STRONG AFTER 50

The 10-Minute Fitness Habit

28 days of movement, practical habits, and room to record what works.

JEFF EMBLEN | LEAN BY HABIT

Less but better. Start with a version you can repeat, leave a few good reps in reserve, and build from there.

Your guide to these pages

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Print the whole guide or just the pages you need. US Letter (8.5 × 11 in). Print at actual size; use “Fit” for A4. The PDF includes navigation bookmarks. Logs are designed for handwriting.

Adapted from the supplied Strong After 50 manuscript, Revision 3. The daily schedule and habit lessons are retained; page references are updated for this companion. Equipment and planning checklists organize the manuscript’s guidance for practical use.

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READ BEFORE DAY 1

Start here

Make the first session easy to begin

Clear your space, choose your exercise versions, and rehearse the equipment setup before starting the timer. Read the exercise instructions in the book alongside its illustrations. The quick reference here is a reminder for familiar movements.

Short card	Longer card
10 minutes once your setup is ready. Two minutes to warm up, six one-minute movement slots, two minutes to slow down.	About 25-40 minutes with two sets per exercise. Replace a short strength day with the matching longer card.
Within a strength slot: one set, then rest and change position. Learn: up to 20 seconds. Build or familiar Challenge: up to 30 seconds.	Start with one set per row, then build to two. Use the listed rest periods; take longer when needed.

Work at a level you can repeat

Choose Learn for a new movement, Build for a version you control, and Challenge only when the progression checks fit. Levels can differ between exercises. Leave at least 3-4 good reps while learning and about 2-3 with familiar work.

Keep at least one recovery day between strength sessions. If setup, warm-up, or rest takes longer, skip a middle slot or extend the session. Keep the easy finish. A recovery day may be a full rest day.

Exercise guidance

These pages offer general education. The routines are examples I designed. They haven’t been clinically tested as a program and can’t account for your medical history or replace individual advice about exercise, rehabilitation, or nutrition. Read the cues alongside the illustrations.

If you have new symptoms, a recent injury or surgery, repeated falls, or an unstable health condition, talk with your clinician before starting. Follow any instructions you’ve been given about activity, medication, food, or fluids. A qualified trainer can help with an unfamiliar lift or piece of equipment.

Stop exercising for sharp or worsening pain, new numbness, dizziness, or unusual breathlessness. Chest pressure, fainting during exercise, or severe, unexplained trouble breathing calls for emergency help. Call your local emergency number. After an injury, follow your care plan for returning to exercise.

Your starting appointment

Start date: _____ Usual training time: _____

After I _____, I will _____.

The book’s full exercise instructions and illustrations remain your main technique reference. Ask a qualified trainer to help with unfamiliar movements, anchors, benches, or stations.

Your 28-day overview

Write your dates in the spaces. Mark what you actually did, including planned rest. The day number is a place in the plan, not a reason to rush a progression.

Week 1 Build the habit	Week 2 Build strength	Week 3 Move with confidence	Week 4 Make it last
Day 01 ☐ Start + observe Date: _____	Day 08 ☐ Mobility Date: _____	Day 15 ☐ Mobility Date: _____	Day 22 ☐ Mobility Date: _____
Day 02 ☐ Strength A Date: _____	Day 09 ☐ Strength A Date: _____	Day 16 ☐ Strength A Date: _____	Day 23 ☐ Strength A Date: _____
Day 03 ☐ Mobility Date: _____	Day 10 ☐ Mobility Date: _____	Day 17 ☐ Mobility Date: _____	Day 24 ☐ Mobility Date: _____
Day 04 ☐ Walk Date: _____	Day 11 ☐ Walk Date: _____	Day 18 ☐ Walk Date: _____	Day 25 ☐ Walk Date: _____
Day 05 ☐ Strength B Date: _____	Day 12 ☐ Strength B Date: _____	Day 19 ☐ Strength B Date: _____	Day 26 ☐ Strength B Date: _____
Day 06 ☐ Balance Date: _____	Day 13 ☐ Balance Date: _____	Day 20 ☐ Balance Date: _____	Day 27 ☐ Balance Date: _____
Day 07 ☐ Recovery Date: _____	Day 14 ☐ Recovery Date: _____	Day 21 ☐ Recovery Date: _____	Day 28 ☐ Review + recover Date: _____

Strength A: Days 2, 9, 16, 23. Strength B: Days 5, 12, 19, 26.

Use the corresponding longer card in place of a short strength session when you want more time and are ready for it. Leave at least one recovery day between strength sessions.

Miss a day? Resume with one appropriate session. Avoid doubling the next workout to make up for it. Follow individual return guidance after illness or injury.

Your home gym checklist

You can begin with a chair, clear space, and a reliable way to row. Add equipment when a movement calls for it. Your living room does not need to become a sporting-goods warehouse.

