



SHRED ARMY

FIELD READY

**THE NO-GYM 28-DAY BODYWEIGHT CAMPAIGN
FOR MEN & WOMEN OVER 40**

NO GYM. NO EQUIPMENT. NO EXCUSES.

BRYAN HEALEY

Fire Service Professional | NPC/IFBB Men's Physique Competitor | Creator of the KISS Method

SHRED ARMY: FIELD READY

The No-Gym 28-Day Bodyweight Campaign for Men & Women Over 40

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MEDICAL DISCLAIMER — READ BEFORE TRAINING

This program is for educational purposes only and is not medical advice. Consult your physician before beginning this or any exercise or nutrition program, especially if you are over 40, have been inactive, or have any medical condition, injury, or take medication.

Stop any exercise that causes pain (not to be confused with normal muscular effort). Train within your current ability using the Recruit / Soldier / Veteran levels provided. You are responsible for training safely in your own environment.

FROM THE AUTHOR

WELCOME TO THE ARMY

Soldier —

I've spent my career in the fire service, where being physically ready isn't a hobby — it's the job. And I've spent years on the physique stage, where there's nowhere to hide. Both worlds taught me the same lesson: **the body responds to simple work, done consistently, for a long time.** That's the whole secret. That's the KISS Method — Keep It Simple, Stay Shredded.

This manual is for the man or woman over 40 who feels out of the fight. Maybe it's been five years since you trained. Maybe twenty. Maybe the gym intimidates you, or the schedule won't allow it, or your joints have opinions now. None of that disqualifies you. **You don't need a gym. You don't need equipment. You need 20–30 minutes, a patch of floor, and 28 days of showing up.**

Here's my promise: follow this campaign as written — every mission, every recon walk, every rest day — and in 28 days you will be measurably stronger, noticeably leaner, and back in command of your body. You'll prove it with numbers, because you'll test yourself on Day 1 and again on Day 28.

Your age is not the enemy. Inaction is. Let's move out.

— **Bryan Healey**

Fire Service Professional | NPC/IFBB Men's Physique Competitor | Creator of the KISS Method

ORDERS

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HOW TO USE THIS MANUAL

1. Read FM-0 and FM-1 today. Take the Field Ready Standard test tomorrow (Day 1).
2. Learn the 12 movements in FM-2. Every workout uses only these movements.
3. Follow the daily mission cards in FM-3 for 28 straight days. Never skip a rest day — recovery is programmed on purpose.
4. Eat by the Field Rations rules in FM-4. Habits, not macros.
5. Retest on Day 28, sign your certificate, and report for your next deployment (FM-5).

FM-0

ENLISTMENT — WHY YOUR BODY STILL ANSWERS ORDERS

You're Not Broken. You're Untrained.

Somewhere along the way, you were told a story: after 40, the body breaks down, the metabolism dies, and the best you can do is manage the decline. That story is wrong — and it's costing people years of strong, capable living.

Here's the truth. Muscle doesn't stop responding to training at 40, 50, or 60. Research on adults well into their 60s, 70s, and beyond shows the same thing over and over: when untrained people start resistance training — even bodyweight-only training — they build strength and muscle at a meaningful rate. What you're feeling isn't age. It's the accumulated cost of years without a training stimulus: lost muscle (sarcopenia), stiff joints from disuse, and a cardiovascular engine that's been idling.

All three of those reverse with training. Muscle is not vanity tissue — it's your **metabolic armor**. It burns fuel at rest, disposes of blood sugar, protects your joints, keeps you off the ground when you trip, and lets you carry your own groceries at 80. Every mission in this manual is a deposit into that armor.

What 28 Days Can Do — And What It Can't

I won't insult you with 'total transformation in 4 weeks' garbage. Here's the honest briefing:

- **28 days WILL:** rebuild the exercise habit, restore movement quality, add measurable strength (you'll likely add reps to every test), improve energy and sleep, drop some body fat if your rations are in order, and prove to you that your body still answers orders.
- **28 days WON'T:** undo 20 years in one month, get you stage-lean, or replace long-term consistency. This campaign is Basic Training. Its job is to make you Field Ready — fit to begin the longer war.

