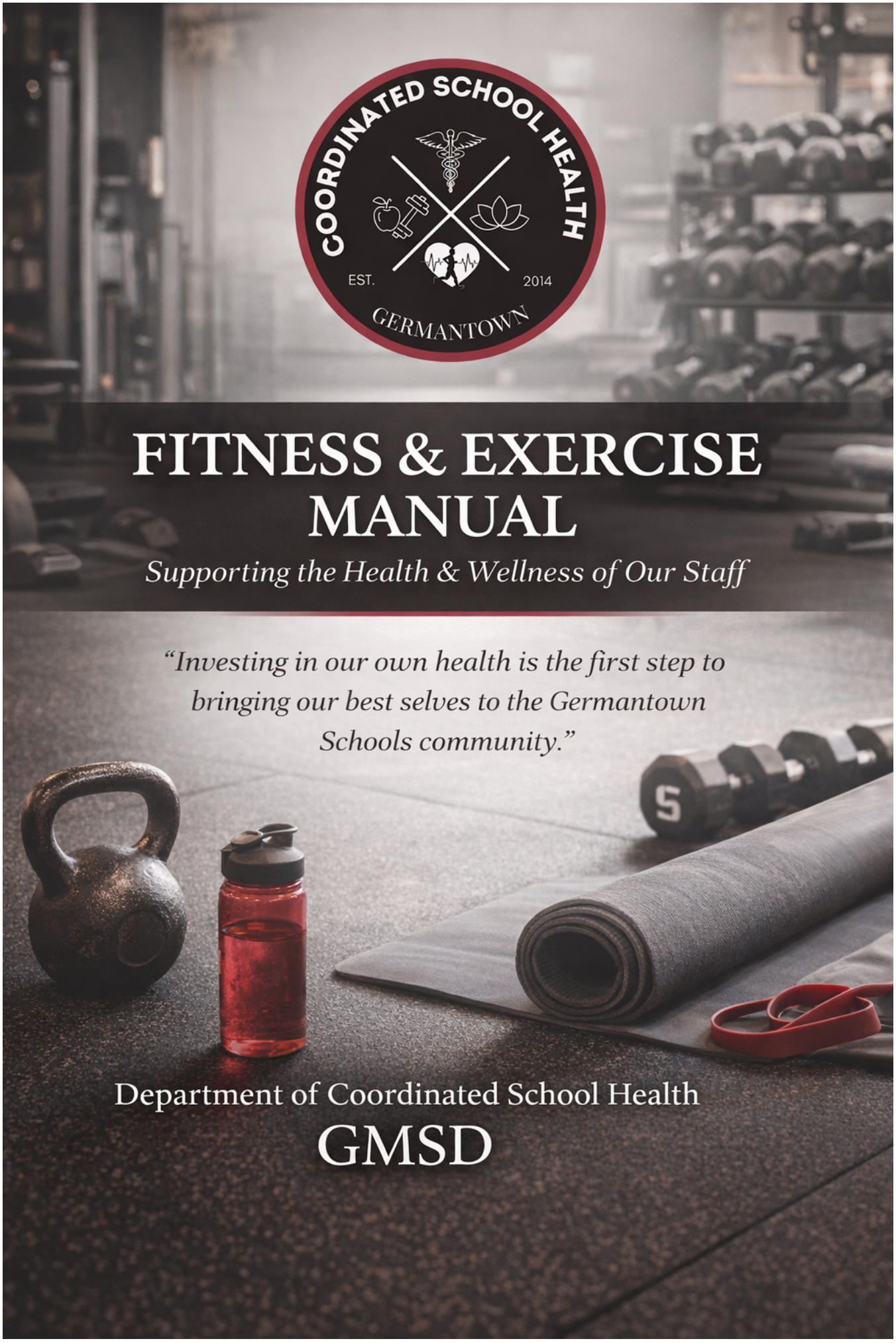


FITNESS & EXERCISE MANUAL

Supporting the Health & Wellness of Our Staff

"Investing in our own health is the first step to bringing our best selves to the Germantown Schools community."

Department of Coordinated School Health

GMSD

About This Resource

Created by the Department of Coordinated School Health for GMSD employees

Our work is demanding - physically, mentally, and emotionally. From long days on your feet to long nights thinking about students, you pour into others constantly. This manual was created with one clear message: **you matter, too**. Movement is one of the most reliable tools we have to support energy, mood, strength, sleep, and resilience - no matter where you're starting.

We built this resource to remove common barriers that keep busy educators from exercising consistently: not knowing what to do, not having the right equipment, feeling intimidated, managing aches/injuries, or worrying that a health condition means you should not participate. This manual meets you where you are and helps you build momentum safely and confidently.

Inside, you will find a large exercise library organized by movement pattern (squat, hinge, push, pull, carry, core, cardio, mobility, and balance). Every exercise includes **three lanes** (Easier, Standard, Harder) so you can scale the same movement to your body, your schedule, and your comfort level. No perfection required - just the next smart step.

You will also see guidance for specific needs and medical considerations (including diabetes, asthma, high blood pressure, arthritis, higher body weight/joint load sensitivity, and common upper- and lower-body injuries). These sections are not meant to replace medical advice; they are practical guardrails and options to help you keep moving in a way that feels safe and sustainable.

What you will find inside

- Quick-start workouts (5, 10, 20, and 30+ minutes) for home, school, or a gym.
- Warm-ups and cool-downs that help your body feel better and reduce soreness.
- A swap system so you can replace an exercise if knees, shoulders, wrists, or back are having a day.
- Condition-friendly guidance and red flags - so you know when to scale, pause, or check in with a clinician.

Coach note: start where you are. If you are new (or returning), begin in the Easier lane and keep effort around **RPE 4-6** (you can talk, you are working, you could do a bit more). If you are experienced, use the progressions and templates to challenge yourself appropriately. Either way, consistency beats intensity - and we are cheering for you.

Department of Coordinated School Health
Germantown Municipal School District (GMSD)

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MOVE WELL

GMSD Employee Exercise Manual (Ultra Expanded)

A coach-guided, all-level guide for strength, mobility, energy, and confidence - with smart modifications for common health concerns.

Coach's promise

No shame. No perfection. No complicated rules. This manual meets you where you are today, then helps you level up - one small win at a time.

Built for district employees

Pick a path. Follow the lanes. Stack the wins.

Version: January 01, 2026

Start Here

This manual is designed to be useful whether you are brand new, returning after time off, or already consistent. Everything is built around three simple ideas:

- Consistency beats intensity. A 10-minute session done often is powerful.
- Train the patterns. Squat, hinge, push, pull, carry, core. Your body gets better at life.
- Use the lanes. Easier, Standard, Harder. You are not behind - you are in training.

Safety and common-sense rules

- Expect effort, mild burn, and heavier breathing. Do not push through sharp pain.
- Stop and seek medical help as appropriate for chest pain/pressure, fainting, severe dizziness, new numbness/weakness, or severe shortness of breath.
- If you are pregnant, recently postpartum, managing a chronic condition, or returning after an injury/illness: start in the Easier lane and consider guidance from your clinician.
- If a movement hurts, swap it. Pain-free training is still training.

Effort guide (RPE 1-10)

Most sessions should feel like a 5-7/10 effort: you are working, but you could do a little more. On tougher days, choose a 3-5/10. On strong days, push to 7-8/10 with great form.

Quick disclaimer

This guide provides general fitness information for adults. It is not medical advice and does not replace personalized care. If you have questions about your condition, medications, or symptoms during exercise, consult your healthcare professional.

Quick Navigation

Use this like a menu. Pick what fits today, not what sounds impressive.

- Quick-start workouts (10, 20, 30 minutes)
- How to build your week (2-4 day templates)
- Warm-ups, cool-downs, and mobility flows
- Progression: how to get stronger safely
- Swap system for pain, injuries, and limitations
- Special considerations: diabetes, asthma, high blood pressure, arthritis, higher body weight, pregnancy/postpartum, osteoporosis, balance concerns, stress/anxiety, and more
- Exercise Library (150+ exercise cards) - find your favorites and repeat them

Coach note

If you do not know where to start: pick a 10-minute workout, do it 3 days this week, and walk 10 minutes on the other days. That is a winning week.

Choose Your Path

Pick what fits today — not what sounds impressive.

1) How much time?

- 3–5 min (micro-workout)
- 10 min (quick win)
- 20–30+ min (full session)

2) What's today's focus?

- Energy / mood
- Strength
- Mobility / pain-free movement

3) Where are you?

- Home
- School (office / hallway)
- Gym

4) What equipment?

- None
- Band / light DBs
- Machines / cables

Then choose one of these:

Option A: Micro-workout (3–5 minutes)

Best for busy days. Keep the streak alive.

- Flip to Micro-Workouts
- Stay in the Easier lane if you're sore
- Finish with a 1–2 min walk

Option B: Quick-Start Workout (10–20 minutes)

Best "default setting" when you don't want to think.

- Pick a 10/20/30-min workout
- Use lanes (Easier / Standard / Harder)
- Stop 1–2 reps shy of sloppy form

Option C: Build Your Week (2–4 days/week)

Best if you want a simple plan you can repeat.

- Choose a template (2, 3, or 4 days)
- Repeat for 4 weeks
- Progress one thing at a time (reps, sets, or time)

First 7 Days Quick Start

A simple week to get momentum — no perfection required.

- Choose Easier lane if you're new, sore, or stressed.
- Aim for RPE 4–6 (you can talk; you're working).
- If something hurts: swap it. Pain-free training is still training.

Day	Plan	Minimum dose (if the day goes sideways)
Mon	10-min Quick-Start Workout	3-min micro-workout + 5-min walk
Tue	10-min brisk walk (or easy cardio)	5-min walk
Wed	10-min Quick-Start Workout	3-min micro-workout
Thu	Mobility flow (5–10 min)	2-min stretch + deep breaths
Fri	10-min Quick-Start Workout	3-min micro-workout
Sat	20-min walk / activity you enjoy	10-min walk
Sun	Rest + light mobility	2-min mobility reset

Coach note

- You're building the habit, not winning a contest.

4-Week Plan: Beginner (3 days/week)

Strength days + easy movement days. Repeat for 4 weeks.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Strength A	Walk	Strength B	Walk/Mobility	Strength A	Optional walk	Rest
Week 2	Strength A	Walk	Strength B	Walk/Mobility	Strength A	Optional walk	Rest
Week 3	Strength A	Walk	Strength B	Walk/Mobility	Strength A	Optional walk	Rest
Week 4	Strength A	Walk	Strength B	Walk/Mobility	Strength A	Optional walk	Rest

How to progress (keep it simple)

- Week 1: learn the moves (Easier lane).
- Week 2: add 1–2 reps per set (same weight).
- Week 3: add a set OR a little weight (keep form clean).
- Week 4: keep it steady (or take a lighter deload week).

Minimum dose for this plan

- If you miss a day: do 3–5 minutes and call it a win.
- Return to the next scheduled session—no “make-up” guilt workouts.

4-Week Plan: Busy Educator (10 minutes)

Short sessions that fit real life. Consistency wins.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	10-min workout	5–10 min walk	10-min workout	Mobility 5–10	10-min workout	Optional 20-min walk	Rest
Week 2	10-min workout	5–10 min walk	10-min workout	Mobility 5–10	10-min workout	Optional 20-min walk	Rest
Week 3	10-min workout	5–10 min walk	10-min workout	Mobility 5–10	10-min workout	Optional 20-min walk	Rest
Week 4	10-min workout	5–10 min walk	10-min workout	Mobility 5–10	10-min workout	Optional 20-min walk	Rest

How to progress (keep it simple)

- Keep workouts in the 5–7/10 effort range.
- Progress by adding time: 8 → 10 → 12 minutes if you want.
- On rough weeks: do the minimum dose and keep the streak.

Minimum dose for this plan

- If you miss a day: do 3–5 minutes and call it a win.
- Return to the next scheduled session—no “make-up” guilt workouts.

4-Week Plan: Strength Focus (4 days/week)

For when you’re ready for more structure (still flexible).

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Upper	Lower	Walk/Mobility	Upper	Lower	Optional cardio	Rest
Week 2	Upper	Lower	Walk/Mobility	Upper	Lower	Optional cardio	Rest
Week 3	Upper	Lower	Walk/Mobility	Upper	Lower	Optional cardio	Rest
Week 4	Upper	Lower	Walk/Mobility	Upper	Lower	Optional cardio	Rest

How to progress (keep it simple)

- Pick 4–6 moves per session (push/pull/squat/hinge/core).
- Add reps first, then add load.
- If joints feel cranky: use Swap Maps and Easier lane.

Minimum dose for this plan

- If you miss a day: do 3–5 minutes and call it a win.
- Return to the next scheduled session—no “make-up” guilt workouts.

4-Week Plan: Joint-Friendly / Low-Impact (3–4

Lower stress on joints, big return on consistency.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Low-impact strength	Walk	Low-impact strength	Mobility	Low-impact strength	Optional walk	Rest
Week 2	Low-impact strength	Walk	Low-impact strength	Mobility	Low-impact strength	Optional walk	Rest
Week 3	Low-impact strength	Walk	Low-impact strength	Mobility	Low-impact strength	Optional walk	Rest
Week 4	Low-impact strength	Walk	Low-impact strength	Mobility	Low-impact strength	Optional walk	Rest

How to progress (keep it simple)

- Use shorter ranges of motion at first.
- Prefer machines, step-ups, glute bridges, rows, incline push-ups.
- Progress slowly: 1 rep or 1 set at a time.

Minimum dose for this plan

- If you miss a day: do 3–5 minutes and call it a win.
- Return to the next scheduled session—no “make-up” guilt workouts.

Micro-Workouts: Between-Classes Reset

Tiny sessions that still count. Pick one and go.

3-Min Reset (3:00)

- Sit-to-Stand x 10
- Wall push-ups x 10
- March in place x 60 sec
- Deep breaths x 30 sec

Hallway Circuit (4:00)

- Walk briskly 2 min
- Calf raises x 15
- Band pull-aparts x 15 (or scap squeezes)
- Walk 1 min

Desk-Friendly Core (3:00)

- Seated knee lifts x 12/side
- Seated good mornings x 12
- Standing side bends x 10/side
- Shoulder circles x 20

Coach note

- Set a timer. Finish when it rings.
- If you can do more, great—if not, you still trained today.

Micro-Workouts: Planning Period Pump & Aft

Tiny sessions that still count. Pick one and go.

5-Min “Pump” (5:00)

- 2 rounds: 30s squat → 30s row/band pull
- 30s incline plank (hands on desk)
- 60s walk

5-Min Mobility Flow (5:00)

- Cat-cow x 8
- Hip hinge stretch x 30 sec
- Thoracic rotations x 6/side
- Calf/ankle rocks x 10/side

3-Min Decompress (3:00)

- Nasal breathing 60 sec
- Neck + shoulder reset 60 sec
- Hamstring or quad stretch 60 sec

Coach note

- Set a timer. Finish when it rings.
- If you can do more, great—if not, you still trained today.

Minimum Dose + Streak Tracker

Your “no-excuses” menu for the busiest school days.

Minimum dose menu (pick one)

3 minutes

- Sit-to-Stand x 10
- Wall Push-Up x 10
- March in place x 60 sec

5 minutes

- 2 rounds: 30s squat → 30s row/band pull
- 30s plank (or incline plank)
- 60s walk

10 minutes

- 10-min Quick-Start Workout
- Or: 5-min walk + 5-min mobility

Recovery day

- Easy walk 10–20 min
- Gentle mobility flow
- Early bedtime (if possible)

Streak tracker (check the box when you move)

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28

Goal: 3+ checks per week. Bonus: add a 5–10 min walk on off-days.

Build Your Week (Simple Templates)

You do not need a perfect plan. You need a repeatable one. Choose a template and stay in your lane.

2-day strength + walking

- Day A: Full-body strength (20-30 min)
- Day B: Full-body strength (20-30 min)
- Other days: 10-30 min easy walking (or bike, pool, elliptical)
- Goal: 2 strength sessions + 2-4 easy movement days

3-day strength

- Day 1: Squat + Push + Core
- Day 2: Hinge + Pull + Carry
- Day 3: Full-body circuit + cardio finisher
- Goal: 3 strength sessions + 1-3 easy movement days

4-day split (intermediate)

- Day 1: Lower body + core
- Day 2: Upper body + carry
- Day 3: Lower body + conditioning
- Day 4: Upper body + core
- Goal: 4 sessions + 2 easy recovery days

Recovery rule

If you are sore, stiff, or stressed: choose Easier lane strength OR easy cardio. You still win by showing up.

Warm-Ups and Cool-Downs (Pick One)

Warm-ups are not extra. They are the on-ramp. Choose a 3-8 minute warm-up. Cool-downs help your nervous system recover.

Warm-up options (3-8 minutes)

- Option 1 (fast): March in place 60 sec + Shoulder circles 30 sec + Hip circles 30 sec + 6 Sit-to-stands
- Option 2 (joint-friendly): Bike/elliptical 4-6 min easy + 10 Band rows + 10 Glute bridges
- Option 3 (mobility): Cat-cow x 8 + Thoracic rotations x 6/side + Ankle rocks x 10/side + Hip flexor stretch 20 sec/side
- Option 4 (asthma-friendly): 6-10 minutes gradual build (very easy to moderate) + longer exhales
- Option 5 (low back-friendly): 90/90 breathing x 4 breaths + Glute bridge x 10 + Hip hinge to wall x 8

Cool-down options (2-6 minutes)

- 2 minutes easy walking + 4 slow breaths
- Doorway pec stretch 30 sec/side + Hip flexor stretch 30 sec/side
- Seated figure-4 stretch 30 sec/side + Neck reset 60 sec
- Child's pose (or supported forward fold) 45 sec + Cat-cow 6 reps
- Box breathing reset: 3-5 rounds

Breathing tip

Longer exhales signal 'safe' to your nervous system. When in doubt: slow down and extend your exhale.

Progression (How to Get Results Safely)

Your goal is not to destroy yourself. Your goal is to train, recover, and come back. Use one progression method at a time.

Method 1: Add reps (double progression)

- Pick a rep range: 8-12 reps.
- Stay with the same weight until you can hit 12 reps with clean form.
- Then increase weight slightly and go back to 8 reps.

Method 2: Add sets

- Start with 2 sets.
- After 1-2 weeks, move to 3 sets (same exercise, same lane).

Method 3: Add time (cardio)

- Start with 10 minutes.
- Add 2-5 minutes per week until you reach your preferred range.

Deload week

Every 4-6 weeks, take a lighter week: reduce total sets by 30-40% or stay in Easier lane. This keeps you consistent long-term.

Swap System (Pain-Free Training)

Pain-free does not mean perfect. Use this simple rule: If a movement causes sharp pain or pain that worsens as you warm up, swap it.

Pain scale rule

- 0-2/10 discomfort: usually OK if it settles as you warm up.
- 3-4/10: reduce range, slow tempo, drop load, or choose Easier lane.
- 5+/10 or sharp pain: stop and swap.

Common swaps

- Knee cranky with lunges -> step-ups, sit-to-stands, leg press (pain-free range)
- Shoulder cranky overhead -> landmine press, incline press, push-up variations
- Low back sensitive hinge -> glute bridges, hip thrust, cable pull-through, shorter RDL range
- Wrist pain in planks -> forearm plank, incline plank, dumbbell handles, fists

Golden rule

A safe swap trains the same pattern (squat/hinge/push/pull/carry/core) with a friendlier angle, range, or load.

Swap Map: Knee-Friendly Lower Body

Use these swaps if squats/lunges/knee bend work feels cranky.

If this bothers you…	Try this swap	Pattern you're still training
Lunges bother knee	Step-ups (low), split squat to a box, reverse lunge (short range)	Single-leg strength
Deep squats pinch	Box squat, goblet squat to a target, leg press (pain-free range)	Squat
Jumping hurts	Incline walk, bike, rower, low step-ups	Cardio
Knee pain in stairs	Slow step-ups, sit-to-stand, assisted split squat hold	Leg strength
Knee pain in leg extension	Terminal knee extension (band), wall sit short range	Quad

Golden rule

- A safe swap keeps the same pattern with a friendlier angle, range, or load.
- If pain is 5+/10 or sharp: stop, swap, and consider medical guidance.

Swap Map: Shoulder-Friendly Upper Body

Use these swaps if overhead pressing or certain push/pull angles irritate the shoulder.

If this bothers you…	Try this swap	Pattern you're still training
Overhead press bothers	Landmine press, incline DB press, push-up variations	Vertical push
Dips bother shoulder	Close-grip push-ups, cable press, machine chest press	Push
Wide-grip raises pinch	Scaption raise, cable lateral raise light, band raise	Shoulder
Pull-ups bother	Lat pulldown neutral grip, assisted pull-up, cable pulldown	Pull
Bench press bothers	Incline press, floor press, machine press, push-ups	Push

Golden rule

- A safe swap keeps the same pattern with a friendlier angle, range, or load.
- If pain is 5+/10 or sharp: stop, swap, and consider medical guidance.

