WELCOME TO THE REBUILD

This home plan is built for men over 40 who want to regain strength, mobility, and confidence - no gym required.

You don't need expensive kit. Just commitment, your bodyweight, and the decision to show up.

Let's get to work.

TRAINING STRUCTURE

- 3 Days a Week Training
- Full Body Workouts
- 30-40 Minutes Per Session
- Optional Core Finishers

DAY 1: FOUNDATION STRENGTH

- Bodyweight Squats - 3x15
- Push-ups (on knees if needed) - 3x10
- Glute Bridges - 3x15
- Plank - 3 rounds of 30 seconds
- Optional: Wall Sit - 2x30 seconds

DAY 2: MOBILITY + CORE

- World's Greatest Stretch - 3x each side
- Bird Dog - 3x12
- Side Plank - 2x30 seconds per side

- Deadbugs - 3x10

- Optional: Calf Raises - 3x15

DAY 3: CONDITIONING & POWER

- Step-ups (stairs or bench) - 3x12 each leg

- Dips (chair or low surface) - 3x10

- Jump Squats - 3x10 (or bodyweight if needed)

- High Knees - 3 rounds of 30 sec on / 30 sec rest

- Optional: Hollow Hold - 3x20 sec

REBUILD PRINCIPLES

- Show up - even when it's messy

- Focus on progress, not perfection

- Fuel your body - water, protein, real food

- Sleep - it's where the real rebuild happens

- Respect the pace - consistency beats intensity

YOU'RE NOT DONE.

You've spent years building for everyone else.

This is your time. Rebuild from the inside out.

Brick Dust & Barbells is behind you.

From the tools to the iron - let's go.