

SYSTEM

# FOUNDATION

## 4-WEEK BEGINNER STRENGTH PROGRAM

*Your first step. Build the base that everything grows from.*

DURATION	FREQUENCY	EQUIPMENT	LEVEL
4 WEEKS	4 DAYS / WEEK	Full Gym	SEE PROGRAM

### FREE DOWNLOAD

Register at [AETHONPERFORMANCE.COM](https://AETHONPERFORMANCE.COM) for early access when we launch.

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# AETHON SYSTEM: FOUNDATION

Welcome to AETHON SYSTEM: FOUNDATION — the entry point for every serious athlete. This program is designed for beginners and those returning after a break.

Over 4 weeks you will learn the foundational movement patterns that underpin all future training: squat, hinge, push, pull and carry. You will build real strength, improve mobility and establish the habits that separate those who progress from those who plateau.

Each session runs 55–70 minutes. You train 4 days per week with built-in progression. Do not skip the active recovery days — they are as important as the lifting sessions.

## PROGRAM OVERVIEW

WEEKS	DAYS/WEEK	SESSION	EQUIPMENT	LEVEL
4	4	55–70 min	Full Gym	Beginner

## THE AETHON PRINCIPLES

01 PROGRESSIVE OVERLOAD — Add weight or reps each week. If nothing changes, nothing changes.

02 TRACK EVERYTHING — Log your weights and reps. Data drives progress.

03 TECHNIQUE FIRST — Never add load at the cost of form. Quality reps build quality muscle.

04 SLEEP IS TRAINING — 7–9 hours of sleep is when you grow. Non-negotiable.

05 CONSISTENCY OVER INTENSITY — Showing up every week beats going all-out once a month.

## WEEK 1 · ESTABLISH THE BASE

*GOAL: Build movement patterns. All weights light — technique first. Rest fully between sets.*

### DAY 1 · FULL BODY — PUSH FOCUS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Back Squat	3	10	90s	Feet shoulder-width, chest tall
Dumbbell Bench Press	3	12	75s	Control eccentric 3 sec down
Incline Dumbbell Press	3	12	75s	30 degree angle, squeeze at top
Cable Tricep Pushdown	3	15	60s	Elbows locked at sides
Dumbbell Lateral Raise	3	15	60s	Slight bend in elbow, controlled
Plank Hold	3	40s	60s	Posterior pelvic tilt, breathe
Dead Bug	3	10/side	60s	Low back flat to floor always

### DAY 2 · FULL BODY — PULL FOCUS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Romanian Deadlift	3	10	90s	Hinge at hips, soft knee, bar close
Seated Cable Row	3	12	75s	Chest tall, drive elbows back
Lat Pulldown	3	12	75s	Pull to upper chest, full stretch
Dumbbell Bicep Curl	3	15	60s	No swinging, full range
Face Pull	3	15	60s	Thumbs behind ears at finish
Hanging Knee Raise	3	12	60s	Control the descent
Pallof Press	3	10/side	60s	Brace core, don't rotate

### DAY 3 · LOWER BODY — QUAD & GLUTE

EXERCISE	SETS	REPS	REST	COACHING NOTE
Leg Press	4	12	90s	Full range of motion
Walking Lunge	3	10/leg	75s	Long stride, chest up
Leg Extension	3	15	60s	Pause and squeeze at top
Lying Leg Curl	3	15	60s	Control the descent
Hip Thrust (bodyweight)	3	15	60s	Drive through heels, pause top
Standing Calf Raise	4	20	45s	Full stretch at bottom
Ab Wheel Rollout	3	8	60s	From knees — controlled

### DAY 4 · ACTIVE RECOVERY — CARDIO + MOBILITY

EXERCISE	SETS	REPS	REST	COACHING NOTE
Incline Treadmill Walk	1	25 min	—	RPE 4–5, easy conversational pace
Hip Flexor Stretch	1	60s/side	—	Hold, don't bounce
World's Greatest Stretch	1	8/side	—	Slow and deliberate
Thoracic Rotation	1	10/side	—	Open up the mid-back
Banded Glute Walks	2	15/dir	—	Band above knees, stay low
Child's Pose	1	90s	—	Deep diaphragm breathing

## WEEK 2 · ADD LOAD

*GOAL: Increase working weights 5–10%. Same movements, slightly heavier. Focus on mind-muscle connection.*

