



THE 7-DAY HYBRID RESET

A 7-day training plan for busy professionals, parents, military personnel and emergency service workers who want real results without sacrificing family life.

BUILT BY JASE

British Army Physical Training Instructor · HYROX Performance Coach
Level 4 Strength & Conditioning Coach · British Army Boxing Coach

HOW TO USE THIS PLAN

A WORD FROM JASE

15 years as a British Army Physical Training Instructor taught me one thing above all: the plan that works is the one you can actually stick to. That's all this is.

This is a 7-day taste of how Hybrid Hill coaching works — strength and conditioning trained together, built around a real schedule rather than a fantasy week that never happens.

THE RULES

- Follow the order — this plan is built as an upper/lower split with strength and hypertrophy phases, so the days build on each other.
- Days 4 and 7 are programmed rest days. They're part of the plan, not a missed session — this is when the work from the days before actually pays off.
- Every session is scalable. Bodyweight, dumbbells, kettlebells or resistance bands all work — use what you've got.
- If life gets in the way, shift the whole week rather than skip the rest days. Consistency over a perfect calendar.

BEFORE YOU START

Warm up for 5 minutes before every session — light cardio plus dynamic stretching for the joints you're about to use. It's not optional, it's part of the session.

JASE'S NOTE — This plan gives you a week. Coaching gives you a system — personalised programming, nutrition that fits your life, and someone checking in on you every week so you don't fall off after day 7.

DAY 01

LOWER STRENGTH + CARDIO FINISHER

FOCUS: STRENGTH · 40-45 min

We start with the biggest muscles in the body. Heavy-ish, controlled lower body strength, then a short engine piece to finish — the way we train it in coaching.

EXERCISE	SETS x REPS	REST	NOTES
Back Squat (or Goblet Squat)	4 x 6-8	90s	Brace hard, full depth
Romanian Deadlift	4 x 6-8	90s	Hinge, don't round
Walking Lunge	3 x 8 /leg	60s	Knee tracks over toes
Calf Raise	3 x 12	45s	Slow and controlled
Bike or Row Erg (finisher)	10 min	—	Steady hard pace, controlled breathing

JASE'S NOTE — No barbell at home? Goblet squats and a loaded rucksack for the RDLs work the same pattern. The cardio finisher still applies — bike, row, or a brisk incline walk.

WARM UP 5 MINUTES BEFORE TRAINING · COOL DOWN WITH 2-3 MINUTES OF EASY WALKING AFTER

DAY 02

UPPER PUSH STRENGTH

FOCUS: STRENGTH · 35-40 min

Chest, shoulders and triceps — built the same way as the lower day: heavier loads, lower reps, full control.

EXERCISE	SETS x REPS	REST	NOTES
Bench Press (or Press-Up)	4 x 6-8	90s	Full range, controlled descent
Seated/Standing Shoulder Press	4 x 6-8	90s	No arching through the back
Incline Press-Up	3 x 8-10	60s	Hands elevated if needed
Triceps Dip / Bench Dip	3 x 10	60s	Elbows tucked, controlled

JASE'S NOTE — No bench? Press-ups and a sturdy chair for dips cover this entire session just as effectively.

★ *In coaching, your push and pull strength numbers are tracked week to week — so you always know the weight is genuinely progressing, not guessed.*

WARM UP 5 MINUTES BEFORE TRAINING · COOL DOWN WITH 2-3 MINUTES OF EASY WALKING AFTER

DAY 03

UPPER PULL STRENGTH + CARDIO FINISHER

FOCUS: STRENGTH · 40-45 min

Back, biceps and grip — the muscles that hold posture up through long shifts. Strength work first, conditioning to finish.

EXERCISE	SETS x REPS	REST	NOTES
Pull-Up (or Band-Assisted Row)	4 x 6-8	90s	Full range each rep
Single-Arm Row	4 x 8 /side	75s	Squeeze at the top
Face Pull / Band Pull-Apart	3 x 12	45s	Controlled, shoulders down
Bicep Curl	3 x 10	45s	Slow on the way down
Row Erg (finisher)	8 min	—	Hard, sustainable pace

JASE'S NOTE — No pull-up bar or rower? A doorframe towel row covers the pulling pattern, and a brisk incline walk replaces the row finisher.

WARM UP 5 MINUTES BEFORE TRAINING · COOL DOWN WITH 2-3 MINUTES OF EASY WALKING AFTER

DAY 04

REST DAY — ACTIVE RECOVERY

FOCUS: RECOVERY · 15-20 min

Rest is programmed, not optional — it's where the adaptation from days 1-3 actually happens. Keep moving lightly, nothing taxing. Easiest way to get this done? Pop the TV on and work through the stretches while you watch something.

EXERCISE	SETS x REPS	REST	NOTES
Walk (outdoors if possible)	15 min	—	Easy pace, fresh air
World's Greatest Stretch	2 x 5 /side	—	Hips, T-spine, hamstrings
Cat-Cow	2 x 10	—	Slow, full spinal range
90/90 Hip Switch	2 x 8 /side	—	Control, not speed

JASE'S NOTE — If today's been chaotic with shifts or kids, this is still the day to protect — even five minutes of mobility beats skipping it entirely.

