

FREE 7-DAY SAMPLE

The Body Rebuild

Seven days to start — sustainably. The honest on-ramp.

WRITTEN BY RHETT · 5+ YEARS SOBER

THE BODY REBUILD · REBUILD WITH RHETT

WHERE THIS STARTED

Same person, ten years apart.

Pushing 285 at nineteen. About 205 and the leanest I'd ever been at twenty-nine. No trainer, no crash diet — just years of small, sustainable changes. This is the start of that plan.



Age 19 · ~285 lbs



Age 29 · ~205 lbs

READ THIS FIRST

Sustainable beats perfect.

This sample is seven days, and each day adds one small thing — not a total overhaul. That's the whole method: build up to everything, let each change become normal before the next. All-or-nothing is how people quit by February. We're not doing that.

Don't do all seven at once. Do one a day. Keep the ones that stick.

DAY 1

Take the walk.

Today's only job: go for a walk. That's it. Cardio is the on-ramp — it asks nothing of your technique and builds the one habit everything else is built on: showing up. Don't skip it for being too easy. Easy is the point.

TODAY'S FUEL

Your mind quits long before your body has to. Today, just out-walk the voice that says don't bother. — the Goggins lesson

WHAT I DID TODAY

DAY 2

Anchor every meal with protein.

Don't change your whole diet. Just make protein the anchor of every meal today. It keeps you full and quietly crowds out the junk. Hit protein first; worry about everything else later.

TODAY'S FUEL

Small changes compound. One better meal isn't the point — becoming the kind of person who builds them is.

WHAT I DID TODAY

DAY 3

Cut one liquid-calorie source.

Pick the easiest win: soda, energy drinks, sugary coffee, juice. Cut one today and replace it with water. Liquid calories are often the single change that gets the scale moving.

TODAY'S FUEL

How bad do you want it? Today, want the change more than you want the easy comfort. — the Eric Thomas lesson

WHAT I DID TODAY

DAY 4

Your first strength session — light.

Pick four moves: a squat, a push, a pull, a hinge. Go light. Get the form right before anything else. Two or three easy sets each. Ego is how people get hurt and quit; today you're just learning the movements.

TODAY'S FUEL

Start light, master the move, then add weight. Slow is what keeps you in the game for years.

WHAT I DID TODAY

DAY 5

Cardio intervals — 20 minutes.

Stairmaster, bike, treadmill, or outside. One minute as hard as you can, one to two minutes easy, repeat for twenty minutes. Around the seven-minute mark you'll want to stop and realize you don't have to. That's the rep that matters.

TODAY'S FUEL

Discipline equals freedom. You won't feel like it. Do it anyway — that's the whole skill. — the Jocko lesson

WHAT I DID TODAY

DAY 6

Add one accessory. Keep the habits.

Keep the protein and the cut drink going. Add one small accessory move today — curls, lateral raises, calf raises — something fun. The big lifts build you; the small ones keep it interesting enough to come back.

TODAY'S FUEL

Consistency beats intensity. The best workout is the boring one you'll repeat next week, and the week after.

WHAT I DID TODAY

DAY 7

Plan your week. Meet the Murph.

Look back: which of these stuck? Build next week around those. Take your first progress photo too — same spot, same light, just for you; the scale will lie on the hard weeks, the photos won't. And meet the goal on the horizon — the Murph: a 1-mile run, 100 pull-ups, 200 push-ups, 300 air squats, and another 1-mile run, classically done in a 20-pound weighted vest. Scaled to you. Not today, but that's what you're building toward.

TODAY'S FUEL

You are exactly where you're supposed to be. Keep going — that's the only requirement.

WHAT I DID TODAY

THE FIRST SEVEN DAYS

That was the on-ramp.

The full Body Rebuild journal takes it the rest of the way: a sustainable diet built in layers, the beginner ramp, a 4-day split, my actual six-day routine to build toward, the weekly Murph, an exercise library with form cues for every move, motivation pages, and the log to track all of it.

No crash plans. No all-or-nothing. Just the slow build that actually lasts.

Get the full Body Rebuild — \$15

Or bundle it with any journal for \$25. Includes the free Holidays guide + Discord invite.

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