Swap Map: Low Back & Wrist-Friendly Trainin

Keep the pattern, change the angle/range/setup.

If this bothers you…	Try this swap	Pattern you're still training
Hinges bother low back	Glute bridge/hip thrust, cable pull-through, shorter-range RDL	Hinge
Deadlifts feel sketchy	Trap bar (if available), block pulls, hip thrusts	Hinge
Planks hurt wrists	Forearm plank, incline plank, fists/handles, dead bug	Core
Rows bother low back	Chest-supported row, seated cable row, band row	Pull
Squats bother back	Goblet squat, belt squat, leg press, step-ups	Squat

Golden rule

- A safe swap keeps the same pattern with a friendlier angle, range, or load.
- If pain is 5+/10 or sharp: stop, swap, and consider medical guidance.

Special Considerations

Smart modifications for common health concerns.

Use the section bookmarks to jump quickly.

Diabetes (Type 1 / Type 2) - Exercise Smart

- Start with consistency: 10-20 minutes is enough to move the needle.
- Carry fast-acting carbs if you are prone to low blood sugar (per your care plan).
- Strength training is powerful for glucose control; walking after meals can help too.
- Check feet: supportive shoes, watch for blisters, and progress gradually.
- If you feel shaky, sweaty, confused, or unusually weak: stop, check, and treat per plan.

Diabetes-friendly session

Warm-up 5-8 min. Strength circuit (2-3 rounds): Sit-to-Stand, Band Row, Glute Bridge, Incline Push-Up, Pallof Press. Finish: 8-15 min easy walk. Stay in a conversational effort range.

Asthma - Train With a Longer On-Ramp

- Use a longer warm-up (6-10 minutes gradual build).
- Cool/dry air can be a trigger: consider indoor options when needed.
- Intervals often feel better than continuous hard effort: short work, longer easy.
- Keep rescue medication available per your plan and know your warning signs.
- If wheezing, chest tightness, or shortness of breath escalates: stop and follow your action plan.

Asthma-friendly cardio

Try walking intervals: 45 sec brisk + 75 sec easy for 8-12 rounds. Keep breathing controlled and avoid sprinting efforts.

High Blood Pressure - Breathe and Avoid Max Effort

- Avoid breath-holding and straining: exhale through the effort.
- Choose moderate loads and clean reps over max lifts.
- Limit long, hard isometric holds if they spike pressure for you.
- Take longer rest periods as needed (60-120 seconds).
- If you have dizziness, chest pressure, or unusual symptoms: stop and seek care as appropriate.

BP-friendly strength rule

Use 8-12 reps where you could do 1-2 more with good form (RPE ~6-7). Focus on steady breathing and controlled tempo.

Arthritis / Joint Pain - Warm, Gentle, Consistent

- Warm up longer: joints like heat and gradual movement.
- Choose low-impact cardio: walking, bike, pool, elliptical.
- Strength training supports joints when range is comfortable and controlled.
- During flares: reduce range and volume; keep moving gently.
- Pain-free is the goal: avoid positions that feel sharp or pinch-y.

Joint-friendly circuit

2-3 rounds: Sit-to-Stand (or leg press), Band Row, Glute Bridge, Wall Push-Up, Calf Raise, Box Breathing 1 minute. Add 10-20 min easy cardio.

Higher Body Weight / Obesity - Protect Joints, Build Momentum

- Start with low-impact volume: walking, bike, pool, elliptical.
- Strength training builds capacity and protects joints.
- Use supports confidently: rails, chairs, higher boxes, machines.
- Progress gradually: add minutes or sets before adding intensity.
- Focus on wins you can repeat: 10 minutes counts.

Low-impact starter week

3 days: 10-20 min circuit (Sit-to-Stand, Band Row, Incline Push-Up, Glute Bridge, Pallof Press).
2-4 other days: 10-30 min easy cardio.

Lower-Body Injuries (Knee/Hip/Ankle) - Train Around It

- Stay in pain-free range and slow the lowering phase (tempo helps).
- Prioritize hips and glutes: bridges, hip thrust, lateral band work.
- Use machines if they feel better (leg press, ham curl).
- Avoid impact until symptoms are calm: swap running/jumping for bike/pool.
- If swelling or instability increases: reduce load and seek guidance.

Lower-body injury template

Strength (2-3 rounds): Glute Bridge, Lateral Band Walk, Step-Up (low step) or Sit-to-Stand, Hamstring Curl (slider or machine), Calf Raises. Add easy cardio 10-20 min.

Upper-Body Injuries (Shoulder/Elbow/Wrist) - Find Friendly Angl

- Neutral grips are often friendlier (palms facing).
- Use supported positions: chest-supported rows, incline presses.
- Pressing pain? Try landmine press, incline push-ups, or machines.
- Wrist pain? Use forearms, fists, or dumbbell handles for planks/push-ups.
- If numbness/tingling or sharp pain persists: get it checked.

Shoulder-friendly push/pull

Pair pulls and presses: Band Row + Dumbbell Floor Press, Face Pull + Landmine Press. Keep reps smooth and stop short of pain.

Low Back Sensitivity - Build Hips and Core

- Hinge with a neutral spine and short range at first.
- Glutes first: bridges, hip thrust, cable pull-through.
- Core stability: dead bug, side plank, Pallof press.
- Avoid fast twisting when you are flared up.
- Pain that radiates, numbness, or weakness: seek care.

Back-friendly strength circuit

2-3 rounds: 90/90 Breathing (4 breaths), Glute Bridge (12), Hip Hinge to Wall (10), Pallof Press (10/side), Band Row (12). Finish with easy walk 5-15 min.

Pregnancy / Postpartum - Modify and Build Back

- Get clearance and follow medical guidance for your situation.
- Prioritize breathing, posture, and joint-friendly strength.
- Avoid positions that feel uncomfortable; choose incline over flat when needed.
- Postpartum: start with shorter sessions and rebuild gradually (weeks, not days).
- If you feel pelvic heaviness, sharp pain, or concerning symptoms: stop and consult.

Gentle strength option

2-3 rounds: Sit-to-Stand, Band Row, Incline Push-Up, Glute Bridge, Side Plank (knees) or Pallof Hold. Finish with easy walk 10-20 min.

Osteoporosis / Low Bone Density - Strength and Posture Matter

- Strength training supports bone and posture when done with good form.
- Avoid loaded end-range spinal flexion and aggressive twisting.
- Train hips/legs/back: squats, hinges, rows, carries (in your lane).
- Add balance work to reduce fall risk.
- Work with your clinician/PT if you have fracture history or severe bone loss.

Bone-friendly priorities

Focus on: Sit-to-Stand/Leg Press, Hip Hinge/Deadlift pattern, Rows/Pulldowns, Carries, Balance drills (single-leg stand, tandem walk).

Quick-Start Workouts (Pick One)

These are plug-and-play. Stay in Easier lane your first week, then level up.

10-minute full-body (no equipment)

- Warm-up: March 60 sec + Shoulder circles 30 sec
- Circuit x 2 rounds: Sit-to-Stand x 8, Wall Push-Up x 10, Band Row (or towel row) x 12, Glute Bridge x 12, Dead Bug x 6/side
- Finish: 4 slow breaths

20-minute home (band + chair)

- Warm-up: Mobility option 3 (see warm-up page)
- Circuit x 3 rounds: Box Squat x 10, Band Row x 15, Incline Push-Up x 10, Pallof Press x 10/side, Calf Raise x 15
- Finish: 5 minutes easy walk

30-minute gym (machines + carry)

- Warm-up: Bike 5 minutes easy
- Strength: Leg Press 3 x 10-12, Seated Cable Row 3 x 10-12, Chest Press 3 x 10-12, Ham Curl 2-3 x 12-15
- Carry finisher: Farmer carry 6 rounds of 30 sec (rest 30-60 sec)

Consistency challenge

Pick ONE quick-start workout and repeat it 6 times over the next 14 days. Track how you feel. Then choose your next level-up.

Exercise Library - How to Use It

Each card gives you: what it is, why it matters, how to do it, common mistakes, lane options, and a starting dosage.

- Pick 4-6 moves to build a workout: 1 squat, 1 hinge, 1 push, 1 pull, 1 core, 1 carry/cardio.
- Start with Easier lane and master form. Then increase reps, sets, or load.
- If a move hurts: swap it for a similar pattern (see swap system).
- Favorite rule: repeat your favorites. Progress comes from repetition.

Coach shortcut

If you only do three things: Sit-to-Stand, Band Row, and Walking. Do them often. That covers most of what your body needs.

Exercise Library (150+ Moves)

Pick your favorites. Follow the lanes. Repeat.

Use the section bookmarks to jump quickly.

March in Place (Warm-up + Cardio)

Equipment: None Why it matters: Wakes up joints and raises heart rate gently.

Setup: Tall posture, light core brace.

How: March with soft feet; swing arms; breathe steadily.

Coach cues: Ribs down; land quietly; keep it easy at first.

Common mistakes: Stomping; leaning back; holding breath.

Low-impact option: Slow tempo and smaller steps.

More options: Turn it into intervals (30 sec easy/30 sec brisk).

Follow the lanes

Easier: Hold a chair; 20-30 sec.

Standard: 1-3 min steady.

Harder: Add speed or light weights.

Dosage

2-5 minutes as part of warm-up.

Shoulder Circles (Mobility)

Equipment: None Why it matters: Loosens shoulders/upper back for pushing and pulling.

Setup: Stand tall, arms relaxed.

How: Circle shoulders up-back-down; then reverse.

Coach cues: Smooth circles; avoid shrugging hard.

Common mistakes: Fast jerky circles; neck tension.

Low-impact option: Smaller circles.

More options: Add arm swings after circles.

Follow the lanes

Easier: 10 each direction.

Standard: 15-20 each direction.

Harder: Add light band pull-aparts after.

Dosage

1-2 sets daily or pre-workout.

Neck Reset (Mobility)

Equipment: None Why it matters: Reduces desk tension and improves posture.

Setup: Stand or sit tall.
How: Chin tuck gently; slow look left/right; slow nod.
Coach cues: Long spine; tiny range is fine.
Common mistakes: Cranking the neck; pain range.
Low-impact option: Do only chin tucks.
More options: Pair with 4 slow breaths.

Follow the lanes

Easier: 3-5 reps each.
Standard: 5-8 reps each.
Harder: Add seated thoracic extension after.

Dosage

1-2 minutes.

Cat-Cow (Mobility)

Equipment: Mat (optional) Why it matters: Mobilizes spine and improves breathing mechanics.

Setup: Hands under shoulders, knees under hips.
How: Round gently, then extend gently; move with breath.
Coach cues: Slow; move one vertebra at a time.
Common mistakes: Huge range; collapsing shoulders.
Low-impact option: Do it standing with hands on thighs.
More options: Add 1-2 sec pause each end.

Follow the lanes

Easier: 6-8 reps.
Standard: 8-12 reps.
Harder: Add thread-the-needle rotations.

Dosage

1-2 sets.

Thoracic Rotation (Mobility)

Equipment: None Why it matters: Improves upper-back rotation for shoulders and posture.

Setup: Tall stance, hands at chest.

How: Rotate left/right without twisting knees.

Coach cues: Hips quiet; rotate from ribcage.

Common mistakes: Over-rotating low back; moving too fast.

Low-impact option: Smaller range.

More options: Do it seated if balance is tricky.

Follow the lanes

Easier: 6 each side.

Standard: 8-10 each side.

Harder: Add a 2-sec end-range pause.

Dosage

1-2 sets.

Ankle Rocks (Mobility)

Equipment: Wall (optional) Why it matters: Better ankles = better squats, stairs, walking.

Setup: Foot flat, knee over toes.

How: Drive knee forward gently, heel stays down; return.

Coach cues: Heel glued; smooth motion.

Common mistakes: Heel lifting; collapsing arch.

Low-impact option: Reduce range.

More options: Add calf raises after.

Follow the lanes

Easier: 8-10 each.

Standard: 10-15 each.

Harder: Do with a light weight shift forward.

Dosage

1-2 sets.

Hip Circles (Mobility)

Equipment: None Why it matters: Opens hips for sitting, squatting, stairs.

Setup: Hands on hips, soft knees.
How: Circle hips slowly; switch directions.
Coach cues: Keep shoulders still.
Common mistakes: Big painful circles; rushing.
Low-impact option: Smaller circles.
More options: Add lateral step-outs after.

Follow the lanes

Easier: 6 each direction.
Standard: 8-10 each direction.
Harder: Add mini-band around knees.

Dosage

1-2 sets.

World's Greatest Stretch (Mobility)

Equipment: Mat (optional) Why it matters: Opens hips, hamstrings, and upper back.

Setup: Lunge position, hands inside front foot.
How: Sink hips, rotate chest open; switch sides.
Coach cues: Long spine; breathe into the stretch.
Common mistakes: Collapsing forward; forcing range.
Low-impact option: Do a shorter lunge.
More options: Add 2-3 deep breaths each side.

Follow the lanes

Easier: 1-2 reps/side.
Standard: 2-3 reps/side.
Harder: Add overhead reach in the lunge.

Dosage

2-4 minutes total.

Doorway Pec Stretch (Mobility)

Equipment: Doorway Why it matters: Counters rounded shoulders from desk work.

Setup: Forearm on door frame, elbow ~90 degrees.
How: Step through gently until chest stretches.
Coach cues: Ribs down; neck relaxed.
Common mistakes: Over-stretching; shoulder pain.
Low-impact option: Lower the arm height.
More options: Add 3 slow breaths.

Follow the lanes

Easier: 20 sec each.
Standard: 30-45 sec each.
Harder: Add gentle contract/relax pulses.

Dosage

1-2 rounds.

90/90 Breathing (Breathing + Core)

Equipment: Wall (optional) Why it matters: Turns down stress and teaches bracing.

Setup: Feet on wall, knees/hips ~90 degrees.
How: Inhale through nose, exhale long; feel ribs drop.
Coach cues: Exhale fully; shoulders relaxed.
Common mistakes: Big chest breaths only.
Low-impact option: Do seated with feet flat.
More options: Add pelvic tilt on exhale.

Follow the lanes

Easier: 4 breaths.
Standard: 6 breaths.
Harder: Add a light core brace after each exhale.

Dosage

2-5 minutes.

Standing Side Bend (Mobility)

Equipment: None Why it matters: Opens lats and side body for overhead comfort.

Setup: Feet hip-width, one arm overhead.
How: Reach up and gently bend sideways; switch.
Coach cues: Stay tall; no twisting.
Common mistakes: Leaning forward; shoulder shrug.
Low-impact option: Hands at chest, smaller bend.
More options: Add deep inhale into the ribs.

Follow the lanes

Easier: 20 sec/side.
Standard: 30 sec/side.
Harder: Hold light weight in reaching hand.

Dosage

1-2 rounds.

Glute Squeeze + Reach (Activation)

Equipment: None Why it matters: Wakes up glutes for better back and knees.

Setup: Stand tall, feet under hips.
How: Squeeze glutes 2 sec, reach arms overhead; relax.
Coach cues: Squeeze, don't arch low back.
Common mistakes: Over-arching; locking knees.
Low-impact option: Do it with hands on hips.
More options: Add a mini squat after each squeeze.

Follow the lanes

Easier: 6-8 reps.
Standard: 10-12 reps.
Harder: Add mini-band around knees.

Dosage

1-2 sets.

Arm Swings (Warm-up)

Equipment: None Why it matters: Quick upper-body warm-up without equipment.

Setup: Tall stance, soft knees.
How: Swing arms forward/back; then across body.
Coach cues: Relaxed shoulders.
Common mistakes: Wild swinging; neck tension.
Low-impact option: Smaller swings.
More options: Add gentle torso rotation.

Follow the lanes

Easier: 20 sec each direction.
Standard: 30 sec each direction.
Harder: Add light hand weights.

Dosage

1-2 minutes.

Hamstring Sweep (Mobility)

Equipment: None Why it matters: Warms hamstrings for hinges and walking.

Setup: One heel forward, toe up.
How: Hinge slightly and sweep hands toward toe; switch.
Coach cues: Back flat; small hinge.
Common mistakes: Rounding low back; bouncing.
Low-impact option: Less hinge.
More options: Add calf pump on the forward foot.

Follow the lanes

Easier: 6 each.
Standard: 8-10 each.
Harder: Slow 3-sec hinge down.

Dosage

1-2 sets.

Wrist Prep (Mobility)

Equipment: None Why it matters: Helps push-ups, planks, and desk comfort.

Setup: Hands in front, elbows soft.
How: Circle wrists; gentle palm stretch; shake out.
Coach cues: No pain range.
Common mistakes: Forcing stretch.
Low-impact option: Do only circles.
More options: Try knuckle push-ups if wrists hate palms.

Follow the lanes

Easier: 30-45 sec.
Standard: 60 sec.
Harder: Add forearm stretch holds.

Dosage

1-2 minutes.

Seated Thoracic Extension (Mobility)

Equipment: Chair Why it matters: Opens upper back for better breathing and posture.

Setup: Sit tall, hands behind head.
How: Extend over chair back slightly; return.
Coach cues: Move from upper back.
Common mistakes: Over-arching low back.
Low-impact option: Hands at chest, small extension.
More options: Add 2-sec hold at top.

Follow the lanes

Easier: 6 reps.
Standard: 8-10 reps.
Harder: Add a gentle rotation each rep.

Dosage

1-2 sets.

Wall Angels (Mobility + Posture)

Equipment: Wall Why it matters: Improves shoulder mechanics and posture.

Setup: Back to wall, ribs down.
How: Slide arms up/down like snow angels.
Coach cues: Keep wrists/elbows near wall if possible.
Common mistakes: Ribs flaring; shrugging.
Low-impact option: Do smaller range.
More options: Add 2-sec pause at the top.

Follow the lanes

Easier: 6 reps.
Standard: 8-10 reps.
Harder: Add mini-band around wrists.

Dosage

1-3 sets.

Calf Raise (Ankles + Calves)

Equipment: Wall/chair optional Why it matters: Supports ankles, knees, and walking stamina.

Setup: Stand tall, feet hip-width.
How: Rise up, pause, lower slowly.
Coach cues: Full foot pressure; control down.
Common mistakes: Bouncing; rolling ankles out.
Low-impact option: Hold support; smaller range.
More options: Do single-leg raises.

Follow the lanes

Easier: 2 x 8-10.
Standard: 2-3 x 10-15.
Harder: 3 x 12-20 or single-leg.

Dosage

2-4x/week.

Glute Bridge Hold (Hinge + Core)

Equipment: Mat Why it matters: Builds glutes without knee stress.

Setup: Lie on back, knees bent.
How: Lift hips, squeeze glutes, hold; breathe.
Coach cues: Ribs down; squeeze, don't arch.
Common mistakes: Pushing from low back; feet too far.
Low-impact option: Lift less high.
More options: Add marching at the top.

Follow the lanes

Easier: 3 x 10-sec holds.
Standard: 3 x 20-sec.
Harder: 3 x 30-sec or march.

Dosage

2-4x/week.

Sit-to-Stand (Squat)

Equipment: Chair Why it matters: Builds leg strength for getting up, stairs, and daily life.

Setup: Feet under knees, chest tall.
How: Lean slightly forward, stand; sit down with control.
Coach cues: Press whole foot; stand tall.
Common mistakes: Dropping into chair; knees collapsing.
Low-impact option: Higher chair or hands on thighs.
More options: Pause 1 sec just above chair.

Follow the lanes

Easier: 2 x 6-8.
Standard: 2-4 x 8-12.
Harder: Add load or slow 3 sec down.

Dosage

2-4x/week.

Box Squat (Squat)

Equipment: Chair/bench Why it matters: Teaches safe squatting depth and control.

Setup: Sit back to a box/chair.

How: Tap box, stand; keep control and balance.

Coach cues: Hips back; knees track over toes.

Common mistakes: Rounding back; collapsing inward knees.

Low-impact option: Higher box.

More options: Add tempo 3 sec down.

Follow the lanes

Easier: 2 x 6-8.

Standard: 3 x 8-10.

Harder: Add dumbbell goblet or pause.

Dosage

2-3x/week.

Goblet Squat (Squat)

Equipment: Dumbbell/kettlebell Why it matters: Full-body strength and posture under load.

Setup: Hold weight at chest, feet shoulder-width.

How: Sit down between hips; stand by pushing floor away.

Coach cues: Elbows down; torso proud.

Common mistakes: Heels lifting; knees caving.

Low-impact option: Use a box target.

More options: Add pulse or pause at bottom.

Follow the lanes

Easier: 2 x 6-8 light.

Standard: 3-4 x 8-12.

Harder: Heavier load or tempo reps.

Dosage

2-3x/week.

Wall Sit (Squat (Isometric))

Equipment: Wall Why it matters: Builds leg endurance with low movement.

