

Weekly Movement Practice

3x strength + 2x walking. On the calendar. Not a wish.

Your body is the boat. The bootcamp doesn't make you a different man if you can't carry your wife's groceries up two flights of stairs.

Action checklist

- Open Claude. Give it your current state honestly — last gym session, current weight, any injuries.
- Ask for a 4-week plan:
 - 3 strength sessions per week (compound lifts, ~30 min each)
 - 2 walking sessions per week (~30 min, brisk)
 - 1 rest day, Sabbath
- Put every session on the calendar this week. Not next week. This week.
- Track it. Show up imperfectly.

IF YOU'RE A BEGINNER

Start lower than you think. The win is showing up 5x this week. Not impressive numbers. Just consistent reps.

Scripture sit

1 Corinthians 6:19–20 — "Your body is a temple of the Holy Spirit. Glorify God in your body." The temple needs maintenance.

What I noticed

Captain's next move
