

# ACTIVATED BY AJ

## ALL LEVELS STARTER PLAN

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### YOUR STARTER PLAN

Welcome to Activated by AJ. This 4-week starter plan is designed for all fitness levels and racquet sport backgrounds. Whether you are brand new to sport or returning after a break, this plan builds your foundation across movement, conditioning and racquet sport skill. Follow it consistently and you will feel the difference.

### PLAN OVERVIEW

DURATION	SESSIONS/WEEK	SESSION LENGTH	LEVEL
4 Weeks	3-4 Sessions	45-60 Minutes	All Levels

### WEEKLY STRUCTURE

DAY	FOCUS	DURATION	NOTES
Monday	Movement & Warm-Up	45 min	Dynamic stretching, footwork drills
Tuesday	Racquet Skill Session	60 min	Tennis or Padel technique focus
Wednesday	Active Recovery	30 min	Light walk, mobility, breathwork
Thursday	Conditioning	45 min	Strength, agility, court fitness
Friday	Skill + Match Play	60 min	Apply your skills in game scenarios
Saturday	Optional Beach/Outdoor	45 min	Beach tennis, volleyball or run
Sunday	Rest	-	Recovery is part of the program

### 4-WEEK PROGRESSION

WEEK 1	Foundation	Build your base. Focus on movement quality, posture and basic racquet technique. Do not rush intensity.
WEEK 2	Consistency	Add one extra session. Increase drill repetitions. Focus on footwork and court positioning.
WEEK 3	Intensity	Push harder in conditioning sessions. Add match play scenarios to skill sessions.

<b>WEEK 4</b>	<b>Performance</b>	Full intensity across all sessions. Track your improvement. Book your next plan with AJ.
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### ACTIVATION TIPS

<b>Hydrate</b>	Drink at least 2L of water daily. More on session days.
<b>Sleep</b>	Aim for 7-8 hours. Recovery happens when you rest.
<b>Nutrition</b>	Eat whole foods around sessions. Protein within 30 min post-session.
<b>Consistency</b>	Three sessions done properly beats six done half-heartedly.
<b>Mindset</b>	Energy follows attention. Show up with intent every session.

### READY TO TAKE IT FURTHER?

Book a personalised session with AJ and unlock your full program.

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