

WITHIN *by Whitney*

STRONG & Sculpted

PROGRAM GUIDE



8 WEEKS + A RESET · STARTS JANUARY 4, 2027



WELCOME *in*

This is the program I wish I'd had years ago.

Strong & Sculpted is eight weeks of real strength training you can do at home, built for women with full lives. Three strength days a week, optional Pilates days, and a plan that tells you exactly when it's time to lift heavier.

A little about me: I've been a cheerleader and a dancer most of my life. After I had my kids, I kept quitting workouts that were too hard or just too much, until a program that combined Pilates and strength training finally clicked. I became a certified personal trainer, built my own programming, then became a Pilates instructor and opened my studio. My members kept asking for a program, and this is it. Every workout I create for you is one I do myself.

Here's my promise: no diets, no punishment, no being wrecked for two days after. Just good training, done consistently, with every decision explained.

And here's what I need from you: show up, write it down, and trust the process for eight weeks.

Whitney

Before you start: if you're pregnant, postpartum, or working around an injury or health condition, check with your healthcare provider before beginning any new exercise program.

THE REPEATABLE *strength method*

Lifting is the heart of this program. Everything else supports it.

Progressive overload

You get stronger by asking your muscles to do a little more over time: a bit more weight, or a few more reps. It's the core principle of strength training in the American College of Sports Medicine's position on resistance training.¹

Hypertrophy training

That's the technical word for building muscle. You train each muscle twice a week with enough hard sets to count, ending most sets with a few good reps left.

FOUR PILLARS

Lift

LIFT WITH INTENTION

Every exercise has a job, and you log it. This is the heart of the program.

Move

MOVE FOR HEALTH

About 150 minutes of extra movement a week, never as punishment.

Fuel

FUEL FOR YOUR GOALS

Protein first, enough carbs to train, no earning your food.

Recover

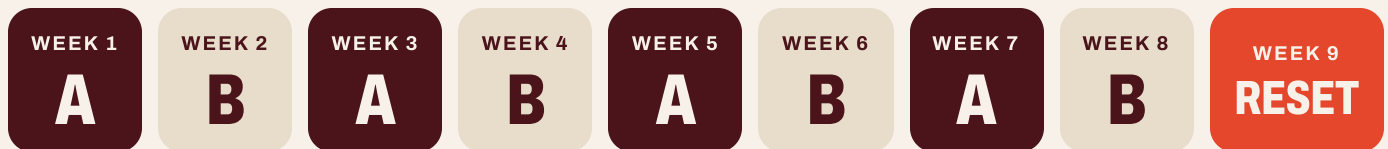
RECOVER TO GROW

Rest days and the reset week are part of the plan.

Want the research behind every decision? It's all on the Method page of the website.

HOW IT *works*

Eight weeks, two sets of workouts, and a reset week to finish.



A and B workouts

Odd weeks use your A workouts. Even weeks use your B workouts. Each set comes back four times, so you can compare this week's numbers with last time.

Why repeat?

If the workout changes every day, you can't tell whether you're getting stronger. Repeating gives you a fair comparison. This structure is my coaching design.

The reset week

After eight weeks of lifting, you take a lighter, Pilates-based week. Your body recovers, and you come back ready for the next block.

The dates

Week 1 starts Monday, January 4, 2027. Week 8 ends February 28. The reset week is March 1–7.

EVERY STRENGTH WORKOUT

Warm-up

Wake up the joints and muscles you're about to train.

Strength

The main work. Log every set.

Cool-down

Breathe, stretch, and bring it back down.

YOUR *week*

Three strength days, each with its own job, so every muscle gets trained twice a week.

MON	TUE	WED	THU	FRI	SAT	SUN
Lower body + glutes	Pilates (optional)	Upper body	Pilates (optional)	Full body	Walk, play, mobility	Rest

Monday

**Lower body +
glutes**

Hip thrusts and bridges, hinges, split squats or step-ups, a squat pattern, and targeted glute work.

