK 2	3 × 10 incline	Load introduction
WK 3	3 × 8 kneeling	Closer to full range
WK 4	3 × 5 negatives	Eccentric strength
WK 5	3 × 5 full push-ups	First full reps
WK 6	4 × 6–8 full	Volume build
WK 7	4 × 10 full	Endurance push
WK 8	3 × Max reps	Test your max

# Squat

*Sit. Stand. Strengthen.*

## WHY THE SQUAT?

The squat is the most fundamental human movement — we were born squatting. It builds quad, glute and hamstring strength, improves hip mobility and ankle flexibility, and carries over to everything in daily life. Owning your squat means owning your body.

## STEP-BY-STEP PROGRESSION

1

### Box / Chair Squat

Stand in front of a chair, feet shoulder-width. Sit back onto the chair then stand. Teaches the sitting-back movement and removes fear of falling.

2

### Assisted Squat

Hold a door frame or TRX. Use only for balance. Squat as deep as comfortable — builds confidence and mobility simultaneously.

3

### Goblet Squat

Hold a weight at your chest. The counterbalance lets you sit deeper with an upright torso. Best teaching tool for the squat pattern.

4

### Bodyweight Squat

Feet shoulder-width, toes slightly out. Sit hips back and down, knees track over toes. Drive through heels to stand. Pause at the bottom.

5

### Tempo / Pause Squat

3 sec down, 2 sec pause at the bottom, drive up. This is where mindfulness meets strength — feel every muscle working. No rushing.

## 8-WEEK PROGRESSIVE PLAN

WEEK	SETS / REPS	FOCUS
WK 1	3 × 10 box squats	Pattern & confidence
WK 2	3 × 12 assisted	Depth & mobility
WK 3	3 × 10 goblet squats	Torso position
WK 4	3 × 12 bodyweight	Unassisted pattern
WK 5	4 × 12 bodyweight	Volume build
WK 6	4 × 10 tempo squats	Mindful strength
WK 7	4 × 15 bodyweight	Endurance & control
WK 8	3 × Max reps	Test your strength

# THE MINDFULFIT PRINCIPLES

Move with intention. Grow with consistency.



## 01

### Presence Over Performance

Every rep is an opportunity to be fully in your body. Notice sensation, breath, effort. This is where strength meets stillness.

## 02

### Progress, Not Perfection

Some days you feel strong. Some you won't. Both are valid. Show up, do the work, trust the process to deliver results.

## 03

### Breath is the Anchor

Breathe out on effort — breathe in on the return. Your breath signals safety to your nervous system. Use it deliberately every rep.

## 04

### Form Before Volume

One clean rep beats ten sloppy ones. If form breaks, stop. Reduce load, fix the movement, then build again. Always.

## "Lift Lighter. Live Heavier."

Strength is not just physical. When you commit to this process with full attention, something shifts — you start to carry yourself differently in every room you walk into.

## READY TO GET STRONGER — A DIFFERENT WAY?

This plan gives you the map — but nothing accelerates results like personalised coaching. At MindfulFit by NJ, every session is built around **you**: your body, your goals, your pace.

We don't just build stronger bodies — we build a stronger relationship with movement.

1-to-1 Personal Training

Mindfulness-Based Coaching

Online & In-Person

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