

GLP-1 Strong: Your 4-Week Fitness Foundation

A Strength Blueprint Guide

Created by Mike Maddalena, CSCS

This guide is for educational purposes only and does not constitute medical advice. Always consult your physician before beginning any exercise program, especially when using GLP-1 medications such as Ozempic®, Wegovy®, or Mounjaro®. Results vary based on individual factors.

© 2025 The Strength Blueprint. All rights reserved.

No part of this guide may be reproduced, distributed, or transmitted in any form without prior written permission.

The Strength Blueprint | www.StrengthBlueprint.fit



Table of Contents

How to Use This Guide

Module 1: Understanding Fitness on GLP-1s

- How GLP-1s Affect Your Body
- Common Fitness Challenges & How to Overcome Them
- Setting Realistic Fitness Goals
- Action Steps & Homework

Module 2: Building an Effective Exercise Routine

- Strength Training vs. Cardio
- Preventing Muscle Loss While Losing Weight
- Structuring Your Weekly Workout Plan
- Modifications for Fatigue or Low Energy
- Action Steps & Homework

Module 3: Nutrition & Fueling Your Body

- Eating Enough to Support Muscle Retention
- Protein: The Key to Muscle & Metabolism
- Meal Timing & Portion Control
- Smart Carb & Fat Choices
- Action Steps & Homework

Module 4: Overcoming Plateaus & Staying Motivated

- Understanding & Breaking Through Plateaus
- Mindset Shifts for Long-Term Success
- Tracking Progress Beyond the Scale
- Avoiding Pitfalls: Muscle Loss, Under-Eating & Burnout
- Action Steps & Homework

Module 5: Recovery, Sleep, & Stress Management

- The Importance of Rest & Recovery
- Optimizing Sleep for Fat Loss & Muscle Retention
- Managing Stress to Avoid Setbacks
- Hydration, Electrolytes & Reducing Fatigue
- Action Steps & Homework

Module 6: Customizing Your Plan for Long-Term Success

- Adjusting Your Fitness Routine as You Progress
- Transitioning Off GLP-1s
- Building a Sustainable Fitness Lifestyle
- Action Steps & Homework

Final Thoughts & What's Next

How to Use This Guide

Welcome to GLP-1 Strong! This guide is designed to support your fitness journey while using GLP-1 medications like Ozempic, Wegovy, or Mounjaro.

Whether you're brand new to exercise or just need more structure and support, this guide will assist you in building a strong foundation in 6 clear, focused modules.

Here's how to get the most out of it:

- Go one module at a time
- Start with Module 1 and move forward at your own pace—there's no rush.
- Read the lessons, then take action
- Each lesson gives you background info, tips, and real-life strategies. But change happens when you do the homework—so don't skip those!
- Use the checklists and note sections
- These are built in to help you track your progress, clarify your goals, and reflect on what's working.
- Adapt it to your life
- Feeling tired one week? Use the modifications. Struggling with meals? Focus on one change at a time. This isn't about being perfect—it's about staying consistent.
- Come back as often as needed

You can repeat this guide as many times as you want. Bookmark favorite sections. Revisit tips when you need a boost. It's yours to grow with.

Let's build strength, confidence, and momentum—one step at a time.

MODULE 1:

Understanding Fitness on GLP-1s

How your medication affects your fitness journey—and how to adapt with confidence.

M1 - Lesson 1:

How GLP-1s Affect Your Body

What They Do

GLP-1 medications like Ozempic, Wegovy, and Mounjaro mimic a hormone that helps regulate your appetite, insulin, and digestion. You may:

- Feel full faster
- Stay full longer
- Have less interest in food overall

Example: Think of your hunger signals like a fuel gauge. These meds help raise the needle sooner, so you don't feel like you're running on 'empty' and needing to refill as often.



Energy Levels May Shift

While many people feel great, it's common to experience dips in energy—especially early on. Your body is adjusting to eating less, and your fuel intake may not match your activity at first.

Pro Tip: On lower-energy days, it's okay to swap your usual workout for something gentler like walking, stretching, or a light bodyweight circuit.

Muscle Retention vs. Fat Loss



GLP-1 meds help you lose weight—but you want that weight to come from fat, not muscle. Losing muscle can slow metabolism and reduce strength.