### DAY 1 · FULL BODY — PUSH FOCUS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Back Squat	3	10	90s	+5kg from Week 1
Dumbbell Bench Press	3	10	75s	Add 2kg per dumbbell
Incline Dumbbell Press	3	12	75s	Match Week 1 top set weight
Cable Tricep Pushdown	3	15	60s	Squeeze hard at full extension
Dumbbell Lateral Raise	4	15	60s	4 sets this week
Plank Hold	3	50s	60s	10 seconds longer than W1
Dead Bug	3	12/side	60s	Slow and very controlled

### DAY 2 · FULL BODY — PULL FOCUS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Romanian Deadlift	3	10	90s	+5kg from Week 1
Seated Cable Row	3	10	75s	Heavier — chest stays tall
Lat Pulldown	3	12	75s	Full stretch at top each rep
Dumbbell Bicep Curl	4	12	60s	Add 1 set this week
Face Pull	3	15	60s	Add external rotation at end
Hanging Knee Raise	3	14	60s	2 more reps than W1
Pallob Press	3	12/side	60s	2 more reps per side

### DAY 3 · LOWER BODY — QUAD & GLUTE

EXERCISE	SETS	REPS	REST	COACHING NOTE
Leg Press	4	12	90s	+10kg from Week 1
Bulgarian Split Squat	3	10/leg	90s	Replaces walking lunge
Leg Extension	3	12	60s	Heavier same reps
Lying Leg Curl	3	12	60s	Slow negative 3 seconds
Hip Thrust (banded)	3	15	60s	Band above knees
Standing Calf Raise	4	18	45s	Slow up AND slow down
Ab Wheel Rollout	3	10	60s	2 extra reps

### DAY 4 · ACTIVE RECOVERY

EXERCISE	SETS	REPS	REST	COACHING NOTE
Bike or Rowing Machine	1	30 min	—	Moderate, RPE 5
Full Body Foam Roll	1	8 min	—	Quads, lats, thoracic spine
Couch Stretch	1	90s/side	—	Hip flexors and quads
Pigeon Pose	1	90s/side	—	Glutes and deep rotators
Cat-Cow	1	15 reps	—	Breathe into each position
Neck Circles	1	10/dir	—	Slow and deliberate

## WEEK 3 · PUSH HARDER

*GOAL: Add a 4th working set on key lifts. Introduce drop sets on isolation movements. Feel challenged.*

### DAY 1 · FULL BODY — PUSH FOCUS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Back Squat	4	8	90s	4th set — heavier
Dumbbell Bench Press	4	10	90s	4 sets this week
Incline Dumbbell Press	3	10	75s	Drop set on last set
DB Overhead Press	3	12	75s	New: shoulder stability
Cable Tricep Pushdown	3	12	60s	Drop set on last set
Lateral Raise	4	15	60s	1.5 rep method
Ab Circuit	3	—	60s	Plank 45s + 15 leg raises + 10 rollouts

### DAY 2 · FULL BODY — PULL FOCUS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Romanian Deadlift	4	8	90s	4th set — near max
Barbell Row	3	10	90s	Replaces cable row this week
Lat Pulldown	4	10	75s	4 sets this week
Dumbbell Hammer Curl	3	12	60s	Neutral grip throughout
Cable Bicep Curl	3	12	60s	Superset with hammer curl
Face Pull	4	15	60s	4 sets — rear delt health
Hanging Leg Raise	3	10	60s	Straighter legs than W1

### DAY 3 · LOWER BODY — QUAD & GLUTE

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Back Squat	4	8	120s	Higher intensity this week
Bulgarian Split Squat	3	10/leg	90s	Add weight
Leg Press	3	12	90s	Deep range of motion
Leg Extension	3	12	60s	Drop set on last set
Lying Leg Curl	3	10	75s	Heavier
Hip Thrust (barbell)	4	12	90s	Barbell added this week
Calf Raise	5	15	45s	5 working sets

### DAY 4 · ACTIVE RECOVERY + LIGHT CARDIO

EXERCISE	SETS	REPS	REST	COACHING NOTE
Cycling or Rowing	1	30 min	—	Moderate, RPE 5–6
Dynamic Hip Circles	1	10/dir	—	Loosen hips
Hamstring Stretch	1	60s/side	—	Straight leg, hold
Chest Opener Stretch	1	60s	—	Bands or doorframe
Quad Standing Stretch	1	45s/side	—	Balance and stretch
Box Breathing	1	5 min	—	4 in, 4 hold, 4 out, 4 hold

