

FAILURENAIRE



Failurenaire: From Fat to Average – 6-Month Training Guide

“Because greatness is overrated — let’s just try to button our jeans without passing out.”



WHO THIS IS FOR:

- Age 30–60
 - Haven’t exercised in years (or ever)
 - Rockin’ a solid dad bod, IPA gut, or soft shell of shame
 - Want to be able to jog a 5K, get back some dignity, and not hate mirrors
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MINDSET RULES:

- Progress > Perfection
 - This isn’t about abs — it’s about **not feeling like trash**
 - You’re not trying to look like The Rock — just **not like a wet sock**
 - Trust the process, survive the process, roast your old self when you’re done
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THE GAMEPLAN: 6 Months of Progressive Pain (and Growth)



MONTH 1: Operation “Just Show Up”

Goal: Build momentum. Move. Sweat a little. That’s it.

Workout Plan:

- 🚶 Walk 15–20 mins, 5x/week
- 💪 3x/week bodyweight workout:
 - 10 squats
 - 10 wall push-ups
 - 10 crunches or sit-ups
(*Yes, it will hurt. Yes, that means you need it.*)
- 🧘 Stretch 5 mins/day. (Back, hamstrings, neck — you’re rusty)

Nutrition Changes:

- 🚫 Ditch soda and energy drinks — switch to water, coffee, or zero-cal
 - 🍴 Eat meals off a plate, not from a box/bag
 - 🍗 Eat protein with every meal (eggs, chicken, beef, beans, protein shakes)
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🟡 MONTH 2: “I Kinda Work Out Now” Energy

Goal: Increase intensity slightly without scaring yourself back to the couch

Workout Plan:

- 🚶 Walk 30 mins, 5x/week (1–2 brisk walks or light jogs)
- 🧘 Bodyweight workout 3x/week (2 sets now):
 - 12 squats
 - 12 incline push-ups
 - 12 crunches
 - 20-second plank
- 🧘 Stretch after every walk or workout

Nutrition Changes:

- 🧠 Track what you eat 3–4 days/week (not calories, just *awareness*)
 - 🥬 Add 1 serving of veggies to 2 meals/day
 - 🍔 Reduce fast food to once per week (yes, even the "grilled" chicken sandwich)
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MONTH 3: “Cardio Ain’t So Bad” Phase

Goal: Get your heart working, drop some lbs, and not feel like death while moving.

Workout Plan:

-  Walk/jog combo 3x/week:
 - 5 min warm-up walk
 - Jog 30–60 sec, walk 90 sec — repeat x6–8
-  Full-body bodyweight workout 3x/week:
 - 15 squats
 - 15 incline pushups
 - 15 crunches
 - 30 sec plank
-  Stretch or foam roll 10 min/day

Nutrition Changes:

-  Prep 2 meals/week at home (grill, bake, or air fry like a champion)
 -  Cut alcohol to weekends only (and not 9 IPAs, champ)
 -  Swap snacks for fruit, Greek yogurt, protein bars
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🟠 MONTH 4: “Starting to Feel Dangerous” Phase

Goal: Increase endurance + strength. Body fat starts falling off here.

Workout Plan:

- 🏃 Jog/Walk 4x/week (aim for 2 miles per session)
- 💪 Switch to Dumbbell Workout 3x/week (or keep bodyweight if no access):
 - 3 sets of:
 - Goblet squats (10–12 reps)
 - Dumbbell bench or floor press (10 reps)
 - Bent-over rows (12 reps)
 - Farmer carries (30 sec)
 - Planks (45 sec)
- 🧘 Add in mobility or yoga once/week

Nutrition Changes:

- 🥚 Prioritize protein: 100g+ daily
 - 🍽️ Portion control: Eat until satisfied, not stuffed
 - 🍫 Treats allowed: 1–2 small indulgences per week, not daily snackfests
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🔴 MONTH 5: “I Don’t Suck at Fitness Anymore” Mode

Goal: Push yourself. This is where average becomes possible.

Workout Plan:

- 🏃 Jog/run 3 miles, 3x/week
- 🏋️ Lift 3x/week (add weight, increase reps or sets)
- 💣 Optional 4th “fun” workout (bike ride, swim, pick-up hoops)

Nutrition Changes:

- 🧠 Track calories/macros if serious about fat loss
 - 🍴 Eat clean 80% of the week
 - 💧 Hydrate like it's your job — 3+ liters/day
 - 🥤 Watch sodium (less frozen food, fast food, sauces)
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🟣 MONTH 6: “I Might Actually Look Average Now” Finale

Goal: Complete a 5K, look decent in the mirror, feel like a new beast.

Workout Plan:

- 🏃 Run or walk/jog a 5K (3.1 miles) — sign up for one!
- 🏋️ Lift 3x/week, increasing intensity
- 💣 Add HIIT or sprints once/week (20–30 sec intervals x6)

Nutrition:

- 🍗 120g protein/day (chicken, beef, Greek yogurt, protein shakes)
- 🍲 Carb timing around workouts (oats, rice, fruit)
- 🍕 Enjoy 1 epic cheat meal — you earned it



RESULTS YOU CAN EXPECT:

- ✅ Down 20–40 lbs if consistent
- ✅ Able to jog 3 miles without calling an Uber
- ✅ Stronger, leaner, less depressed
- ✅ 90% more dateable
- ✅ Still love beer, just *less* of it



Final Failurenaire Tips:

- Progress is not linear. You will mess up. That's part of the story.
- Post before/after pics. Roast old you. Celebrate new you.
- Recruit a friend. Trash talk each other into staying consistent.
- If you fall off — just restart **at Month 1 Week 1**. Never quit for good.