

RESET84

METHOD

FREE BUYER BONUS

EXCLUSIVE FOR BUYERS — NOT FOR RESALE

84

THE 15-MIN WORKOUT

NO EXCUSES EDITION



15

MINUTES TOTAL



0

EQUIPMENT
NEEDED



12

EXERCISES



84

DAYS TO
BUILD A HABIT

SESSION AT A GLANCE



2 MIN

Warm-Up
Dynamic mobility



5 MIN

Block 1
Lower body



5 MIN

Block 2
Upper Body + Core



3 MIN

Cool-down
Static Stretches

SHOW UP • STAY CONSISTENT • BUILD A BETTER YOU

BEFORE YOU BEGIN

READ THIS FIRST. IT TAKES 60 SECONDS

15

MINUTES
START TO FINISH



The only rule in this workout: Do not skip the warm-up. Do not skip the cool-down. I have watched thousands of beginners injure themselves in the first two weeks — almost always because they skipped one of these. Cold muscles tear. This isn't a suggestion.

HOW THIS SESSION IS STRUCTURED

0:00		Warm-Up Dynamic mobility — joints, blood flow, injury prevention	2 min
2:00		Block 1 — Lower Body Quads, glutes, hamstrings, calves	5 min
7:00		Block 2 — Upper Body + Core Chest, shoulders, triceps, core	5 min
12:00		Cool-Down & Stretch Static holds—reduce soreness, speed recovery	3 min

WARM-UP PROTOCOL — 2 MINUTES • COMPLETE BEFORE EVERY SESSION

TIME	EXERCISE	HOW TO DO IT
20 sec	Neck rolls + shoulder circles	Slow and controlled. Full range each direction.
20 sec	Arm swings	10 forward, 10 backward. Open up the chest. Big, sweeping movement.
20 sec	Hip circles	Hands on hips, 10 slow circles each direction. Unlock the hip joint.
20 sec	Leg swings	Hold a wall. 10 swings each leg, front to back. Core stays tight.
20 sec	March on the spot	Drive knees up, pump arms. Raises heart rate deliberately before Block 1.
20 sec	5 slow bodyweight squats	Heels flat, chest tall. A rehearsal — not a scored set.

“

Cold muscles tear. A warm-up increases blood flow, reduces injury risk, and measurably improves performance on every single rep. Never skip it.

— RESET84 METHOD



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LOWER BODY

FOCUS • QUADS • GLUTES • HAMSTRINGS • CALVES

5

MINUTES
2:00 - 7:00

EXERCISE	SETS	REPS	REST
 Bodyweight Squat <i>Beginner: chair-assisted</i> <i>Advanced: 2-sec pause at bottom</i>	2	12 reps	15 sec
 Reverse Lunge <i>Beginner: stationary lunge</i> <i>Advanced: add knee drive at top</i>	1	8 each leg	15 sec
 Glute Bridge <i>Drive through heels.</i> <i>Squeeze hard at top. Hold 2 seconds.</i>	2	15 reps	15 sec
 Calf Raise <i>Use a step edge if available.</i> <i>Full stretch at bottom,</i> <i>full squeeze at top.</i>	1	20 reps	Move on

COACHING CUES — READ BEFORE YOU START

**SQUAT**

Heels flat. Toes slightly out.
Chest tall — don't collapse forward.
Sit between your knees.
Descent takes 2 seconds.

**REVERSE LUNGE**

Step backward.
Front knee stays above the ankle.
Back knee drops with control.
Push through the front heel to return.

**GLUTE BRIDGE**

Lower back neutral —
don't over-arch at top.
Drive through heels,
squeeze glutes at the peak.
2-second hold builds
far more than fast reps.

**CALF RAISE**

Full stretch at the bottom
every rep — never cut range short.
Full squeeze at top.
Slow and controlled
beats fast for
calf development.



Golden rule for this block: Lower every rep in 2–3 seconds.
The eccentric — the lowering phase — is where real strength is built.
Dropping quickly cheats yourself of half the benefit. Slow down.

“

“Form before weight. Always. A light, well-executed set
beats a heavy, sloppy one every time.”