	Starter setup	What it supports / what to check
☐	Firm chair without wheels	Chair rises and seated options. Place against a wall.
☐	Fixed counter or rail; clear wall	Balance and supported movements; wall push-ups and planks.
☐	Sound resistance band + approved anchor	Rows and suitable band work. Inspect for tears, thin spots, damaged handles, and slipping anchors. Follow the maker’s setup and stretch limits.
☐	Timer, pencil, this guide	Keep the start simple and record your actual setup.
☐	Clear, nonslip floor and walking route	Room to step and change position; remove loose rugs and trip hazards.

Add only if your chosen version needs it

	Optional item	Used for
☐	Mat	Floor plank, bridge, dead bug; check safe floor access.
☐	Dumbbells or kettlebell	Hinge, row, goblet squat, carry. Choose a load you can pick up and put down under control.
☐	Stable exercise step + fixed rail	Step-ups. Confirm rating and stable footing; no stacked objects.
☐	Stability ball	Leg curls. Check inflation, condition, and load rating.
☐	Suspension trainer + approved anchor	Rows and supported squats. Inspect straps, stitching, buckles, and installation.
☐	Rated adjustable bench	Incline and shoulder presses; learn safe setup and set-down.
☐	Fixed pull-up / dip station	Longer B options. Needs rated equipment, secure access, and room to step down.
☐	Fitted vest / load-secured pack / rated dip belt	Advanced options only. Follow pages 44-46 and get setup instruction.

No secure row anchor? Use a supported dumbbell row if you have an appropriate weight and stable support. Otherwise leave the pulling slot open today and arrange a safe setup before your next full strength session.

Choose your level and progress

Learn	Build	Challenge
More support, lighter resistance, or smaller comfortable range. Leave 3-4 good reps.	A familiar version with steady control. Leave about 2-3 good reps.	A small increase in a familiar movement after the checks below.

The short-card dose

One set in each of the six middle minutes. Learn: up to 20 seconds. Build and familiar Challenge: up to 30. Aim for 4-8 smooth reps or 2-4 per side, using fewer when needed. Rest and switch in the time left. These are time ceilings, not targets to race toward.

Movement	Short-card reminder
Plank (21)	10-20 seconds
Suitcase hold or carry (15)	8-12 seconds per side
Dead bug (16)	2-4 reps per side
One-legged squat (29)	1-3 reps per side if already rehearsed
Tandem balance (09)	Daily balance cards use 10-15 seconds per side
Ball leg curl (23)	3-6 familiar reps if used as an appropriate substitute

Use the same setup before comparing

Start at the low end of the rep range. Keep the setup, load, and sets the same. If all planned sets were smooth and you recovered well, try one more clean rep next time within the range.

When all sets reach the top of the range twice in a row, check three things. Could you do two or three more good reps? Did the exercise leave your joints comfortable? Were everyday activities back to normal before the next strength session?

If the answers are yes, try the smallest practical weight increase, one slightly harder band, or a small decrease in assistance. Start toward the bottom of the range again. Compare the same stance, grip, range, and rest. Keep more in reserve while learning.

If the equipment jumps too far, keep the old setup. When time and recovery allow, you can try one extra set in a longer session. Keep the load and rep target the same. Try one change at a time. Rest belongs in the workout.

If form slips, joint symptoms appear, or recovery runs into the following strength day, repeat an easier version or do fewer sets. Persistent or worsening symptoms deserve assessment.

Two sessions give you a practical rule for this book. They can’t certify readiness for a heavier lift. For the loaded upper-body options, use the separate prerequisites and get a qualified trainer to check your setup.

Breathe out through the effort and in on the return. Breathe normally during holds and carries. Stop a set for pain, loss of balance, or poor control.

Day 01 | Choose a starting point

Week 1 • Orientation • Learn

Move for 20-30 seconds in each one-minute slot, then pause or change position. Use shorter bouts if you prefer.

If you choose the chair-rise check, try up to five comfortable reps in that minute. Note the chair, number, and hand support. You'll repeat the same check on Day 28.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Optional chair rise or wall slide	01 / 11
3-4 min	Gentle wall slide	11
4-5 min	Shallow hip hinge without weight	07
5-6 min	Gentle seated rotation	08
6-7 min	Easy lateral steps	10
7-8 min	Relaxed walking	05
8-10 min	Slow down and breathe easily.	

A reason you can picture

If the trip you want includes a hill with a view, picture the top of that hill. Who's with you? What would you like to have enough breath to say when you get there? That's a reason you can take for a walk.

Yours might be smaller and closer to home. Getting off the floor after playing with a dog counts. So does carrying the laundry up without parking it halfway.

Finish this sentence in words you'd say to a friend. "I'd like to feel stronger when I ___." Keep it somewhere you can find on a morning when going back to bed makes an excellent case.

Reflect. What ordinary thing would I love to do more easily?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 02 | Your first strength session

Week 1 • Strength A • Learn or Build

One set per slot. Learn up to 20 seconds. Build or familiar Challenge up to 30. Aim for 4-8 reps or 2-4 per side. Use the hold times on page 5. Rest and switch in the time left. Take more rest by skipping a slot or extending the session.

