

# How I Lowered My Resting Heart Rate to ~55 BPM: Quick-Start Checklist

A one-page guide from ACG Fitness

1. Drink More Water, Less Coffee – Start every morning with water, sip throughout the day, limit caffeine.
2. Lift Weights Before Cardio – Prioritize strength first, save cardio for the end.
3. Zone 2 Cardio Finisher – 15 minutes at 120–140 BPM; treadmill, jump rope, bike, or elliptical.
4. Sprint Once a Week – 10–15s sprint, 30–40s walk. Repeat 3–4 times.
5. Heart-Smart Breakfast – Smoothie + boiled eggs. High protein, high fiber, low cholesterol.
6. Walk More – Aim for 10K steps. Move often during the day, add a short walk if needed.
7. Prioritize Sleep – Eat dinner early, use warm light on screens, target 7–8 hours.

## ■ *Weekly Quick-Start Tracker*

Day	RHR	Water	Weights	Cardio	Sprint	Steps	Sleep
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							

You don't have to be perfect — just consistent.  
If I can keep my resting heart rate in the mid-50s, so can you.

**Action Creates Greatness. — ACG Fitness**