Example: If you don't strength train or get enough protein, your body may break down muscle as well as fat. That's why resistance training and proper nutrition matter more than ever.

Common Side Effects & Fitness Adjustments

You might experience nausea, dizziness, or dehydration, especially early on. That's normal—but you'll need to listen to your body and adjust accordingly.

Examples of adjustments:

- ***Work out at a different time of day if you feel queasy***
- ***Keep water nearby and sip regularly***
- ***Avoid high-intensity sessions if dizzy—choose steady-state cardio or mobility work instead***

M1 - Lesson 2:

Common Fitness Challenges & How to Overcome Them

Reduced Appetite = Reduced Fuel



Appetite suppression is a feature of the medication—but it can backfire if you're not eating enough to support activity and recovery.

Fix: Focus on nutrient-dense meals and protein-rich snacks like Greek yogurt, protein shakes, eggs, or cottage cheese. Smaller meals more often can help.

Energy Dips During Workouts

If you feel weaker or more tired during your workouts, it could be that your body doesn't have enough fuel to perform.

Fix: Adjust intensity and timing. Morning workouts might feel easier than evenings. Choose circuit-style strength or a brisk walk if you're not up for full routines.

Muscle Loss vs. Fat Loss

The scale might go down fast—but that's not always good news if you're losing strength too.

Track non-scale progress:

- *Strength levels*
- *Endurance*
- *Body measurements*
- *Clothing fit*

Hydration & Electrolytes



Dehydration can creep up, especially if you're eating less (since a lot of hydration comes from food). Low electrolytes can cause fatigue, dizziness, or headaches.

Fix:

- *Carry a water bottle*
- *Add electrolyte powder or a pinch of sea salt to water*
- *Eat potassium-rich foods (like bananas or spinach)*

M1 - Lesson 3:

Setting Realistic Fitness Goals

Weight Loss vs. Strength Goals

Your body composition matters more than the number on the scale. Set goals that reflect performance, not just appearance.

Examples:

- *Increase dumbbell weight for squats*
- *Walk 3 miles without stopping*
- *Perform a 30-second plank with good form*

Track Progress Beyond the Scale

Measure progress through:

- Before/after photos
- Body measurements
- Workout performance (use logbook or wearable tracker)
- Energy and confidence levels



Build Sustainable Habits

Small, consistent steps are more effective than big, unsustainable overhauls.

Example: *Instead of forcing an hour-long gym session, start with 15 minutes of bodyweight moves at home, 3x/week. Consistency is key.*

Mindset Shifts for Long-Term Success

You're not just trying to 'lose weight'—you're creating a stronger, healthier version of yourself. Be patient. Stay flexible. Progress isn't always linear.

Reminder: *Setbacks are part of the journey. You didn't 'fail' if you missed a workout or had a low-energy week. Just pick it back up where you left off.*

Module 1 Homework & Action Steps

- Track how you feel before and after each workout (energy, mood, recovery)
- Set 2–3 fitness goals (performance-based or habit-based)
- Plan 3 days of protein-focused meals or snacks
- Increase your water intake and try one electrolyte drink or food source



Notes & Reflections

A large, light yellow notepad with a scalloped bottom edge and a hole-punch on the left side. The notepad contains 15 horizontal blue lines for writing.

MODULE 2:

Building an Effective Exercise Routine

Design a workout plan that works with your body and supports your goals on GLP-1s.

M2 - Lesson 1: Strength Training vs. Cardio - What's Best for You?

The Role of Strength Training

Strength training builds and preserves muscle, which boosts your metabolism and keeps you strong during weight loss.

Example: Squats, push-ups, and rows help you maintain strength and tone as you lose fat.



Cardio for Heart Health & Fat Loss



Cardiovascular exercise supports heart health and helps burn additional calories.

Example: Brisk walking, cycling, or swimming a few times a week improves endurance without overtaxing the body.

Balancing Both

A mix of strength and cardio is ideal for overall fitness.

Example: Strength train on Monday, Wednesday, and Friday; do cardio on Tuesday and Thursday.



Adapting Workouts for Low-Energy Days

If you're feeling tired, choose lighter options.

Example: Swap a tough High Intensity Interval Training (HIIT) session for yoga or a 20-minute walk if your energy dips.

