

LALICIC METHOD

— 4-WEEK BEGINNER PROGRAM

START BOOST.

Your on-ramp to structured training. Learn the patterns, build the habit, and set the baseline everything after this is built on.

4 WEEKS	3X / WEEK	BRANKO LALICIC
DURATION	SESSIONS	COACH

Kery
photographer

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STRUCTURE & PROGRESSION.

WEEKLY SPLIT

Three sessions per week — **Day A, Day B, Day C** — with at least one rest day between sessions where possible. A Monday / Wednesday / Friday rhythm works well for most people.

PROGRESSION RULE

If you complete every set at the top of the rep range with clean form for two sessions in a row, add weight next time: **+2.5–5kg** on lower-body lifts, **+1–2.5kg** on upper-body lifts.

EFFORT GUIDE — RPE (RATE OF PERCEIVED EXERTION)

Use this scale to judge how hard each set should feel. Aim for RPE 6–7 in weeks 1–2, and RPE 7–8 in weeks 3–4.

5

Could do 6+ more
reps

6

Could do 4 more
reps

7

Could do 2–3 more
reps

8

Could do 1–2 more
reps

9

Could do 1 more,
maybe

A NOTE ON PAIN VS. SORENESS

Muscle soreness a day or two after training is normal. Sharp pain, joint pain, or pain during a movement is not — stop the exercise and message me directly if that happens.

DAY A.

~45 min

SESSION LENGTH

#	EXERCISE	SETS	REPS	REST	COACHING CUE
1	Goblet Squat	3	10–12	75s	Sit back, chest tall, knees track over toes.
2	Incline Push-Up	3	10–12	60s	Elbows at 45°, full lockout at the top.
3	Seated Row (Cable or Band)	3	12	60s	Pull elbows back, squeeze shoulder blades together.
4	Glute Bridge	3	15	45s	Squeeze glutes hard at the top, avoid arching the lower back.
5	Plank	3	30–40s hold	45s	Ribs down, straight line from head to heels.

COACH'S NOTE

This is your "learn the pattern" day. If the goblet squat or push-up feels off, slow the tempo down before adding weight or reps next week.

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— PREVIEW ENDS HERE

THE FULL PROGRAM.

You've seen 3 of 8 pages. The complete Start Boost includes every session laid out week by week — exercises, sets, reps, rest, and coaching cues — plus the progression rules, troubleshooting, and the full training calendar.

FULL PROGRAM

\$29.99

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WHAT YOU GET

The complete 8-page PDF, a training log to track your numbers, and direct coaching support on WhatsApp for the length of the block. Not sure which program fits? Message me and I'll tell you honestly.

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