Setup: Back to wall, slide down to comfortable bend.
How: Hold and breathe; stand up smoothly.
Coach cues: Knees over ankles; ribs down.
Common mistakes: Too deep; holding breath.
Low-impact option: Higher position; shorter hold.
More options: Hold a weight or do single-leg shift.

Follow the lanes

Easier: 3 x 10-20 sec.
Standard: 3 x 20-45 sec.
Harder: 3-4 x 45-60 sec.

Dosage

2-4x/week.

Reverse Lunge (Lunge)

Equipment: None/weights optional Why it matters: Hip-friendly leg strength and balance.

Setup: Stand tall, step back.
How: Lower gently, front heel heavy; return.
Coach cues: Long step; torso tall.
Common mistakes: Knee diving in; wobbling.
Low-impact option: Hold a wall/chair.
More options: Add dumbbells.

Follow the lanes

Easier: 2 x 5-6/side.
Standard: 3 x 8-10/side.
Harder: Add load or deficit.

Dosage

2-3x/week.

Split Squat (Supported) (Lunge)

Equipment: Chair/wall Why it matters: Builds legs with balance support.

Setup: Staggered stance, hold support.

How: Drop straight down; stand up strong.

Coach cues: Front foot flat; slow down.

Common mistakes: Forward knee collapsing in; bouncing.

Low-impact option: Smaller depth.

More options: Add tempo 3 sec down.

Follow the lanes

Easier: 2 x 6/side.

Standard: 3 x 8-10/side.

Harder: Add load or pause.

Dosage

2-3x/week.

Step-Up (Squat + Cardio)

Equipment: Sturdy step Why it matters: Strengthens legs/glutes for stairs and daily movement.

Setup: One foot fully on step, slight forward lean.

How: Press through whole foot to stand; step down with control.

Coach cues: Quiet feet; control the way down.

Common mistakes: Pushing off back foot too much; crashing down.

Low-impact option: Lower step; hold railing.

More options: Add dumbbells or slow 3 sec down.

Follow the lanes

Easier: 2-3 x 6-8/side.

Standard: 3 x 8-12/side.

Harder: Add load or higher step if safe.

Dosage

2-4x/week.

Lateral Step-Down (Knee Control)

Equipment: Step Why it matters: Builds knee and hip control for stairs.

Setup: Stand on step, one foot hovering.
How: Lower hovering heel to floor lightly; return.
Coach cues: Hips level; knee tracks mid-foot.
Common mistakes: Knee collapsing in; dropping fast.
Low-impact option: Lower step or hold support.
More options: Add slow 3 sec down.

Follow the lanes

Easier: 2 x 6/side.

Standard: 3 x 8-10/side.

Harder: Add load or pause at bottom.

Dosage

2-3x/week.

Lateral Lunge (Squat (Frontal))

Equipment: None/weights Why it matters: Strengthens hips/adductors for joint resilience.

Setup: Wide stance, toes forward-ish.
How: Sit into one hip, other leg straight; return.
Coach cues: Keep foot flat; push floor away.
Common mistakes: Knee twisting; heel lifting.
Low-impact option: Shorter range.
More options: Add dumbbell goblet hold.

Follow the lanes

Easier: 2 x 5/side.

Standard: 3 x 8/side.

Harder: Add load or deeper range.

Dosage

2x/week.

Chair Squat + Reach (Squat + Mobility)

Equipment: Chair Why it matters: Squat pattern plus shoulder mobility.

Setup: Sit on chair edge.
How: Stand up and reach overhead; sit with control.
Coach cues: Exhale as you stand.
Common mistakes: Over-arching on reach.
Low-impact option: Reach to eye level.
More options: Hold light weight overhead.

Follow the lanes

Easier: 2 x 6-8.
Standard: 3 x 10.
Harder: Tempo 3 sec down + reach.

Dosage

2-4x/week.

Mini Squat Pulses (Squat (Low-impact))

Equipment: None Why it matters: Leg pump without deep range (joint-friendly).

Setup: Stand, soft knees.
How: Small squat 1-2 inches; pulse steadily.
Coach cues: Keep heels down; chest tall.
Common mistakes: Bouncing; knees collapsing.
Low-impact option: Smaller pulse and slower.
More options: Add mini-band above knees.

Follow the lanes

Easier: 2 x 15-20 sec.
Standard: 3 x 20-30 sec.
Harder: 3 x 45 sec or band.

Dosage

1-3x/week.

Calf-Elevated Squat (Squat)

Equipment: Small wedge/book Why it matters: Helps squat depth if ankles are tight.

Setup: Heels on wedge, toes on floor.
How: Squat to comfortable depth; stand.
Coach cues: Stay tall; control down.
Common mistakes: Knees collapsing; falling forward.
Low-impact option: Use box target.
More options: Add goblet load.

Follow the lanes

Easier: 2 x 6-8.
Standard: 3 x 8-10.
Harder: Heavier load or tempo.

Dosage

2x/week.

TRX/Strap-Assisted Squat (Squat)

Equipment: Strap/TRX/towel Why it matters: Squat practice with support and confidence.

Setup: Hold straps, lean back slightly.
How: Sit down, keep tension; stand.
Coach cues: Use arms lightly; knees track.
Common mistakes: Pulling too much with arms.
Low-impact option: Higher depth.
More options: Add tempo and pause.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-12.
Harder: Single-leg sit-back pattern.

Dosage

2-4x/week.

Forward Lunge (Short Step) (Lunge)

Equipment: None Why it matters: Builds quads and deceleration for daily life.

Setup: Stand tall, small step forward.
How: Lower under control; push back to start.
Coach cues: Control down; knee tracks mid-foot.
Common mistakes: Big step causing knee pain; wobble.
Low-impact option: Hold support.
More options: Add dumbbells or longer step if pain-free.

Follow the lanes

Easier: 2 x 5/side.
Standard: 3 x 8/side.
Harder: Add load or walking lunges.

Dosage

1-2x/week.

Walking Lunge (Lunge)

Equipment: None/weights Why it matters: Full-body strength and coordination.

Setup: Stand tall, step forward.
How: Lower, stand, bring back leg through.
Coach cues: Smooth steps; tall posture.
Common mistakes: Rushing; losing balance.
Low-impact option: Static lunges.
More options: Add dumbbells.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 10/side.
Harder: Heavier load or deficit.

Dosage

1-2x/week.

Squat to Calf Raise (Squat + Calves)

Equipment: None Why it matters: Leg strength plus ankle endurance.

Setup: Feet hip-width.
How: Squat, stand, rise to toes; repeat.
Coach cues: Control down; steady breathing.
Common mistakes: Bouncing or leaning forward.
Low-impact option: Shallow squat.
More options: Hold light weights.

Follow the lanes

Easier: 2 x 6-8.
Standard: 3 x 10.
Harder: Tempo squat + hold calf raise 2 sec.

Dosage

1-3x/week.

Tempo Chair Sit (Squat (Eccentric))

Equipment: Chair Why it matters: Builds strength fast with slower lowering.

Setup: Stand in front of chair.
How: Sit down in 3-5 seconds; stand up normal.
Coach cues: Own the descent.
Common mistakes: Dropping into chair.
Low-impact option: 3 sec down.
More options: Add pause just above chair.

Follow the lanes

Easier: 2 x 5.
Standard: 3 x 6-8.
Harder: 4 x 8-10.

Dosage

2-3x/week.

Hip Hinge to Wall (Hinge)

Equipment: Wall Why it matters: Teaches safe bending for back-friendly lifting.

Setup: Stand 6-8 inches from wall.
How: Push hips back to tap wall; stand tall.
Coach cues: Back flat; knees soft.
Common mistakes: Rounding back; squatting instead of hinging.
Low-impact option: Closer to wall.
More options: Hold light weight at chest.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-12.
Harder: Add tempo or load.

Dosage

2-4x/week.

Glute Bridge (Hinge + Core)

Equipment: Mat Why it matters: Builds glutes with minimal knee stress.

Setup: Feet flat, knees bent.
How: Lift hips, squeeze glutes, lower slow.
Coach cues: Ribs down; squeeze at top.
Common mistakes: Over-arching low back.
Low-impact option: Lift less high.
More options: Add mini-band above knees.

Follow the lanes

Easier: 2 x 8-10.
Standard: 3 x 12-15.
Harder: Single-leg or weighted bridge.

Dosage

2-4x/week.

Single-Leg Glute Bridge (Hinge + Core)

Equipment: Mat Why it matters: Glute strength and pelvic control.

Setup: One foot down, other leg straight.
How: Lift hips, keep hips level; switch.
Coach cues: Drive through heel; steady hips.
Common mistakes: Hips twisting; cramping hamstrings.
Low-impact option: Bend both knees but shift weight.
More options: Add pause at top.

Follow the lanes

Easier: 2 x 6/side.

Standard: 3 x 8-10/side.

Harder: Add load or longer holds.

Dosage

2-3x/week.

Dumbbell Romanian Deadlift (Hinge)

Equipment: Dumbbells Why it matters: Hamstrings/glutes for back support and power.

Setup: DBs at thighs, soft knees.
How: Hinge back until hamstring stretch; stand.
Coach cues: Keep DBs close; long spine.
Common mistakes: Rounding; bending knees too much.
Low-impact option: Use lighter weight or shorter range.
More options: Try one DB (goblet RDL).

Follow the lanes

Easier: 2 x 6-8.

Standard: 3-4 x 8-12.

Harder: Heavier load or 3-sec lower.

Dosage

2-3x/week.

Kettlebell/DB Deadlift (Hinge)

Equipment: Kettlebell or DB Why it matters: Strong hips for lifting things safely.

Setup: Weight between feet, hands on it.
How: Brace, push floor, stand; lower with control.
Coach cues: Chest proud; lats tight.
Common mistakes: Rounding; yanking weight.
Low-impact option: Elevate weight on books/step.
More options: Add pause just off the floor.

Follow the lanes

Easier: 2 x 6.

Standard: 3 x 8-10.

Harder: Heavier weight or deficit if skilled.

Dosage

1-3x/week.

Good Morning (Band) (Hinge)

Equipment: Band Why it matters: Posterior chain strength with joint-friendly load.

Setup: Band under feet, across shoulders.
How: Hinge, then stand tall.
Coach cues: Hips back; neutral spine.
Common mistakes: Rounding; bending knees too much.
Low-impact option: Lighter band.
More options: Add 2-sec pause at hinge bottom.

Follow the lanes

Easier: 2 x 8.

Standard: 3 x 10-12.

Harder: Stronger band or tempo.

Dosage

2x/week.

Hip Thrust (Bench) (Hinge)

Equipment: Bench/sofa + weight optional Why it matters: Big glute builder and hip power.

Setup: Upper back on bench, feet flat.
How: Drive hips up, squeeze; lower slow.
Coach cues: Chin tucked; ribs down.
Common mistakes: Overextending at top; feet too far.
Low-impact option: Bodyweight only.
More options: Add a dumbbell on hips.

Follow the lanes

Easier: 2 x 8.

Standard: 3 x 10-12.

Harder: Heavier load or 2-sec holds.

Dosage

2-3x/week.

Hamstring Slide Curl (Hinge + Hamstrings)

Equipment: Towel/sliders Why it matters: Strengthens hamstrings to protect knees.

Setup: Heels on towels, hips up.
How: Slide heels out, then pull in; keep hips up.
Coach cues: Small range first.
Common mistakes: Hips dropping; cramping.
Low-impact option: Partial range.
More options: Single-leg slide (advanced).

Follow the lanes

Easier: 2 x 6.

Standard: 3 x 8-10.

Harder: Single-leg or slow tempo.

Dosage

1-2x/week.

Back Extension (Hip Hinge) (Hinge)

Equipment: Bench/Roman chair Why it matters: Targets glutes/back with controlled hinge.

Setup: Hips on pad, feet anchored.
How: Hinge down slightly, then extend to neutral.
Coach cues: Stop at neutral (not hyperextension).
Common mistakes: Swinging; going too high.
Low-impact option: Small range.
More options: Hold a plate at chest.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-15.
Harder: Add load or pauses.

Dosage

1-2x/week.

Bird Dog (Core + Hinge)

Equipment: Mat Why it matters: Spine stability and hip control.

Setup: Hands/knees, brace lightly.
How: Reach opposite arm/leg; return; switch.
Coach cues: Quiet hips; long reach.
Common mistakes: Arching; twisting.
Low-impact option: Leg only or arm only.
More options: Add 2-sec holds.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8-10/side.
Harder: Add band resistance.

Dosage

2-4x/week.

Cable Pull-Through (Hinge)

Equipment: Cable machine Why it matters: Hinge pattern without loading the spine heavily.

Setup: Cable low, rope between legs.
How: Hinge back, then drive hips forward.
Coach cues: Let rope pass hips; squeeze glutes.
Common mistakes: Squatting; pulling with arms.
Low-impact option: Lighter load.
More options: Add 2-sec glute squeeze.

Follow the lanes

Easier: 2 x 8.

Standard: 3 x 10-12.

Harder: Heavier load or tempo.

Dosage

1-2x/week.

KB Swing (Coach Only) (Hinge + Power)

Equipment: Kettlebell Why it matters: Explosive hip power and conditioning (advanced).

Setup: Hinge setup, KB in front.
How: Snap hips, KB floats; hinge back; repeat.
Coach cues: Hinge, not squat; breathe sharp.
Common mistakes: Using arms; rounding; overextending.
Low-impact option: Do deadlifts or bridges instead.
More options: Learn with a coach first.

Follow the lanes

Easier: N/A.

Standard: 10-15 reps if skilled.

Harder: Intervals 15-25 sec on/off.

Dosage

Optional, only if trained.

Prone Cobra (Posture + Back)

Equipment: Mat Why it matters: Strengthens upper back for posture.

Setup: Lie face down, arms by sides.
How: Lift chest slightly, squeeze shoulder blades.
Coach cues: Long neck; ribs down.
Common mistakes: Cranking neck; shrugging.
Low-impact option: Lift less high.
More options: Add 2-sec holds.

Follow the lanes

Easier: 2 x 6-8.

Standard: 3 x 10-12.

Harder: Add light weights or longer holds.

Dosage

2-3x/week.

Hip Airplanes (Supported) (Hip Stability)

Equipment: Wall/chair Why it matters: Hip control and balance for knees/back.

Setup: Hold support, hinge slightly.
How: Open/close hips gently while balancing.
Coach cues: Move slowly; keep spine long.
Common mistakes: Twisting knee; rushing.
Low-impact option: Do standing hip rotations instead.
More options: Reduce range and add pauses.

Follow the lanes

Easier: 4/side.

Standard: 6/side.

Harder: 8/side or less support.

Dosage

1-2x/week.

Glute Bridge March (Core + Glutes)

Equipment: Mat Why it matters: Glute endurance and pelvic stability.

Setup: Bridge up, hips level.
How: Lift one knee, set down; alternate.
Coach cues: Small steps; keep hips still.
Common mistakes: Hips dropping; rocking.
Low-impact option: Hold bridge without march.
More options: Add mini-band.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8-10/side.
Harder: Longer time under tension.

Dosage

2-3x/week.

Standing Hip Hinge (Dowel) (Hinge)

Equipment: Dowel/broomstick Why it matters: Teaches neutral spine while hinging.

Setup: Dowel touches head, mid-back, tailbone.
How: Hinge keeping 3 contact points; stand.
Coach cues: Slow and controlled.
Common mistakes: Losing contact points; rounding.
Low-impact option: Shorter range.
More options: Remove dowel once mastered.

Follow the lanes

Easier: 2 x 6.
Standard: 2-3 x 8-10.
Harder: Add light weights.

Dosage

Warm-up or skill work.

Hip Flexor Stretch (Mobility)

Equipment: Couch/chair Why it matters: Improves hip extension for walking and posture.

Setup: Half-kneel, glute squeeze.
How: Shift hips forward slightly; hold.
Coach cues: Ribs down; squeeze back glute.
Common mistakes: Arching low back.
Low-impact option: Shorter hold or standing version.
More options: Add overhead reach.

Follow the lanes

Easier: 20 sec/side.
Standard: 30-45 sec/side.
Harder: Contract/relax pulses.

Dosage

Daily or post-workout.

Wall Push-Up (Push)

Equipment: Wall Why it matters: Upper-body strength with low joint stress.

Setup: Hands on wall, body straight.
How: Bend elbows, chest to wall; push away.
Coach cues: Brace; elbows ~45 degrees.
Common mistakes: Sagging hips; flared elbows.
Low-impact option: Higher wall.
More options: Lower to countertop or bench.

Follow the lanes

Easier: 2 x 6-8.
Standard: 3 x 10-15.
Harder: Incline then floor push-ups.

Dosage

2-4x/week.

Incline Push-Up (Push)

Equipment: Counter/bench Why it matters: Progress toward floor push-ups safely.

Setup: Hands on sturdy surface, body straight.
How: Lower chest, push back up.
Coach cues: Lock ribs; squeeze glutes.
Common mistakes: Head dropping; elbows flaring.
Low-impact option: Higher surface.
More options: Slow 3 sec down.

Follow the lanes

Easier: 2 x 6.
Standard: 3 x 8-12.
Harder: Lower surface or weighted vest.

Dosage

2-3x/week.

Knee Push-Up (Push)

Equipment: Mat Why it matters: Builds pushing strength with reduced load.

Setup: Hands under shoulders, knees down.
How: Lower chest, push up; keep body straight knees-to-head.
Coach cues: Brace; elbows 30-45 degrees.
Common mistakes: Hips piked; half reps.
Low-impact option: Incline push-up instead.
More options: Add pause at bottom.

Follow the lanes

Easier: 2 x 5.
Standard: 3 x 8-10.
Harder: Progress to full push-ups.

Dosage

2-3x/week.

Floor Push-Up (Push)

Equipment: Mat Why it matters: Classic total-body push strength.

Setup: Hands under shoulders, plank line.
How: Lower under control; press up.
Coach cues: Brace; screw hands into floor.
Common mistakes: Sagging hips; neck craned.
Low-impact option: Do incline or knees.
More options: Add tempo or deficit.

Follow the lanes

Easier: 2 x 3-6.

Standard: 3 x 6-12.

Harder: Weighted, tempo, or ring push-ups.

Dosage

2-3x/week.

Dumbbell Floor Press (Push)

Equipment: Dumbbells Why it matters: Chest/triceps strength with shoulder-friendly range.

Setup: Lie on floor, DBs over chest.
How: Lower elbows to floor; press up.
Coach cues: Wrist stacked; ribs down.
Common mistakes: Elbows too flared; bouncing.
Low-impact option: Lighter DBs.
More options: Add pause on the floor.

Follow the lanes

Easier: 2 x 6-8.

Standard: 3-4 x 8-12.

Harder: Heavier DBs or tempo.

Dosage

2-3x/week.

Bench Press (DB or Bar) (Push)

Equipment: Bench + weights Why it matters: Builds pushing strength for daily tasks.

Setup: Feet planted, shoulder blades set.
How: Lower to mid-chest; press up.
Coach cues: Drive feet; exhale on press.
Common mistakes: Bouncing bar; flared elbows.
Low-impact option: Use DBs or machine press.
More options: Add pause at chest (light).

Follow the lanes

Easier: 2 x 6-8.

Standard: 3-5 x 5-10.

Harder: Heavier, slower eccentrics.

Dosage

1-3x/week.

Overhead Press (DB) (Push)

Equipment: Dumbbells Why it matters: Shoulder strength for lifting overhead.

Setup: Stand tall, DBs at shoulders.
How: Press overhead; lower slow.
Coach cues: Ribs down; glutes tight.
Common mistakes: Over-arching; shrugging.
Low-impact option: Seated press or landmine.
More options: Neutral grip.

Follow the lanes

Easier: 2 x 6.

Standard: 3 x 8-10.

Harder: Heavier or single-arm.

Dosage

1-3x/week.

Landmine Press (Push)

Equipment: Landmine/corner setup Why it matters: Overhead-friendly press angle.

Setup: One end anchored, hold other end.
How: Press up/forward; return.
Coach cues: Brace; keep wrist straight.
Common mistakes: Twisting torso; over-arching.
Low-impact option: Lighter load.
More options: Half-kneeling stance.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8-12/side.
Harder: Heavier or split stance.

Dosage

1-3x/week.

Seated Chest Press Machine (Push)

Equipment: Machine Why it matters: Safe pushing strength with stable path.

Setup: Seat set so handles mid-chest.
How: Press out; control back.
Coach cues: Shoulders down/back.
Common mistakes: Locking elbows; shrugging.
Low-impact option: Lighter weight.
More options: Pause 1 sec at extension.

Follow the lanes

Easier: 2 x 8-10.
Standard: 3 x 10-15.
Harder: Heavier or slower lowering.

Dosage

1-3x/week.

Incline DB Press (Push)

Equipment: Bench + DBs Why it matters: Targets upper chest and shoulders.