The Field Ready Standard

Every soldier gets assessed. On Day 1 you'll take the five-test Field Ready Standard below, honestly, with no warm-up beyond the Pre-Mission Check. Record your numbers. On Day 28 you'll retest under the same conditions — and the numbers will do the talking.

TEST	PROTOCOL	WHAT IT MEASURES
1. Push-Ups	Max unbroken reps at your level (wall, incline, knee, or full — note the level)	Upper-body pushing strength
2. Squats	Max bodyweight squats in 2 minutes (thighs to parallel or your best depth)	Leg strength-endurance
3. Plank	Max hold with straight-line form; stop when hips sag	Core endurance

4. Sit-to-Stand	Max chair stand-ups in 30 seconds, arms crossed on chest	Functional leg power
5. 1-Mile Walk	Walk one mile as fast as you comfortably can; record time	Aerobic engine

Rest 2–3 minutes between tests. Write every number down — there's a Field Log line for it on your Day 1 mission card. These five numbers are your enemy for the next 28 days. On Day 28, you beat them.

FM-1

RULES OF ENGAGEMENT — HOW THIS PROGRAM WORKS

The KISS Doctrine

Keep It Simple, Stay Shredded. This program uses only 12 movements — the same 12 for all 28 days. That's not a limitation; it's the strategy. Mastering a few movements and progressing them relentlessly beats sampling a hundred exercises you never get good at. Fancy is fragile. Simple is repeatable. Repeatable wins.

The Three Levels: Recruit / Soldier / Veteran

Every movement in the Armory is shown at three levels. This is how one book serves a 42-year-old former athlete and a 58-year-old starting from zero:

RECRUIT	SOLDIER	VETERAN
The regression. Start here if you're deconditioned, heavier, or returning from a long layoff. There is zero shame at this level — only smart soldiers.	The standard. Most readers will spend the 28 days here. If you can do 8+ clean reps at Recruit level, move up.	The progression. Move up when the Soldier level no longer challenges you in the prescribed rep range with perfect form.

The rule of the last two reps: pick the level where the final two reps of each set are hard but clean. If you could do 10 more reps, level up. If your form breaks, level down. Your ego is not invited to Basic Training.

Joint-Safe Standards for the Over-40 Body

- **Pain is a stop order.** Muscular burn and effort are normal. Sharp, joint-line, or radiating pain is not. Swap to the Recruit level or an alternate movement, and see a professional if pain persists.
- **Range of motion you own, not range you rent.** Squat to the depth you control today. Depth improves weekly — forcing it on Day 3 is how recruits get hurt.
- **Slow negatives.** Lower in 2–3 seconds on every rep. It protects joints, builds more muscle per rep, and makes bodyweight training brutally effective.
- **Never train through the warm-up.** The 5-minute Pre-Mission Check below is mandatory before every mission. At our age, cold tissue is the enemy.

THE PRE-MISSION CHECK — 5-MINUTE WARM-UP (BEFORE EVERY MISSION)

1. March in place — 60 seconds, driving the knees and swinging the arms
2. Arm circles — 10 forward, 10 backward, big and slow
3. Bodyweight good mornings — 10 reps, hands on hips, push the hips back

4. Half squats — 10 reps, controlled, building depth each rep
5. Wall push-ups — 10 reps, squeezing the shoulder blades
6. Fast march or low-impact high knees — 60 seconds to raise the heart rate

Weekly Battle Rhythm

MON	TUE	WED	THU	FRI	SAT	SUN
Mission (strength)	Recon (walk + mobility)	Mission (strength)	Recon (walk)	Mission (strength)	Field Op (conditioning)	Stand Down (rest)

Three strength missions, one conditioning Field Op, two active-recovery Recon walks, one full rest day. Start your Day 1 on any day of the week — the cards are numbered, not named. The recovery days are not optional extras; after 40, recovery IS training. Skipping rest days is disobeying orders.