M2 - Lesson 2: Preventing Muscle Loss While Losing Weight

Why Muscle Retention Matters

Muscle helps keep your metabolism strong and your body looking toned.

Example: Lifting weights helps ensure that as the scale drops, you're losing fat—not muscle.



Key Strength Training Principles

Use progressive overload and proper form to keep challenging your muscles safely.

Example: Add a little more weight or a few more reps over time.

Best Exercises for Full-Body Strength



Focus on compound moves that work multiple muscles.

Examples: Deadlifts, squats, push-ups, and rows.

How Often Should You Strength Train?

Aim for 2–3 sessions per week, with recovery days between.

Example: Monday and Thursday strength workouts with walking in between.

M2 - Lesson 3:

Structuring Your Weekly Workout Plan

Beginner vs. Advanced Workout Plans

Beginners start simple; advanced users can add complexity.

Example: Beginners might do full-body workouts twice a week; advanced participants might split upper and lower body days.

The Importance of Rest & Recovery



Rest is when your muscles rebuild and grow.

Example: Take active recovery days with stretching or casual walks.

Low-Impact Options

Low-impact exercises protect your joints and energy.

Examples: Swimming, elliptical machines, or gentle yoga.



Adapting to Changes in Appetite & Energy

Your routine should flex with your body's needs.

Example: Reduce workout intensity during periods of low appetite or fatigue.

M2 - Lesson 4:

Exercise Modifications for Fatigue or Low Energy Days

Listening to Your Body

Adapt based on how you feel to avoid injury.

Example: If exhausted, swap a run for a 10-minute mobility session.

Quick & Effective Workouts

Short, focused sessions can be just as effective.

Example: A 15-minute circuit of squats, push-ups, and planks.

Non-Traditional Ways to Stay Active



Not all activity needs to be formal workouts.

Example: Parking farther away or doing quick stretch breaks throughout the day.

How to Stay Consistent Even on Tough Days

Consistency beats perfection.

Example: Commit to moving your body for at least 20 minutes, no matter what.

Module 2 Homework & Action Steps

Choose your ideal workout split (strength, cardio, or mix)

Complete one strength session and track how you feel

Plan two low-energy backup workouts you can use when needed



Notes & Reflections

A large, light yellow notepad with a scalloped bottom edge and a hole-punch on the left side. The notepad contains 15 horizontal blue lines for writing.

MODULE 3:

Nutrition & Fueling Your Body

Learn how to eat and hydrate effectively to build strength, fuel workouts, and stay healthy while on GLP-1s.

M3 - Lesson 1:

Eating Enough to Support Muscle Retention

Why Nutrition Matters on GLP-1s

Your appetite may shrink, but your muscles still need fuel to stay strong.

Example: Think of your body as a high-performance engine—it needs quality fuel even if the tank is smaller.



Signs You're Not Eating Enough



Look out for fatigue, muscle weakness, and slowed progress.

Example: If you feel unusually tired during workouts, it could be a sign you're under-fueled.

Macronutrient Basics

Balance protein, carbs, and fats to support recovery and energy.

Example: A plate with grilled chicken, quinoa, and avocado covers all three macros.

Creating a Sustainable Eating Plan

Focus on nutrient-dense, enjoyable meals.

Example: Swap highly processed foods for simple, whole ingredients you enjoy.



M3 - Lesson 2:

Protein - The Key to Muscle & Metabolism

Why Protein is Essential

Protein repairs muscle, supports metabolism, and keeps you fuller longer.

Example: Including eggs, fish, or protein shakes in your meals makes a big difference.



How Much Protein Do You Need?

Most people benefit from 0.6–0.8 grams per pound of body weight.

Example: A 150-pound person might aim for 90–120 grams daily.

Easy Ways to Hit Your Protein Goals



Plan protein into every meal and snack.

Example: Snack on Greek yogurt, a protein bar, or nuts between meals.

Common Pitfalls

Skipping meals or relying only on carbs can sabotage progress.

Example: Having only toast for breakfast misses a protein opportunity—add eggs or cottage cheese.

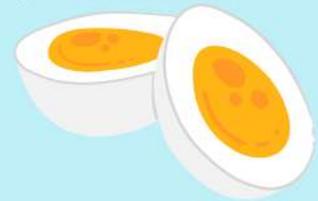
M3 - Lesson 3:

Meal Timing & Portion Control on a Reduced Appetite

Should You Eat if You're Not Hungry?