★ *This is exactly the kind of day coaching clients get a check-in on — adjusting the week in real time instead of guessing alone.*

KEEP THIS DAY EASY · NOTHING HERE SHOULD LEAVE YOU SORE OR OUT OF BREATH

DAY 05

LOWER HYPERTROPHY + CHIPPER FINISHER

FOCUS: HYPERTROPHY · 40-45 min

Higher reps, more volume — this is the session that builds the muscle and shape behind the strength from day 1. Finished with a lower-body chipper to test what's left in the tank.

EXERCISE	SETS x REPS	REST	NOTES
Goblet Squat	4 x 10-12	60s	Controlled tempo, full depth
Bulgarian Split Squat	3 x 10-12 /leg	60s	Slow on the way down
Leg Curl / Hamstring Bridge	3 x 12	45s	Squeeze at the top
Chipper: Squats + Lunges + Step-Ups	100-80-60 reps	As needed	Work through the total, any order

JASE'S NOTE — Chipper format: pick your three lower-body moves and work down from 100 reps total, splitting however you like, resting only when you need to.

★ *This hybrid format is the backbone of every programme I coach — but in coaching, the loads, reps and chipper structure are written specifically for you, not for a PDF.*

WARM UP 5 MINUTES BEFORE TRAINING · COOL DOWN WITH 2-3 MINUTES OF EASY WALKING AFTER

DAY 06

UPPER HYPERTROPHY + EMOM FINISHER

FOCUS: HYPERTROPHY · 40-45 min

Higher-rep upper body work to build size and resilience, finished with an EMOM to push your conditioning under fatigue.

EXERCISE	SETS x REPS	REST	NOTES
Incline Press-Up / Dumbbell Press	4 x 10-12	60s	Full range, controlled
Single-Arm Row	4 x 10-12 /side	60s	Squeeze at the top
Lateral Raise	3 x 12-15	45s	Controlled, no swinging
EMOM 10 min: 8 Press-Ups + 10 Squats	Every minute	—	Scale reps to finish with time to spare

JASE'S NOTE — EMOM means 'every minute on the minute' — start the set, then rest whatever's left of that minute before the next one starts.

★ *One week in, and you've already trained the exact split coaching clients follow. Imagine 12 weeks of this, personalised and progressed for you.*

WARM UP 5 MINUTES BEFORE TRAINING · COOL DOWN WITH 2-3 MINUTES OF EASY WALKING AFTER

DAY 07

REST DAY — REFLECT & RESET

FOCUS: RECOVERY · 15-20 min

The second rest day of the week. A good moment to look back at the four sessions you've just done and get ready to go again. Same as Day 4 — stick the TV on and knock out the stretches while you relax, no need to make it a separate chore.

EXERCISE	SETS x REPS	REST	NOTES
Walk (outdoors if possible)	15-20 min	—	Easy pace, fresh air
Foam Rolling / Light Stretching	10 min	—	Focus on whatever feels tight
Deep Breathing / Wind-down	5 min	—	Slow nasal breathing

JASE'S NOTE — Write down how the week felt — energy, sleep, soreness. In coaching, this is exactly what we review together every week to adjust the next block.

KEEP THIS DAY EASY · NOTHING HERE SHOULD LEAVE YOU SORE OR OUT OF BREATH

NUTRITION THAT FITS YOUR LIFE

No extreme diets. No meal plans you'll abandon by Wednesday. These are the four habits that move the needle for busy professionals, parents, military personnel and emergency service workers — the same guidance used inside Hybrid Hill coaching.

PROTEIN FIRST

Aim for a palm-sized portion of protein at each meal. It protects muscle, keeps you fuller for longer, and is the easiest lever to pull on a busy day.

PLAN FOR THE CHAOS

Shift work and family life don't run on a clean schedule. Keep 2-3 simple, repeatable meals ready for the days that go sideways.

HYDRATE LIKE IT'S TRAINING

Dehydration shows up as fatigue and poor recovery before it shows up as thirst. Water first, before coffee, before anything else.

PROGRESS, NOT PERFECTION

One inconsistent day doesn't undo a week of good habits. The goal is the long-term pattern, not a perfect Tuesday.

REAL RESULTS

No gimmicks — just structure, consistency and support. Hybrid Hill clients have used this exact approach to drop body fat, build strength and feel stronger, fitter and more energetic — without living in the gym.

YOUR DAY 1 → DAY 7 LOG

Write these down. The number that matters most isn't where you start — it's whether it moved by day 7. This is exactly the kind of tracking we build into every coaching block.

BEFORE — DAY 1

Weight _____ kg / lb

Max Press-Ups

One set, max reps

Max Bodyweight Squats

60 seconds

Plank Hold _____ mm:ss

Energy Level

1 (flat) - 10 (great)

/ 10

AFTER — DAY 7

Weight _____ kg / lb

Max Press-Ups

One set, max reps

Max Bodyweight Squats

60 seconds

Plank Hold _____ mm:ss

Energy Level

1 (flat) - 10 (great)

/ 10

JASE'S NOTE — Whatever moved this week — even slightly — is proof the approach works. Coaching is simply this same tracking, continued every week, with the programme adjusted around what the numbers tell us.

ONE WEEK DONE. THIS IS THE EASY PART.

You just trained like a Hybrid Hill client for a week. Imagine what changes when the plan is actually built around YOUR schedule, YOUR starting point and YOUR goals — and someone is checking in on you every single week so day 7 doesn't become day 1 again.

That's the part this PDF can't do. Coaching can.

[APPLY FOR COACHING →](#)

Applications are reviewed in the order they're received — spots are limited each intake.

“Stronger, fitter and more energetic.”

★★★★★

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