FM-2

THE ARMORY — THE 12 MOVEMENTS

These 12 movements are your complete arsenal for 28 days. Read every entry once, then practice the Recruit level of each before Day 1. Each entry gives you the mission of the movement, coaching cues, the most common fault I see, and your three levels.

1. PUSH-UP		PUSH FAMILY
Mission: The king of upper-body bodyweight work: chest, shoulders, triceps, and core in one movement.		
Cues: ■ Hands just outside shoulder width, fingers spread ■ Body in one straight line from head to heels — squeeze glutes and abs ■ Lower in 2–3 seconds until chest nears the surface, press back up		
Common fault: Sagging hips. If your hips drop, the set is over — or move to an easier level.		
RECRUIT	Wall or high-incline push-up (hands on counter/table)	
SOLDIER	Standard floor push-up (knees-down is a valid bridge)	
VETERAN	Feet-elevated push-up (feet on a step or chair)	

2. PIKE PUSH-UP		PUSH FAMILY
Mission: Your shoulder builder. Bent at the hips, hands pressing overhead-ish — no dumbbells required.		
Cues: ■ From push-up position, walk feet in and push hips high (inverted V) ■ Bend elbows and lower the top of your head toward the floor ■ Press back to the start; keep weight over the hands		
Common fault: Turning it into a regular push-up. Keep the hips HIGH — the higher the hips, the more shoulder.		
RECRUIT	Incline pike (hands on a step, small hip bend)	
SOLDIER	Floor pike push-up	
VETERAN	Feet-elevated pike push-up (feet on chair, hips stacked higher)	

3. BODYWEIGHT SQUAT

SQUAT FAMILY

Mission: The foundation of leg strength and lifelong independence. If you only kept one movement, keep this one.

Cues:

- Feet shoulder-width, toes slightly out
- Push hips back and down like sitting into a chair; knees track over toes
- Chest proud, heels down; stand by driving through the whole foot

Common fault: Knees caving inward. Screw your feet into the floor and push the knees out over the toes.

RECRUIT	Chair-assisted squat (sit lightly to a chair, stand back up)
SOLDIER	Full bodyweight squat to parallel or below
VETERAN	3-second pause squat at the bottom of every rep

4. SPLIT SQUAT

LUNGE FAMILY

Mission: Single-leg strength and balance — the stuff that keeps you off the ground when life trips you.

Cues:

- Stagger stance: one foot forward, one back, feet hip-width apart for balance
- Lower straight down until the back knee hovers near the floor
- Drive up through the front heel; complete all reps, then switch legs

Common fault: Leaning forward and pushing off the toes. Torso tall, front heel heavy.

RECRUIT	Supported split squat (hand on wall or chair back)
SOLDIER	Bodyweight split squat
VETERAN	Rear-foot-elevated split squat (back foot on a low step)

5. REVERSE LUNGE

LUNGE FAMILY

Mission: The knee-friendliest lunge. Stepping backward loads the glutes and spares the kneecaps.

Cues:

- Step one foot straight back, landing on the ball of the foot
- Lower until both knees are near 90 degrees
- Push through the front heel to return; alternate legs

Common fault: A short, cramped step. Take a long enough step that the front shin stays near vertical.

RECRUIT	Supported reverse lunge (fingertips on wall/chair)
SOLDIER	Alternating reverse lunge
VETERAN	Walking lunge (continuous forward steps)

6. GLUTE BRIDGE

HINGE FAMILY

Mission: Wakes up the biggest engine you own — the glutes — and bulletproofs the lower back.

Cues:

- Lie on your back, knees bent, heels close to your hips
- Drive through the heels and squeeze the glutes to lift hips to a straight line
- Hold one second at the top; lower with control

Common fault: Arching the lower back instead of squeezing the glutes. Ribs down, tailbone slightly tucked.

RECRUIT	Standard glute bridge
SOLDIER	Marching bridge (hold the top, lift one knee at a time)
VETERAN	Single-leg glute bridge

7. HIP HINGE (GOOD MORNING)

HINGE FAMILY

Mission: Teaches the hip-back pattern behind every deadlift, every safe lift off the floor, every strong back.

