



The Covenant Starter

The Standard Most People Avoid

**Temple Built
Built Not Found**

THIS IS THE START — NOT THE SYSTEM

This is not the full Covenant. This is your entry point. A single week designed to show you what structure feels like.

The full system goes deeper. More structure. More progression. More tracking. More instruction. More coaching cues and video demos. More demand.

This is where you begin.

OPENING

Most people don't fall apart all at once. They drift.

Quiet compromises. Lower standards. Missed sessions that turn into missed weeks. Until one day, they realize — they're no longer who they said they'd be.

Covenant exists to stop that. Not with motivation — but with structure.

And once you enter it, the expectation changes.

WHY THIS EXISTS

Most people quit when motivation fades.

Not because they don't care — but because they don't have structure. They rely on how they feel. And feelings change.

Covenant was built to remove that variable.

This isn't the full system. This is your starting point. A way to begin — without guessing.

Show up. Do the work. Finish. You don't need to feel ready. You need to begin.

WHAT THIS IS

Covenant is a structured training system.

Simple by design. Effective because of it.

You train three days per week. You follow the structure. You track what you do.

The goal isn't just to complete workouts. The goal is to become someone who finishes them. No shortcuts. No negotiation. No starting over.

THE STANDARD

Show up when it's inconvenient.

Protect your technique.

Track everything.

Support the work outside the gym.

Finish what you start.

If you fall off — return immediately. No reset mindset. No waiting for the "right time."

You continue.

THE REAL PROBLEM

The issue isn't effort. Most people are willing to work.

The issue is inconsistency. Inconsistency breaks momentum. Momentum builds identity.

Without structure, consistency fades. With structure, it holds.

That's what this is.

YOUR FIRST STRUCTURE

Train three days this week.

Day 1 — Lower Body

Day 2 — Upper Body

Day 3 — Full Body

Leave at least one rest day between sessions.

Example:

Monday — Day 1

Wednesday — Day 2

Friday — Day 3

Rule:

Never miss twice.

SESSION STRUCTURE

Every session follows the same format.

Structure removes guesswork.

Consistency builds results.

1. Movement Preparation
2. Mobility
3. Athletic Primer
4. Strength
5. Supporting Work
6. Pull or Hang
7. Core
8. Conditioning

You don't need variety.

You need consistency.

DAY 1 — LOWER BODY + FOUNDATION

(Build Strength + Learn Control)

Move with intent.

Control every rep.

WARM-UP (5–8 MINUTES)

2 rounds:

- Bodyweight Squats × 10
- Reverse Lunges × 8/leg
- Band Pull-Aparts × 15
- T-Spine Rotations × 6/side

ATHLETIC PRIMER

3 rounds:

- Squat Jumps × 5
- Rest 30–45 seconds

STRENGTH

Goblet Squat

4 sets × 8 reps

Rest 60–90 seconds

MAIN WORK (THE BUILDER)

3 rounds:

- Dumbbell Romanian Deadlift × 10
- Dumbbell Press × 8
- Dumbbell Row × 10/side

Rest 60–90 seconds

FINISHER (THE TEST)

4 rounds:

- Farmer Carry × 100 feet (about 15 steps each way — heavy)
- Push-Ups × 8–12
- Pallof Press × 8/side

Rest only as needed

FINAL PUSH (OPTIONAL)

2 minutes:

Continuous Farmer Carry (heavy)

DAY 2 — UPPER BODY + CONTROL

(Stability + Strength + Output)

Earn every rep.