Setup: Bench 30-45 degrees.
How: Press up; lower with control.
Coach cues: Elbows 30-45 degrees.
Common mistakes: Too steep incline; flared elbows.
Low-impact option: Flat press.
More options: Neutral grip.

Follow the lanes

Easier: 2 x 6-8.
Standard: 3 x 8-12.
Harder: Heavier or tempo.

Dosage

1-2x/week.

Pike Push-Up (Advanced) (Push)

Equipment: Mat Why it matters: Shoulder strength with bodyweight.

Setup: Hips high, hands on floor.
How: Lower head between hands; press up.
Coach cues: Elbows back; control.
Common mistakes: Dumping into neck; half range.
Low-impact option: Incline pike with hands elevated.
More options: Add slow eccentrics.

Follow the lanes

Easier: 2 x 3-5.
Standard: 3 x 5-8.
Harder: Feet elevated.

Dosage

Optional.

Triceps Pressdown (Band) (Push)

Equipment: Band Why it matters: Triceps strength for pushing and elbow health.

Setup: Band anchored high, elbows by sides.
How: Press down; control up.
Coach cues: Keep elbows pinned.
Common mistakes: Swinging; shoulders shrugged.
Low-impact option: Lighter band.
More options: Add pause at bottom.

Follow the lanes

Easier: 2 x 10-12.

Standard: 3 x 12-20.

Harder: Heavier band or slow tempo.

Dosage

1-3x/week.

Overhead Triceps Extension (Push)

Equipment: Band/DB Why it matters: Triceps long head strength (arm support).

Setup: Arms overhead, elbows in.
How: Extend elbows; lower slow.
Coach cues: Ribs down; neck relaxed.
Common mistakes: Elbows flaring; arching.
Low-impact option: Do pressdowns instead.
More options: Use two hands on one DB.

Follow the lanes

Easier: 2 x 8-10.

Standard: 3 x 10-15.

Harder: Heavier or tempo.

Dosage

1-2x/week.

Scap Push-Up (Push-Up Plus) (Shoulder Control)

Equipment: Mat/wall Why it matters: Builds shoulder blade control for pain-free pressing.

Setup: Plank on hands or wall.

How: Keep arms straight; protract/retract shoulder blades.

Coach cues: Small motion; stay braced.

Common mistakes: Bending elbows; sagging.

Low-impact option: Do against a wall.

More options: Add to warm-up.

Follow the lanes

Easier: 2 x 8.

Standard: 2-3 x 12-15.

Harder: Full plank version.

Dosage

2-4x/week.

Chair Dip (Caution) (Push)

Equipment: Chair/bench Why it matters: Triceps challenge (can irritate shoulders).

Setup: Hands on chair, feet forward.

How: Lower a little; press up.

Coach cues: Shoulders down/back.

Common mistakes: Going too deep; shoulder pain.

Low-impact option: Do bench-supported triceps press instead.

More options: Keep range small.

Follow the lanes

Easier: 2 x 6.

Standard: 3 x 8-10.

Harder: Add load on lap (if pain-free).

Dosage

Optional; swap if painful.

Wall Handstand Hold (Advanced) (Push + Core)

Equipment: Wall Why it matters: Shoulder stability and core strength.

Setup: Hands on floor, feet on wall.
How: Hold with steady breathing.
Coach cues: Ribs down; push floor away.
Common mistakes: Over-arching; neck strain.
Low-impact option: Do pike hold with feet on chair.
More options: Shorter holds.

Follow the lanes

Easier: 10-15 sec.
Standard: 20-40 sec.
Harder: Add shoulder taps (advanced).

Dosage

Optional.

Push-Up Isometric Hold (Push)

Equipment: Mat Why it matters: Builds strength and confidence at sticking points.

Setup: Set in push-up position.
How: Hold top or mid-range; breathe.
Coach cues: Brace hard; shoulders stable.
Common mistakes: Holding breath; sagging hips.
Low-impact option: Hold on incline.
More options: Add 10-sec holds between reps.

Follow the lanes

Easier: 3 x 10 sec.
Standard: 3 x 20 sec.
Harder: Harder hold lower.

Dosage

1-2x/week.

Band Row (Pull)

Equipment: Band Why it matters: Balances pressing and supports posture.

Setup: Band anchored, tall posture.
How: Row elbows back; squeeze; return.
Coach cues: Lead with elbows; ribs down.
Common mistakes: Shrugging; leaning back.
Low-impact option: Lighter band.
More options: Pause 2 sec in squeeze.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: Heavier band or single-arm.

Dosage

2-4x/week.

One-Arm DB Row (Pull)

Equipment: Dumbbell + bench Why it matters: Strong back for carrying and shoulder health.

Setup: Support hand on bench/chair.
How: Row DB to hip; lower slow.
Coach cues: Pull elbow toward back pocket.
Common mistakes: Twisting; shrugging.
Low-impact option: Lighter weight.
More options: Add 1-sec pause at top.

Follow the lanes

Easier: 2 x 8/side.
Standard: 3-4 x 10-12/side.
Harder: Heavier or tempo.

Dosage

2-3x/week.

Seated Cable Row (Pull)

Equipment: Cable machine Why it matters: Builds back strength with stable form.

Setup: Tall chest, neutral spine.
How: Pull handle to ribs; return slow.
Coach cues: Shoulders down/back.
Common mistakes: Rounding; yanking.
Low-impact option: Lighter load.
More options: Add pause in squeeze.

Follow the lanes

Easier: 2 x 8-10.
Standard: 3 x 10-15.
Harder: Heavier or slower eccentrics.

Dosage

1-3x/week.

Lat Pulldown (Pull)

Equipment: Machine Why it matters: Trains lats for posture and shoulder support.

Setup: Grip slightly wider than shoulders.
How: Pull bar to upper chest; control up.
Coach cues: Lean back slightly; ribs down.
Common mistakes: Pulling behind neck; swinging.
Low-impact option: Lighter weight.
More options: Use neutral grip handles.

Follow the lanes

Easier: 2 x 8.
Standard: 3-4 x 8-12.
Harder: Heavier or pauses.

Dosage

1-3x/week.

Assisted Pull-Up (Pull)

Equipment: Assisted machine/band Why it matters: Big back strength progression.

Setup: Set assistance so you can control reps.
How: Pull chest toward bar; lower slow.
Coach cues: Drive elbows down.
Common mistakes: Half reps; swinging.
Low-impact option: More assistance.
More options: Add 3-sec lowering.

Follow the lanes

Easier: 2 x 3-5.

Standard: 3 x 6-8.

Harder: Less assistance or pauses.

Dosage

1-2x/week.

Face Pull (Pull + Posture)

Equipment: Band/cable Why it matters: Upper-back and shoulder health.

Setup: Band/cable at face height.
How: Pull toward eyes, elbows high; return.
Coach cues: Squeeze shoulder blades.
Common mistakes: Shrugging; flaring ribs.
Low-impact option: Lighter band.
More options: Pause 2 sec at end.

Follow the lanes

Easier: 2 x 10.

Standard: 3 x 12-20.

Harder: Heavier or tempo.

Dosage

2-4x/week.

Band Pull-Apart (Pull + Posture)

Equipment: Mini/long band Why it matters: Quick posture strength for desk workers.

Setup: Band at chest height.
How: Pull band apart; return slow.
Coach cues: Keep ribs down.
Common mistakes: Over-arching; shrugging.
Low-impact option: Lighter band.
More options: Try palms-up grip.

Follow the lanes

Easier: 2 x 12.

Standard: 3 x 15-25.

Harder: Add pause and slow return.

Dosage

3-5x/week.

Rear Delt Fly (Pull)

Equipment: DBs/bands Why it matters: Balances shoulders and helps posture.

Setup: Hinge slightly, DBs hang.
How: Lift arms out; squeeze; lower.
Coach cues: Small bend in elbows.
Common mistakes: Using traps; swinging.
Low-impact option: Lighter weight.
More options: Do on incline bench.

Follow the lanes

Easier: 2 x 10.

Standard: 3 x 12-15.

Harder: Add pause or heavier.

Dosage

1-3x/week.

Biceps Curl (Pull (Accessory))

Equipment: DBs/band Why it matters: Elbow strength for carrying and pulling.

Setup: Stand tall, elbows by sides.
How: Curl up; lower slow.
Coach cues: Control; don't swing.
Common mistakes: Swinging; elbows drifting.
Low-impact option: Lighter weight.
More options: Try alternating curls.

Follow the lanes

Easier: 2 x 10.

Standard: 3 x 10-15.

Harder: Heavier or tempo 3-sec down.

Dosage

1-3x/week.

Hammer Curl (Pull (Accessory))

Equipment: DBs Why it matters: Biceps/forearms for grip and carrying.

Setup: Neutral grip.
How: Curl up; lower slow.
Coach cues: Elbows pinned.
Common mistakes: Swinging; shrugging.
Low-impact option: Lighter DBs.
More options: Add pause at top.

Follow the lanes

Easier: 2 x 8-10.

Standard: 3 x 10-15.

Harder: Heavier or slow eccentrics.

Dosage

1-2x/week.

Inverted Row (Table/TRX) (Pull)

Equipment: TRX/bar/table Why it matters: Bodyweight back strength progression.

Setup: Body under bar/straps.
How: Pull chest up; lower with control.
Coach cues: Keep body straight.
Common mistakes: Hips dropping; shrugging.
Low-impact option: Higher angle.
More options: Feet elevated.

Follow the lanes

Easier: 2 x 5-6.

Standard: 3 x 8-12.

Harder: Harder angle or weighted.

Dosage

1-2x/week.

Doorway Towel Row (Pull)

Equipment: Towel + sturdy door Why it matters: At-home pulling option (safety first).

Setup: Towel around handle; lean back slightly.
How: Row body forward; control back.
Coach cues: Keep core tight.
Common mistakes: Door not secure; jerking.
Low-impact option: Band row instead.
More options: Use a stable anchor only.

Follow the lanes

Easier: 2 x 8.

Standard: 3 x 10-12.

Harder: Slow 3 sec back.

Dosage

2x/week.

Scapular Retraction Hold (Posture)

Equipment: Band optional Why it matters: Teaches shoulder blade position for less neck pain.

Setup: Stand tall, arms at sides.
How: Gently pull shoulders back/down; hold.
Coach cues: Easy effort; breathe.
Common mistakes: Over-squeezing; shrugging.
Low-impact option: Shorter holds.
More options: Do prone on floor.

Follow the lanes

Easier: 3 x 10 sec.
Standard: 3 x 20 sec.
Harder: Add band row after holds.

Dosage

Daily.

Pullover (DB) (Pull + Core)

Equipment: Dumbbell Why it matters: Lats + core control with shoulder-friendly range.

Setup: Lie on bench/floor, DB above chest.
How: Lower behind head slightly; pull back up.
Coach cues: Ribs down; slow.
Common mistakes: Too deep range; arching.
Low-impact option: Smaller range.
More options: Use a lighter DB.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-12.
Harder: Heavier or pause at bottom.

Dosage

1-2x/week.

Straight-Arm Pulldown (Pull)

Equipment: Cable/band Why it matters: Lat activation without elbow bend.

Setup: Arms straight, hinge slightly.
How: Pull down to thighs; return.
Coach cues: Shoulders down; ribs down.
Common mistakes: Bending elbows; leaning back.
Low-impact option: Lighter load.
More options: Add pause at thighs.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: Heavier or tempo.

Dosage

1-2x/week.

Chest-Supported Row (Pull)

Equipment: Incline bench + DBs Why it matters: Back strength without low-back fatigue.

Setup: Chest on incline bench.
How: Row DBs to ribs; lower slow.
Coach cues: Squeeze shoulder blades.
Common mistakes: Shrugging; swinging.
Low-impact option: Lighter DBs.
More options: Add pause at top.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-12.
Harder: Heavier or tempo.

Dosage

1-2x/week.

Farmer Hold (Grip) (Carry + Pull)

Equipment: Weights Why it matters: Grip and core strength without walking space.

Setup: Hold weights at sides.
How: Stand tall; hold and breathe.
Coach cues: Ribs down; shoulders packed.
Common mistakes: Shrugging; leaning.
Low-impact option: Lighter weights.
More options: Suitcase hold (one side).

Follow the lanes

Easier: 3 x 15 sec.
Standard: 3 x 30-45 sec.
Harder: Heavier or one-side.

Dosage

1-3x/week.

Dead Bug (Core)

Equipment: Mat Why it matters: Builds core control for back-friendly movement.

Setup: Lie on back, knees up.
How: Extend opposite arm/leg; return; alternate.
Coach cues: Low back gently on floor.
Common mistakes: Ribs flaring; rushing.
Low-impact option: Heel taps only.
More options: Add exhale on each extension.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8-10/side.
Harder: Add band or longer lever.

Dosage

2-4x/week.

Heel Taps (Core)

Equipment: Mat Why it matters: Beginner-friendly core without strain.

Setup: Lie on back, knees up.
How: Tap one heel to floor; alternate.
Coach cues: Move slow; exhale.
Common mistakes: Low back popping up.
Low-impact option: Reduce range.
More options: Add arms overhead.

Follow the lanes

Easier: 2 x 8/side.
Standard: 3 x 10-15/side.
Harder: Longer lever or slow tempo.

Dosage

2-4x/week.

Plank (Forearm) (Core)

Equipment: Mat Why it matters: Total-body tension for posture and strength.

Setup: Forearms down, body straight.
How: Hold while breathing.
Coach cues: Squeeze glutes; ribs down.
Common mistakes: Hips sagging; holding breath.
Low-impact option: Do incline plank on bench.
More options: Add shoulder taps (harder).

Follow the lanes

Easier: 3 x 10-20 sec.
Standard: 3 x 20-45 sec.
Harder: 45-60 sec or weighted.

Dosage

2-4x/week.

High Plank (Core + Shoulders)

Equipment: Mat Why it matters: Core and shoulder stability for daily life.

Setup: Hands under shoulders.
How: Hold solid line; breathe.
Coach cues: Push floor away.
Common mistakes: Shrugging; sagging.
Low-impact option: Hands on bench.
More options: Add slow mountain climbers.

Follow the lanes

Easier: 3 x 10-20 sec.
Standard: 3 x 20-45 sec.
Harder: Add taps or longer holds.

Dosage

2-4x/week.

Side Plank (Core (Lateral))

Equipment: Mat Why it matters: Protects back and hips; improves posture.

Setup: Elbow under shoulder.
How: Lift hips; hold; switch.
Coach cues: Straight line; breathe.
Common mistakes: Shoulder collapsing; hips dropping.
Low-impact option: Knees down.
More options: Add top-leg lift.

Follow the lanes

Easier: 2 x 10-15 sec/side.
Standard: 3 x 20-40 sec/side.
Harder: Long lever + leg lift.

Dosage

2-3x/week.

Pallof Press (Anti-Rotation)

Equipment: Band/cable Why it matters: Core stability that transfers to life and sport.

Setup: Band at chest height, stand sideways.
How: Press out; resist rotation; return.
Coach cues: Ribs down; glutes tight.
Common mistakes: Leaning; twisting.
Low-impact option: Lighter band, closer stance.
More options: Add holds at full extension.

Follow the lanes

Easier: 2 x 8/side.
Standard: 3 x 10-12/side.
Harder: Heavier band or step-out.

Dosage

2-3x/week.

Suitcase Carry (Carry + Core)

Equipment: One weight Why it matters: Builds core and grip; supports back.

Setup: Hold weight on one side.
How: Walk tall; switch sides.
Coach cues: Don't lean; slow steps.
Common mistakes: Tilting; shrugging.
Low-impact option: Shorter distance or lighter.
More options: Add pauses mid-walk.

Follow the lanes

Easier: 4 x 20-30 sec.
Standard: 4-6 x 30-60 sec.
Harder: Heavier weight or longer.

Dosage

1-3x/week.

Farmer Carry (Carry)

Equipment: Two weights Why it matters: Full-body strength and conditioning.

Setup: Hold weights at sides.
How: Walk tall and steady.
Coach cues: Quiet steps; ribs down.
Common mistakes: Shrugging; rushing.
Low-impact option: Shorter distance.
More options: Add turns or hills.

Follow the lanes

Easier: 4 x 20 sec.
Standard: 4-6 x 30-60 sec.
Harder: Heavier or longer carries.

Dosage

1-3x/week.

Bear Crawl (Slow) (Core + Shoulders)

Equipment: Floor space Why it matters: Total-body stability and coordination.

Setup: Hands/knees, lift knees 1-2 inches.
How: Crawl slowly forward/back.
Coach cues: Small steps; stay level.
Common mistakes: Hips high; speed.
Low-impact option: Hold bear position only.
More options: Add longer distances.

Follow the lanes

Easier: 3 x 10 steps.
Standard: 4 x 10-20 steps.
Harder: Add tempo or lateral crawls.

Dosage

1-2x/week.

Bird Dog Row (Core + Pull)

Equipment: Light DB Why it matters: Core + back strength with anti-rotation.

Setup: Bird dog position, light DB in hand.
How: Row DB; resist twisting; switch sides.
Coach cues: Slow; stable hips.
Common mistakes: Rocking; heavy DB.
Low-impact option: Do regular bird dog.
More options: Add longer holds.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8/side.
Harder: Heavier DB or pause.

Dosage

1-2x/week.

Glute Bridge Walkout (Core + Hinge)

Equipment: Mat Why it matters: Hamstrings and core control.

Setup: Bridge up.
How: Walk feet out/in while hips stay up.
Coach cues: Tiny steps; breathe.
Common mistakes: Hips dropping; cramping.
Low-impact option: Hold bridge only.
More options: Smaller steps.

Follow the lanes

Easier: 2 x 4-6 steps.
Standard: 3 x 6-10 steps.
Harder: Single-leg progression.

Dosage

1-2x/week.

Mountain Climbers (Low-Impact) (Core + Cardio)

Equipment: Mat Why it matters: Heart rate up with core engagement.

Setup: High plank position.
How: Drive knees in slowly; alternate.
Coach cues: Keep hips steady.
Common mistakes: Bouncing; hips high.
Low-impact option: Hands on bench.
More options: Increase speed.

Follow the lanes

Easier: 3 x 20 sec.
Standard: 4 x 30 sec.
Harder: Intervals 40/20.

Dosage

1-3x/week.

Seated Knee Raises (Core)

Equipment: Chair Why it matters: Core work without floor time.

Setup: Sit tall, hands on chair.
How: Lift knees slightly; lower slow.
Coach cues: Exhale on lift.
Common mistakes: Leaning back hard.
Low-impact option: One knee at a time.
More options: Add hold at top.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-15.
Harder: Add straight-leg raises (harder).

Dosage

2-4x/week.

Standing Anti-Rotation Hold (Core)

Equipment: Band Why it matters: Core stability for people who dislike floor work.

Setup: Band at chest, press out.
How: Hold and breathe; switch sides.
Coach cues: Stay tall; resist twist.
Common mistakes: Holding breath; leaning.
Low-impact option: Lighter band.
More options: Step farther from anchor.

Follow the lanes

Easier: 3 x 10 sec/side.
Standard: 3 x 20-30 sec/side.
Harder: Heavier band or step-out.

Dosage

2-3x/week.

Hollow Hold (Scaled) (Core)

Equipment: Mat Why it matters: Deep core strength (scaled for safety).

Setup: Lie down, knees bent.
How: Tuck pelvis; lift shoulders slightly; hold.
Coach cues: Low back down; breathe.
Common mistakes: Back arching; neck strain.
Low-impact option: Keep one foot on floor.
More options: Extend legs more.

Follow the lanes

Easier: 3 x 10 sec.
Standard: 3 x 20 sec.
Harder: 30-40 sec or rocks.

Dosage

1-2x/week.

Russian Twist (Controlled) (Core (Rotation))

Equipment: Light weight optional Why it matters: Rotational core with control.

Setup: Sit tall, lean back slightly.
How: Rotate ribcage side to side.
Coach cues: Move slow; stay tall.
Common mistakes: Rounding back; yanking.
Low-impact option: Keep feet down, smaller range.
More options: Hold weight and keep range small.

Follow the lanes

Easier: 2 x 10 total.
Standard: 3 x 16-24 total.
Harder: Heavier or longer set.

Dosage

1-2x/week.

Hip Hinge + Brace Drill (Core + Skill)

Equipment: None Why it matters: Teaches bracing for safer lifting.

Setup: Stand tall.
How: Exhale, brace like preparing for a cough; hinge; stand.
Coach cues: Brace before you move.
Common mistakes: Over-bracing/holding breath too long.
Low-impact option: Gentle brace.
More options: Add light load once mastered.

Follow the lanes

Easier: 5 reps.
Standard: 8 reps.
Harder: Add light weight or tempo.

Dosage

Warm-up drill.

Pallof Step-Out (Anti-Rotation)

Equipment: Band/cable Why it matters: Harder core stability with movement.