Cues:

- Feet hip-width, soft knees, hands on hips or behind head
- Push the hips straight BACK, letting the torso tip forward with a flat back
- Feel the hamstrings load, then squeeze glutes to stand tall

Common fault: Bending the knees into a squat. The knees stay soft and still — the HIPS travel backward.

RECRUIT	Wall hinge (hips tap a wall 6 inches behind you)
SOLDIER	Bodyweight good morning
VETERAN	Single-leg RDL reach (hinge on one leg, reaching toward the floor)

8. PLANK

CORE FAMILY

Mission: Core endurance for a back that doesn't complain. The skill is total-body tension, not just surviving time.

Cues:

- Forearms down, elbows under shoulders, feet together or hip-width
- One straight line from head to heels — squeeze glutes, brace abs like taking a punch
- Breathe shallow and steady; the set ends when the line breaks

Common fault: Hips sagging or piking. Film yourself once — the camera doesn't lie.

RECRUIT	Incline plank (forearms on a couch or step)
SOLDIER	Standard forearm plank
VETERAN	Plank shoulder taps (tap opposite shoulder without hips swaying)

9. SIDE PLANK

CORE FAMILY

Mission: Builds the lateral core that stabilizes your spine and hips — the most neglected armor plate in over-40 bodies.

Cues:

- Lie on your side, elbow under shoulder, body in a straight line
- Lift hips until shoulder-hip-ankle align
- Hold, breathing steadily; repeat on the other side

Common fault: Hips drifting toward the floor. Push the floor away and drive the hips UP.

RECRUIT	Knee-bent side plank (weight on the bottom knee)
SOLDIER	Full side plank on stacked or staggered feet
VETERAN	Side plank with top-leg lift

10. DEAD BUG

CORE FAMILY

Mission: Trains the deep core to resist extension — the exact skill that protects your lower back in real life.

Cues:

- On your back, arms to the ceiling, knees bent 90 over hips
- Press your lower back gently into the floor and keep it there
- Slowly extend opposite arm and leg toward the floor; return and switch

Common fault: The lower back popping off the floor. Shorten the reach until you can keep it pinned.

RECRUIT	Heel slides (slide one heel out at a time, back stays down)
SOLDIER	Standard opposite arm/leg dead bug
VETERAN	Extended dead bug (slower tempo, fuller reach, 3-second holds)

11. TOWEL ROW

PULL FAMILY

Mission: Your pulling movement — no bar needed. A sturdy door and a bath towel give you a back and biceps builder.

Cues:

- Loop a towel around a sturdy door handle or hinge-side of a SHUT, locked door; grip both ends
- Lean back with straight body, arms extended
- Pull your chest to your hands, squeezing shoulder blades together; lower slowly

Common fault: Hinging at the hips and turning it into a bow. Body stays rigid — only the arms and shoulder blades move.

RECRUIT	High-angle row (stand nearly upright, slight lean)
SOLDIER	45-degree body row
VETERAN	Single-arm towel row or feet-forward low angle

12. SUPERMAN**PULL FAMILY**

Mission: Direct work for the posture muscles along your spine — the antidote to decades of sitting.

Cues:

- Lie face down, arms extended overhead or swept back
- Lift chest, arms, and legs a few inches off the floor together
- Squeeze the entire back side for 1–2 seconds; lower with control

Common fault: Yanking the head up. Keep the neck neutral — eyes on the floor.

RECRUIT	Arms-back superman (hands by hips, chest lift only)
SOLDIER	Standard superman
VETERAN	Y-superman with 3-second holds (arms in a Y)

FM-3

THE 28-DAY CAMPAIGN — DAILY MISSION CARDS

One card per day. Every mission starts with the 5-minute Pre-Mission Check (FM-1) and ends with 3–5 minutes of easy walking and deep breathing to cool down. Rest 60–90 seconds between exercises and rounds unless the card says otherwise. Train at YOUR level — Recruit, Soldier, or Veteran — chosen by the rule of the last two reps. Total time on task: 20–30 minutes.

