MITA

FOUNDATIONS

THE 4-WEEK STRENGTH RESET

BUILD STRENGTH. IMPROVE CONDITIONING.
CREATE CONSISTENCY.

3 workouts/week | ~30 minutes | Dumbbells + bodyweight

YOUR FIRST FOUR WEEKS IN THE ARENA

MITCHELL NOEL | MITA

START HERE

WELCOME TO THE ARENA

You do not need to be in shape to start. You need a simple plan, a few dumbbells, and a willingness to keep showing up.

MITA Foundations is a four-week program built to help you gain strength, improve conditioning, move with more confidence, and - most importantly - build consistency.

01

LEARN

Learn the movements. Find your starting weights. Build confidence.

02

BUILD

Repeat what you learned and begin progressing.

03

CHALLENGE

Do more quality work without losing control.

04

PEAK

Perform your strongest work and measure progress.

YOUR JOB

BECOME SOMEONE WHO KEEPS SHOWING UP.

Exercise should challenge you, but stop if you experience sharp pain, dizziness, chest pain, or unusual shortness of breath.

PROGRAM MAP

THREE DAYS. THREE PURPOSES.

Follow the workouts in order. When possible, leave at least one day between training sessions.

MONDAY

FORGE

BUILD STRENGTH

Foundational strength. Learn movements, build confidence with weights, and gradually get stronger.

WEDNESDAY

ENDURE

BUILD CAPACITY

Strength plus conditioning. Improve your ability to keep moving and sustain effort.

FRIDAY

RISE

BUILD ATHLETICISM

Balance, coordination, carries, movement, and functional strength.

BEFORE YOUR FIRST WORKOUT

Turn to your Foundations Scorecard and complete the BEFORE column. It takes less than one minute. Return after Week 4 to complete AFTER.

MON	TUE	WED	THU	FRI	WEEKEND
FORGE	MOVE	ENDURE	MOVE	RISE	RECOVER

EVERY SESSION

UNIVERSAL WARM-UP

Approximately four minutes. Same sequence every workout so the movements become familiar.

01	**Easy March in Place** Start relaxed. Stand tall and gradually increase movement.	45 sec
02	**Open the Gate** Lift knee, rotate outward comfortably, return. Use support if needed.	5/side
03	**Arm Circles + Shoulder Rolls** Small-to-large circles both directions, then controlled shoulder rolls.	30 sec
04	**Standing Trunk Rotations** Gently rotate side to side. Let the hips move naturally.	30 sec
05	**Hip Hinge** Soften knees, push hips backward, return standing.	8 reps
06	**Supported Lateral Weight Shift** Wide stance. Shift toward one leg, return center, alternate.	5/side
07	**Quick March in Place** Finish noticeably quicker than you started.	45 sec

TRAIN SMART

CHOOSING YOUR WEIGHTS

You do not need to know the perfect weight before you start. Your first set is information.

TOO LIGHT

You could confidently perform 5+ more good reps. Increase slightly next set.

JUST RIGHT

You could perform about 2-3 more good reps with the same technique. Stay here.

TOO HEAVY

Technique changes, range decreases, or another clean rep feels doubtful. Reduce weight.

DIFFERENT EXERCISES = DIFFERENT WEIGHTS

Example: Goblet Squat 25 lb | Floor Press 10 lb/hand | DB RDL 20 lb/hand | 1-Arm Press 8 lb. Choose the weight that fits the movement.

CONTROL COMES FIRST.

Find the weight you can control, repeat, and eventually progress.

PROGRESSION

EARN THE INCREASE

A new week does not automatically mean a heavier dumbbell.

1. **Complete every prescribed rep**
2. **Keep technique controlled**
3. **Finish in the JUST RIGHT range**

If all three are true, you have earned the opportunity to progress. Progress may mean a heavier dumbbell, more prescribed reps or sets, better control, less assistance, or more sustained conditioning work.

ONLY HAVE 15 MINUTES?

DO THE MINIMUM. KEEP THE HABIT.

Every workout includes a 15-Minute Minimum. It is not the whole workout squeezed into less time. It is the most important training from that day.