Wednesday

Upper body

Rows, presses, shoulder work, rear delts, and arms for a strong, capable upper body.

Friday

Full body

A second session for upper and lower body with different exercises, plus loaded core work.

+150

MINUTES A WEEK

Extra movement, on top of lifting

The U.S. Physical Activity Guidelines recommend at least 150 minutes a week of moderate activity plus strength training at least two days a week.² Pilates days, walks, and anything that gets you breathing a little harder all count. Moderate means you can talk, but you can't sing.

WEIGHTS + *progress*

Hard by the end of every set. Never so hard your form falls apart.

REPS IN RESERVE

At the end of each set, ask: how many more *clean* reps could I do? Most sets on big moves should end with 1–3 left. Going all the way to failure gives little to no extra muscle growth compared with stopping a little short.³

0
REPS LEFT
That was failure.

1–3
REPS LEFT
The goal for most sets.

4+
REPS LEFT
Too light. Go up.

DOUBLE PROGRESSION

Every exercise has a rep range, like 10–12. First you add reps. When you hit the top of the range on every set with 1–3 reps left, you add weight and work back up. Here's what it can look like for one exercise in your A workout:

When	Weight	Reps (3 sets of 10–12)	What it means
Week 1	15 lb	10, 9, 8	Start here. Log it.
Week 3	15 lb	12, 11, 10	Getting closer.
Week 5	15 lb	12, 12, 12	Top of the range, 2 reps left. Go up.
Week 7	17.5 lb	10, 9, 9	New weight, start again.

Progress isn't always this neat, and that's normal. Bad sleep, a busy week, or your cycle can all show up in your numbers. Look at the trend over weeks, not one workout.

GET THE MOST *out of it*

Real talk: this program works if you work it. These ten habits matter more than any single workout.

- 1 Show up three times a week**
The three strength days are the non-negotiables. Pilates and walks are the bonus.
- 2 Write everything down**
Weights, reps, reps in reserve. If it isn't logged, you can't progress it.
- 3 Push the last few reps**
Most sets should end with 1–3 good reps left. Easy sets feel nice. They just don't change much.
- 4 Go up when you've earned it**
Top of the range on every set? Add weight next time. That's progressive overload.
- 5 Own your form first**
Control the lowering, full range, no swinging. Then add weight.
- 6 Never skip the warm-up**
It's five minutes that makes your first set feel better and your joints happier.
- 7 Rest between sets**
Take the full rest on the screen. Rushing your rest means weaker sets.
- 8 Eat your protein**
About 1.6 g per kg of body weight a day is a solid target (more on the food pages).⁴
- 9 Sleep at least 7 hours**
That's the adult recommendation from sleep medicine experts.¹² Protect it like it's a workout, because it kind of is.
- 10 Give it the full eight weeks**
Don't judge the program by Week 2. Judge it by your tracker in Week 8.

WHAT PROGRESS *looks like*

Strength usually shows up before visible changes do. Here's what I usually see over eight weeks.

Weeks 1–2

LEARNING

You're learning the moves and finding your weights. Expect some soreness. Start lighter than you think and focus on form.

Weeks 3–5

BUILDING

Your weights should start going up. Moves feel smoother. This is where logging pays off.

Weeks 6–8

PROVING IT

Compare your tracker to Week 1. More weight, more reps, better control. That's strength you built.

Everyone's timeline is different. It depends on your starting point, your food, your sleep, your stress, and how consistent you are.

TRACK MORE THAN THE SCALE

Your strength

Your tracker is your best evidence. Weights and reps going up means you're getting stronger.

Photos

Take front, side, and back photos in Week 1, Week 5, and Week 8. Same spot, same light, same time of day.

Measurements

Waist, hips, and thighs in Week 1 and Week 8. Measure in the same places each time.

How you feel

Energy, sleep, how your clothes fit, carrying groceries up the stairs. It all counts.