WEEK 1: BASIC CONDITIONING (DAYS 1–7)

Objective: test your baseline, learn the 12 movements, and build the daily habit. Loads are light on purpose. Win this week by showing up all seven days — not by heroics.

DAY 1	THE FIELD READY STANDARD — BASELINE TEST	ASSESSMENT
Pre-Mission Check	5-minute warm-up (FM-1)	
Test 1 — Push-Ups	Max unbroken reps at your level. Record reps AND level.	
Test 2 — Squats	Max reps in 2 minutes. Record.	
Test 3 — Plank	Max hold, honest form. Record time.	
Test 4 — Sit-to-Stand	Max chair stands in 30 seconds, arms crossed. Record.	
Test 5 — 1-Mile Walk	As brisk as comfortable. Record time.	
ORDERS: Rest 2–3 minutes between tests. These five numbers are the enemy you'll defeat on Day 28. Write them somewhere you'll see them daily.		
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____		

DAY 2	RECON — WALK & MOBILITY	ACTIVE RECOVERY
Brisk walk	20 minutes, comfortable but purposeful pace	
Mobility circuit	2 rounds: 10 arm circles each way, 10 good mornings, 10 half squats, 30-second doorway chest stretch	
ORDERS: Recon days flush soreness, burn fat, and build your aerobic base. They are missions, not days off.		
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____		

DAY 3	MISSION A — FIRST CONTACT		STRENGTH — 3 ROUNDS
Push-Up	8–12 reps		
Bodyweight Squat	12 reps		
Towel Row	10 reps		
Plank	20–30 second hold		
ORDERS: Rest 60–90 seconds between exercises. Focus: perfect reps at the right level. Leave 2 reps in the tank on everything.			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____			

DAY 4	RECON — WALK		ACTIVE RECOVERY
Brisk walk	20 minutes		
Optional	Repeat the Day 2 mobility circuit if you're stiff		
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____			

DAY 5	MISSION B — LOWER BODY & HINGE		STRENGTH — 3 ROUNDS
Reverse Lunge	8 reps per leg		
Glute Bridge	15 reps, 1-second squeeze at top		
Hip Hinge (Good Morning)	12 reps		
Dead Bug	8 reps per side		
ORDERS: Slow negatives on the lunges — 2–3 seconds down. Your knees will thank you for decades.			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____			

DAY 6	FIELD OP — IGNITION CIRCUIT		CONDITIONING — 15 MIN
Format	5 rounds of: 30s squats → 30s march in place → 30s push-ups (your level) → 30s rest		
Pace	Steady and repeatable. Round 5 should look like Round 1.		
ORDERS: This is engine work, not a max-effort test. Breathe through the nose when you can.			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____			

DAY 7	STAND DOWN	FULL REST
Orders	No training. Walk casually if you like, stretch if you're stiff, sleep 7–9 hours.	
Debrief	Week 1 complete. You showed up 7 for 7. That habit is the whole foundation.	

WEEK 2: LOAD THE RUCK (DAYS 8–14)

Objective: progressive overload begins. Rounds go from 3 to 4, reps climb, holds lengthen, and a third strength pattern (Mission C) enters the rotation. Same movements — heavier ruck.

DAY 8		MISSION A2 — PUSH THE LINE		STRENGTH — 4 ROUNDS	
Push-Up		10–15 reps			
Bodyweight Squat		15 reps			
Towel Row		12 reps			
Plank		30–40 second hold			
ORDERS: Same rules: last two reps hard, form perfect. If you hit the top of every rep range, level up next time.					
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____					

DAY 9		RECON — WALK & MOBILITY		ACTIVE RECOVERY	
Brisk walk		25 minutes			
Mobility circuit		2 rounds: arm circles, good mornings, half squats, chest stretch			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____					

DAY 10	MISSION B2 — SINGLE-LEG STAND		STRENGTH — 4 ROUNDS
Split Squat	8 reps per leg		
Marching Glute Bridge	8 knee lifts per side		
Single-Leg RDL Reach (or Good Morning)	6 per leg (or 15 good mornings)		
Side Plank	20 seconds per side		
ORDERS: Balance work counts double after 40. Wobbling is the training — touch a wall when needed, never skip the movement.			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): _____ Notes: _____			

