

A Week of Formation

Seven days. Mind, body, and soul. In that order.

Most men's fitness treats the body as the whole project. It isn't. A man's physical discipline is inseparable from his intellectual formation and his spiritual life — train one and neglect the others, and you have built a stronger version of an unfinished man. This is one complete week of the 2x2 program, exactly as our members receive it: a passage of Scripture to sit under, one thing worth knowing or doing, and a day of training. No hacks. No hype. Seven days of ordered work.

SOUL ONE BOOK OF SCRIPTURE, READ SLOWLY — THIS WEEK: PROVERBS

MIND ONE THING WORTH KNOWING OR DOING, EVERY DAY

BODY PROGRAMMED TRAINING FROM A COLLEGIATE S&C COACH

Before Day One

Each day has three parts. None of them takes long. All of them take intent.

Soul

This week walks through the opening chapters of **Proverbs** — wisdom literature, written largely from a father to a son. Read the day's chapter slowly, once. Don't rush to apply it; let it read you first. Day One begins with an overview so you know the shape of the book before you enter it.

Mind

One prompt a day: something to learn, make, ask, or do. The rotation is deliberate — a practical skill, a conversation, a piece of history or philosophy, a page of your own writing. A formed mind is built the same way a formed body is: varied stimulus, honest effort, repeated weekly.

Body

Seven days of programmed training — strength, conditioning, and recovery in deliberate proportion, written by a CSCS with a decade in collegiate strength and conditioning. Blocks labeled A1/A2/A3 are performed as a circuit; lettered blocks are performed in order. Scale loads to your ability; keep the intent. If you don't have the equipment, substitute the closest movement you can do well.

Do the week in order. Don't skip a pillar because it's the one you're worst at — that one is the point.

Enter the Book

SOUL

Proverbs — Overview

Before you read a word of Proverbs, learn its shape. Watch a short overview of the book (the Bible Project's Proverbs video is a faithful ten minutes). Note who is speaking, and to whom: a father, to a son, about how to live.

MIND

New Skill — Replace an Air Filter

Today's skill: change your car or HVAC cabin air filter. It's a \$15–20 part and a 5-minute swap — search your make and model on YouTube for exact steps. Most people pay a shop to do this. You don't have to. Simple maintenance is one of the easiest ways to own your environment.

BODY

A1	Jump Squat	3 × 0:45
A2	Burpee	3 × 3
A3	3-Point Bridge	3 × 5
B	Run — steady	30 min, for time

Wisdom Is Calling

SOUL

Proverbs 1

Proverbs begins not with rules but an invitation. Wisdom is calling. Before you read this month, sit quietly and ask: What do I actually want — knowledge that informs, or wisdom that transforms? Bring that honest desire to God today through journaling a short prayer asking for wisdom from above.

MIND

Guided Breath

Sit. Breathe in 4, hold 4, out 4 — three rounds. Proverbs 1 says wisdom begins with one posture before God, not a set of skills. Before this week starts, ask yourself: who have you been listening to? Is that voice leading you toward wisdom or away from it?

BODY

A1	Reverse Lunges	3 × 0:60
A2	Sit-Up	3 × 0:60
A3	Push-Up	3 × 0:60

Wisdom Is Pursued

SOUL

Proverbs 2

Read Proverbs 2 slowly. Notice the verbs: receive, treasure, incline, cry out, seek, search. Wisdom here isn't passive — it's pursued. What do these action words tell you about the posture required to gain it? Write down what you observe before drawing conclusions.

MIND

History & Political Literacy — 'The Institution of Israel as a Nation

This article traces Israel's founding — Zionism, key figures, diplomacy, and early nation-building. It centers the Israeli perspective by design, so the Arab and Palestinian experience isn't fully represented. Read it as a solid introduction to how a consequential modern nation came to exist. Hold conclusions loosely.

READ: momentslog.com/history/the-creation-of-israel-a-nation-born-from-conflict

BODY

A1	90/90 IR Hip Lift-Off	3 × 5
A2	TRX Knee Tuck	3 × 10
A3	Wall Sit Curls	3 × 20
B1	Single-Leg Depth Jump	2 × 3
B2	Broad Jump	2 × 5
C1	Front Squat	3 × 4
C2	Box Jump	3 × 3
D1	Chin-Up	2 × max
D2	Curtsy Lunge	2 × 10
D3	Prone Press w/ Ext. Rotation	2 × 15
E1	Double Deadbug	3 × 10
E2	L-Over	3 × 5
E3	Barbell Bicep Curl	3 × 10

What Was Handed Down

SOUL

Proverbs 3

Proverbs 3:5 says don't lean on your own understanding. A proverb describes what is generally true — not what is guaranteed. Where are you currently leaning hardest on your own reasoning? What would loosening that grip even slightly look like?