30 MINUTES WHEN YOU CAN.

15 WHEN YOU CANNOT.

KEEP SHOWING UP.

WEEK 01

LEARN

Learn the movements. Find your starting weights. Finish successful.

MONDAY

FORGE

1 ATHLETIC PREP

Single-Leg Balance	**20 sec/side**
1/4 Squat to Calf Raise	**6 reps**

REST — 30 sec after round

2 STRENGTH

Goblet Squat	**3 x 8**
DB Floor Press	**3 x 8**

REST — 60 sec between sets

3 ACCESSORY - 2 ROUNDS

1-Arm DB Row	**8/side**
Glute Bridge	**10**

REST — 45 sec after round

4 FINISHER - 5 MIN

Farmer Carry	**30 sec**
March	**30 sec**
Rest	**30 sec**

15-MIN MINIMUM

Warm-Up
Goblet Squat - 3 x 8
DB Floor Press - 3 x 8

TODAY

Learn the movements. Find controllable starting weights.

WEDNESDAY

ENDURE

1 STRENGTH CIRCUIT - 3 ROUNDS

DB Deadlift	**8**
Incline Push-Up	**6-10**
Supported Reverse Lunge	**6/side**
Suitcase Hold	**20 sec/side**

REST — 60 sec after round

2 CONDITIONING - 6 MIN

Brisk March	**30 sec**
Easy March	**30 sec**

REST — Repeat x 6

3 CORE - 2 ROUNDS

Dead Bug	**6/side**
Glute Bridge	**10**

REST — 30 sec after round

15-MIN MINIMUM

Warm-Up
2 Strength Circuit rounds
Brisk March - 2 min continuous

TODAY

Use a challenging but sustainable pace. Keep movement clean.

FRIDAY

RISE

1 ATHLETIC PREP - 2 ROUNDS

Lateral Step-Over	**6/side**
Single-Leg Balance	**20 sec/side**
Fast Feet	**15 sec**

REST — 30 sec after round

2 STRENGTH

DB RDL	**3 x 8**
Half-Kneeling 1-Arm Press	**3 x 6/side**
Supported Split Squat	**2 x 6/side**

REST — 60 sec / 45-60 sec / 45 sec

3 CARRY

Farmer Carry	**4 x 30 sec**

REST — 30 sec between carries

4 FINISHER - 4 MIN

Side Step to 1/2 Squat	**20 sec**
Easy Walk / Rest	**40 sec**

REST — Repeat x 4

15-MIN MINIMUM

Warm-Up
DB RDL - 3 x 8
Half-Kneeling Press - 3 x 6/side

TODAY

Athleticism includes balance, coordination, and control.

WEEK 02

BUILD

Repeat familiar movements and progress when you have earned it.

MONDAY

FORGE

1 ATHLETIC PREP - 2 ROUNDS

Single-Leg Balance	**25 sec/side**
1/4 Squat to Calf Raise	**8**

REST — 30 sec after round

2 STRENGTH

Goblet Squat	**3 x 9**
DB Floor Press	**3 x 9**

REST — 60 sec between sets

3 ACCESSORY - 3 ROUNDS

1-Arm DB Row	**8/side**
DB RDL	**8**

REST — 45 sec after round

4 FINISHER - 6 MIN AMRAP

Sit-to-Stand	**6**
Farmer Carry	**30 sec**
March	**30 sec**

REST — As many QUALITY rounds as possible

15-MIN MINIMUM

Warm-Up
Goblet Squat - 3 x 9
DB Floor Press - 3 x 9

TODAY

Progress only what you have earned.

WEDNESDAY

ENDURE

1 STRENGTH CIRCUIT - 3 ROUNDS

DB Deadlift	**10**
1-Arm DB Row	**8/side**
Sit-to-Stand	**8**
Suitcase Hold	**25 sec/side**

REST — 60 sec after round

2 CONDITIONING - 8 MIN

Low-Impact Step Jacks	**30 sec**
Easy Step	**30 sec**

REST — Repeat x 8

3 CORE - 2 ROUNDS

Dead Bug	**7/side**
Side Plank from Knees	**15 sec/side**

REST — 30 sec after round

15-MIN MINIMUM

Warm-Up
2 Strength Circuit rounds
4 min: 30 sec Step Jacks / 30 sec Easy Step

TODAY

Use familiar patterns with enough variation to stay engaged.