DAY 11	RECON — WALK		ACTIVE RECOVERY
Brisk walk	25 minutes		
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): _____ Notes: _____			

DAY 12	MISSION C — FULL SPECTRUM		STRENGTH — 4 ROUNDS
Pike Push-Up	8 reps		
Reverse Lunge	10 reps per leg		
Towel Row	12 reps		
Superman	10 reps, 1–2 second squeeze		
Dead Bug	10 reps per side		
ORDERS: Five exercises today — budget your rest at 60 seconds to stay inside 30 minutes.			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): _____ Notes: _____			

DAY 13		FIELD OP — EMOM 20	CONDITIONING — 20 MIN
Format	Every minute on the minute for 20 minutes (5 cycles):		
Minute 1	12 squats, rest the remainder of the minute		
Minute 2	8 push-ups (your level)		
Minute 3	30 seconds fast march or step-ups		
Minute 4	Full rest		
ORDERS: EMOM = start each exercise at the top of its minute; whatever's left of the minute is your rest.			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____			

DAY 14	STAND DOWN	FULL REST
Orders	Full rest. Hydrate. Prep your Field Rations for the week ahead (FM-4).	
Debrief	Halfway. Notice: stairs feel different. Sleep is deeper. The ruck is loading.	

WEEK 3: THE CRUCIBLE (DAYS 15–21)

Objective: intensity week. Timed circuits and AMRAPs turn your new strength into work capacity. You'll record scores — these become benchmarks you can retest for years. Effort: hard but never sloppy.

DAY 15		CRUCIBLE ALPHA — AMRAP 15		TEST-CONDITIONING	
Format		As Many Rounds As Possible in 15 minutes:			
Circuit		5 push-ups → 10 squats → 10 towel rows → 20 marching steps in place			
Score		Total completed rounds + extra reps. Write it down.			
ORDERS: Pace yourself early. The soldier who sprints Round 1 crawls Round 4. Smooth is fast.					
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____					

DAY 16		RECON — LONG WALK		ACTIVE RECOVERY	
Brisk walk			30 minutes — your longest of the campaign so far		
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____					

DAY 17		CRUCIBLE BRAVO — 3 ROUNDS FOR TIME	TEST-CONDITIONING
Circuit	10 reverse lunges per leg → 15 glute bridges → 8 pike push-ups → 12 supermans		
Format	3 rounds, resting only as needed. Time cap: 20 minutes.		
Score	Total time. Record it.		
ORDERS: Form standard still applies under fatigue. A fast sloppy round is a failed round.			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____			

DAY 18		RECON — WALK		ACTIVE RECOVERY	
Brisk walk			30 minutes		
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____					

DAY 19	CRUCIBLE CHARLIE — THE LADDER		TEST-CONDITIONING
Format	Descending ladder, 10 down to 1:		
Ladder	10 squats + 10 push-ups, then 9 + 9, then 8 + 8... down to 1 + 1		
Finisher	Accumulate 60 total seconds of plank in as few sets as possible		
Score	Total time for the ladder + number of plank sets		
ORDERS: That's 55 squats and 55 push-ups at your level. Three weeks ago this card would have been impossible. Look how far the recruit has come.			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____			

DAY 20		FIELD OP — INTERVAL GAUNTLET		CONDITIONING — 24 MIN	
Format		40 seconds work / 20 seconds rest, rotating 4 stations, 6 total rounds:			
Stations		1) Squats 2) Push-ups 3) Towel rows 4) Dead bugs			
Pace		Consistent rep counts each round — count Round 1 and match it			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____					

DAY 21	STAND DOWN	FULL REST
Orders	The Crucible is over. Full rest today — you've earned it and your body demands it.	
Debrief	Week 3 scores are your permanent benchmarks. You'll beat them again someday.	