Setup: Band pressed out at chest.
How: Step out/in while resisting rotation.
Coach cues: Move slow; stay square.
Common mistakes: Twisting; rushing.
Low-impact option: Smaller step.
More options: Add longer holds.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8-10/side.
Harder: Heavier band or bigger steps.

Dosage

1-2x/week.

Stir-the-Pot (Ball) (Core)

Equipment: Stability ball Why it matters: Advanced plank variation for deep core.

Setup: Forearms on ball, plank line.
How: Circle forearms slowly.
Coach cues: Small circles; breathe.
Common mistakes: Hips swaying.
Low-impact option: Do plank on floor.
More options: Increase circle size.

Follow the lanes

Easier: 2 x 10 circles.
Standard: 3 x 10-20 circles.
Harder: Bigger circles or longer.

Dosage

Optional.

Side Plank Reach-Through (Core)

Equipment: Mat Why it matters: Adds rotation control to side plank.

Setup: Side plank base.
How: Reach top arm under body; return.
Coach cues: Slow; stable hips.
Common mistakes: Hips dropping.
Low-impact option: Knees down.
More options: Longer lever.

Follow the lanes

Easier: 2 x 5/side.
Standard: 3 x 6-10/side.
Harder: Add top-leg lift.

Dosage

1-2x/week.

Dead Bug + Band Pulldown (Core + Lats)

Equipment: Band Why it matters: Core control with lat engagement.

Setup: Band anchored overhead, hold ends.
How: Dead bug while pulling band down slightly.
Coach cues: Ribs down; slow.
Common mistakes: Arching; rushing.
Low-impact option: Do dead bug only.
More options: Stronger band tension.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8-10/side.
Harder: Longer lever.

Dosage

1-2x/week.

Standing Woodchop (Cable) (Core (Rotation))

Equipment: Cable/band Why it matters: Trains rotation for athletic movement.

Setup: Cable high-to-low or low-to-high.
How: Rotate through torso; control return.
Coach cues: Hips and ribs move together.
Common mistakes: Twisting knee; fast reps.
Low-impact option: Lighter weight.
More options: Add pause at end-range.

Follow the lanes

Easier: 2 x 8/side.
Standard: 3 x 10-12/side.
Harder: Heavier or tempo.

Dosage

1-2x/week.

Breathing Walk (Nasal) (Cardio + Recovery)

Equipment: None Why it matters: Low-stress conditioning and stress control.

Setup: Start with easy pace.
How: Breathe through nose; keep it conversational.
Coach cues: Relax shoulders.
Common mistakes: Going too hard too soon.
Low-impact option: Shorter walk.
More options: Add hills if ready.

Follow the lanes

Easier: 5-10 min.
Standard: 10-30 min.
Harder: 30-45 min.

Dosage

Most days.

Walking Intervals (Cardio)

Equipment: None Why it matters: Simple conditioning that scales to any level.

Setup: Warm up 3-5 minutes easy.
How: Alternate brisk and easy walking.
Coach cues: Stay tall; breathe steady.
Common mistakes: Going all-out; skipping warm-up.
Low-impact option: Shorter brisk intervals.
More options: Use hills for challenge.

Follow the lanes

Easier: 6 rounds of 30/60 sec.

Standard: 8-12 rounds of 45/60 sec.

Harder: 10-15 rounds of 60/60 sec.

Dosage

1-4x/week.

Bike Intervals (Recumbent) (Cardio)

Equipment: Bike Why it matters: Joint-friendly cardio for knees/hips.

Setup: Seat adjusted, easy warm-up.
How: Hard pedal 20-40 sec; easy 60 sec; repeat.
Coach cues: Smooth cadence.
Common mistakes: Too hard early; no warm-up.
Low-impact option: Shorter hard intervals.
More options: Add rounds.

Follow the lanes

Easier: 6 rounds.

Standard: 8-12 rounds.

Harder: 12-16 rounds.

Dosage

1-3x/week.

Elliptical Steady (Cardio)

Equipment: Elliptical Why it matters: Low-impact full-body conditioning.

Setup: Warm up 3-5 min easy.
How: Maintain steady effort and posture.
Coach cues: Light grip; tall chest.
Common mistakes: Leaning on handles; hunching.
Low-impact option: Lower resistance.
More options: Add short surges.

Follow the lanes

Easier: 10 min.
Standard: 15-30 min.
Harder: 30-45 min.

Dosage

1-5x/week.

Rowing Machine (Technique) (Cardio)

Equipment: Rower Why it matters: Total-body cardio with low impact.

Setup: Set damper moderate, sit tall.
How: Legs-drive, then hinge, then arms; reverse on return.
Coach cues: Power from legs.
Common mistakes: Pulling with arms first; rounding.
Low-impact option: Low intensity technique only.
More options: Intervals once technique is solid.

Follow the lanes

Easier: 5-8 min easy.
Standard: 10-20 min steady.
Harder: Intervals 30/60 x 8-12.

Dosage

1-3x/week.

Stair Intervals (Cardio + Legs)

Equipment: Stairs Why it matters: Efficient conditioning and leg strength.

Setup: Warm up with easy steps.
How: 20-40 sec steady stairs; 60 sec easy; repeat.
Coach cues: Quiet feet; tall posture.
Common mistakes: Rushing; slamming down.
Low-impact option: Use fewer stairs, slower.
More options: Carry light load (advanced).

Follow the lanes

Easier: 6 rounds.
Standard: 8-12 rounds.
Harder: 12-16 rounds.

Dosage

1-2x/week.

Shadow Boxing (Cardio + Coordination)

Equipment: None Why it matters: Fun cardio with low impact and stress relief.

Setup: Athletic stance, hands up.
How: Jab-cross-hook lightly; move feet.
Coach cues: Relax shoulders; breathe.
Common mistakes: Tensing fists; holding breath.
Low-impact option: Keep feet planted.
More options: Add rounds and footwork.

Follow the lanes

Easier: 6 x 30 sec.
Standard: 8 x 45 sec.
Harder: 10 x 60 sec.

Dosage

1-3x/week.

Low-Impact Jump Rope (Cardio)

Equipment: Rope optional Why it matters: Cardio without high jumps.

Setup: Soft knees, tall posture.
How: Step-tap rhythm as if jumping rope.
Coach cues: Quiet feet.
Common mistakes: Hard pounding; rushing.
Low-impact option: March in place.
More options: Add speed changes.

Follow the lanes

Easier: 5 x 30 sec.
Standard: 8 x 30-45 sec.
Harder: 10 x 60 sec.

Dosage

1-3x/week.

Sled Push (Conditioning)

Equipment: Sled Why it matters: Leg drive conditioning with low joint shear.

Setup: Hands on sled, chest tall.
How: Drive forward with steady steps.
Coach cues: Push through whole foot.
Common mistakes: Rounding; sprinting form.
Low-impact option: Lighter load.
More options: Add longer pushes.

Follow the lanes

Easier: 6 x 10-15 m.
Standard: 8 x 15-20 m.
Harder: 10 x 20-30 m.

Dosage

1-2x/week.

Sled Pull (Backward) (Conditioning + Knees)

Equipment: Sled + strap Why it matters: Great quad/knee-friendly conditioning.

Setup: Strap around waist or hands.
How: Walk backward, steady steps.
Coach cues: Stay tall; control.
Common mistakes: Leaning too far; slipping.
Low-impact option: Lighter load.
More options: Add time.

Follow the lanes

Easier: 6 x 15-20 m.
Standard: 8 x 20-30 m.
Harder: 10 x 30-40 m.

Dosage

1-2x/week.

Step Count Progression (Lifestyle Cardio)

Equipment: Phone/pedometer Why it matters: Builds endurance without workouts.

Setup: Track a typical week.
How: Add 500-1,000 steps/day each week.
Coach cues: Slow progress wins.
Common mistakes: Big jumps causing soreness.
Low-impact option: Add every other week.
More options: Add 1 long walk/week.

Follow the lanes

Easier: Baseline + 500.
Standard: Baseline + 1,000.
Harder: Baseline + 2,000+.

Dosage

Ongoing.

Zone 2 Walk (Cardio)

Equipment: None Why it matters: Builds aerobic base and recovery.

Setup: Choose flat route.
How: Walk where you can talk in sentences.
Coach cues: Relax; nose breathing if possible.
Common mistakes: Turning it into a sprint.
Low-impact option: Shorter duration.
More options: Add gentle hills.

Follow the lanes

Easier: 10-15 min.
Standard: 20-40 min.
Harder: 40-60 min.

Dosage

2-5x/week.

Pool Walking (Cardio (Low-Impact))

Equipment: Pool Why it matters: Joint-friendly cardio for arthritis and injury recovery.

Setup: Chest-deep water.
How: Walk forward/back; add arm movement.
Coach cues: Tall posture; steady pace.
Common mistakes: Overstriding; rushing.
Low-impact option: Shallow water.
More options: Add intervals.

Follow the lanes

Easier: 10 min.
Standard: 15-30 min.
Harder: 30-45 min or intervals.

Dosage

1-4x/week.

Farmer Carry Intervals (Carry + Cardio)

Equipment: Weights Why it matters: Conditioning + strength with minimal skill.

Setup: Pick weights you can hold tall.
How: Carry 30-60 sec; rest; repeat.
Coach cues: Quiet steps; breathe.
Common mistakes: Leaning; shrugging.
Low-impact option: Shorter carries.
More options: Heavier weights.

Follow the lanes

Easier: 6 rounds.
Standard: 8-10 rounds.
Harder: 10-12 rounds.

Dosage

1-3x/week.

Loaded March (Carry + Core)

Equipment: One/two weights Why it matters: Core and hip stability with minimal space.

Setup: Hold weights at sides or rack.
How: March knees up; slow and controlled.
Coach cues: Stay tall; don't sway.
Common mistakes: Rushing; leaning.
Low-impact option: Hold support.
More options: Add heavier weight.

Follow the lanes

Easier: 3 x 20 steps.
Standard: 4 x 30-40 steps.
Harder: 5 x 40-60 steps.

Dosage

1-3x/week.

Single-Leg Stand (Balance)

Equipment: Wall/chair optional Why it matters: Balance and ankle strength for falls prevention.

Setup: Stand tall, lightly hold support.
How: Lift one foot; hold; switch.
Coach cues: Soft knee; steady breath.
Common mistakes: Stiff locked knee; leaning.
Low-impact option: Two-finger support.
More options: Eyes closed or head turns (advanced).

Follow the lanes

Easier: 3 x 10 sec/side.
Standard: 3 x 20-30 sec/side.
Harder: 30-45 sec or no support.

Dosage

3-5x/week.

Tandem Walk (Balance)

Equipment: Hallway Why it matters: Improves gait and stability.

Setup: Heel-to-toe stance.
How: Walk forward heel-to-toe slowly.
Coach cues: Look ahead, not down.
Common mistakes: Rushing; wobbling.
Low-impact option: Wider stance.
More options: Add backward tandem walk.

Follow the lanes

Easier: 2 x 10 steps.
Standard: 3 x 10-20 steps.
Harder: Eyes closed (only if safe).

Dosage

2-5x/week.

Heel-Toe Rock (Ankles)

Equipment: Wall optional Why it matters: Ankle mobility and calf activation.

Setup: Feet hip-width.
How: Rock to toes, then heels (small).
Coach cues: Control; breathe.
Common mistakes: Leaning back; rushing.
Low-impact option: Hold wall.
More options: Add longer holds.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 15-20.
Harder: Add single-leg version.

Dosage

2-4x/week.

Tibialis Raises (Shin Strength)

Equipment: Wall Why it matters: Helps knees and reduces shin soreness for walkers/runners.

Setup: Back to wall, heels 6-10 inches out.
How: Lift toes toward shins; lower.
Coach cues: Slow and controlled.
Common mistakes: Cheating with hips.
Low-impact option: Smaller range.
More options: Add more reps.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 15-25.
Harder: Add holds at top.

Dosage

2-4x/week.

Lateral Band Walk (Hip Stability)

Equipment: Mini-band Why it matters: Glute med strength for knee/hip health.

Setup: Band above knees/ankles.
How: Small steps sideways; stay low.
Coach cues: Knees out; toes forward.
Common mistakes: Big steps; knees caving.
Low-impact option: Band above knees.
More options: Add monster walks.

Follow the lanes

Easier: 2 x 8 steps each way.
Standard: 3 x 10-15 steps.
Harder: Heavier band or lower stance.

Dosage

2-3x/week.

Monster Walk (Hip Stability)

Equipment: Mini-band Why it matters: Glute activation for knee tracking and posture.

Setup: Band on legs, slight squat.
How: Step forward/back with tension.
Coach cues: Stay low; steady steps.
Common mistakes: Losing band tension.
Low-impact option: Shorter steps.
More options: Stronger band.

Follow the lanes

Easier: 2 x 8 steps.
Standard: 3 x 10-15 steps.
Harder: Longer distance.

Dosage

2-3x/week.

Step-Down to Tap (Knee Control)

Equipment: Step Why it matters: Builds quad control for stairs and hiking.

Setup: Stand on step, one foot hovering.
How: Lower and tap heel; stand.
Coach cues: Control down; knee tracks.
Common mistakes: Dropping fast.
Low-impact option: Lower step.
More options: Add slow 3 sec down.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8-10/side.
Harder: Add load.

Dosage

2x/week.

Calf Raise (Single-Leg) (Calves + Balance)

Equipment: Wall optional Why it matters: Stronger ankles and calves for walking.

Setup: Stand on one leg.
How: Rise up; pause; lower slow.
Coach cues: Control; full range.
Common mistakes: Rolling ankle; bouncing.
Low-impact option: Use two legs.
More options: Add step for deeper stretch.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 10-12/side.
Harder: Weighted or slower.

Dosage

2-3x/week.

Ankle Alphabet (Mobility)

Equipment: None Why it matters: Ankle mobility after sitting or injury.

Setup: Sit or stand holding support.
How: Draw alphabet with toes; switch.
Coach cues: Small controlled letters.
Common mistakes: Big painful motion.
Low-impact option: Half alphabet.
More options: Do circles after.

Follow the lanes

Easier: A-M each side.
Standard: Full alphabet.
Harder: Add calf raises after.

Dosage

Daily.

Hip Hike (Hip Stability)

Equipment: Step Why it matters: Glute med strength for pelvic control.

Setup: Stand on step, one foot off edge.
How: Lift/drop pelvis slightly; repeat.
Coach cues: Keep knee straight-ish; slow.
Common mistakes: Twisting torso; bouncing.
Low-impact option: Smaller range.
More options: Add longer set.

Follow the lanes

Easier: 2 x 8/side.
Standard: 3 x 10-15/side.
Harder: Add weight in hand.

Dosage

2-3x/week.

Balance Reach (Balance)

Equipment: None Why it matters: Improves stability in real-life reaching.

Setup: Single-leg stand.
How: Reach free foot forward/side/back lightly; return.
Coach cues: Stay tall; slow.
Common mistakes: Rushing; twisting knee.
Low-impact option: Hold support.
More options: Increase reach distance.

Follow the lanes

Easier: 2 x 3 reaches/dir.
Standard: 3 x 4-5 reaches/dir.
Harder: No support + longer reach.

Dosage

2-4x/week.

Chair-Assisted Step Overs (Balance + Hips)

Equipment: Chair + object Why it matters: Coordination and hip mobility with support.

Setup: Hold chair, object in front.
How: Step over and back slowly.
Coach cues: Control; tall posture.
Common mistakes: Rushing; tripping.
Low-impact option: Lower object.
More options: Add lateral step overs.

Follow the lanes

Easier: 2 x 8/side.
Standard: 3 x 10-12/side.
Harder: No support (if safe).

Dosage

2-4x/week.

Desk Push-Up (Microbreak Push)

Equipment: Desk/counter Why it matters: Quick strength break without changing clothes.

Setup: Hands on desk, body straight.
How: Lower chest; press up.
Coach cues: Brace; slow down.
Common mistakes: Hips sagging.
Low-impact option: Higher surface.
More options: Lower surface or more reps.

Follow the lanes

Easier: 1 x 6-8.
Standard: 1-2 x 10-15.
Harder: Slow tempo or more sets.

Dosage

1-3 minutes.

Seated March (Microbreak Cardio)

Equipment: Chair Why it matters: Boosts circulation during long sitting.

Setup: Sit tall.
How: March feet quickly; swing arms.
Coach cues: Tall posture.
Common mistakes: Slouching.
Low-impact option: Slow pace.
More options: Add 20-sec bursts.

Follow the lanes

Easier: 45 sec.
Standard: 60-90 sec.
Harder: 2-3 rounds.

Dosage

1-3 minutes.

Chair Sit-to-Stand Ladder (Microbreak Legs)

Equipment: Chair Why it matters: Fast leg strength and energy boost.

Setup: Chair behind you.
How: Do 1 rep, rest 10 sec; 2 reps, rest; up to 5.
Coach cues: Control down.
Common mistakes: Rushing or flopping.
Low-impact option: Stop at 3.
More options: Go to 8-10 ladder.

Follow the lanes

Easier: 1-3 ladder.
Standard: 1-5 ladder.
Harder: 1-10 ladder.

Dosage

3-6 minutes.

Doorway Row (Band) (Microbreak Pull)

Equipment: Band Why it matters: Counteracts desk posture quickly.

Setup: Band anchored, elbows in.
How: Row to ribs; slow return.
Coach cues: Squeeze shoulder blades.
Common mistakes: Shrugging.
Low-impact option: Lighter band.
More options: Add 2-sec squeeze.

Follow the lanes

Easier: 1 x 10.
Standard: 2 x 12-15.
Harder: 3 sets or stronger band.

Dosage

2-5 minutes.

Calf Pump (Microbreak Ankles)

Equipment: None Why it matters: Helps swelling and circulation.

Setup: Stand holding desk.
How: Rise to toes, lower; repeat.
Coach cues: Full range.
Common mistakes: Bouncing fast.
Low-impact option: Smaller range.
More options: Single-leg.

Follow the lanes

Easier: 30 sec.
Standard: 60 sec.
Harder: 90 sec or single-leg.

Dosage

1-2 minutes.

Shoulder Blade Squeeze (Microbreak Posture)

Equipment: None Why it matters: Relieves neck/shoulder tension.

Setup: Stand or sit tall.
How: Squeeze shoulder blades 2 sec; release.
Coach cues: Down and back, not up.
Common mistakes: Shrugging.
Low-impact option: Light squeeze.
More options: Add band pull-aparts.

Follow the lanes

Easier: 10 reps.
Standard: 15-20 reps.
Harder: Add 3-sec holds.

Dosage

1-2 minutes.

Standing Hip Flexor Reset (Microbreak Mobility)

Equipment: Desk/wall Why it matters: Opens hips after sitting.

Setup: One foot behind, glute squeeze.
How: Shift forward slightly; hold; switch.
Coach cues: Ribs down.
Common mistakes: Arching.
Low-impact option: Shorter hold.
More options: Add overhead reach.

Follow the lanes

Easier: 15 sec/side.
Standard: 30 sec/side.
Harder: 45 sec/side.

Dosage

1-2 minutes.

Seated Figure-4 Stretch (Microbreak Mobility)

Equipment: Chair Why it matters: Glute/hip stretch for back comfort.

Setup: Ankle on opposite knee.
How: Hinge forward gently; hold.
Coach cues: Long spine.
Common mistakes: Rounding.
Low-impact option: Less hinge.
More options: Add 3 deep breaths.

Follow the lanes

Easier: 20 sec/side.
Standard: 30-45 sec/side.
Harder: 60 sec/side.

Dosage

2-3 minutes.

Wrist/Forearm Stretch (Microbreak Mobility)

Equipment: None Why it matters: Helps typing and gripping comfort.

Setup: Arm straight, palm up.
How: Gently pull fingers back; switch palm down.
Coach cues: Gentle stretch only.
Common mistakes: Forcing.
Low-impact option: Shorter hold.
More options: Add wrist circles.

Follow the lanes

Easier: 15 sec each.
Standard: 30 sec each.
Harder: 45 sec each.

Dosage

1-2 minutes.

Box Breathing Reset (Recovery)

Equipment: None Why it matters: Drops stress and helps focus in 2 minutes.

Setup: Sit tall, feet on floor.
How: Inhale 4, hold 4, exhale 4, hold 4.
Coach cues: Slow and easy.
Common mistakes: Big gasps.
Low-impact option: 2-count boxes.
More options: Add longer exhales.

Follow the lanes

Easier: 3 rounds.
Standard: 4 rounds.
Harder: 5 rounds.

Dosage

2-3 minutes.

Wall Angel Mini-Set (Microbreak Posture)

Equipment: Wall Why it matters: Quick posture reset between meetings.

Setup: Back to wall, ribs down.
How: Slide arms up/down slowly.
Coach cues: Keep neck relaxed.
Common mistakes: Ribs flaring.
Low-impact option: Half range.
More options: Add 2-sec pauses.