Sometimes yes, especially to meet basic protein and energy needs.

Example: A small protein shake or hard-boiled egg when you're not super hungry.



Small, Nutrient-Dense Meals

Focus on quality over quantity.

Example: A small bowl of chili with beans and beef provides protein, fiber, and carbs.

Pre- & Post-Workout Nutrition



Fuel your workouts and recovery smartly.

Example: A banana or handful of nuts before exercise and a protein-rich shake or snack after.

Hydration & Electrolytes

Keep fluid and mineral levels up for optimal performance.

Example: Add a low-sugar electrolyte powder to water during hot or long sessions.

M3 - Lesson 4:

Smart Carb & Fat Choices for Energy

Carbs: Friend or Foe?

Carbs are essential for workout fuel—choose wisely.

Example: *Pick oatmeal or sweet potatoes over sugary snacks.*

Best Carb Sources

Whole foods like fruits, veggies, and whole grains provide steady energy.

Example: *A bowl of brown rice and stir-fried vegetables.*



Healthy Fats & Hormone Balance



Fats support brain function and hormonal health.

Example: *Include nuts, seeds, avocado, or olive oil daily.*

Finding the Right Balance

Adjust carb and fat intake based on your activity level.

Example: *More carbs on heavy workout days; slightly more fats on light days.*

Module 3 Homework & Action Steps

Track your protein intake for 3 days

Try at least one pre- or post-workout meal or snack

Focus on drinking enough water and adding electrolytes if needed



Notes & Reflections

A large, light-yellow rectangular area with a torn bottom edge, containing 18 horizontal blue lines for writing notes and reflections.

MODULE 4:

Overcoming Plateaus & Staying Motivated

Learn how to push through slowdowns and stay committed to your fitness journey on GLP-1s.

M4 - Lesson 1:

Understanding & Breaking Through Plateaus

What is a Plateau?

A plateau happens when progress stalls despite consistent effort.

Example: If your weight stays the same for a month or you stop getting stronger, you may have hit a plateau.

Fat Loss vs. Muscle Gain

You might be gaining muscle while losing fat, which can mask weight loss on the scale.

Example: Jeans fitting better even though your weight hasn't changed.



Common Causes of Plateaus

Under-eating, lack of variety in workouts, and poor recovery can cause plateaus.

Example: Doing the same workout for too long without adjusting weight or reps.

When to Adjust Your Routine

If you've been stuck for 3–4 weeks, it may be time to tweak your workouts or nutrition.

Example: Add an extra strength session or increase your daily calories slightly

M4 - Lesson 2:

Mindset Shifts for Long-Term Success

Why Motivation Comes & Goes

Motivation is fleeting; discipline builds results.

Example: Even Olympic athletes have days they don't feel like training—they stick to the plan anyway.

Building a Discipline-First Mindset

Focus on showing up, not feeling inspired.

Example: Commit to a minimum 'daily non-negotiable' like 10 minutes of movement.

Celebrating Non-Scale Victories

Track wins beyond the scale like strength gains or improved energy.

Example: Holding a plank for 60 seconds or running an extra block.



Overcoming Mental Barriers

Identify limiting beliefs and replace them with empowering thoughts.

Example: Replace "I'm not athletic" with "I'm building strength every day."

M4 - Lesson 3:

Tracking Progress Beyond the Scale

Better Ways to Measure Success

Use progress photos, body measurements, and workout performance tracking.

Example: Take monthly progress pictures from multiple angles.

The Role of Performance Goals

Performance goals keep you motivated beyond weight loss.

Example: Setting a goal to deadlift your bodyweight.



Journaling & Self-Assessment

Track workouts, feelings, and progress weekly.

Example: Use a simple notebook or app to log workouts and energy levels.

How to Stay Accountable



Use friends, coaches, apps, or public commitments.

Example: Telling a friend about your goal increases your chance of success.

M4 - Lesson 4: Avoiding Common Pitfalls (Muscle Loss, Under-Eating, Burnout)

Signs of Overtraining & Burnout

Persistent soreness, irritability, insomnia, or fatigue are warning signs.

Example: Feeling drained for multiple days even after sleeping well.