WEEK 4: GRADUATION WEEK (DAYS 22–28)

Objective: two peak strength missions, then a deliberate taper so you arrive at Day 28 fresh, not fried — and post your best numbers on the retest. Trust the taper. Fresh soldiers test strong.

DAY 22		MISSION A3 — PEAK PUSH		STRENGTH — 4 ROUNDS	
Push-Up		Max reps minus 2, at your hardest clean level			
Bodyweight Squat		20 reps			
Towel Row		15 reps			
Plank		45-second hold			
ORDERS: 'Max minus 2' means stop two reps before failure. Peak stimulus, zero burnout.					
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____					

DAY 23		RECON — EASY WALK		ACTIVE RECOVERY	
Easy walk		20 minutes, conversational pace			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____					

DAY 24		MISSION B3 — PEAK LEGS		STRENGTH — 4 ROUNDS	
Split Squat		10 reps per leg			
Single-Leg Glute Bridge		8 reps per leg			
Single-Leg RDL Reach		8 reps per leg			
Side Plank		30 seconds per side			
ORDERS: The last hard day of the campaign. Empty the tank on quality, not on chaos.					
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____					

DAY 25		RECON — EASY WALK & MOBILITY		ACTIVE RECOVERY	
Easy walk		20 minutes			
Mobility circuit		2 gentle rounds — loosen, don't fatigue			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____					

DAY 26		DELOAD — SYSTEMS CHECK		LIGHT PRACTICE	
Format		2 easy rounds at RECRUIT level: 8 push-ups, 10 squats, 8 rows, 20-second plank			
Then		5–10 minutes of easy stretching, all major muscles			
ORDERS: This keeps the machinery warm without spending recovery. Resist the urge to do more.					
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____					

DAY 27	STAND DOWN — TEST EVE	FULL REST
Orders	Full rest. Big glass of water. Protein at every meal. In bed early.	
Mental prep	Reread your Day 1 numbers tonight. Tomorrow you go beat them.	

DAY 28		THE FIELD READY STANDARD — RETEST	GRADUATION
Pre-Mission Check	5-minute warm-up — same as Day 1		
Retest all 5	Push-ups → Squats (2 min) → Plank → Sit-to-Stand (30s) → 1-Mile Walk		
Conditions	Same rest periods, same honesty, same standards as Day 1		
Compare	Write Day 1 and Day 28 side by side. Read them out loud.		
ORDERS: Then turn to the Certificate page, sign it, and take the photo. You didn't just finish a program — you re-enlisted in your own life. Report to FM-5 for your next deployment.			
FIELD LOG — Level used: _____ Rounds/score: _____ Energy (1–5): ____ Notes: _____			

FM-4

FIELD RATIONS — KISS NUTRITION

You cannot out-train a careless diet — especially after 40. But you also don't need macros, apps, or meal-prep Sundays that eat your weekend. For this 28-day campaign, nutrition runs on habit rules. Simple, repetitive, clean. That's the KISS way, and it's how I stay stage-lean year-round.

The Five Ration Rules

- **Rule 1 — Anchor every meal with protein.** A palm-to-two-palm portion of lean protein at every meal, no exceptions. Protein preserves the muscle you're building, kills cravings, and costs calories to digest.
- **Rule 2 — Build the Soldier's Plate.** Half the plate vegetables or fruit, a quarter lean protein (bigger if you're a bigger human), a quarter clean carbs. Add a thumb of healthy fat.
- **Rule 3 — Drink your water, not your calories.** Water, black coffee, and tea are free. Sodas, juices, sweetened coffees, and most alcohol are enemy supply lines — cut them for 28 days and watch what happens.
- **Rule 4 — Eat off the Approved List 90% of the time.** The list below covers everything you need. The other 10% is life — a meal out, a slice of birthday cake. Enjoy it and return to base.
- **Rule 5 — Stop at satisfied, not stuffed.** Eat slowly. Put the fork down between bites. After 40, the 'still hungry' signal lags about 15 minutes behind reality.