Follow the lanes

Easier: 6 reps.
Standard: 8-10 reps.
Harder: 12 reps or band.

Dosage

1-3 minutes.

Hallway Walk Loop (Microbreak Cardio)

Equipment: Hallway Why it matters: Energy + steps without a full workout.

Setup: Pick a safe route.
How: Walk 2-5 minutes brisk; return.
Coach cues: Tall posture.
Common mistakes: Going too hard.
Low-impact option: Easy pace.
More options: Add stairs if ready.

Follow the lanes

Easier: 2 min.
Standard: 5 min.
Harder: 10 min.

Dosage

Anytime.

Leg Press (Squat (Machine))

Equipment: Leg press Why it matters: Leg strength with stable back support.

Setup: Feet shoulder-width on platform.
How: Lower to comfortable depth; press up.
Coach cues: Full foot; control depth.
Common mistakes: Locking knees; too deep.
Low-impact option: Shorter range.
More options: Single-leg press (light).

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-15.
Harder: Heavier or tempo.

Dosage

1-3x/week.

Hamstring Curl Machine (Hamstrings)

Equipment: Machine Why it matters: Hamstring strength to protect knees.

Setup: Adjust pad above heels.
How: Curl down/up with control.
Coach cues: Squeeze at peak.
Common mistakes: Jerking; hips lifting.
Low-impact option: Lighter weight.
More options: Add pause at top/bottom.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: Heavier or slow eccentrics.

Dosage

1-3x/week.

Leg Extension (Caution) (Quads)

Equipment: Machine Why it matters: Quad strength - use pain-free range only.

Setup: Pad on shins, sit tall.
How: Extend to comfortable range; return slow.
Coach cues: Control; don't slam.
Common mistakes: Heavy weight; painful range.
Low-impact option: Short range, light weight.
More options: Swap for step-ups if knee pain.

Follow the lanes

Easier: 2 x 8-10.
Standard: 3 x 10-15.
Harder: Tempo, not heavy.

Dosage

Optional.

Seated Chest Press (Push (Machine))

Equipment: Machine Why it matters: Stable push strength for beginners.

Setup: Handles aligned to mid-chest.
How: Press; control return.
Coach cues: Shoulders down.
Common mistakes: Shrugging; locking elbows.
Low-impact option: Lighter load.
More options: Add pause at extension.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-15.
Harder: Heavier or tempo.

Dosage

1-3x/week.

Assisted Dip Machine (Push)

Equipment: Machine Why it matters: Dip strength with controlled assistance.

Setup: Set assistance to smooth reps.
How: Lower to comfort; press up.
Coach cues: Chest proud; elbows back.
Common mistakes: Going too deep; shoulder pain.
Low-impact option: More assistance or swap.
More options: Shorter range.

Follow the lanes

Easier: 2 x 5.

Standard: 3 x 8-10.

Harder: Less assistance or pauses.

Dosage

Optional.

Cable Chest Fly (Push + Control)

Equipment: Cable Why it matters: Chest control and shoulder stability.

Setup: Handles slightly behind body.
How: Hug arms forward; return slow.
Coach cues: Soft elbows.
Common mistakes: Overstretching; shrugging.
Low-impact option: Smaller range.
More options: Do pec deck instead.

Follow the lanes

Easier: 2 x 10.

Standard: 3 x 12-15.

Harder: Add pause in midline.

Dosage

1-2x/week.

Cable Triceps Pressdown (Push)

Equipment: Cable Why it matters: Easy triceps work with adjustable load.

Setup: Elbows at sides.
How: Press down; return slow.
Coach cues: Don't swing.
Common mistakes: Using shoulders.
Low-impact option: Lighter load.
More options: Rope attachment.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-20.
Harder: Heavier or tempo.

Dosage

1-3x/week.

Cable Biceps Curl (Pull (Accessory))

Equipment: Cable Why it matters: Constant tension curls for arm strength.

Setup: Handle low, elbows by sides.
How: Curl up; lower slow.
Coach cues: Stay tall.
Common mistakes: Leaning back.
Low-impact option: Lighter weight.
More options: Add pause at top.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: Heavier or slow eccentrics.

Dosage

1-2x/week.

Cable Lateral Raise (Shoulders)

Equipment: Cable Why it matters: Shoulder strength with smooth resistance.

Setup: Handle at side, slight lean.
How: Raise to shoulder height; lower slow.
Coach cues: Lead with elbow.
Common mistakes: Shrugging; going too high.
Low-impact option: Lighter weight.
More options: DB raise instead.

Follow the lanes

Easier: 2 x 8-10.
Standard: 3 x 12-15.
Harder: Pause at top.

Dosage

1-2x/week.

Pec Deck (Push)

Equipment: Machine Why it matters: Chest work with stable path and easy setup.

Setup: Seat set so handles align mid-chest.
How: Squeeze inward; control return.
Coach cues: Shoulders down.
Common mistakes: Overstretching; shrugging.
Low-impact option: Shorter range.
More options: Pause on squeeze.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: Heavier or tempo.

Dosage

1-2x/week.

Trackers (Optional, But Powerful)

You do not need to track. But tracking can turn effort into momentum. Print these pages or screenshot them.

Weekly plan (simple)

- Strength days: _____ _____ _____ _____
- Easy movement days: _____ _____ _____
- Sleep focus (one habit): _____
- Nutrition focus (one habit): _____
- Stress reset (one habit): _____

Workout log prompts

- What did I do today? (exercises, time, steps)
- How hard was it (RPE 1-10)?
- How do I feel after (energy, mood, pain scale 0-10)?
- One win I can repeat tomorrow:

Closing coach message

Your best plan is the one you repeat. Start small, stay consistent, and keep stacking wins. You have what you need.

Exercise Library Expansion

Bonus pages to make this manual even more complete.

Coach note

- You do not need to do every exercise. Pick a pattern, pick a lane, and repeat it.
- If something hurts, swap it. Pain-free training is still training.
- Keep breathing - avoid holding your breath, especially if you have high blood pressure.

How to use these pages

- Choose your goal: strength, energy, mobility, or joint-friendly movement.
- Pick 4-6 exercises: 1 squat/legs, 1 hinge/glutes, 1 push, 1 pull, 1 carry or core, plus optiona…
- Use the lanes to scale: Easier, Standard, Harder. Start where you can win.
- Progress one thing at a time: add 1-2 reps, add a set, add a little load, or add time.

New categories added

- Cardio & Conditioning (low-impact options included)
- Mobility & Stretching (desk-friendly resets)
- Core & Stability (back-friendly anti-rotation)
- Upper Body Push and Pull (machines, bands, dumbbells, TRX)
- Lower Body (stairs, machines, hips, calves, single-leg work)
- Balance & Prehab, Carries & Grip, and Power/Performance (optional)

Cardio & Conditioning

Intervals, low-impact conditioning, and options that work in small spaces.

What you'll find in this section

- Low-impact options included
- Easy interval templates
- Stress-relief combos (boxing, slams)

Exercises included

- Walk Intervals (Outdoor/Treadmill)
- Stair Step Intervals
- Stationary Bike Sprints
- Row Erg Intervals
- Elliptical Tempo
- Shadow Boxing (Low Impact)
- Low-Impact Step Jacks
- March + Punch Combo
- Incline Treadmill Hike
- Battle Rope Waves
- Medicine Ball Slams
- Sled Push (If available)

Walk Intervals (Outdoor/Treadmill) (Cardio)

Equipment: None or treadmill Why it matters: Easy win for heart health and energy.

Setup: Choose flat route or incline.
How: Alternate brisk and easy walking.
Coach cues: Tall posture; relaxed shoulders.
Common mistakes: Starting too fast; slouching.
Low-impact option: Shorter intervals; slower brisk pace.
More options: Add incline or longer brisk segments.

Follow the lanes

Easier: 6 x 30s brisk / 60s easy.
Standard: 8 x 60s brisk / 60s easy.
Harder: 10 x 90s brisk / 60s easy.

Dosage

2-4x/week

Stair Step Intervals (Cardio)

Equipment: Stairs Why it matters: Builds legs and lungs fast.

Setup: Hold rail if needed.
How: Step up at steady pace; walk down easy.
Coach cues: Light feet; breathe - no breath holding.
Common mistakes: Racing up; skipping warm-up.
Low-impact option: 1 flight up, slow down.
More options: 2 flights or carry light load.

Follow the lanes

Easier: 6 rounds.
Standard: 8-10 rounds.
Harder: 10-14 rounds.

Dosage

1-3x/week

Stationary Bike Sprints (Cardio)

Equipment: Bike Why it matters: Low-impact conditioning for any level.

Setup: Set seat; light resistance.
How: Pedal easy, then sprint; recover easy.
Coach cues: Smooth circles; keep hips steady.
Common mistakes: Too much resistance; holding breath.
Low-impact option: Short sprints; longer recoveries.
More options: Add resistance or extra rounds.

Follow the lanes

Easier: 8 x 10s sprint / 50s easy.
Standard: 10 x 15s / 45s.
Harder: 12 x 20s / 40s.

Dosage

1-3x/week

Row Erg Intervals (Cardio)

Equipment: Row machine Why it matters: Full-body cardio with strong posture.

Setup: Strap feet; set damper moderate.
How: Legs drive, then hips, then arms; reverse to return.
Coach cues: Push the floor; finish tall.
Common mistakes: Early arm pull; rounding back.
Low-impact option: Short strokes; slower pace.
More options: Increase pace or interval length.

Follow the lanes

Easier: 6 x 30s / 60s.
Standard: 8 x 45s / 60s.
Harder: 10 x 60s / 60s.

Dosage

1-3x/week

Elliptical Tempo (Cardio)

Equipment: Elliptical Why it matters: Joint-friendly cardio you can sustain.

Setup: Set resistance low-moderate.
How: Build to a steady 'talk test' pace.
Coach cues: Soft grip; steady breathing.
Common mistakes: Leaning on handles; slumping.
Low-impact option: Shorter time; lower resistance.
More options: Add resistance or longer blocks.

Follow the lanes

Easier: 10 min steady.
Standard: 15-20 min steady.
Harder: 25-30 min steady.

Dosage

2-5x/week

Shadow Boxing (Low Impact) (Cardio)

Equipment: None Why it matters: Great stress release and conditioning.

Setup: Clear space; light athletic stance.
How: Punch combinations for time; move lightly.
Coach cues: Hands up; exhale on punches.
Common mistakes: Locking elbows; tensing shoulders.
Low-impact option: Slow punches; no footwork.
More options: Add faster combos or longer rounds.

Follow the lanes

Easier: 6 x 30s / 30s.
Standard: 8 x 45s / 30s.
Harder: 10 x 60s / 30s.

Dosage

1-4x/week

Low-Impact Step Jacks (Cardio)

Equipment: None Why it matters: Simple cardio that feels doable.

Setup: Stand tall; brace lightly.
How: Step out and in while swinging arms.
Coach cues: Land quietly; breathe steady.
Common mistakes: Bouncing hard; shoulders up.
Low-impact option: Smaller steps; slower pace.
More options: Add speed or longer time.

Follow the lanes

Easier: 6 x 30s / 30s.
Standard: 8 x 45s / 15s.
Harder: 10 x 60s / 15s.

Dosage

2-5x/week

March + Punch Combo (Cardio)

Equipment: None Why it matters: Raises heart rate fast in small space.

Setup: March in place; core lightly braced.
How: Add alternating punches; keep rhythm.
Coach cues: Stand tall; exhale with punches.
Common mistakes: Twisting knees; shrugging.
Low-impact option: Smaller punches; slower march.
More options: Add faster pace or light weights.

Follow the lanes

Easier: 6 min total.
Standard: 10 min total.
Harder: 12-15 min total.

Dosage

2-5x/week

Incline Treadmill Hike (Cardio)

Equipment: Treadmill Why it matters: Big cardio payoff with low impact.

Setup: Set 3-8% incline; hold rails lightly if needed.
How: Walk brisk; keep steps short.
Coach cues: Lean from ankles, not waist.
Common mistakes: Overstriding; death-grip rails.
Low-impact option: Lower incline; shorter time.
More options: Increase incline or time.

Follow the lanes

Easier: 10 min.
Standard: 15-25 min.
Harder: 30-40 min.

Dosage

2-4x/week

Battle Rope Waves (Cardio)

Equipment: Battle ropes Why it matters: Upper-body conditioning and grip.

Setup: Athletic stance; knees soft.
How: Alternate waves for time; rest; repeat.
Coach cues: Ribs down; breathe steady.
Common mistakes: Shrugging; locking knees.
Low-impact option: Shorter sets; lighter waves.
More options: Add longer sets or harder waves.

Follow the lanes

Easier: 8 x 10s / 40s.
Standard: 10 x 15s / 45s.
Harder: 12 x 20s / 40s.

Dosage

1-3x/week

Medicine Ball Slams (Power/Cardio)

Equipment: Medicine ball Why it matters: Stress relief + full-body power.

Setup: Ball at chest; feet shoulder-width.
How: Raise, slam, pick up with squat/hinge.
Coach cues: Whole body; exhale on slam.
Common mistakes: Rounding back; stiff knees.
Low-impact option: Lighter ball; slower reps.
More options: Heavier ball or faster sets.

Follow the lanes

Easier: 3 x 6.
Standard: 4 x 8.
Harder: 5 x 10.

Dosage

1-2x/week

Sled Push (If available) (Cardio/Legs)

Equipment: Sled Why it matters: Leg drive without joint pounding.

Setup: Hands high; torso angled.
How: Drive with short steps; steady push.
Coach cues: Push the floor; breathe.
Common mistakes: Too heavy; long steps.
Low-impact option: Lighter load; shorter distance.
More options: Heavier or longer distance.

Follow the lanes

Easier: 6 x 10 yd.
Standard: 8 x 15 yd.
Harder: 10 x 20 yd.

Dosage

1-2x/week

Jump Rope (or Air Rope) (Cardio)

Equipment: Jump rope Why it matters: Quick cardio and coordination.

Setup: Soft knees; tall posture.
How: Small jumps; wrists turn rope.
Coach cues: Land quietly; steady breath.
Common mistakes: Big jumps; stiff ankles.
Low-impact option: Air rope; march instead.
More options: Add speed or longer rounds.

Follow the lanes

Easier: 6 x 20s / 40s.
Standard: 8 x 30s / 30s.
Harder: 10 x 45s / 15s.

Dosage

1-4x/week

Ruck Walk (Backpack) (Cardio/Carry)

Equipment: Backpack Why it matters: Low-impact strength endurance.

Setup: Backpack snug; light load first.
How: Walk steady; posture tall.
Coach cues: Ribs stacked; short steps.
Common mistakes: Too heavy; leaning forward.
Low-impact option: No load; shorter time.
More options: Add 5 lb or extra time.

Follow the lanes

Easier: 10-15 min.
Standard: 20-30 min.
Harder: 35-45 min.

Dosage

1-4x/week

Hill Repeats (Outdoor) (Cardio)

Equipment: Hill Why it matters: Strong legs and lungs.

Setup: Warm up 5 min walk.
How: Walk up brisk; walk down easy.
Coach cues: Drive arms; breathe.
Common mistakes: Sprinting; poor footing.
Low-impact option: Gentle hill; fewer reps.
More options: Steeper hill or more reps.

Follow the lanes

Easier: 6 reps.
Standard: 8 reps.
Harder: 10-12 reps.

Dosage

1-2x/week

Pool Walking (If available) (Cardio)

Equipment: Pool Why it matters: Joint-friendly cardio for sore bodies.

Setup: Chest-deep water if possible.
How: Walk forward/back/side for time.
Coach cues: Tall torso; steady breath.
Common mistakes: Leaning; rushing.
Low-impact option: Shorter time; slower pace.
More options: Add intervals or longer time.

Follow the lanes

Easier: 10 min.
Standard: 15-25 min.
Harder: 30-40 min.

Dosage

1-4x/week

Mobility & Stretching

Fast resets for stiff hips, tight shoulders, and desk posture.

What you'll find in this section

- Desk-friendly resets
- Hips, ankles, shoulders, and spine
- Short routines you can repeat

Exercises included

- Cat-Cow
- Thread the Needle
- Open Book (Thoracic)
- 90/90 Hip Switch
- World's Greatest Stretch
- Couch Stretch
- Doorway Pec Stretch
- Wall Angels
- Ankle Rock (Dorsiflexion)
- Standing Calf Stretch
- Hamstring Floss (Supine)
- Neck CARs (Controlled circles)

Cat-Cow (Mobility)

Equipment: None Why it matters: Loosens spine and resets posture.

Setup: Hands under shoulders; knees under hips.
How: Alternate arch and round slowly.
Coach cues: Move one vertebra at a time.
Common mistakes: Rushing; jamming neck.
Low-impact option: Smaller range; slower.
More options: Add 5 deep breaths each position.

Follow the lanes

Easier: 1 x 6 reps.
Standard: 2 x 6-8 reps.
Harder: 2 x 10 reps.

Dosage

Daily

Thread the Needle (Mobility)

Equipment: None Why it matters: Opens upper back and shoulders.

Setup: All fours; hand behind head or reach through.
How: Rotate gently; breathe into stretch.
Coach cues: Rotate from ribs; keep hips steady.
Common mistakes: Collapsing shoulder; forcing range.
Low-impact option: Keep hand on head; smaller range.
More options: Add reach and hold 2 sec.

Follow the lanes

Easier: 1 x 4/side.
Standard: 2 x 5/side.
Harder: 2 x 6-8/side.

Dosage

Daily

Open Book (Thoracic) (Mobility)

Equipment: None Why it matters: Improves upper-back rotation for better breathing.

Setup: Side-lying; knees bent together.
How: Open top arm; follow hand with eyes.
Coach cues: Slow and smooth; exhale open.
Common mistakes: Hips rolling back; rushing.
Low-impact option: Smaller reach.
More options: Add pause at end range.

Follow the lanes

Easier: 1 x 4/side.
Standard: 2 x 5/side.
Harder: 2 x 8/side.

Dosage

Daily

90/90 Hip Switch (Mobility)

Equipment: None Why it matters: Hip mobility for squats and walking.

Setup: Sit with knees bent 90 degrees.
How: Rotate knees side to side under control.
Coach cues: Stay tall; slow transitions.
Common mistakes: Rounding low back; forcing knees.
Low-impact option: Hands behind for support.
More options: Add forward lean for deeper stretch.

Follow the lanes

Easier: 1 x 6 switches.
Standard: 2 x 8 switches.
Harder: 2 x 10 switches.

Dosage

3-7x/week

World's Greatest Stretch (Mobility)

Equipment: None Why it matters: Full-body opener (hips, t-spine, hamstrings).

Setup: Long lunge; hands inside front foot.
How: Elbow toward floor, then rotate up.
Coach cues: Breathe; move slow.
Common mistakes: Knee collapsing; rushing.
Low-impact option: Hands on blocks/books.
More options: Add hamstring rockback.

Follow the lanes

Easier: 1 x 2/side.
Standard: 2 x 2/side.
Harder: 2 x 3/side.

Dosage

3-7x/week

Couch Stretch (Mobility)

Equipment: Wall/couch Why it matters: Hip flexor stretch for desk bodies.

Setup: Back knee near wall; shin up wall.
How: Squeeze glute; stay tall.
Coach cues: Ribs down; breathe.
Common mistakes: Arching low back; pain at knee.
Low-impact option: Pad knee; smaller angle.
More options: Add overhead reach.

Follow the lanes

Easier: 30s/side.
Standard: 45s/side.
Harder: 60-90s/side.

Dosage

3-7x/week

Doorway Pec Stretch (Mobility)

Equipment: Doorway Why it matters: Opens chest; helps shoulder comfort.

Setup: Forearm on frame; elbow 90 degrees.
How: Step through gently; breathe.
Coach cues: Shoulder down; neck long.
Common mistakes: Overstretching; shrugging.
Low-impact option: Lower arm position.
More options: Add slow head turns.

Follow the lanes

Easier: 20s/side.
Standard: 30-45s/side.
Harder: 60s/side.

Dosage

3-7x/week

Wall Angels (Mobility)

Equipment: Wall Why it matters: Builds shoulder mobility + posture.

Setup: Back to wall; ribs down.
How: Slide arms up/down without arching.
Coach cues: Keep low back quiet.
Common mistakes: Ribs flaring; fast reps.
Low-impact option: Do seated; smaller range.
More options: Add light band tension.

Follow the lanes

Easier: 1 x 6.
Standard: 2 x 8.
Harder: 3 x 10.

Dosage

3-7x/week

Ankle Rock (Dorsiflexion) (Mobility)

Equipment: Wall Why it matters: Better ankles = better squats and stairs.

Setup: Foot near wall; knee tracks over toes.
How: Rock knee toward wall; heel stays down.
Coach cues: Slow; keep arch.
Common mistakes: Heel lifting; knee collapsing.
Low-impact option: Shorter range.
More options: Add 2-sec pause near wall.

