ORBIT · FREE SAMPLE

Boss Level

Turn 12 weeks of home workouts into a game you can win. The quest map and boss fights from Home Fitness Blueprint 2027, free.

IN THIS FREE SAMPLE

01 The 12-week quest map: XP, levels and a streak you can see

02 Three boss fights at weeks 4, 8 and 12, with safe game rules

THE FULL GUIDE — HOME FITNESS BLUEPRINT 2027 (36 PAGES)

- What WHO and ACSM say, a readiness check and the effort scale
- Six movement patterns, a warm-up and an exercise ladder for every move
- The 12-week program: three phases, cardio, troubleshooting, adapting for every age
- Protein, the plate, water and sleep
- ACSM's 2026 strength guidance, the 2027 trends, three scenarios and printable trackers

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(!) BOSS LEVEL · THE 12-WEEK QUEST MAP

Twelve weeks. Three bosses. One streak.

Colour a circle for every session and the square when you hit 150 walk minutes. Every fourth week is a boss fight (next page). Pin this to the fridge; it's your save file.

W01 FOUNDATION ○○○□	**W02** FOUNDATION ○○○□	**W03** FOUNDATION ○○○□	**W04** FOUNDATION ○○○□ ⚔ BOSS 1 · The Couch Golem
W05 BUILD ○○○□	**W06** BUILD ○○○□	**W07** BUILD ○○○□	**W08** BUILD ○○○□ ⚔ BOSS 2 · The Plank Hydra
W09 STRENGTH ○○○□	**W10** STRENGTH ○○○□	**W11** STRENGTH ○○○□	**W12** STRENGTH ○○○□ ⚔ FINAL BOSS · Past You

HOW TO EARN XP

+10 XP	each strength session (○)
+10 XP	150+ walk minutes that week (□)
+5 XP	streak bonus: you never missed twice in a row that week
+25 XP	each boss defeated

LEVELS

0	Lv 1 · Rookie
150	Lv 2 · Regular
300	Lv 3 · Contender
450	Lv 4 · Boss Slayer
615	Max · Legend

Max: 36 sessions, 12 walk weeks, 12 streak weeks, 3 bosses = 615 XP.

(!) BOSS LEVEL · THE BOSS FIGHTS

Every fourth week, a boss fight.

Bosses use the Checkpoint tests in Section 004, so they measure real progress, not punishment. They land on your lighter weeks on purpose: you test fresh.

BOSS 1 · END OF WEEK 4

The Couch Golem

It feeds on skipped Mondays.

01 Complete at least 10 of the 12 Phase 1 sessions (minimum sessions count).

02 Re-take the 30-second chair stand and push-up tests from the Checkpoint page.

03 Win: any improvement on either test, or the same score with better form.

Unlocks Phase 2 · Build

BOSS 2 · END OF WEEK 8

The Plank Hydra

Cut off one excuse and two grow back.

01 No two missed sessions in a row during weeks 5–8.

02 Re-take the plank and brisk-walk tests.

03 Win: move up one ladder step on any exercise, or beat your week-4 plank or walk.

Unlocks Phase 3 · Strength

FINAL BOSS · END OF WEEK 12

Past You

The only opponent who matters.

01 Re-take all eight Checkpoint tests in the same conditions as week 0.

02 Compare with week 0, not with anyone online.

03 Win: beat week-0 you on at least four of the eight. Then pick your next 12-week quest.

Unlocks: Legend status + a new save file

Game rules that keep you safe. Leave 2–3 reps in the tank, even in a boss fight. Pain, dizziness or chest discomfort ends the game: stop and get checked. Lost a fight? Repeat the last two weeks and try again. Bosses respawn; injuries don't.