Recognizing & Fixing Muscle Loss

Incorporate more strength training and protein-rich meals to maintain muscle.

Pro Tip: Add an extra strength session if you notice loss of strength.

Balancing Fat Loss & Strength

Keep lifting weights and eating enough even during fat loss phases.

Pro Tip: Don't drastically cut calories—small adjustments work better.

How to Get Back on Track After a Setback



Missed a week? Restart gently without guilt.

Pro Tip: Resume workouts with lighter intensity and rebuild momentum.

Module 4 Homework & Action Steps

Identify 3 non-scale victories to track

Set a performance-based goal

Adjust your workout or nutrition plan if you feel stuck

Reflect once a week on wins and areas to improve



Notes & Reflections

A large, light yellow notepad with a scalloped bottom edge and a hole-punch on the left side. The notepad contains 15 horizontal blue lines for writing.

MODULE 5:

Recovery, Sleep, & Stress Management

*Optimize rest and stress reduction to
maximize your results on GLP-1s.*

M5 - Lesson 1:

The Importance of Rest & Recovery

Why Recovery is Essential

Recovery is when your muscles repair, rebuild, and get stronger.

Example: Skipping recovery is like trying to grow crops without watering them.

Active Recovery vs. Full Rest Days

Active recovery involves light movement; full rest involves complete rest.

Examples: A gentle yoga session for active recovery; lounging with a book for full rest.



How GLP-1s Affect Recovery

Fatigue and dehydration can impact recovery rates.

Pro Tip: Extra hydration and electrolytes may be needed during intense phases.

Signs You're Not Recovering Well



Persistent soreness, sleep trouble, and low performance are red flags.

Pro Tip: If your usual workout feels twice as hard, you may need more rest.

M5 - Lesson 2: Optimizing Sleep for Fat Loss & Muscle Retention

How Sleep Impacts Weight Loss & Fitness

Poor sleep leads to hormonal imbalances that hinder fat loss and muscle gain.

Example: Cortisol rises and hunger hormones spike when you're sleep-deprived.

Sleep Quality vs. Quantity

7-9 hours is ideal, but deep, uninterrupted sleep matters most.

Example: Sleeping 6 solid hours can be more restorative than 9 restless ones.



Creating a Sleep Routine



Consistent bedtime habits signal your brain to wind down.

Example: Dim the lights and turn off screens 30 minutes before bed every night.

Managing Sleep Disruptions on GLP-1s

Some users report insomnia or vivid dreams; adjust habits as needed.

Pro Tips: Avoid caffeine late in the day and lower temperature to create a cooler sleeping environment.

M5 - Lesson 3:

Managing Stress to Avoid Setbacks

The Stress-Fatigue Connection

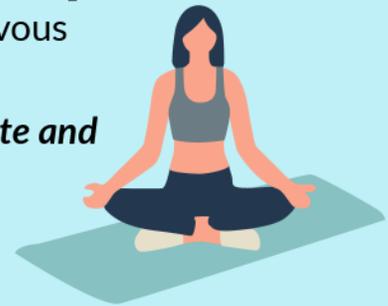
Stress drains your body's resources, delaying recovery.

Example: Chronic stress raises cortisol, making it harder to lose fat.

Mindfulness & Relaxation Techniques

Meditation, deep breathing, and journaling calm the nervous system.

Example: A 5-minute breathing exercise can lower heart rate and improve focus.



The Role of Cortisol in Fat Storage

High cortisol levels can promote belly fat and muscle breakdown.

Example: Manage stress proactively to maintain a healthier body composition.

How to Avoid Emotional Burnout

Build small daily stress relief practices instead of waiting for crises.

Example: Take short movement or laughter breaks during the day.

M5 - Lesson 4:

Hydration, Electrolytes & Reducing Fatigue

Why Hydration Matters More on GLP-1s

Reduced appetite can mean lower fluid intake—stay vigilant.

Pro Tip: Carry a water bottle and sip throughout the day.

Electrolyte Balance for Performance

Sodium, potassium, and magnesium are key to muscle function.

Pro Tip: Add a pinch of sea salt or use a low-sugar electrolyte drink during intense workouts.

Signs of Dehydration & How to Fix It

Dark urine, headaches, and dizziness are dehydration warnings.

