



TRAP AND FITNESS
REAL STRUCTURE. REAL RESULTS.

FULL-BODY FAT-LOSS CHALLENGE

6 WEEKS | 3 MOVES | UP TO 5 ROUNDS

A simple, equipment-light training plan for busy professionals who need structure, not another complicated routine.

YOUR THREE MOVES

01

STEP-UPS

LOWER BODY

02

PUSH-UPS

UPPER BODY

03

MOUNTAIN CLIMBERS

CONDITIONING

STRUCTURE YOUR DAY. STRENGTHEN YOUR BODY. ELEVATE YOUR LIFE.

Free training resource from Coach Mal



START HERE

HOW TO USE THE CHALLENGE

Complete the same three-movement circuit six days per week. The work interval changes by day so your body experiences a simple wave of effort without needing a large exercise library.

THE CIRCUIT

- | | | |
|----------|--------------------------|-----------------------------|
| 1 | STEP-UPS | Work for the day's interval |
| 2 | PUSH-UPS | Work for the day's interval |
| 3 | MOUNTAIN CLIMBERS | Work for the day's interval |
- Rest 20 seconds between exercises and 60-90 seconds between rounds.

BEFORE YOU BEGIN

- ☐ Warm up for 4-5 minutes.
- ☐ Choose a stable step or platform.
- ☐ Use the easiest variation that keeps form clean.
- ☐ Finish each interval with 1-2 quality reps left.
- ☐ Stop if you feel sharp pain, dizziness, or unusual shortness of breath.

WEEKLY ROUND TARGET

- | | |
|------------------|--------------------------------|
| WEEK 1 | 3 rounds |
| WEEK 2 | 4 rounds |
| WEEKS 3-4 | 5 rounds |
| WEEK 5 | 5 rounds + shorter rest |
| WEEK 6 | 5 quality rounds |



YOUR WEEK

DAILY WORK INTERVALS

Use the interval listed for every exercise. Keep the movement quality high. Slower, controlled work is more valuable than rushing through poor repetitions.

MONDAY

30 SEC

BASELINE

TUESDAY

45 SEC

BUILD

WEDNESDAY

35 SEC

CONTROL

THURSDAY

50 SEC

CHALLENGE

FRIDAY

40 SEC

QUALITY

SATURDAY

60 SEC

FINISH

SUNDAY - REST AND RESET

Take a comfortable walk, hydrate, prepare meals, and review your tracker. Recovery is part of the plan, not time away from it.



MOVEMENT GUIDE

SCALE EVERY EXERCISE

01

STEP-UP

Drive through the whole foot. Stand tall at the top. Control the step down.

BEGINNER	Low step or supported step-up
INTERMEDIATE	Standard knee-height step
ADVANCED	Higher step or light load

02

PUSH-UP

Brace the body in one line. Lower with control. Press the floor away.

BEGINNER	Wall or elevated push-up
INTERMEDIATE	Knees or standard push-up
ADVANCED	Tempo or explosive push-up

03

MOUNTAIN CLIMBER

Hands under shoulders. Keep hips steady. Drive one knee at a time.

BEGINNER	Elevated slow march
INTERMEDIATE	Controlled alternating pace
ADVANCED	Faster pace with strong control



TRACK THE WORK

SIX-WEEK CONSISTENCY SHEET

Check off each completed session. Record one simple note: energy, form, or the variation you used. Your goal is not perfection. Your goal is repeatable structure.

WEEK	MON	TUE	WED	THU	FRI	SAT
01	☐	☐	☐	☐	☐	☐
02	☐	☐	☐	☐	☐	☐
03	☐	☐	☐	☐	☐	☐
04	☐	☐	☐	☐	☐	☐
05	☐	☐	☐	☐	☐	☐
06	☐	☐	☐	☐	☐	☐

WEEKLY REFLECTION

My strongest session:

The movement I need to scale:

One standard I will protect next week:



YOUR NEXT MOVE

TURN EFFORT INTO STRUCTURE

This challenge gives you a starting point. Sustainable fat loss still depends on the full system: training, nutrition, recovery, health, and consistency.

FIVE-PILLAR COACHING CHECK

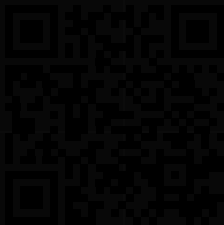
01 HEALTH

02 NUTRITION

03 TRAINING

04 RECOVERY

05 CONSISTENCY



FIND YOUR LOWEST PILLAR.
START WITH THE RIGHT PRIORITY.

Scan the code or visit assessment.trapandfitness.com for your free Five-Pillar Assessment.

PERSONALIZED COACHING FOR BUSY PROFESSIONALS

Training | Nutrition | Accountability | Comment or DM "RESET"

Safety: Consult a qualified health professional before beginning if you have a medical condition, injury, are pregnant, or have been inactive. This guide is educational and does not diagnose, treat, or replace individualized medical care. Individual results vary.