THE APPROVED FOOD LIST

PROTEINS: chicken breast, turkey breast, extra-lean ground turkey (99%), pork tenderloin, bison, extra-lean ground beef (96%), shrimp, canned tuna in water, swai, cod, halibut, eggs, egg whites, non-fat plain Greek yogurt, low-fat cottage cheese

CARBS: rolled or steel-cut oats, quinoa, white rice, sweet potatoes, russet potatoes (with skin), butternut squash, green bananas/plantains, apples (with skin) — plus unlimited vegetables

FATS: avocado, olive oil, coconut oil (no seed oils); 2 Brazil nuts per day

Eat Like a Soldier — A Sample Day

MEAL	RATION
Breakfast	Non-fat Greek yogurt with blueberries and a scoop of oats — or 3 eggs + egg whites scrambled, with an apple
Lunch	Grilled chicken breast, white rice, big pile of vegetables, half an avocado
Snack	Cottage cheese or a protein shake; 2 Brazil nuts
Dinner	Extra-lean ground beef or cod, baked russet or sweet potato, green vegetables with olive oil

Evening	Water or tea. Kitchen closed. Tomorrow's mission starts with tonight's sleep.
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That's it. No counting for now. If you follow the five rules for 28 days, fat loss takes care of itself for the vast majority of people. When you're ready for precision — macros, meal timing, peak-week tactics — that's what the rest of the Shred Army catalog is for.

FM-5

AFTER GRADUATION — YOUR NEXT DEPLOYMENT

The Sustainment Schedule

Fitness has no finish line — only supply lines. If you do nothing else after Day 28, run this 3-day-per-week sustainment plan and you'll hold every inch of ground you took:

DAY 1	Mission A2 card (4 rounds) + 20-minute walk
DAY 2	Mission B2 card (4 rounds) + 20-minute walk
DAY 3	Crucible Alpha AMRAP 15 — try to beat your Week 3 score
DAILY	Walk. Every day. 7,000+ steps is the over-40 gold standard.

Choose Your Next Deployment

- **Home-base upgrade — the Kettlebell Series.** One kettlebell turns your living room into a weapons platform. The Shred Army kettlebell program takes your Field Ready foundation and adds load, six cycles deep.
- **Gym track — Shred Army: Basic Training, The 12-Week Field Manual.** Ready for the barbell? The flagship program builds serious strength on the KISS 5×5 system — the same compound-lift doctrine I use to get stage-ready.
- **Run Field Ready again at the next level.** Finished at Recruit? Run the campaign at Soldier. Finished at Soldier? Veteran level is waiting. The manual re-arms itself.
- **Join the ranks.** The Shred Army community is where graduates post their Day 28 numbers, earn rank, and stay accountable. Your certificate photo is your enlistment paper.

Twenty-eight days ago you were out of the fight. Today you have numbers that prove otherwise. The mission now is simple: never go back to Day 0. I'll see you at your next deployment.

— Bryan Healey

THE FIELD READY CREED

I am a soldier of my own body.

I do not need a gym. I do not need machines.

I need a patch of floor and the will to use it.

I train at my level, and I level up.

I respect my joints, I honor my rest,
and I never mistake age for an excuse.

I keep it simple. I stay consistent.

I showed up for 28 days when no one was watching —
and I will show up for 28 more.

I am not done. I am FIELD READY.



SHRED ARMY CERTIFICATE OF COMPLETION

This certifies that

has completed the full 28-day FIELD READY campaign,
tested against the Field Ready Standard on Day 1 and Day 28,
and is hereby certified

FIELD READY

Date: _____

Signature: _____

Day 1 → Day 28: Push-ups _____ → _____ Squats _____ → _____ Plank _____ →

Sit-to-Stand _____ → _____ 1-Mile _____ → _____

Post your certificate and Day 28 numbers — tag the Shred Army and claim your rank.

ABOUT THE AUTHOR — Bryan Healey is a career fire service professional and NPC/IFBB Men's Physique competitor. He is the creator of the KISS Method (Keep It Simple, Stay Shredded) and the founder of the Shred Army, where over-40 men and women rebuild strength with simple, sustainable training. Find the full catalog of Shred Army field manuals and programs at Bryan Healey Fitness.