Pro Tip: Drink 1/2 oz. water per one pound of body weight daily - more if active or sweating.

Best Drinks for Recovery & Energy



Water, coconut water, herbal teas, and low-sugar electrolyte beverages.

Did you know? Coconut water naturally provides potassium and magnesium.

Module 5 Homework & Action Steps

Evaluate your recovery routine

Create and follow a bedtime ritual

Track your daily water intake

Practice a daily stress-reduction technique (breathing, meditation, gratitude journaling)



Notes & Reflections

A large, light yellow notepad area with horizontal lines for writing. The notepad has a decorative left edge with blue circular patterns and a torn bottom edge.

MODULE 6:

Customizing Your Plan for Long-Term Success

Learn how to adapt your fitness and nutrition routines as you progress for sustainable, lifelong results.

M6 - Lesson 1:

Adjusting Your Routine as You Progress

Adapting to Your Changing Body

As you lose weight and gain strength, your workout needs will change.

Example: What feels challenging today may feel easy in a few months—time to add weight or complexity!

Avoiding Future Plateaus

Mix up exercises, add resistance, or change workout styles every 6–8 weeks.

Example: Switch from bodyweight squats to weighted squats when ready

Evaluating and Updating Your Routine

Assess progress monthly and adjust goals accordingly.

Example: If endurance has improved but strength is stagnant, focus more on lifting.

M6 - Lesson 2:

Maintaining Results

// Transitioning Off GLP-1s

Understanding the Transition Process



Work closely with your healthcare provider to phase off GLP-1s safely.

Example: Gradually adjusting nutrition and exercise habits before stopping or lowering medication dose.

Adjusting Nutrition & Workouts

Expect appetite and energy changes—plan to recalibrate your intake and activities.

Example: Monitor hunger cues and gradually increase healthy food portions.

Monitoring & Support

Track changes carefully and seek professional advice if needed.

Pro Tip: If hunger spikes dramatically, work with a dietitian or coach.

M6 - Lesson 3:

Building a Sustainable Fitness Lifestyle

Long-Term Goal Setting

Shift focus from short-term outcomes to lifestyle habits.

Example: Instead of 'lose 10 pounds,' set a goal to strength train 3x/week consistently.

Creating Habits That Last

Anchor fitness into your routine by pairing it with daily habits.

Example: Stretch after brushing your teeth at night.

Staying Motivated Over the Long Haul

Mix fun activities with structured training to keep engagement high.

Example: Try new sports, classes, or fitness challenges.



Flexibility & Adaptability

Life happens—adjust without giving up.

Example: Swap a missed gym day for an at-home bodyweight workout instead of skipping entirely.

Module 6 Homework & Action Steps

Draft a flexible 3-month fitness and nutrition plan

Set 3 long-term performance or health goals

Develop a basic strategy for transitioning off GLP-1s (if applicable)

Schedule monthly self-assessments to stay on track



Notes & Reflections

A large, light yellow notepad area with horizontal lines for writing. The notepad has a scalloped bottom edge and a hole-punch on the left side.

🌟 Final Thoughts & What's Next

You made it through the GLP-1 Strong guide—nice work! That shows commitment, and commitment is what builds results that actually last.

By now, you've learned how to:

- Work with your GLP-1 medication instead of against it
- Build strength, energy, and momentum
- Stay consistent even when motivation dips
- Fuel your body in a smart, sustainable way
- Overcome setbacks, fatigue, and plateaus
- Design a fitness lifestyle that actually fits your life

💡 **Remember: Progress isn't about perfection—it's about persistence.**

You don't have to do everything at once. You just have to keep showing up.

You've planted the seeds. Now it's time to keep watering them—week by week, one rep at a time.

🚀 What's Next?

If you're ready to take the next step and put this knowledge into action:

🎯 **Check out the downloadable 4-week workout plan**

It's designed to match what you just learned in this guide—with simple strength workouts you can follow from home or the gym.

Coming soon!

- 🖥️ Interactive online programs with tracking & coaching tools
- 📋 Nutrition support for GLP-1 users
- 📦 Supplement recommendations that support your goals
- 👁️ Keep an eye on your inbox for updates and exclusive offers.

👏 Until then...Stay strong. Stay flexible. And keep building the strongest version of you. **You've got this.** 💪