About the scale: your weight can swing a few pounds day to day from water, salt, your cycle, and stress. If you weigh yourself, look at the weekly average, not one morning. And if the scale messes with your head, skip it. Your tracker and your photos tell the real story.

YOUR PILATES *days*

Pilates days are optional, and they're there to support your lifting, not replace it.

Traditional

CLASSICAL MAT

Rooted in the classical repertoire. Precise, controlled, and focused on breath and your center.

Contemporary

SCULPT MAT

Pilates-based sculpting, with or without light weights. A little more burn, still low impact.

HOW TO USE THEM

- ### **Pick two a week** on your off days, usually Tuesday and Thursday. Mix and match styles however you like.
- ### **They count toward your 150 minutes** when they get your breathing up a little.
- ### **Tired or sore?** Choose the Classical class, or swap it for a walk.
- ### **Skipping them is fine.** The three strength days are the non-negotiables.

Why Pilates? It builds control, endurance, and awareness of your breath and trunk, which carries straight into how you set up and move under load. It isn't a replacement for weights you can keep increasing, which is why lifting stays the heart of the program.

WHEN LIFE *happens*

Your plan can flex without falling apart.

CHECK IN BEFORE YOU PRESS PLAY

Green day

Feeling good. Follow the workout as written.

Yellow day

Tired or stretched thin. Do fewer sets, or stay at the bottom of the rep range.

Red day

Sick, wiped out, or life happened. Walk, stretch, or rest. Pick up next session.

Missed a workout?

Don't restart the week and don't double up. Do the next workout. If you missed Monday, do Monday's workout on your next training day and keep going.

Missed a whole week?

Repeat the last week you finished, then carry on. Eight weeks can take nine. That's fine.

Traveling?

Use the easier options, slow down the lowering part of each rep, or add a few reps to make lighter weights work harder.

Sore?

Some soreness in the first weeks is normal and fades. Sharp, pinching, or joint pain is not. Stop that exercise and use the easier option or skip it.

THIS IS NOT A *diet*

Let's get this out of the way: this is not a diet. No foods are off limits, no meal plans, no starting over Monday.

Diets are built on rules: cut this, earn that, start over when you slip. That's exactly why they're so hard to stick with. WITHIN is about eating in a way that fuels your training and fits your actual life, for good.

BUILD A WITHIN PLATE

START WITH PROTEIN

Chicken, fish, beef, eggs, Greek yogurt, tofu, beans. It keeps you full and helps you build muscle.

ADD COLOR

Vegetables and fruit for fiber, vitamins, and volume. Fresh, frozen, or canned all count.

ADD A CARB

Rice, potatoes, oats, bread, pasta, fruit. Carbs fuel your workouts.

ADD A LITTLE FAT

Olive oil, avocado, nuts, cheese. It adds flavor and keeps you satisfied.

THE BASICS THAT DO THE HEAVY LIFTING

- ☞ **Eat regular meals.** Three meals and a snack or two keeps your energy steady and makes your protein goal easier.
- ☞ **Drink water.** Keep a bottle with you, and drink more on training days and hot days.
- ☞ **Mostly whole foods, plus foods you love.** Most of your plate should come from minimally processed foods. The rest is for enjoying, guilt-free.
- ☞ **Eat before you train if you need it.** A small snack 1–2 hours before helps if you train hungry.
- ☞ **Alcohol counts.** No rules here, just awareness: it can affect your sleep and recovery.

If you slip, there's nothing to make up for. One big dinner doesn't undo your week. Eat normally at the next meal and keep going.

FUEL: THE *basics*

You can't build muscle on an empty tank. These pages give you real numbers if you want them, and an easy no-tracking option if you don't.

WHAT IS TDEE?

TDEE stands for total daily energy expenditure: the calories your body uses in a full day. It's made of four pieces.

RESTING BURN

What your body uses just to keep you alive: breathing, your heartbeat, your brain. It's the biggest piece.

DAILY MOVEMENT

Walking, cleaning, chasing your kids, standing at your desk. It varies a lot from person to person.

