



GENERAL HEALTH

TRAINING PROGRAM

Balanced full-body training for energy, longevity, and staying capable — ideal if you're new.

TENSOR FOUNDATION

1-WEEK HEALTH + LONGEVITY PROGRAM

GOAL

Maintain strength, muscle, mobility, aerobic fitness, and everyday physical capacity with a manageable time commitment.

BEST FOR

Busy adults who want a sustainable training routine without structuring life around the gym.

SCHEDULE

3 gym sessions + optional low-intensity activity

SPLIT

Full Body A / Full Body B / Full Body C

TRAIN WITH INTENT. BUILD CAPACITY. STAY CONSISTENT.

One-week training template | Exercise descriptions + RPE targets included

PROGRAM OVERVIEW

Maintain strength, muscle, mobility, aerobic fitness, and everyday physical capacity with a manageable time commitment.

SESSION	FOCUS	LIFESTYLE PLACEMENT
1	FULL BODY A	Start of week
2	FULL BODY B	1-2 days later
3	FULL BODY C	After a rest or lighter day

HOW TO USE THIS WEEK

- Aim to leave 2-4 good reps in reserve on most exercises. Consistency matters more than exhaustion.
- On non-gym days, walking, cycling, recreational sports, and mobility all count as useful activity.
- If only two sessions fit this week, perform Days 1 and 2 and continue with Day 3 next week.

RPE TARGETING

RPE 6 = about 4 reps in reserve **RPE 7** = about 3 reps left **RPE 8** = about 2 reps left **RPE 9** = about 1 rep left **RPE 10** = maximal effort / no reps left.

Treat the RPE target as the main loading rule. The written sets and reps tell you the work to perform; RPE tells you how heavy or difficult that work should feel.

PROGRESSION

If you complete every set with clean technique and finish below the target RPE, add a small amount of load next time. If you overshoot the target RPE, reduce load or use an easier variation. Progress is earned through repeatable quality, not forced jumps in weight.

DAY 1 - FULL BODY A

EXERCISE	SETS x REPS	RPE	REST
Goblet Squat	3 x 8	6-7	90 sec
Machine Chest Press	3 x 8-10	7	75 sec
Lat Pulldown	3 x 8-10	7	75 sec
Romanian Deadlift	3 x 8	7	90 sec
Cable Row	2 x 10	7	60 sec
Farmer Carry	3 x 30 sec	7	60 sec
Plank	3 x 30-45 sec	7	45 sec
Easy Cardio	10-15 min	5-6	-

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 2 - FULL BODY B

EXERCISE	SETS x REPS	RPE	REST
Leg Press	3 x 8-10	7	90 sec
Dumbbell Bench Press	3 x 8-10	7	75 sec
Seated Cable Row	3 x 10	7	75 sec
Back Extension	3 x 10	7	60 sec
Dumbbell Shoulder Press	2 x 10	7	60 sec
Split Squat	2 x 8/leg	7	75 sec
Pallof Press	3 x 10/side	7	45 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 3 - FULL BODY C

EXERCISE	SETS x REPS	RPE	REST
Belt Squat	3 x 10	7	90 sec
Incline Machine Press	3 x 10	7-8	75 sec
Lat Pulldown	3 x 10	7-8	75 sec
Dumbbell RDL	3 x 10	7	90 sec
Face Pull	2 x 12-15	7	60 sec
Standing Calf Raise	2 x 12	7	60 sec
Cable Chop	3 x 10/side	7	45 sec
Easy Cardio	10 min	5-6	-

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

EXERCISE GUIDE

Use these descriptions as execution reminders. They are not a replacement for in-person coaching when a movement is new, painful, or technically difficult.

Goblet Squat

Hold a dumbbell or kettlebell close to the chest, keep the whole foot planted, squat between the hips, and stand while maintaining an upright torso.

Machine Chest Press

Adjust the seat so the handles line up around mid-chest. Keep the upper back against the pad, press smoothly, and control the return.

Lat Pulldown

Keep the torso stable and pull the bar toward the upper chest by driving the elbows down. Control the return until the lats are lengthened.

Romanian Deadlift

Keep a soft knee bend and push the hips backward while the weight stays close to the legs. Stop when the hamstrings are loaded without losing spinal position, then extend the hips.

Cable Row

Sit tall and pull the handle toward the torso by driving the elbows back. Avoid excessive torso swing and control the reach forward.

Farmer Carry

Stand tall with heavy weights at the sides, brace the trunk, and walk with short controlled steps while resisting leaning or twisting.

Plank

Brace the abs and glutes while maintaining a straight line from shoulders to heels. Breathe behind the brace without allowing the hips to sag.

Easy Cardio

Use walking, cycling, rowing, swimming, or elliptical work at a conversational pace. The goal is aerobic work and recovery, not exhaustion.

Leg Press

Set the feet securely on the platform, lower until the hips and knees reach a comfortable depth without the pelvis rolling, then press through the full foot.

Dumbbell Bench Press

Set the shoulders into the bench, lower the dumbbells with control, and press them upward while keeping the forearms stacked under the weights.

Seated Cable Row

Sit tall, brace the torso, pull the handle toward the ribs, and squeeze the upper back. Control the reach forward without rounding aggressively.

Back Extension

Hinge over the pad with a braced trunk and move through the hips. Finish in a straight body position rather than hyperextending the lower back.

Dumbbell Shoulder Press

Press the dumbbells overhead while keeping the ribs stacked over the pelvis. Lower under control until the upper arms reach a comfortable depth.

Split Squat

Use a staggered stance and lower straight down while keeping the front foot planted. Drive through the front leg to return to standing.

Pallof Press

Stand side-on to a cable or band. Brace the trunk and press the handle straight away from the chest without allowing the torso to rotate.

Belt Squat

Stand centered on the platform with the belt loaded around the hips. Squat to a comfortable depth while keeping the feet planted and torso controlled.

Incline Machine Press

Set the seat so the handles line up with the upper chest. Press while keeping the upper back supported and control the return.

Dumbbell RDL

Hold the dumbbells close to the thighs, maintain a soft knee bend, and push the hips back until the hamstrings are loaded. Stand by extending the hips.

Face Pull

Pull the rope toward the face with the elbows high enough to involve the rear shoulders and upper back. Finish without shrugging or arching the lower back.

Standing Calf Raise

Rise onto the balls of the feet through the largest pain-free range. Pause at the top and lower slowly into a controlled calf stretch.

Cable Chop

Use the trunk to control a diagonal cable path while the hips and ribs stay organized. Rotate only through a comfortable range and resist being pulled back.

TRAINING STANDARDS

Warm-Up

Before the first hard working set, increase movement range and load gradually. Your warm-up should prepare you without creating fatigue.

Pain vs Effort

Muscle effort and fatigue are expected. Sharp, sudden, or escalating joint pain is not. Stop or modify painful movements.

Rest Periods

Use the listed rest times as a starting point. Take slightly longer when needed to preserve technique on compound lifts.

Recovery

Sleep, food, hydration, and stress management affect training quality. A program only works when you can recover from it.

Repeatability

This is a one-week template. When repeating the week, keep the structure stable long enough to measure progress before changing exercises unnecessarily.

GENERAL DISCLAIMER

This program is general fitness education and is not individualized medical advice. Training should be adjusted for your experience, health status, injuries, available equipment, and professional guidance where appropriate.