FRIDAY

RISE

1 ATHLETIC PREP - 2 ROUNDS

Lateral Step-Over	**8/side**
Balance + Knee Drive	**5/side**
Fast Feet	**20 sec**

REST — 30 sec after round

2 STRENGTH

DB RDL	**3 x 9**
Half-Kneeling 1-Arm Press	**3 x 7/side**
Supported Split Squat	**2 x 7/side**

REST — 60 sec / 45-60 sec / 45 sec

3 ACCESSORY

Standing 2-Arm DB Curl	**2 x 8**

REST — 45 sec between sets

4 CARRY

Suitcase Carry	**3 x 30 sec/side**

REST — 30 sec between carries

15-MIN MINIMUM

Warm-Up
DB RDL - 3 x 9
Half-Kneeling Press - 3 x 7/side

TODAY

Familiar movements feeling natural is progress.

WEEK 03

CHALLENGE

Increase quality work without losing control. Challenge does not mean rush.

MONDAY

FORGE

1 ATHLETIC PREP - 3 ROUNDS

Single-Leg Balance	**20 sec/side**
1/4 Squat to Calf Raise	**8**

REST — 20-30 sec after round

2 STRENGTH

Goblet Squat	**4 x 8**
DB Floor Press	**4 x 8**

REST — 60 sec between sets

3 ACCESSORY - 3 ROUNDS

1-Arm DB Row	**9/side**
Glute Bridge	**12**

REST — 45 sec after round

4 FINISHER - 6 MIN AMRAP

Sit-to-Stand	**8**
Farmer Carry	**30 sec**
March	**20 sec**

REST — As many QUALITY rounds as possible

15-MIN MINIMUM

Warm-Up
Goblet Squat - 3 x 8
DB Floor Press - 3 x 8

TODAY

More work does not mean worse movement.

WEDNESDAY

ENDURE

1 STRENGTH CIRCUIT - 4 ROUNDS

DB Deadlift	**8**
Incline Push-Up	**8-12**
Reverse Lunge	**7/side**
Suitcase Carry	**25 sec/side**

REST — 45 sec after round

2 CONDITIONING - 8 MIN

Brisk March	**40 sec**
Easy March	**20 sec**

REST — Repeat x 8

3 CORE - 2 ROUNDS

Dead Bug	**8/side**
Glute Bridge	**12**

REST — 30 sec after round

15-MIN MINIMUM

Warm-Up
Strength Circuit - 3 rounds

TODAY

The movements are familiar. Now sustain more quality work.

FRIDAY

RISE

1 ATHLETIC PREP - 3 ROUNDS

Lateral Step + Stick	**6/side**
Balance + Knee Drive	**6/side**
Fast Feet	**20 sec**

REST — 30 sec after round

2 STRENGTH

DB RDL	**4 x 8**
1-Arm DB Push Press	**3 x 6/side**
Reverse Lunge	**3 x 6/side**

REST — 60 sec / 60 sec / 45-60 sec

3 ACCESSORY + CARRY

Standing 2-Arm DB Curl	**2 x 10**
Farmer Carry	**5 x 30 sec**

REST — 45 sec / 20-30 sec

4 FINISHER - 5 MIN

Side Step to 1/2 Squat	**25 sec**
Easy Walk / Rest	**35 sec**

REST — Repeat x 5

15-MIN MINIMUM

Warm-Up
DB RDL - 3 x 8
1-Arm DB Push Press - 3 x 6/side

TODAY

Your most athletic session yet. Purpose over speed.

WEEK 04

PEAK

Perform your strongest controlled work and measure what four weeks built.