— RESET84 METHOD

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UPPER BODY + CORE

FOCUS • CHEST • SHOULDERS • TRICEPS • CORE

5

MINUTES
7:00 – 12:00

EXERCISE	SETS	REPS	REST
 Push-Up Beginner: knee push-up Standard: full Advanced: archer push-up	2	8–12 reps	15 sec
 Pike Push-Up Hips high, head between arms. Targets shoulders. Beginners: raise hands on a surface.	1	8 reps	15 sec
 Plank Hold Beginner: knee plank Advanced: add shoulder taps. Squeeze everything.	2	25–30 sec	15 sec
 Dead Bug Lower back pressed into floor before every rep. Slower = harder = better.	1	8 each side	Move on

COACHING CUES — READ BEFORE YOU START

**PUSH-UP**

Elbows at 45°, not flared.
 Body straight from head to heel — no sagging hips. 2 sec down, 1 sec up. 8 clean reps beats 12 sloppy ones.

**PIKE PUSH-UP**

Form an inverted V with hips. Head tracks toward the floor between hands. Feel it in your shoulders, not your chest.

**PLANK HOLD**

Shoulders over wrists. Squeeze glutes, quads, abs simultaneously. Breathe steadily. 25 sec full tension beats 60 sec lazy plank.

**DEAD BUG**

Press lower back into floor before moving a limb. Extend opposite arm and leg. The slower, the harder, the better. Don't rush this one.



Progression rule: When the last 2 reps of your final set feel easy, advance to the next variation.

Knee → Standard → Archer push-up. Knee plank → Full plank → Shoulder taps. Always form before progression.



“You don't need to feel like it. You just need to show up.”

— RESET84 METHOD

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COOL DOWN & STRETCH

3

NOT OPTIONAL • DO NOT SKIP THIS

MINUTES • 12:00 – 15:00

DURATION	STRETCH	HOW TO DO IT
 30 SEC	 Hip Flexor Stretch	Kneeling lunge. Sink hips forward and down. Feel it at the front of the back hip. Torso tall.
 30 SEC	 Seated Hamstring Stretch	Legs extended, reach toward toes. Hold — don't bounce. 15 seconds each leg.
 30 SEC	 Chest Opener	Clasp hands behind back, open chest upward. Squeeze shoulder blades together.
 30 SEC	 Child's Pose	Hips to heels, arms forward on the floor. Breathe deeply into your lower back.
 60 SEC	 Deep Breathing	Lie flat. In 4 counts — hold 4 — out 6. Repeat. Activates recovery and reduces cortisol.

FULL SESSION AT A GLANCE — YOUR CHEAT SHEET

0:00	 Warm-Up Neck rolls • Arm swings • Hip circles • Leg swings • March • Squats	2 min
2:00	 Block 1 — Lower Body Squat x2 • Reverse Lunge • Glute Bridge x2 • Calf Raise	5 min
7:00	 Block 2 — Upper Body + Core Push-Up x2 • Pike Push-Up • Plank x2 • Dead Bug	5 min
12:00	 Cool-Down & Stretch Hip flexor • Hamstring • Chest opener • Child's pose • Breathing	3 min

“

“The 15 minutes you didn't think you had just changed the trajectory of your day — and eventually, your life.”

— MARK JEROME TEJEDOR, PTRP • FOUNDER, RESET84 METHOD

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Liked What You Saw?

On to the Next

Enjoying this guide? Visit RESET84.com for the complete system.

YOU HAVE THE WORKOUT. NOW BUILD THE SYSTEM.

The 15-Min Workout is your starting point.

The RESET84 System is how you stay consistent for the next **12 weeks**.

**RESET
84**

MARK JEROME TEJEDOR

PTRP • FOUNDER, RESET84 METHOD • FITNESS COACH • CLUB OPERATIONS MANAGER



*Most people don't fail because they lack motivation.
They fail because they don't have a system.
The goal isn't to start strong.
The goal is to keep going when motivation fades.*

– Mark Jerome Tejedor, PTRP

EVERYTHING YOU NEED TO STOP GUESSING

THE COMPLETE RESET84 SYSTEM

A practical collection of guides and tools designed to help you build strength, lose weight, build muscle, and create the habits that make results last.



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PROGRESSION



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ONE DECISION TODAY

CAN CHANGE YOUR NEXT 84 DAYS.
Don't guess. Follow a system.



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