YOUR WORKOUTS

Strength days, Pilates, and walks. Smaller than most people think.

DIGESTING FOOD

Your body uses some energy just to digest what you eat. Protein takes the most.

TWO WAYS TO DO THIS

Use the numbers

Estimate your TDEE, pick a goal, and use the macro ranges. Great if you like data or you're working toward a specific goal.

Skip the numbers

Use the hand-portion method on the macros page. It works, and you never open an app.

Please read: if you have a history of disordered eating, skip the numbers and work with a registered dietitian. Your needs are also different if you're pregnant or breastfeeding, or managing a medical condition, so check with your healthcare provider.

FIND YOUR *number*

Two steps: estimate your resting burn, then multiply by how active you are.

STEP 1: YOUR RESTING BURN

The Mifflin-St Jeor equation is the most reliable of the common prediction equations.⁵ In one study, it landed within 10% of people's measured resting burn for about 87% of non-obese adults and 75% of adults with obesity.⁶ Good enough for a starting point, not perfect.

FOR WOMEN

$$(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age}) - 161$$

Pounds $\div$ 2.2 = kg · Inches $\times$ 2.54 = cm

STEP 2: MULTIPLY BY YOUR ACTIVITY

Your typical week	Multiply by
Mostly sitting, little exercise	$\times 1.2$
Light exercise 1–3 days a week	$\times 1.375$
Moderate exercise 3–5 days a week	$\times 1.55$
Hard exercise 6–7 days a week	$\times 1.725$

These multipliers are common estimates, not exact science. With three strength days plus Pilates and walks, most women land between 1.375 and 1.55.

Example

A 35-year-old woman, 150 lb (68 kg), 5'5" (165 cm): $(10 \times 68) + (6.25 \times 165) - (5 \times 35) - 161 = \text{about } 1,375$ **calories** resting. Times 1.375 to 1.55 = **about 1,900–2,130 calories a day** to maintain.

Then check it against real life. Eat around that number for 2–3 weeks and watch your weekly average weight, not single days. Holding steady? That's your maintenance. Drifting up or down? Adjust by 100–200 calories.

SET YOUR *goal*

Pick one goal for these eight weeks. You can't chase all of them at once.

MAINTAIN

Eat at your TDEE.

Great for your first round.
Newer lifters can still build muscle while eating around maintenance, especially with enough protein.

BUILD MUSCLE

Eat a little above TDEE.

A research review on off-season bodybuilders recommends a surplus of about 10–20% for newer lifters, aiming to gain about 0.25–0.5% of body weight a week.¹⁰ I'd start at the low end.

LOSE FAT

Eat a little below TDEE.

For keeping muscle while losing fat, a common evidence-based target is losing about 0.5–1% of body weight a week.⁹ Slower is usually easier to stick with, so start around 0.5%.

WHAT THAT LOOKS LIKE

For our example woman (150 lb, maintenance about 2,000 calories):

Goal	Daily calories	Weekly change
Maintain	About 2,000	Steady
Build muscle	About 2,200	Up about 0.4–0.75 lb
Lose fat	About 1,600–1,750	Down about 0.75 lb to start

These are starting estimates. Your weekly average weight tells you whether to adjust.

My take: If you're new to lifting, I'd eat at maintenance for this first round and let the training do its thing. Don't drop your food low while you're trying to build strength. If you're always starving, wiped out, or your lifts are going backward, you probably need more food, not less.

YOUR *macros*

Protein first, enough carbs to train hard, and fat to round it out.

PROTEIN

1.4–2.0 g per kg

About 0.65–0.9 g per lb

Builds and keeps muscle.