MONDAY

FORGE

1 ATHLETIC PREP - 2 ROUNDS

Single-Leg Balance	**30 sec/side**
1/4 Squat to Calf Raise	**10**

REST — 30 sec after round

2 STRENGTH BENCHMARK

Goblet Squat	**4 x 6**
DB Floor Press	**4 x 6**

REST — 75 sec between sets

3 ACCESSORY

1-Arm DB Row	**3 x 8/side**
Glute Bridge	**3 x 12**

REST — 45 sec between sets

4 FINISHER - 8 MIN

Sit-to-Stand	**8**
Farmer Carry	**30 sec**
Brisk March	**30 sec**

REST — Continuous controlled work

15-MIN MINIMUM

Warm-Up
Goblet Squat - 3 x 6
DB Floor Press - 3 x 6

TODAY

Peak does not mean maximum. Find your strongest controlled weight.

WEDNESDAY

ENDURE

1 STRENGTH CIRCUIT - 4 ROUNDS

DB Deadlift	**6**
1-Arm DB Row	**8/side**
Sit-to-Stand	**8**
Suitcase Hold	**30 sec/side**

REST — 45-60 sec after round

2 FOUNDATIONS CONDITIONING TEST

Low-Impact Step Jacks	**40 sec**
Easy Step / Rest	**20 sec**
Complete	**8 rounds**

REST — Count total Step Jacks

3 CORE - 2 ROUNDS

Dead Bug	**8/side**
Side Plank from Knees	**20 sec/side**

REST — 30 sec after round

15-MIN MINIMUM

Warm-Up
Complete the FULL 8-minute Conditioning Test

TODAY

Do not sprint Round 1. Consistent work across all eight rounds wins.

FRIDAY

RISE

1 ATHLETIC PREP - 2 ROUNDS

Lateral Step + Stick	**6/side**
Balance + Knee Drive	**6/side**
Fast Feet	**20 sec**

REST — 30 sec after round

2 STRENGTH

DB RDL	**3 x 6**
1-Arm DB Push Press	**2 x 6/side**
Reverse Lunge	**2 x 6/side**

REST — 75 sec / 60 sec / 60 sec

3 THE ARENA - 8 MIN AMRAP

Goblet Squat	**8**
Incline Push-Up	**6**
1-Arm DB Row	**8/side**
Farmer Carry	**30 sec**
Brisk March	**30 sec**

REST — As many QUALITY rounds as possible

FINAL WORKOUT

No Minimum today. Find the 30 minutes. Finish what you started.

TODAY

Move sustainably. Rest as needed. Quality matters more than speed.

MOVEMENT REFERENCE

STRENGTH + CORE

Choose the version you can perform with the most control and confidence today.

Goblet Squat

DB at chest. Sit hips down/back; stand through feet.

Modify: Sit-to-Stand.

Sit-to-Stand

Lower to stable chair/bench under control; stand tall.

Use hands lightly if needed.

DB Deadlift (Conventional)

Hips back and knees keep bending as DBs lower; stand through feet.

Reduce depth.

DB RDL

Knees stay slightly bent; hips travel back; DBs stay close to legs.

Shorten range.

Supported Reverse Lunge

Hold support lightly; step back, lower comfortably, return.

Modify: Supported Split Squat.

Supported Split Squat

Stagger stance; lower straight down with support.

Modify: Sit-to-Stand.

DB Floor Press

Press DBs from floor; upper arms gently touch floor each rep.

Use stable couch/bench if needed.

Incline Push-Up

Hands on stable elevated surface; body stays straight.

Use a higher surface.

1-Arm DB Row

Support one hand; pull opposite DB toward hip.

Lighter DB / shorter range.

Half-Kneeling 1-Arm Press

DB is on same side as knee on floor; press overhead.

Modify: Standing Press.

1-Arm DB Push Press

Small knee bend; stand quickly to help drive DB overhead.

Lighter DB / strict press.

Standing 2-Arm DB Curl

Upper arms stay still; curl DBs toward shoulders.

Lighter DBs / alternate arms.

Glute Bridge

Drive through feet, squeeze glutes, lift hips, lower slowly.

Use comfortable range.

Dead Bug

Brace; lower opposite arm/leg slowly; alternate.

Move one leg at a time.

Side Plank from Knees

Forearm support, knees bent; lift hips and hold.

Shorter holds.