Follow the lanes

Easier: 1 x 8/side.
Standard: 2 x 10/side.
Harder: 2 x 12/side.

Dosage

3-7x/week

Standing Calf Stretch (Mobility)

Equipment: Wall Why it matters: Loosens calves and Achilles.

Setup: Hands on wall; one foot back.
How: Press heel down; slight bend.
Coach cues: Breathe; feel calf.
Common mistakes: Bouncing; turning foot out.
Low-impact option: Shorter stance.
More options: Add bent-knee version after.

Follow the lanes

Easier: 20s/side.
Standard: 30-45s/side.
Harder: 60s/side.

Dosage

3-7x/week

Hamstring Floss (Supine) (Mobility)

Equipment: Towel/strap Why it matters: Gentle hamstring mobility without yanking.

Setup: Lie down; strap on foot.
How: Straighten and bend knee slowly.
Coach cues: Keep hips down.
Common mistakes: Forcing stretch; locking knee.
Low-impact option: Smaller range.
More options: Add ankle pumps.

Follow the lanes

Easier: 1 x 8/side.
Standard: 2 x 10/side.
Harder: 2 x 12/side.

Dosage

3-7x/week

Neck CARs (Controlled circles) (Mobility)

Equipment: None Why it matters: Neck comfort for screen work.

Setup: Tall posture; shoulders relaxed.
How: Slow circles or half circles.
Coach cues: Small and smooth.
Common mistakes: Fast circles; pinching.
Low-impact option: Half circles only.
More options: Add gentle isometrics.

Follow the lanes

Easier: 30s.
Standard: 45s.
Harder: 60s.

Dosage

Daily

Wrist Rocks (Mobility)

Equipment: None Why it matters: Helps wrists for planks and push-ups.

Setup: Hands on floor/table; fingers forward.
How: Rock gently; keep elbows soft.
Coach cues: Stay light; breathe.
Common mistakes: Forcing pain; locked elbows.
Low-impact option: Use table; smaller angle.
More options: Turn fingers sideways/back.

Follow the lanes

Easier: 1 x 8.
Standard: 2 x 10.
Harder: 2 x 12.

Dosage

3-7x/week

Child's Pose Side Reach (Mobility)

Equipment: None Why it matters: Opens lats and low back gently.

Setup: Kneel; sit back; arms forward.
How: Walk hands to one side; breathe.
Coach cues: Exhale into stretch.
Common mistakes: Forcing shoulders; pain at knees.
Low-impact option: Use pillows; sit higher.
More options: Add slow breaths 5-8.

Follow the lanes

Easier: 20s/side.
Standard: 30-45s/side.
Harder: 60s/side.

Dosage

3-7x/week

Seated Thoracic Extension (Mobility)

Equipment: Chair/towel Why it matters: Counters hunching; helps breathing.

Setup: Sit tall; towel roll mid-back.
How: Lean back gently; inhale; return.
Coach cues: Ribs move; neck relaxed.
Common mistakes: Overarching; flaring ribs.
Low-impact option: Smaller lean.
More options: Add arms overhead reach.

Follow the lanes

Easier: 1 x 6.
Standard: 2 x 8.
Harder: 3 x 10.

Dosage

3-7x/week

Hip Flexor + Reach (Standing) (Mobility)

Equipment: None Why it matters: Quick hip opener at work.

Setup: Split stance; squeeze back glute.
How: Reach overhead and side-bend slightly.
Coach cues: Ribs down; breathe.
Common mistakes: Arching back; knee pain.
Low-impact option: Smaller stance.
More options: Add gentle rotation.

Follow the lanes

Easier: 20s/side.
Standard: 30-45s/side.
Harder: 60s/side.

Dosage

Daily

Core & Stability

Anti-rotation, carries, and simple core work that supports your back.

What you'll find in this section

- Back-friendly anti-rotation
- Carries and planks
- Progressions for any level

Exercises included

- Pallof Press (Band)
- Bird Dog
- Plank (Incline)
- Dead Bug + Band Pull
- Side Plank (Knee Down)
- Glute Bridge March
- Bear Crawl (Forward/Back)
- Reverse Crunch
- Cable Chop (High to Low)
- Cable Lift (Low to High)
- Stir the Pot (Ball)
- Back Extension Isometric

Pallof Press (Band) (Core)

Equipment: Band Why it matters: Anti-rotation core for back-friendly strength.

Setup: Band at chest height; stand tall.
How: Press out; resist twisting; return.
Coach cues: Ribs down; breathe out on press.
Common mistakes: Leaning; holding breath.
Low-impact option: Lighter band; closer stance.
More options: Add hold at full press.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8/side.
Harder: 3 x 10/side.

Dosage

2-4x/week

Bird Dog (Core)

Equipment: None Why it matters: Core + glute stability for low back comfort.

Setup: All fours; brace lightly.
How: Reach opposite arm/leg; pause; switch.
Coach cues: Hips level; long spine.
Common mistakes: Rotating hips; rushing.
Low-impact option: Only legs or only arms.
More options: Add band resistance or longer pauses.

Follow the lanes

Easier: 2 x 4/side.
Standard: 3 x 5/side.
Harder: 3 x 6-8/side.

Dosage

2-5x/week

Plank (Incline) (Core)

Equipment: Wall/bench Why it matters: Core endurance without floor strain.

Setup: Hands on wall/bench; body straight.
How: Hold; breathe slow; squeeze glutes.
Coach cues: Ribs down; neck long.
Common mistakes: Sagging hips; breath holding.
Low-impact option: Higher incline; shorter hold.
More options: Lower incline or add shoulder taps.

Follow the lanes

Easier: 3 x 15s.
Standard: 3 x 25-30s.
Harder: 4 x 40s.

Dosage

2-5x/week

Dead Bug + Band Pull (Core)

Equipment: Band Why it matters: Core control + lats for posture.

Setup: Band overhead; knees up.
How: Exhale; extend opposite leg slowly.
Coach cues: Low back heavy to floor.
Common mistakes: Fast reps; arching back.
Low-impact option: Heel taps only.
More options: Add longer exhale or both legs.

Follow the lanes

Easier: 2 x 5/side.
Standard: 3 x 6-8/side.
Harder: 3 x 10/side.

Dosage

2-5x/week

Side Plank (Knee Down) (Core)

Equipment: None Why it matters: Side core strength for hips and back.

Setup: Elbow under shoulder; knees bent.
How: Lift hips; hold; breathe.
Coach cues: Long line; glutes on.
Common mistakes: Shoulder shrug; twisting.
Low-impact option: Shorter holds.
More options: Straight legs or add reach-through.

Follow the lanes

Easier: 3 x 15s/side.
Standard: 3 x 25s/side.
Harder: 4 x 35-45s/side.

Dosage

2-4x/week

Glute Bridge March (Core/Hinge)

Equipment: None Why it matters: Core + hips with low back friendly load.

Setup: Bridge up; ribs down.
How: March one knee up; switch.
Coach cues: Hips level; slow.
Common mistakes: Hips dropping; cramping.
Low-impact option: Hold bridge without march.
More options: Add mini-band or longer holds.

Follow the lanes

Easier: 2 x 6 total.
Standard: 3 x 8-10 total.
Harder: 3 x 12 total.

Dosage

2-4x/week

Bear Crawl (Forward/Back) (Core/Shoulders)

Equipment: None Why it matters: Full-body core and shoulder stability.

Setup: Hands under shoulders; knees hover.
How: Crawl slow; opposite hand/foot.
Coach cues: Quiet hips; breathe.
Common mistakes: Hips high; rushing.
Low-impact option: Short distance; knees down reset.
More options: Add longer distance or faster pace.

Follow the lanes

Easier: 4 x 10 steps.
Standard: 5 x 12-15 steps.
Harder: 6 x 20 steps.

Dosage

1-3x/week

Reverse Crunch (Core)

Equipment: None Why it matters: Lower core strength with simple form.

Setup: Lie down; knees bent.
How: Exhale; curl hips up slightly; lower.
Coach cues: Slow; no swinging.
Common mistakes: Using momentum; neck strain.
Low-impact option: Smaller range.
More options: Add slow tempo or legs more extended.

Follow the lanes

Easier: 2 x 6.
Standard: 3 x 8-12.
Harder: 4 x 12-15.

Dosage

2-4x/week

Cable Chop (High to Low) (Core)

Equipment: Cable/band Why it matters: Core rotation control for daily life.

Setup: Set cable high; stance shoulder-width.
How: Pull across body; hips stable.
Coach cues: Rotate ribs; breathe.
Common mistakes: Twisting knees; shrugging.
Low-impact option: Lighter load; smaller range.
More options: Add pause at end range.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8/side.
Harder: 3 x 10-12/side.

Dosage

1-3x/week

Cable Lift (Low to High) (Core)

Equipment: Cable/band Why it matters: Builds core and shoulder coordination.

Setup: Set cable low; athletic stance.
How: Lift across; control back down.
Coach cues: Ribs down; smooth.
Common mistakes: Arching back; too heavy.
Low-impact option: Lighter load.
More options: Add tempo or extra reps.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8/side.
Harder: 3 x 10-12/side.

Dosage

1-3x/week

Stir the Pot (Ball) (Core)

Equipment: Stability ball Why it matters: Advanced plank for full core.

Setup: Forearms on ball; feet back.
How: Make small circles; keep ribs down.
Coach cues: Breathe; glutes tight.
Common mistakes: Big circles; hips sag.
Low-impact option: Hold plank without circles.
More options: Add longer sets or bigger circles.

Follow the lanes

Easier: 3 x 10 circles.
Standard: 3 x 15 circles.
Harder: 4 x 20 circles.

Dosage

1-3x/week

Back Extension Isometric (Core/Hinge)

Equipment: Roman chair/floor Why it matters: Posterior chain endurance for back support.

Setup: Set up on bench or prone on floor.
How: Hold neutral spine; breathe.
Coach cues: Long neck; squeeze glutes.
Common mistakes: Overarching; holding breath.
Low-impact option: Shorter hold.
More options: Add small reps or longer holds.

Follow the lanes

Easier: 3 x 15s.
Standard: 3 x 25-30s.
Harder: 4 x 40s.

Dosage

1-3x/week

Hollow Hold (Scaled) (Core)

Equipment: None Why it matters: Core stiffness for better posture.

Setup: Lie down; press low back down.
How: Hold with knees bent; breathe.
Coach cues: Ribs down; long exhale.
Common mistakes: Arching back; neck strain.
Low-impact option: One leg at a time.
More options: Straighten legs or add arm reach.

Follow the lanes

Easier: 3 x 10-15s.
Standard: 3 x 20-30s.
Harder: 4 x 35-45s.

Dosage

2-4x/week

Standing Anti-Rotation Hold (Core)

Equipment: Band/cable Why it matters: Quick core stability at work or gym.

Setup: Band at chest; press and hold.
How: Hold steady; breathe slow.
Coach cues: Stay tall; glutes on.
Common mistakes: Twisting; breath holding.
Low-impact option: Lighter band.
More options: Longer hold or wider stance.

Follow the lanes

Easier: 3 x 15s/side.
Standard: 3 x 25s/side.
Harder: 4 x 35-45s/side.

Dosage

2-5x/week

Upper Body Push

Pressing and shoulder work using bodyweight, dumbbells, cables, and machines.

What you'll find in this section

- Shoulder-friendly options
- Machines and dumbbells
- Arm finishers included

Exercises included

- Incline Push-Up (Bench)
- Knee Push-Up
- Dumbbell Floor Press
- Machine Chest Press
- Landmine Press
- Seated DB Shoulder Press
- Arnold Press
- Lateral Raise
- Front Raise (Plate/DB)
- Bench Dip (Scaled)
- Triceps Pushdown
- Overhead Triceps Extension

Incline Push-Up (Bench) (Push)

Equipment: Bench/wall Why it matters: Builds pressing strength with less shoulder stress.

Setup: Hands on bench; body straight.
How: Lower chest; press up.
Coach cues: Elbows 30-45 degrees; breathe.
Common mistakes: Hips sag; flared elbows.
Low-impact option: Higher incline.
More options: Lower incline or add tempo.

Follow the lanes

Easier: 2 x 6.
Standard: 3 x 8-12.
Harder: 4 x 10-15.

Dosage

2-4x/week

Knee Push-Up (Push)

Equipment: Floor Why it matters: A strong middle step to full push-ups.

Setup: Knees down; body straight from knees.
How: Lower chest; press.
Coach cues: Brace core; exhale up.
Common mistakes: Hips bending; half reps.
Low-impact option: Hands elevated.
More options: Full push-up or add pause.

Follow the lanes

Easier: 2 x 5.
Standard: 3 x 6-10.
Harder: 4 x 10-12.

Dosage

2-4x/week

Dumbbell Floor Press (Push)

Equipment: DBs Why it matters: Pressing strength with shoulder-friendly range.

Setup: Lie down; knees bent; DBs at chest.
How: Press up; elbows soft; lower to floor.
Coach cues: Wrists stacked; breathe.
Common mistakes: Flaring elbows; bouncing.
Low-impact option: Lighter DBs.
More options: Add tempo or single-arm.

Follow the lanes

Easier: 2 x 6.
Standard: 3 x 8-12.
Harder: 4 x 10-15.

Dosage

2-3x/week

Machine Chest Press (Push)

Equipment: Chest press machine Why it matters: Stable pressing for confidence and safety.

Setup: Seat so handles mid-chest.
How: Press; control back.
Coach cues: Shoulders down; breathe.
Common mistakes: Locking elbows; shrugging.
Low-impact option: Lighter load; shorter range.
More options: Heavier load or slower tempo.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-12.
Harder: 4 x 8-10.

Dosage

1-3x/week

Landmine Press (Push)

Equipment: Landmine/bar Why it matters: Shoulder-friendly overhead-ish press.

Setup: Stance split; bar at shoulder.
How: Press up and forward; return.
Coach cues: Ribs down; exhale press.
Common mistakes: Arching back; too heavy.
Low-impact option: Half-kneeling; light load.
More options: Add load or single-arm.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8/side.
Harder: 4 x 6-8/side heavier.

Dosage

1-3x/week

Seated DB Shoulder Press (Push)

Equipment: DBs Why it matters: Shoulder strength for daily tasks.

Setup: Sit tall; DBs at shoulders.
How: Press up; lower slow.
Coach cues: Breathe; do not flare ribs.
Common mistakes: Arching; shrugging.
Low-impact option: Lighter load; partial range.
More options: Add tempo or extra reps.

Follow the lanes

Easier: 2 x 6.
Standard: 3 x 8-10.
Harder: 4 x 10-12.

Dosage

1-3x/week

Arnold Press (Push)

Equipment: DBs Why it matters: Shoulder strength + control through rotation.

Setup: DBs in front; palms toward face.
How: Rotate and press; reverse down.
Coach cues: Slow; smooth.
Common mistakes: Too heavy; rushing rotation.
Low-impact option: Lighter DBs.
More options: Add tempo or higher reps.

Follow the lanes

Easier: 2 x 6.
Standard: 3 x 8-10.
Harder: 4 x 10-12.

Dosage

1-2x/week

Lateral Raise (Push)

Equipment: DBs/band Why it matters: Builds shoulders without heavy pressing.

Setup: Stand tall; DBs at sides.
How: Raise to shoulder height; lower.
Coach cues: Soft elbows; neck long.
Common mistakes: Shrugging; swinging.
Low-impact option: Lighter weights.
More options: Pause at top or slower.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: 4 x 15-20.

Dosage

1-3x/week

Front Raise (Plate/DB) (Push)

Equipment: DB/plate Why it matters: Shoulder strength for lifting and carrying.

Setup: Stand tall; weight at thighs.
How: Raise to shoulder height; lower slow.
Coach cues: Ribs down; breathe.
Common mistakes: Swinging; arching.
Low-impact option: Lighter weight.
More options: Add pause or tempo.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-12.
Harder: 4 x 12-15.

Dosage

1-2x/week

Bench Dip (Scaled) (Push)

Equipment: Bench Why it matters: Triceps strength (use care with shoulders).

Setup: Hands on bench; knees bent.
How: Lower small range; press up.
Coach cues: Shoulders back; elbows back.
Common mistakes: Deep dip; shoulder pain.
Low-impact option: Very small range or skip.
More options: Use dip bars only if pain-free.

Follow the lanes

Easier: 2 x 6.
Standard: 3 x 8-10.
Harder: 4 x 10-12.

Dosage

1-2x/week

Triceps Pushdown (Push)

Equipment: Cable/band Why it matters: Arm strength for pushing tasks.

Setup: Elbows pinned; hands on rope/bar.
How: Press down; slow return.
Coach cues: Keep ribs down.
Common mistakes: Elbows drifting; swinging.
Low-impact option: Lighter load.
More options: Add pause at bottom.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: 4 x 8-12 heavier.

Dosage

1-3x/week

Overhead Triceps Extension (Push)

Equipment: DB/band Why it matters: Triceps strength with controlled range.

Setup: DB overhead; elbows narrow.
How: Lower behind head; press up.
Coach cues: Brace; breathe.
Common mistakes: Flaring elbows; arching.
Low-impact option: Lighter weight; shorter range.
More options: Add tempo or extra reps.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-12.
Harder: 4 x 12-15.

Dosage

1-2x/week

Upper Body Pull

Rows, pulldowns, and posture builders for strong shoulders and upper back.

What you'll find in this section

- Posture builders
- Band/TRX/machine options
- Shoulder health focus

Exercises included

- Lat Pulldown
- Seated Cable Row
- Chest-Supported DB Row
- One-Arm DB Row
- Band Row (Door Anchor)
- TRX/Suspension Row
- Face Pull
- Rear Delt Fly (Incline)
- Biceps Curl (DB)
- Hammer Curl
- Assisted Pull-Up (Machine/Band)
- Scapular Retraction (Band)

Lat Pulldown (Pull)

Equipment: Pulldown machine Why it matters: Back strength for posture and shoulders.

Setup: Grip slightly wider than shoulders.
How: Pull to upper chest; control up.
Coach cues: Elbows to pockets; chest proud.
Common mistakes: Leaning back; shrugging.
Low-impact option: Lighter load; smaller range.
More options: Add pause at bottom.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-12.
Harder: 4 x 8-10 heavier.

Dosage

1-3x/week

Seated Cable Row (Pull)

Equipment: Cable row Why it matters: Builds strong back and upright posture.

Setup: Tall spine; feet braced.
How: Row to ribs; slow return.
Coach cues: Pull elbows back; squeeze.
Common mistakes: Rounding; jerking.
Low-impact option: Lighter load.
More options: Add pause or tempo.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-12.
Harder: 4 x 12-15.

Dosage

1-3x/week

Chest-Supported DB Row (Pull)

Equipment: Bench + DBs Why it matters: Row without low-back strain.

Setup: Chest on incline bench.
How: Row DBs; squeeze; lower slow.
Coach cues: Neck long; ribs down.
Common mistakes: Shrugging; bouncing.
Low-impact option: Lighter DBs.
More options: Add pause or heavier DBs.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-12.
Harder: 4 x 8-10 heavier.

Dosage

1-3x/week

One-Arm DB Row (Pull)

Equipment: DB + bench Why it matters: Unilateral back strength and balance.

Setup: Hand on bench; flat back.
How: Row to hip; control down.
Coach cues: Shoulder down; breathe.
Common mistakes: Twisting; shrugging.
Low-impact option: Lighter DB.
More options: Add pause or strict tempo.

Follow the lanes

Easier: 2 x 8/side.
Standard: 3 x 10/side.
Harder: 4 x 12/side.

Dosage

1-3x/week

Band Row (Door Anchor) (Pull)

Equipment: Band + anchor Why it matters: Easy at-home back work.

Setup: Band at chest height; stand tall.
How: Row to ribs; squeeze.
Coach cues: Elbows back; ribs down.
Common mistakes: Shrugging; leaning back.
Low-impact option: Lighter band.
More options: Add pause or slower tempo.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: 4 x 15-20.

Dosage

2-5x/week

TRX/Suspension Row (Pull)

Equipment: TRX straps Why it matters: Scalable pulling strength.

Setup: Body straight; grip straps.
How: Row chest to hands; lower slow.
Coach cues: Squeeze shoulder blades.
Common mistakes: Hips sag; shrugging.
Low-impact option: More upright body.
More options: More horizontal or add tempo.

Follow the lanes

Easier: 2 x 6.
Standard: 3 x 8-12.
Harder: 4 x 10-15.

Dosage

1-3x/week

Face Pull (Pull)

Equipment: Cable/band Why it matters: Upper back + rear delts for shoulder health.

Setup: Set band/cable at face height.
How: Pull to face; elbows high.
Coach cues: Rotate out; squeeze.
Common mistakes: Shrugging; flaring ribs.
Low-impact option: Lighter load.
More options: Add pause or extra reps.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: 4 x 15-20.