WARM-UP (5–8 MINUTES)

2 rounds:

- Arm Circles × 10 each direction
- Push-Ups × 6–8
- Reverse Lunges × 6/leg
- T-Spine Rotations × 6/side

ATHLETIC PRIMER

3 rounds:

- Clap Push-Ups × 5 (or Push-Ups with hands leaving the floor)
- Rest 30–45 seconds

STRENGTH

Dumbbell Bench Press

4 sets × 8 reps

Rest 60–90 seconds

MAIN WORK (THE BUILDER)

3 rounds:

- Hip Thrusts × 8
- One-Arm Row × 10/side
- Push-Ups or Floor Press × 10

Rest 60–90 seconds

FINISHER

3–4 rounds:

- Dead Hang × max time
- Push-Ups × max clean reps
- Pallof Press × 8/side

FINAL PUSH

5 minutes:

- 5 Push-Ups
- 5 Rows (each side)
- Farmer Carry × 50 feet

Repeat continuously

DAY 3 — FULL BODY + ENGINE

(Output + Carry + Grit)

This is where it comes together.

WARM-UP (5–8 MINUTES)

2 rounds:

- Bodyweight Squats × 10
- Hip Hinges × 10
- Band Pull-Aparts × 15
- T-Spine Rotations × 6/side

ATHLETIC PRIMER

3 rounds:

- Broad Jumps × 4
- Rest 30–45 seconds

STRENGTH

Dumbbell Deadlift

4 sets × 6 reps (heavy)

If you have access to a trap bar, use it. Otherwise, dumbbells work.

Rest 90 seconds

MAIN WORK (THE BUILDER)

3 rounds:

- Goblet Squat or Front-Foot-Elevated Split Squat × 8/side
- Dumbbell Shoulder Press × 10
- Pull-Ups or Rows × 8–10

Rest 60–90 seconds

FINISHER (ENGINE TEST)

8 minutes continuous:

- 10 Kettlebell or Dumbbell Swings
- Farmer Carry × 100 feet
- 5 Push-Ups
- Pallof Press × 6/side

Repeat continuously

FINAL PUSH (CARRY TEST)

2 minutes:

Heavy Farmer Carry

You may rest.

The clock does not stop.

YOUR GOAL

Complete all three sessions this week.

Then prove it.

WEEK 1 CHALLENGE

(THE STANDARD TEST)

This is where most people separate.

THE RULE

Complete all 3 sessions.

No skipping.

No restarting.

You finish what you start.

THE TEST

5-minute continuous work:

- Farmer Carry × 65 feet (about 15 steps each way — heavy)
- 8 Push-Ups
- 10 Air Squats

Repeat for 5 minutes.

RULES

Move continuously

Rest only when needed

No sloppy reps

LOG YOUR RESULT

Rounds Completed: _____

Weight Used: _____

Notes: _____

Save this number. You'll re-test it at the end of Week 8.

PROGRESSION

If the weight feels controlled — add a little next time.

If technique breaks — reduce it.

Progress slowly. Control always comes first.

TRACKING

If it's not written down, it didn't happen.

Date: _____

Exercise	Weight	Reps	Notes
Goblet Squat	35 lb	8, 8, 8, 8	Felt strong

NON-NEGOTIABLES

3 sessions
No skipped days
Track everything
Finish what you start

THE NEXT LEVEL

This week showed you what structure feels like. But structure without progression has a ceiling.

The full Covenant system expands this into:

- 8 weeks of structured progression
- Defined strength development
- Built-in tracking and accountability
- Standards that increase over time

By Week 8, you'll carry heavier weight for longer, move with more control, and re-test the 5-minute challenge that humbled you today.

This is where most people stop.

Not because they can't continue — but because they don't.

The structure is already in front of you. Now it becomes a decision.

START HERE

If you're ready to go further:

Continue the Covenant

Access the Full 8-Week System

templebuilt.net/start

And for those who want coaching, accountability, and a place to train: **Temple Built Gym**. But that comes later.

FINAL WORD

This was one week. You felt the structure. Now imagine eight weeks of it. Progression. Tracking. Standards that build over time. That's the Covenant system.

You can stop here. Most people will. Not because they can't — but because they won't.

Or you can continue. The structure is already in front of you.

The work continues.