MOVEMENT REFERENCE

CARRIES + ATHLETIC MOVEMENT

Control before speed. Confidence before load. Consistency before complexity.

Farmer Carry	DB each hand. Walk tall with controlled steps.	**Modify: Farmer Hold.**
Suitcase Carry	One DB. Walk tall and resist leaning.	**Modify: Suitcase Hold.**
Suitcase Hold	One DB at side. Keep shoulders level.	**Lighter DB / shorter hold.**
Single-Leg Balance	Lift one foot slightly; stay tall and steady.	**Use fingertip support.**
1/4 Squat to Calf Raise	Shallow squat, stand, continue onto balls of feet.	**Calf Raise only.**
Lateral Step-Over	Step sideways over an imaginary low line and return.	**Smaller/slower steps.**
Balance + Knee Drive	Balance on one leg; slowly lift opposite knee.	**Use fingertip support.**
Lateral Step + Stick	Step sideways onto one leg and pause to balance.	**Smaller step / support.**
Fast Feet	Short quick steps in place; stay tall and light.	**Slow the pace.**
Side Step to 1/2 Squat	Step sideways, half squat, stand, repeat opposite.	**Side step only.**
Low-Impact Step Jack	Step one foot out while arms rise; alternate sides.	**Lower arms / slower pace.**

CONTROL BEFORE SPEED. CONFIDENCE BEFORE LOAD. CONSISTENCY BEFORE COMPLEXITY.

KEEP SCORE

WORKOUT TRACKER - WEEKS 1-2

Track information that helps you see progress. FULL and MIN both count.

ENERGY BEFORE 1 Very Low 3 Moderate 5 Very High

DIFFICULTY AFTER 1 Very Easy 3 Challenging 5 Very Hard

WEEK 1 - LEARN

FORGE Goblet Squat / Floor Press / Row / Farmer Carry

Loads / notes: _____

Energy 1 2 3 4 5 Difficulty 1 2 3 4 5 Completed [ ] FULL [ ] MIN

ENDURE DB Deadlift / Push-Up Surface / Supported Reverse Lunge / Suitcase Hold

Loads / notes: _____

Energy 1 2 3 4 5 Difficulty 1 2 3 4 5 Completed [ ] FULL [ ] MIN

RISE DB RDL / Half-Kneeling Press / Supported Split Squat / Farmer Carry

Loads / notes: _____

Energy 1 2 3 4 5 Difficulty 1 2 3 4 5 Completed [ ] FULL [ ] MIN

WEEK 2 - BUILD

FORGE Goblet Squat / Floor Press / Row / DB RDL

Loads / notes: _____

Energy 1 2 3 4 5 Difficulty 1 2 3 4 5 Completed [ ] FULL [ ] MIN

ENDURE DB Deadlift / Row / Suitcase Hold

Loads / notes: _____

Energy 1 2 3 4 5 Difficulty 1 2 3 4 5 Completed [ ] FULL [ ] MIN

RISE DB RDL / Half-Kneeling Press / Supported Split Squat / Curl / Suitcase Carry

Loads / notes: _____

Energy 1 2 3 4 5 Difficulty 1 2 3 4 5 Completed [ ] FULL [ ] MIN

KEEP SCORE

WORKOUT TRACKER - WEEKS 3-4

Track information that helps you see progress. FULL and MIN both count.