Dosage

1-3x/week

Rear Delt Fly (Incline) (Pull)

Equipment: DBs Why it matters: Balances shoulders and posture.

Setup: Chest on incline; DBs hang.
How: Open arms; slight bend; lower slow.
Coach cues: Neck long; breathe.
Common mistakes: Too heavy; swinging.
Low-impact option: Lighter DBs.
More options: Add pause at top.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: 4 x 15-20.

Dosage

1-2x/week

Biceps Curl (DB) (Pull)

Equipment: DBs Why it matters: Arm strength for pulling and carrying.

Setup: Stand tall; elbows by ribs.
How: Curl up; control down.
Coach cues: No swing; breathe.
Common mistakes: Rocking; wrist bending.
Low-impact option: Lighter DBs.
More options: Add tempo or incline curls.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12.
Harder: 4 x 8-10 heavier.

Dosage

1-3x/week

Hammer Curl (Pull)

Equipment: DBs Why it matters: Grip-friendly arm strength.

Setup: Neutral grip; elbows pinned.
How: Curl; control down.
Coach cues: Stay tall; breathe.
Common mistakes: Swinging; shoulders up.
Low-impact option: Lighter DBs.
More options: Add pause or slow tempo.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: 4 x 8-12 heavier.

Dosage

1-3x/week

Assisted Pull-Up (Machine/Band) (Pull)

Equipment: Machine/band Why it matters: Builds strong back with scaling.

Setup: Set assistance; grip bar.
How: Pull chest toward bar; control down.
Coach cues: Drive elbows down; breathe.
Common mistakes: Half reps; shrugging.
Low-impact option: More assistance.
More options: Less assistance or pauses.

Follow the lanes

Easier: 2 x 4.
Standard: 3 x 5-8.
Harder: 4 x 6-10.

Dosage

1-3x/week

Scapular Retraction (Band) (Pull)

Equipment: Band Why it matters: Shoulder blade control for posture.

Setup: Band in hands; arms straight.
How: Pull band apart; squeeze; return.
Coach cues: Shoulders down.
Common mistakes: Shrugging; arching.
Low-impact option: Lighter band.
More options: Add pause or higher reps.

Follow the lanes

Easier: 2 x 12.
Standard: 3 x 15-20.
Harder: 4 x 25.

Dosage

3-7x/week

Lower Body

Leg strength for stairs, walking, and everyday life - with joint-friendly options.

What you'll find in this section

- Stairs-friendly strength
- Machines + home options
- Single-leg work with support

Exercises included

- Step-Up (Low Box)
- Lateral Step-Up
- Reverse Lunge
- Walking Lunge
- Bulgarian Split Squat
- Leg Press
- Hamstring Curl (Machine)
- Leg Extension (Caution)
- Calf Raise (Standing)
- Tibialis Raise (Wall)
- Lateral Band Walk
- Monster Walk

Step-Up (Low Box) (Squat/Legs)

Equipment: Step/box Why it matters: Builds legs for stairs and daily movement.

Setup: Choose low step; hold rail if needed.
How: Step up; stand tall; step down slow.
Coach cues: Knee tracks over toes; breathe.
Common mistakes: Pushing off back foot; wobble.
Low-impact option: Lower step; slower.
More options: Add DBs or higher step.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8/side.
Harder: 4 x 10/side.

Dosage

2-4x/week

Lateral Step-Up (Squat/Legs)

Equipment: Step/box Why it matters: Hip and knee strength in a new plane.

Setup: Stand sideways to step.
How: Step up sideways; control down.
Coach cues: Stay tall; knee out.
Common mistakes: Knee collapsing; too high step.
Low-impact option: Lower step.
More options: Add DBs or tempo.

Follow the lanes

Easier: 2 x 6/side.
Standard: 3 x 8/side.
Harder: 4 x 10/side.

Dosage

1-3x/week

Reverse Lunge (Squat/Legs)

Equipment: None/DBs Why it matters: Leg strength with knee-friendly pattern.

Setup: Stand tall; step back.
How: Lower under control; push front foot to stand.
Coach cues: Front shin vertical; breathe.
Common mistakes: Falling forward; knee cave.
Low-impact option: Hold support; smaller range.
More options: Add DBs or deficit.

Follow the lanes

Easier: 2 x 5/side.
Standard: 3 x 8/side.
Harder: 4 x 10/side.

Dosage

1-3x/week

Walking Lunge (Squat/Legs)

Equipment: None/DBs Why it matters: Builds legs and balance.

Setup: Tall posture; step forward.
How: Lower; drive up; step through.
Coach cues: Control; breathe.
Common mistakes: Rushing; knee cave.
Low-impact option: Static lunge instead.
More options: Add DBs or longer sets.

Follow the lanes

Easier: 2 x 8 total.
Standard: 3 x 12 total.
Harder: 4 x 16 total.

Dosage

1-2x/week

Bulgarian Split Squat (Squat/Legs)

Equipment: Bench Why it matters: Powerful single-leg strength.

Setup: Back foot on bench; front foot forward.
How: Lower; drive up.
Coach cues: Stay tall; breathe.
Common mistakes: Front knee pain; wobble.
Low-impact option: Do split squat with back foot down.
More options: Add DBs or pause.

Follow the lanes

Easier: 2 x 4/side.
Standard: 3 x 6-8/side.
Harder: 4 x 8-10/side.

Dosage

1-2x/week

Leg Press (Squat/Legs)

Equipment: Leg press machine Why it matters: Leg strength with back support.

Setup: Feet mid-platform; back supported.
How: Lower until comfortable; press.
Coach cues: Do not lock knees; breathe.
Common mistakes: Butt lifting; too deep.
Low-impact option: Shorter range.
More options: Add load or reps.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-12.
Harder: 4 x 8-10 heavier.

Dosage

1-3x/week

Hamstring Curl (Machine) (Hinge/Legs)

Equipment: Ham curl machine Why it matters: Hamstring strength for knees and hips.

Setup: Set pad above heels.
How: Curl; squeeze; lower slow.
Coach cues: Keep hips down; breathe.
Common mistakes: Fast reps; hips lifting.
Low-impact option: Lighter load.
More options: Add pause at peak.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: 4 x 8-12 heavier.

Dosage

1-3x/week

Leg Extension (Caution) (Legs)

Equipment: Leg ext machine Why it matters: Quad strength (use pain-free range).

Setup: Set pad above ankles.
How: Extend; squeeze; lower.
Coach cues: Smooth; breathe.
Common mistakes: Locking knees; pain.
Low-impact option: Short range; light load.
More options: Add slow tempo if pain-free.

Follow the lanes

Easier: 2 x 8-10.
Standard: 3 x 10-12.
Harder: 3 x 12-15.

Dosage

0-2x/week

Calf Raise (Standing) (Legs)

Equipment: Step/none Why it matters: Ankles and calves for walking and stairs.

Setup: Stand tall; hold support.
How: Rise up; pause; lower slow.
Coach cues: Full range; breathe.
Common mistakes: Bouncing; leaning.
Low-impact option: Do on floor.
More options: Add weight or single-leg.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: 4 x 15-20.

Dosage

2-5x/week

Tibialis Raise (Wall) (Legs)

Equipment: Wall Why it matters: Strengthens front shin for knee/ankle balance.

Setup: Back to wall; heels on floor.
How: Lift toes up; lower.
Coach cues: Control; breathe.
Common mistakes: Leaning forward.
Low-impact option: Smaller range.
More options: Add more reps or hold.

Follow the lanes

Easier: 2 x 12.
Standard: 3 x 15-20.
Harder: 4 x 25.

Dosage

2-5x/week

Lateral Band Walk (Hips)

Equipment: Mini-band Why it matters: Hip stability for knees and back.

Setup: Band above knees or ankles.
How: Step sideways; keep tension.
Coach cues: Knees out; hips back.
Common mistakes: Feet dragging; wobble.
Low-impact option: Band above knees; small steps.
More options: Band at ankles or more steps.

Follow the lanes

Easier: 2 x 8/side.
Standard: 3 x 10-12/side.
Harder: 4 x 12-15/side.

Dosage

2-4x/week

Monster Walk (Hips)

Equipment: Mini-band Why it matters: Glutes for hip and knee control.

Setup: Band around ankles or knees.
How: Step forward/back on diagonal.
Coach cues: Stay low; tension on band.
Common mistakes: Feet too close; rushing.
Low-impact option: Band above knees.
More options: Band at ankles or longer sets.

Follow the lanes

Easier: 2 x 8.
Standard: 3 x 10-12.
Harder: 4 x 15.

Dosage

2-4x/week

Clamshell (Hips)

Equipment: None/mini-band Why it matters: Hip stability for knee-friendly movement.

Setup: Side-lying; knees bent.
How: Open top knee; keep feet together.
Coach cues: Slow; feel side glute.
Common mistakes: Rolling hips back.
Low-impact option: No band; smaller range.
More options: Add band or longer holds.

Follow the lanes

Easier: 2 x 10/side.
Standard: 3 x 12-15/side.
Harder: 4 x 20/side.

Dosage

2-5x/week

Hip Abduction Machine (Hips)

Equipment: Machine Why it matters: Glute med strength for hip/knee stability.

Setup: Sit tall; feet flat.
How: Open knees; pause; return slow.
Coach cues: Ribs down; breathe.
Common mistakes: Rocking; too heavy.
Low-impact option: Lighter load.
More options: Add pause or extra reps.

Follow the lanes

Easier: 2 x 10.
Standard: 3 x 12-15.
Harder: 4 x 15-20.

Dosage

1-3x/week

Hip Thrust (Bench) (Hinge/Glutes)

Equipment: Bench + weight Why it matters: Glute strength for hips and back support.

Setup: Upper back on bench; feet flat.
How: Drive hips up; pause; lower.
Coach cues: Chin tucked; ribs down.
Common mistakes: Overarching; pushing with low back.
Low-impact option: Bodyweight only.
More options: Add load or single-leg.

Follow the lanes

Easier: 2 x 6.
Standard: 3 x 8-12.
Harder: 4 x 10-15.

Dosage

1-3x/week

Wall Sit (Knee-Friendly Hold) (Legs)

Equipment: Wall Why it matters: Leg endurance without impact.

Setup: Back on wall; slide down to comfort.
How: Hold; breathe; knees track.
Coach cues: Weight on heels; ribs down.
Common mistakes: Too deep; holding breath.
Low-impact option: Higher position.
More options: Add time or light weight.

Follow the lanes

Easier: 3 x 15s.
Standard: 3 x 30s.
Harder: 4 x 45-60s.

Dosage

1-4x/week

Balance & Prehab

Foot, ankle, and balance drills that make everything feel more stable.

What you'll find in this section

- Foot/ankle strength
- Simple balance progressions
- Great as warm-ups

Exercises included

- Single-Leg RDL (Supported)
- Single-Leg Balance (Reach)
- Tandem Walk (Heel-to-Toe)
- Heel Raises + Toe Raises
- Hip Airplane (Supported)
- Toe Yoga (Foot control)

Single-Leg RDL (Supported) (Hinge/Balance)

Equipment: DB optional Why it matters: Hinge strength + balance without pounding.

Setup: One hand on wall; soft knee.
How: Hinge; reach back leg; stand.
Coach cues: Hips square; long spine.
Common mistakes: Twisting; rounding.
Low-impact option: No weight; small range.
More options: Add DB or longer tempo.

Follow the lanes

Easier: 2 x 5/side.
Standard: 3 x 6-8/side.
Harder: 4 x 8-10/side.

Dosage

1-3x/week

Single-Leg Balance (Reach) (Balance)

Equipment: None Why it matters: Improves stability for ankles/knees/hips.

Setup: Stand near wall for safety.
How: Balance; reach hand forward/side; reset.
Coach cues: Soft knee; tall posture.
Common mistakes: Stiff knee; holding breath.
Low-impact option: Toe tap support.
More options: Add eyes-closed or longer time.

Follow the lanes

Easier: 3 x 15s/side.
Standard: 3 x 25s/side.
Harder: 4 x 35-45s/side.

Dosage

3-7x/week

Tandem Walk (Heel-to-Toe) (Balance)

Equipment: None Why it matters: Builds balance and foot control.

Setup: Hallway line; hold wall if needed.
How: Walk heel-to-toe slow.
Coach cues: Eyes forward; breathe.
Common mistakes: Rushing; looking down too much.
Low-impact option: Wider stance.
More options: Add head turns or eyes-closed with support.

Follow the lanes

Easier: 2 x 20 steps.
Standard: 3 x 20-30 steps.
Harder: 4 x 40 steps.

Dosage

3-7x/week

Heel Raises + Toe Raises (Prehab)

Equipment: Wall support Why it matters: Ankle strength for walking and stairs.

Setup: Stand tall; hold wall lightly.
How: Rise on toes, then lift toes.
Coach cues: Slow; full range.
Common mistakes: Bouncing; leaning.
Low-impact option: Smaller range.
More options: Single-leg or add holds.

Follow the lanes

Easier: 2 x 8 each.
Standard: 3 x 10 each.
Harder: 4 x 12-15 each.

Dosage

3-7x/week

Hip Airplane (Supported) (Balance/Hips)

Equipment: Wall support Why it matters: Hip control for knees and low back.

Setup: Hold wall; hinge on one leg.
How: Rotate hips open/closed slowly.
Coach cues: Stay long; breathe.
Common mistakes: Rushing; twisting knee.
Low-impact option: No rotation; just hinge hold.
More options: Less support or longer holds.

Follow the lanes

Easier: 2 x 3/side.
Standard: 3 x 4/side.
Harder: 3 x 5-6/side.

Dosage

1-3x/week

Toe Yoga (Foot control) (Prehab)

Equipment: None Why it matters: Foot strength for balance and comfort.

Setup: Barefoot if possible.
How: Lift big toe, then other toes; alternate.
Coach cues: Slow; no cramping.
Common mistakes: Forcing; rushing.
Low-impact option: Do seated.
More options: Add short foot 'arch lift'.

Follow the lanes

Easier: 2 min.
Standard: 3-4 min.
Harder: 5 min.

Dosage

Daily

Carries & Grip

Grip strength and loaded carries for posture and full-body resilience.

What you'll find in this section

- Grip strength
- Core without crunches
- Short, effective finishers

Exercises included

- Suitcase Carry (One Side)
- Farmer Carry (Two Hands)
- Bear Hug Carry (Sandbag)
- Front Rack Carry
- Overhead Carry (Caution)
- Plate Pinch Carry
- Dead Hang (Progressions)
- Towel Hold (Isometric)

Suitcase Carry (One Side) (Carry/Core)

Equipment: DB/KB Why it matters: Anti-lean core strength + grip.

Setup: Hold weight at side; stand tall.
How: Walk slow; do not tilt.
Coach cues: Ribs stacked; breathe.
Common mistakes: Leaning; short steps.
Low-impact option: Lighter load; shorter walk.
More options: Heavier load or longer walk.

Follow the lanes

Easier: 4 x 20 sec/side.
Standard: 4 x 30-40 sec/side.
Harder: 5 x 45-60 sec/side.

Dosage

1-3x/week

Farmer Carry (Two Hands) (Carry)

Equipment: DB/KB Why it matters: Grip + core + posture in one.

Setup: Hold weights; shoulders down.
How: Walk tall; short steps.
Coach cues: Breathe; do not shrug.
Common mistakes: Leaning; rushing.
Low-impact option: Lighter weights.
More options: Heavier weights or longer walks.

Follow the lanes

Easier: 4 x 20s.
Standard: 5 x 30-40s.
Harder: 6 x 45-60s.

Dosage

1-3x/week

Bear Hug Carry (Sandbag) (Carry)

Equipment: Sandbag Why it matters: Core + posture + full-body strength.

Setup: Hug bag tight; stand tall.
How: Walk steady; breathe.
Coach cues: Ribs down; short steps.
Common mistakes: Leaning back; rushing.
Low-impact option: Lighter bag; shorter walk.
More options: Heavier bag or longer walk.

Follow the lanes

Easier: 4 x 20s.
Standard: 5 x 30-40s.
Harder: 6 x 45-60s.

Dosage

1-3x/week

Front Rack Carry (Carry)

Equipment: KBs/DBs Why it matters: Core and upper back for posture.

Setup: Weights at shoulders; elbows down.
How: Walk tall; breathe.
Coach cues: Ribs stacked; no arch.
Common mistakes: Flaring ribs; shrugging.
Low-impact option: One weight only.
More options: Add time or load.

Follow the lanes

Easier: 4 x 15s.
Standard: 4 x 25-30s.
Harder: 5 x 40-60s.

Dosage

1-2x/week

Overhead Carry (Caution) (Carry)

Equipment: DB/KB Why it matters: Shoulder stability and core.

Setup: Press weight overhead; lock ribs.
How: Walk slow; control.
Coach cues: Breathe; shoulder down.
Common mistakes: Arching; pain.
Low-impact option: Do front rack carry instead.
More options: Add time only if pain-free.

Follow the lanes

Easier: 3 x 10-15s.
Standard: 4 x 20s.
Harder: 5 x 30s.

Dosage

0-2x/week

Plate Pinch Carry (Grip)

Equipment: Weight plates Why it matters: Grip and forearm strength.

Setup: Pinch plates; shoulders down.
How: Walk slow; keep posture.
Coach cues: Breathe; no shrug.
Common mistakes: Too heavy; dropping.
Low-impact option: Lighter plates.
More options: Add time or distance.

Follow the lanes

Easier: 4 x 15s.
Standard: 5 x 20-30s.
Harder: 6 x 40s.

Dosage

1-3x/week

Dead Hang (Progressions) (Grip/Shoulders)

Equipment: Pull-up bar Why it matters: Grip + shoulder health (if pain-free).

Setup: Grip bar; feet on floor if needed.
How: Hang or assisted hang; breathe.
Coach cues: Shoulders down; ribs stacked.
Common mistakes: Pain; shrugging.
Low-impact option: Assisted with feet.
More options: Add time or scap pulls.

Follow the lanes

Easier: 3 x 10s.
Standard: 4 x 15-20s.
Harder: 5 x 25-40s.

Dosage

0-3x/week

Towel Hold (Isometric) (Grip)

Equipment: Towel + weight Why it matters: Grip strength without fancy gear.

Setup: Wrap towel around DB handle.
How: Hold; breathe; posture tall.
Coach cues: Shoulders down.
Common mistakes: Holding breath; shrugging.
Low-impact option: Lighter weight.
More options: Add time or heavier weight.

Follow the lanes

Easier: 3 x 15s.
Standard: 4 x 25s.
Harder: 5 x 35-45s.

Dosage

1-3x/week

Power & Performance

Optional power work (keep it low volume and high quality).

What you'll find in this section

- Optional and scalable
- Low impact first
- Quality reps only

Exercises included

- Kettlebell Swing (Hip Hinge)
- Medicine Ball Chest Pass
- Rotational Med Ball Throw
- Low Box Jump (Optional)

Kettlebell Swing (Hip Hinge) (Power/Hinge)

Equipment: Kettlebell Why it matters: Explosive hips for athletic power.

Setup: KB in front; hinge; grip tight.
How: Snap hips; KB to chest; hinge back.
Coach cues: Arms relaxed; breathe.
Common mistakes: Squatting it; rounding.
Low-impact option: Deadlift instead.
More options: Heavier KB or longer sets if skilled.

Follow the lanes

Easier: 6 x 6.
Standard: 8 x 10.
Harder: 10 x 15.

Dosage

0-2x/week

Medicine Ball Chest Pass (Power)

Equipment: Med ball + wall Why it matters: Upper-body power with low joint stress.

Setup: Stand 3-6 ft from wall.
How: Pass hard; catch; repeat.
Coach cues: Brace; exhale.
Common mistakes: Arching; catching sloppy.
Low-impact option: Lighter ball.
More options: Add speed or extra reps.

Follow the lanes

Easier: 3 x 6.
Standard: 4 x 8.
Harder: 5 x 10.

Dosage

0-2x/week

Rotational Med Ball Throw (Power)

Equipment: Med ball + wall Why it matters: Core power and coordination.

Setup: Side to wall; hips loaded.
How: Rotate and throw; catch/retrieve.
Coach cues: Feet pivot; breathe.
Common mistakes: Twisting knee; too heavy.
Low-impact option: Lighter ball; slower.
More options: Add reps or speed if pain-free.

Follow the lanes

Easier: 3 x 4/side.
Standard: 4 x 6/side.
Harder: 5 x 8/side.

Dosage

0-2x/week

Low Box Jump (Optional) (Power)

Equipment: Low box/step Why it matters: Power and confidence (optional).

Setup: Choose low height; soft landing.
How: Jump up; step down.
Coach cues: Quiet landing; breathe.
Common mistakes: High box; hard landings.
Low-impact option: Step-ups instead.
More options: Add reps only if joints feel great.

Follow the lanes

Easier: 3 x 3.
Standard: 4 x 4-5.
Harder: 5 x 6.

Dosage

0-1x/week