Benefits level off around 1.6 g/kg on average, with up to about 2.2 g/kg covering most people.^{4,8}

CARBS

3–5 g per kg

About 1.4–2.3 g per lb

Fuels your training. Some athletes need more; 3–5 g/kg is the range for lighter training loads.⁷

FAT

The rest of your calories

Not under 20% for long

Supports hormones and helps you absorb vitamins. Don't keep it below 20% of your calories long-term.⁷

Example: 150 lb at maintenance

Macro	Grams	Calories
Protein	110 g	440
Carbs	230 g	920
Fat	70 g	630
Total		About 1,990

Fiber: aim for about 25 g a day (21 g if you're over 50).¹¹ Fruit, vegetables, beans, oats, and whole grains get you there.

Spread your protein across the day: about 20–40 g per meal.⁸

No-tracking option: hand portions

A common coaching method. At most meals:

 **1–2 palms** of protein

 **1–2 cupped hands** of carbs

 **1–2 fists** of vegetables

 **1 thumb** of fats

Eat 3–4 meals like this, and adjust up or down based on your hunger, energy, and progress.

SNACKS THAT *work*

The best snack has protein in it and is easy enough that you'll actually eat it.

Protein-packed grab-and-go

Snack	Protein
Greek yogurt cup	about 15–18 g
Cottage cheese, ½ cup	about 12–14 g
2 hard-boiled eggs	about 12 g
Beef or turkey jerky, 1 oz	about 9–12 g
String cheese	about 6–8 g
Tuna or chicken pouch	about 15–20 g
Edamame, ½ cup shelled	about 9 g
Protein shake or clear protein	about 20–25 g

Approximate. Brands vary, so check the label.

Easy combos

- Apple + peanut butter + string cheese
- Greek yogurt + berries + granola
- Rice cakes + cottage cheese + everything seasoning
- Turkey roll-ups + cucumber + hummus
- Banana + a protein shake
- Cottage cheese + pineapple

PRE- AND POST-WORKOUT

Before (1–2 hours)

Something with carbs and a little protein: toast with eggs, a banana with Greek yogurt, oatmeal with a scoop of protein. Training first thing? A banana or a shake is enough.

After

A regular meal with protein in the next few hours is all you need. No need to chug a shake in the parking lot.

Snack prep tip: on Sunday, boil a dozen eggs, portion out yogurt and fruit, and keep jerky and protein bars in your bag and your car.

YOUR SHOPPING *list*

Tired, hungry, and nothing in the fridge is how takeout happens three nights in a row. Stock these and dinner is easy.

PROTEIN

- Chicken breast or thighs
- Lean ground beef or turkey
- Salmon, shrimp, or white fish
- Eggs and egg whites
- Greek yogurt
- Cottage cheese
- Deli turkey or chicken
- Tofu or tempeh
- Canned tuna or chicken
- Protein powder

CARBS

- Rice (white, brown, or microwave cups)
- Potatoes and sweet potatoes
- Oats
- Whole-grain bread, wraps, or bagels
- Pasta
- Rice cakes
- Beans and lentils
- Granola

FRUITS AND VEGETABLES

- Berries (fresh or frozen)
- Bananas and apples
- Grapes, oranges, pineapple
- Spinach or mixed greens
- Bagged salad kits
- Frozen veggie blends
- Broccoli, green beans, peppers
- Cucumbers and baby carrots

FATS AND EXTRAS

- Olive or avocado oil
- Avocados
- Nuts and nut butter
- Cheese and string cheese
- Hummus
- Salsa and hot sauce
- Seasonings you love
- Sparkling water

Budget tip: frozen fruit, frozen veggies, canned fish, eggs, beans, and rice are some of the cheapest ways to eat well.

SUPPLEMENTS I *use*

Food first, always. No supplement is going to out-do sleep, protein, and showing up. None of these are required.

CREATINE MONOHYDRATE

[Optimum Nutrition Micronized Creatine, unflavored](#)

One of the most researched supplements in sports nutrition. It raises the creatine stored in your muscles, which supports high-intensity performance and training adaptations, and it's considered safe for healthy people.¹³ Most people take 3–5 g a day, every day.

CLEAR PROTEIN

[Clean Simple Eats Clear Protein](#)

Not required, just convenient. A clear, juice-style protein makes hitting your protein goal easier on busy days.