ENERGY BEFORE 1 Very Low 3 Moderate 5 Very High

DIFFICULTY AFTER 1 Very Easy 3 Challenging 5 Very Hard

WEEK 3 - CHALLENGE

FORGE Goblet Squat / Floor Press / Row / Farmer Carry

Loads / notes: _____

Energy 1 2 3 4 5 Difficulty 1 2 3 4 5 Completed [ ] FULL [ ] MIN

ENDURE DB Deadlift / Push-Up Surface / Reverse Lunge / Suitcase Carry

Loads / notes: _____

Energy 1 2 3 4 5 Difficulty 1 2 3 4 5 Completed [ ] FULL [ ] MIN

RISE DB RDL / Push Press / Reverse Lunge / Curl / Farmer Carry

Loads / notes: _____

Energy 1 2 3 4 5 Difficulty 1 2 3 4 5 Completed [ ] FULL [ ] MIN

WEEK 4 - PEAK

FORGE Best Goblet Squat / Best Floor Press / Row / Farmer Carry

Loads / notes: _____

Energy 1 2 3 4 5 Difficulty 1 2 3 4 5 Completed [ ] FULL [ ] MIN

ENDURE Best DB Deadlift / Row / Suitcase Hold / Step Jack Total / Final Effort

Loads / notes: _____

Energy 1 2 3 4 5 Difficulty 1 2 3 4 5 Completed [ ] FULL [ ] MIN

RISE Best DB RDL / Push Press / Reverse Lunge / Arena Rounds + Reps / Final Effort

Loads / notes: _____

Energy 1 2 3 4 5 Difficulty 1 2 3 4 5 Completed [ ] FULL [ ] MIN

YOUR BASELINE

FOUR WEEKS. WHAT CHANGED?

Complete BEFORE prior to Week 1 and AFTER following The Arena.

SELF-RATING	BEFORE	AFTER
Confidence exercising	___ / 5	___ / 5
Overall strength	___ / 5	___ / 5
Stamina	___ / 5	___ / 5
Daily energy	___ / 5	___ / 5
Ability to stay consistent	___ / 5	___ / 5

1 = Very Low | 3 = Moderate | 5 = Very High

STRENGTH BENCHMARKS

Goblet Squat 4 x 6 @ _____ lb | DB Floor Press 4 x 6 @ _____ lb/hand DB Deadlift 4 x 6 @ _____ lb/hand | DB RDL 3 x 6 @ _____ lb/hand

CONDITIONING BENCHMARK

8-Minute Step Jack Test

Total Step Jacks: _____

Final Effort: _____ / 5

WORK-CAPACITY BENCHMARK

The Arena - 8 Minutes

Full Rounds: _____ Additional Reps: _____

Final Effort: _____ / 5

FINAL EFFORT: 1 = Very Easy | 3 = Challenging but Sustainable | 5 = Maximum Effort

CONSISTENCY SCORE

Full Workouts: ___ 15-Minute Minimums: ___ TOTAL TRAINING DAYS: ___ / 12

Full + Minimum = Total Training Days. Both count.

MINDSET OF THE ARENA

YOU SHOWED UP.

Four weeks ago, you started. Maybe every workout went according to plan. Probably not. That is part of training. Fitness is not built by waiting for four perfect weeks. It is built by continuing through imperfect ones.

SHOW UP	A 15-Minute Minimum on a busy day beats the perfect workout you never started.
STAY HUMBLE	Choose the weight and movement variation you can control today.
KEEP SCORE	Tracking does not define success. It helps you recognize it.
EARN YOUR PROGRESS	Better movement, heavier controlled weights, improved conditioning, confidence and consistency all count.
CONTINUE	Foundations was designed to prove something useful: you can do this consistently.

THE ARENA IS NOT ABOUT PERFECTION.

It is about entering it. Trying. Learning. Improving. Coming back again.

YOU BUILT THE FOUNDATION.

WHAT IS NEXT?

FROM FOUNDATIONS TO BUILD

You are not starting over. You are starting from experience.

THE NEXT PHASE STARTS WITH WHAT YOU ALREADY BUILT.

PHASE 01 | COMPLETE

FOUNDATIONS

Your first four weeks in the arena.

- **Learn the movements**
- **Build the habit**
- **Choose your weights**
- **Establish your baseline**
- **Prove you can stay consistent**

YOUR SCORECARD COMES WITH YOU

>

PHASE 02 | NEXT

MITA BUILD

The next phase of your training.

- **Develop strength**
- **Increase capacity**
- **Build from your benchmarks**
- **Take on new challenges**
- **Keep progressing**

COMING SOON

BRING YOUR NUMBERS WITH YOU

Your strength benchmarks, Conditioning Test, Arena performance, and consistency score become the starting point for what comes next. Keep your Scorecard.

FOUNDATIONS > BUILD

Learn the foundation. Then build on it.

MITA BUILD - COMING SOON

CONTINUE YOUR JOURNEY IN THE ARENA.