MIND

Family — “What was your life like at my age?”

Ask a family member what their life looked like at your exact age — what they were chasing, what scared them. Where do you see yourself in their answer? What does that tell you about what's been handed down to you?

BODY

A1	Scap Push-Up	2 × 0:30
A2	Push-Up ISO	2 × 0:30
A3	DB Farmer's Walk	2 × 0:30
B	Overhead Press	5 × 5
C1	TRX Row	2 × 10
C2	Dips	2 × 15
D1	Pull-Up	3 × 6, for weight
D2	DB Bench Press	3 × 15
E	Cable Bicep Curl	4 × 10
F1	Med Ball Sit-Up	3 × 10
F2	Hanging L-Sit	2 × max

Guard the Gate

SOUL

Proverbs 4

Proverbs 4:23 — “Guard your heart, for everything flows from it.” What are you currently letting past that gate unchecked? Today, identify one input — media, conversation, or habit — shaping your heart without your permission. Take one step to guard it.

MIND

Philosophy & Ethics — The Philosophy of Plato

Thousands of years after his death, students are still shaped by one man's questions. What made Plato's thinking so durable? Watch today's video and ask yourself: which of his ideas still feel unresolved — not for history, but for you personally?

WATCH: youtu.be/BbHYfzwnSrU

BODY

A1	DB Overhead Carry	3 × 0:30
A2	Air Squat	3 × 10
A3	Low Pogo + High Pogo	3 × 10
B	Circuit — 4 rounds	10 cal row · 10 burpee · 10 box step-up (20s)

The End of the Road

SOUL

Proverbs 5

Proverbs 5 warns against paths that look right but cost everything. Pray through it honestly: Where have you been drawn to what looks good but leads away? Ask God to give you eyes to see the end of the road before you take the first step.

MIND

Write — A Dystopian AI World

It's 2040. Describe a single day's headlines. What counts as news? What problems have been "solved?" What's never talked about? What emotions are allowed? Build the front page of a world that let AI decide what matters.

BODY

A1	Treadmill Work	2 × 2:00
A2	Barbell Ab Rollout	2 × 5
A3	KB Curtsy Lunge	2 × 10
B1	1/2-Kneeling Vertical Jump	3 × 3
B2	Lateral Speed Skaters	3 × 6
C	Deadlift	10 × 2
D1	Bulgarian Split Squat	3 × 4
D2	V-Ups	3 × 12
E	Seated Hip Abduction	2 × 20
F	Leg Extension	3 × 25

The Beginning of Knowledge

SOUL

Proverbs 6 — and this week's verse

This week's verse: Proverbs 1:7 — “The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction.” Commit it to memory. What does “fear” mean here — terror, reverence, or something else? Let the tension in that word stay with you this weekend.

MIND

Bonus — Game Theory

Mathematicians built simulations to find the ultimate strategy for winning. Hundreds of approaches. One pattern kept rising to the top — and it stunned the researchers. Before you hit play: what would your guess be? Watch, then come back to that answer.

WATCH: youtu.be/ivfw_TcsHbw

BODY

A1	DB Bicep Curls	2 × 20
A2	Straight Leg Raise	2 × 10
A3	Prone Y's + T's	2 × 10
B1	Push Press	4 × 4
B2	Med Ball Slam	4 × 10
C	Deadstop 1-Arm DB Row	2 × 15
D1	Close-Grip Bench Press	3 × 12
D2	90° Iso Chin-Up Hold	3 × max
D3	Bent-Knee Hip Raise	3 × 10
E1	EZ Bar Skull Crusher	3 × 15
E2	Two-Arm DB Preacher Curl	3 × 10
E3	Push-Up	3 × 15

This Was One Week

What you just did — or are about to do — is exactly what 2x2 members receive every week of the year: Scripture read in order and in context, a mind formed on purpose, and training programmed by a coach whose athletes have reached the highest levels of sport. Not content to consume. Work to do.

If a week of this sharpened you, imagine a year in the company of men doing the same.

Our next formation cohort starts **Monday, August 31**.

\$19.99/month. Cancel anytime. Every week, all three pillars. Join at **www.2x2movement.com** — or scan the code to start your seven free days now.



As iron sharpens iron, so one man sharpens another. — Proverbs 27:17