## WEEK 4 · PEAK & TEST

*GOAL: Hit heaviest sets on compound lifts. Drop volume slightly, raise intensity. Week 1 weights should feel easy now.*

### DAY 1 · FULL BODY — PUSH FOCUS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Back Squat	4	6	120s	Heavy — RPE 8
Dumbbell Bench Press	4	8	90s	Heaviest controllable weight
Incline Dumbbell Press	3	8	90s	Heavy
DB Overhead Press	3	10	75s	Heavier than Week 3
Cable Tricep Pushdown	3	12	60s	Controlled quality reps
Lateral Raise	4	12	60s	Heaviest of all 4 weeks
Core Finisher	1	10 min	—	Plank 60s + V-ups 15 + rollouts 10

### DAY 2 · FULL BODY — PULL FOCUS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Romanian Deadlift	4	6	120s	Heavy, slow 4-sec negative
Barbell Row	4	8	90s	4 sets — strong pulls
Weighted Pull-Up / Pulldown	4	8	90s	Add load if possible
EZ Bar Curl	3	10	60s	Full contraction, squeeze
Cable Bicep Curl	3	12	60s	Squeeze hard at top
Face Pull	4	15	60s	Rear delt health — always
Hanging Leg Raise	3	12	60s	Strong controlled finish

### DAY 3 · LOWER BODY — PEAK WEEK

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Back Squat	5	5	120s	Heaviest of the program
Romanian Deadlift	3	6	120s	Heavy hinge
Leg Press	4	8	90s	Deep — heaviest weight
Leg Extension	4	12	60s	Strong controlled reps
Lying Leg Curl	4	10	75s	Heavy
Hip Thrust (barbell)	4	10	90s	Heaviest weight of program
Calf Raise	5	12	45s	Heavy calf work

### DAY 4 · DELOAD — REFLECT & RECOVER

EXERCISE	SETS	REPS	REST	COACHING NOTE
Easy Walk or Light Swim	1	30 min	—	RPE 3–4 only
Full Body Stretch Circuit	1	20 min	—	Hold each 60–90 seconds
Progress Log Review	1	10 min	—	Compare Week 1 vs Week 4 weights
Box Breathing	1	10 min	—	4-4-4-4 pattern
Foam Rolling	1	10 min	—	Full body — slow pressure
Plan Next Phase	—	—	—	Move to Hypertrophy or re-run +10%

# PROGRESS TRACKER

Log your working weights, reps or times every session. Progress only happens when it is tracked. Fill this in after every workout.

## BODY MEASUREMENTS

WEEK	DAY 1	DAY 7	CHANGE	WAIST (cm)	HIP (cm)	CHEST (cm)	NOTES
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

## STRENGTH / PERFORMANCE LOG

Record the weight used (kg) or reps completed for each key exercise each week.

EXERCISE / METRIC	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
Barbell Back Squat (kg)					
Romanian Deadlift (kg)					
Dumbbell Bench Press (kg each)					
Barbell Row (kg)					
Lat Pulldown (kg)					
Hip Thrust (kg)					
DB Overhead Press (kg each)					
Bodyweight (kg)					
Waist Measurement (cm)					

## SESSION LOG

Use this to track how each session felt. RPE = Rate of Perceived Exertion (1-10).

SESSION	DATE	ENERGY (1-10)	RPE	HIGHLIGHT / NOTE
W1 D1				
W1 D2				
W1 D3				
W1 D4				

SESSION	DATE	ENERGY (1-10)	RPE	HIGHLIGHT / NOTE
W1 D5				
W2 D1				
W2 D2				
W2 D3				
W2 D4				
W2 D5				
W3 D1				
W3 D2				
W3 D3				
W3 D4				
W3 D5				
W4 D1				
W4 D2				
W4 D3				
W4 D4				
W4 D5				

*Foundation Tracker: Record your top working set weight each week. By Week 4 you should see 10–20% improvement on all compound lifts.*

## GET EARLY ACCESS TO THE FULL AETHON SYSTEM

This is a FREE program. When Aethon Performance launches — premium programs, coaching, gear and the full performance platform — you will be first to know.

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BUILT FOR THE BODY. ENGINEERED FOR THE MIND.