MAGNESIUM GLYCINATE

[Vimergy Magnesium Glycinate](#)

What I personally use. Talk to your healthcare provider about whether it's right for you.

VITAMIN D3 + K2

[Sports Research Vitamin D3 + K2](#)

What I personally use. Vitamin D needs vary a lot, so ask your provider to check your levels before you start.

Before you buy: check with your healthcare provider, especially if you're pregnant, breastfeeding, take medication, or have a health condition. Look for products that are third-party tested.

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WHAT YOU'LL *need*

You don't need a gym. You need a corner of your living room and a few good pieces. Here are my picks.

Required

ADJUSTABLE DUMBBELLS

[Bowflex SelectTech 552](#)

One set replaces a whole rack, so you can keep going heavier as you get stronger.

Required

MINI LOOPBANDS

[Fit Simplify Resistance Loop Bands, set of 5](#)

For glute work, warm-ups, and Pilates.

Required

THICK MAT

[Fitvids ½-inch Extra Thick Exercise Mat](#)

Cushion for floor work, core, and Pilates days.

Optional

LONG BANDS WITH HANDLES

[WHATAFIT Resistance Bands Set](#)

Great for travel weeks, warm-ups, and extra rows and presses.

A stable step

Solid enough to stand on with weight. Required.

A bench

Optional. Every exercise has a no-bench option.

Sliders or a towel

Optional, for hamstring curls and core work.

Already have dumbbells? Use what you have. If they get too light, slow down the lowering, add a pause, or go one side at a time before you buy heavier ones.

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YOUR *tracker*

If you don't write it down, you can't see it working.

Every workout

- |||| Write the weight and reps for every set.
- |||| Note your reps in reserve.
- |||| Hit the top of the range with 1–3 left?
Check **Up?** and go heavier next time.

Every week

- |||| Log Pilates days, walks, and your day color.
- |||| Shade one box on **Road to 150** for every 10 minutes of movement.
- |||| Write down one win.

YOUR CHECK-INS

WEEK 1

Your starting point. Write down your weights and how each move feels.

WEEK 5

Compare your A workouts with Week 1. Look for more reps, more weight, or better control.

WEEK 8

Compare with Week 2 for your B workouts. That's eight weeks of proof.



Every workout you finish gets a tally mark. Not one perfect week, but marks that keep adding up.

GOOD *questions*

Will lifting make me bulky?

Building muscle takes consistent, hard training and enough food over months. It doesn't happen by accident from three sessions a week. What most women notice first is feeling stronger and more capable.

I've never lifted. Can I do this?

Yes. Use the easier option for every exercise and start lighter than you think. You'll learn the moves in the first two weeks.

Can I add more workouts?

Stick to the plan for these eight weeks. More isn't better if it means you can't recover. Add walks if you want to move more.

What if I start late?

Start at Week 1 whenever you start. The workouts stay on YouTube.

Can I skip the Pilates days?

Yes. They're optional. Keep the three strength days and get your movement minutes however you like.

Your safety comes first

If you're pregnant, postpartum, managing an injury or health condition, or dealing with pelvic-floor symptoms like leaking, heaviness, or pain, check in with your healthcare provider or a pelvic-health physical therapist first. Stop and get medical help right away if you have chest pain, feel faint or dizzy, or have trouble breathing.

SOURCES

Every research claim in this guide, numbered to match the small superscripts.

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This guide is for general education and isn't medical or nutrition advice for your individual situation. Research reports averages; your needs may differ. Where something is my coaching opinion, I've said so. © 2026 WITHIN by Whitney.



EIGHT WEEKS

done

Look back at Week 1. The weights you started with, the weights you're lifting now, and every tally mark in between. That's what consistency looks like.

March 1–7

RESET WEEK

Lighter, Pilates-based, and built to help you recover.

Starts March 8

YOUR NEXT BLOCK

A new 8-week strength program. Get on the email list to hear first.