A FREE FAITH FIT FIELD MANUAL

7-DAY TEMPLE TRAINING

Train like your body is a temple.

One week of bodyweight work. A short word of Scripture each day. No gym. No gear. Just you, the work, and the Word.

START THE MARCH.

Six days of work. One day of rest. About 20 to 25 minutes a day.

A WORD FROM LUIS

I'm Luis, a firefighter, medic and rescuer, including industrial rescue. I believe your body is God's temple, so I train mine like it matters. This week is a simple start in faith-based strength and conditioning. If that's the standard you want, come train with me when the week is done.

— LUIS

THE DAILY ORDER

1. Read the day's verse. Sit with it for a minute.
2. Do the warm-up below. Do not skip it.
3. Run the day's work. Rest 60 to 90 seconds between rounds.
4. Walk a minute. Stretch what feels tight. Give thanks.

RULES OF THE WEEK

- No equipment. A wall and a little floor space are enough.
- Scale every move. Quality over speed.
- Breathe through the nose when you can. Do not hold your breath.
- Stop if you feel sharp pain. Soreness is fine. Damage is not.
- Check the box on each day when you finish.

WARM-UP · ABOUT 3 MINUTES

- 20 marching steps in place
- 10 arm circles each way
- 8 slow bodyweight squats
- 20-second easy forward fold, knees soft
- 20-second easy plank (knees are fine)

HOW TO SCALE

- **Push-ups:** wall, then knees, then full.
- **Lunges:** shorter step, or hold a wall.
- **Planks:** drop to your knees and keep a straight line from head to hips.
- **Jacks or high knees:** step them instead of jumping.

This plan is general fitness, not medical advice and not a diagnosis. If you have an injury, a condition, or you are just getting back to training, talk with a doctor before you start. Train at your own level.

DAY 1 · ENLIST

☐ Done

THE TEMPLE

> *"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?"*
>
> 1 CORINTHIANS 6:19 · KJV

3 ROUNDS · REST 60–90 SECONDS BETWEEN ROUNDS · LOWER BODY AND CORE

12	Bodyweight squats Sit back. Knees track over the toes. Stand up tall.
8 / SIDE	Reverse lunges Shorter step or a wall for balance if you need it.
20 SEC	Wall sit Slide up the wall if the angle is too deep.
20 SEC	Plank Knees are fine. Keep ribs down and glutes tight.

THEN 30 glute bridges, slow on the way down.

DAY 2 · BE STRONG

☐ Done

THE POWER OF HIS MIGHT

> *"Finally, my brethren, be strong in the Lord, and in the power of his might."*
>
> EPHESIANS 6:10 · KJV

3 ROUNDS · REST 60–90 SECONDS BETWEEN ROUNDS · PUSH AND UPPER BODY

8–12	Push-ups Wall, knees, or full. Chest to a fist-height off the floor if you can.
8–10	Pike push-ups or incline push-ups Hands on a counter or a stair. Hips high for the pike.
12	Superman lifts Chest and legs off the floor. Hold 2 seconds at the top.
16	Plank shoulder taps 8 each side. From the knees if the hips start to sway.

DAY 3 · RUN THE RACE

☐ Done

SO RUN, THAT YE MAY OBTAIN

> *"Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain."*
>
> 1 CORINTHIANS 9:24 · KJV

4 ROUNDS · REST 60 SECONDS BETWEEN ROUNDS · CONDITIONING

20	Jumping jacks Or step-jacks. Soft knees. Arms all the way up.
12	Squat to stand No jump required. Stand up fast, sit down with control.
16	Mountain climbers 8 each side. Slow them down if your form breaks.
20	High knees or marching knees 10 each side. Drive the knee up. Land quiet.

THEN walk for one full minute. Let your breath come back down before you call it done.

DAY 4 · STAND FAST

☐ Done

QUIT YOU LIKE MEN, BE STRONG

> *"Watch ye, stand fast in the faith, quit you like men, be strong."*
>
> 1 CORINTHIANS 16:13 · KJV

3 ROUNDS · REST 60–90 SECONDS BETWEEN ROUNDS · CORE AND STABILITY

30 SEC	Plank Knees are fine. Do not let the hips sag or pike up.
8 / SIDE	Dead bugs Back stays flat on the floor. Slow and quiet.
10 / SIDE	Glute-bridge march Hold the bridge and lift one foot at a time.
20 SEC / SIDE	Side plank From the knees if you need to. Stack the shoulders.

DAY 5 · RENEW YOUR STRENGTH

☐ Done

THEY THAT WAIT UPON THE LORD

> *"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."*
>
> ISAIAH 40:31 · KJV

3 ROUNDS · REST 60–90 SECONDS BETWEEN ROUNDS · POSTERIOR CHAIN AND CARRY

12	Hip hinges Soft knees. Push the hips back. Keep a long spine. Stand up by squeezing the glutes.
12	Glute bridges Pause one second at the top.
8 / SIDE	Reverse lunges Same rules as Day 1. Slow on the way down.
20 STEPS	Bear crawl or marching farmer walk If you crawl, keep the knees an inch off the floor. Or walk tall, squeezing something heavy you already own — grocery bags are enough.

DAY 6 · THE WHOLE ARMOR

☐ Done

PUT ON THE WHOLE ARMOUR OF GOD

> *"Put on the whole armour of God, that ye may be able to stand against the wiles of the devil."*
>
> EPHESIANS 6:11 · KJV

4 ROUNDS · 40 SECONDS OF WORK, 20 SECONDS OF REST ON EACH MOVE · FULL BODY

40 / 20	Push-ups Keep moving, even if you drop to the knees or a wall.
40 / 20	Bodyweight squats Stand all the way up each rep.
40 / 20	Plank shoulder taps or a still plank Choose the one you can hold with a tight midline.
40 / 20	Reverse lunges, alternating Step, don't hop.
40 / 20	Mountain climbers or marching high knees This is the last push of the work week. Finish clean.

DAY 7 · REST IN HIM

Done

I WILL GIVE YOU REST

> *"Come unto me, all ye that labour and are heavy laden, and I will give you rest."*
>
> MATTHEW 11:28 · KJV

ACTIVE RECOVERY · NO TIMED ROUNDS · ABOUT 15 MINUTES

8–10 MIN	Easy walk or easy march in place You should be able to speak in full sentences.
45 SEC EACH	Hip flexor, hamstring, chest opener, and a prayer stretch Knees down, arms long, head relaxed for the prayer stretch. Breathe slowly. Do not bounce.
5 MIN	Quiet time Read the verse again. Give thanks for the week. Ask for strength for the work still ahead.

THE WEEK IS DONE. THE WORK IS NOT.

ENLIST IN FAITH FIT.

This plan was one week. Inside Faith Fit, every program runs in 4-week blocks, then a harder block the next month. Faith-based strength, conditioning and nutrition. A scripture (KJV) every week. Enlist at Tiro, Legion, Centurion or Praetorian.

RANK	PRICE	ACCESS
TIRO	$5.99/MONTH	Pick 2 programs.
LEGION	$8.99/MONTH	Slimming, Bulking, Split, Foundation, Forge, Ironheart and Station Crew.
CENTURION	$11.99/MONTH	Everything in Legion, plus Luis Special, and everything else.
PRAETORIAN	$119 ONE-TIME	1 year of full access. No auto-renewal.

JOIN NOW

https://faithfit-luis.pages.dev

Built by Luis, a firefighter, medic and rescuer. Train like your body is a temple.