Start with versions you rehearsed. For pushing, pick floor, knee, wall, or a fixed elevated surface, or use the band press. A wall plank stays standing.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Squat or chair rise	01
3-4 min	Regular push-up or band press	02 / 25
4-5 min	Band or suspension row	03 / 17
5-6 min	Unloaded or dumbbell hinge	07
6-7 min	Calf raise	04
7-8 min	Floor plank or wall variation	21
8-10 min	Slow down and breathe easily.	

Give the workout a cue

You probably have a reliable system for making coffee even when you're half asleep. Borrow the end of that system. As soon as the cup goes in the sink, walk over to your cleared space and start the warm-up.

Other good signals have an equally clear finish. The dog's leash goes back on its hook. The laptop lid closes. The evening news ends. Choose one you're actually around for.

Try it once, then notice what happens. If putting down your cup is also the signal for everyone in the house to need a ride, there's your answer. Give the workout a quieter cue.

Reflect. Which familiar action will cue the next session?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

Record sets, resistance, and next-morning response on the reusable log, page 47.

Day 03 | Move without adding strain

Week 1 • Mobility • Easy pace

In each one-minute slot, move easily for up to 20-30 seconds. Use the rest of the minute to pause and change position.

Try an easy seated march if you prefer. Use today to see how your legs and arms feel after yesterday's work.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Comfortable march	05
3-4 min	Gentle wall slide	11
4-5 min	Shallow hip hinge without weight	07
5-6 min	Gentle seated rotation	08
6-7 min	Easy lateral steps	10
7-8 min	Relaxed walking	05
8-10 min	Slow down and breathe easily.	

Remove one nuisance

You put the book down, went looking for the band, found your reading glasses, and used them to look for the book. It's possible to get quite a few steps this way.

What was the first thing that slowed you down today? Fix that one nuisance. A shelf for the band works. So does putting a bookmark at tomorrow's workout.

Pick a place for the band that everybody in the house can live with. Discovering it with a bare foot is a poor way to remember where it goes.

If you can fix it in a minute, do it before you close the book.

Reflect. What can I leave ready for the next session?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 04 | Build a walking rhythm

Week 1 • Walking • Comfortable pace

Walk continuously if it suits you. Use two minutes to ease in, six at a comfortable pace, and two to slow down. If you pause, you can count that time in the ten minutes.

Find a clear, level route. If walking isn't suitable, use a comfortable seated aerobic option or one recommended by your clinician.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Comfortable walking	Walk
3-4 min	Comfortable walking	Walk
4-5 min	Brisker walk if ready	Walk
5-6 min	Comfortable walking	Walk
6-7 min	Brisker walk if ready	Walk
7-8 min	Comfortable walking	Walk
8-10 min	Slow down and breathe easily.	

Count the walk

A walk around the block doesn't look terribly athletic in a training log. Put it in there anyway. In six months you'll want to know what you actually enjoyed enough to repeat.

Write down the minutes and whether you moved at an easy or moderate pace. A brisk section counts toward your moderate minutes if you can talk but would struggle to sing.

If the walk felt good, notice where you turned around. A familiar corner makes a handy route on the next busy day.

See whether the route fits after a workday lunch as well as it did today. If you can get outside before opening your inbox, all the better.

Reflect. When could I walk this route again?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 05 | Practice a second strength pattern

Week 1 • Strength B • Learn or Build

One set per slot. Learn up to 20 seconds. Build or familiar Challenge up to 30. Aim for 4-8 reps or 2-4 per side. Use the hold times on page 5. Rest and switch in the time left. Take more rest by skipping a slot or extending the session.

Use a rail for the split squat or choose a chair rise. For a mostly standing card, use the band press, band row, unloaded hinge, suitcase hold, and calf raise.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Split squat or chair rise	06 / 01
3-4 min	Regular push-up or band press	02 / 25
4-5 min	Band or supported dumbbell row	03 / 14
5-6 min	Glute bridge or unloaded hinge	12 / 07
6-7 min	Suitcase hold or dead bug	15 / 16
7-8 min	Supported calf raise	04
8-10 min	Slow down and breathe easily.	

Leave yourself a useful note

Suppose you come back to this page next week and find the words “good workout.” Wonderful. Now, which band was it?

Try “Blue band, lower-rib row, 1 × 6, three good reps left.” Include the brand and where you stood if you want that line to mean anything next week.

Note a discomfort just as specifically. Where did you feel it, and on which part of the movement? That gives you or a trainer something to work with.

Leave the one line you’d most like to find next time. You have other uses for an afternoon than maintaining a private archive of calf raises.

Reflect. Which version and resistance will I use again?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

Record sets, resistance, and next-morning response on the reusable log, page 47.

Day 06 | Balance with room to learn

Week 1 • Balance and movement • Easy pace

Hold each tandem stance for 10-15 seconds. For the moving slots, use 20-30 easy seconds. Rest and change positions within the minute.

Use a fixed rail or counter and keep your eyes open. Alternate the lead leg on step-ups, or choose an easy chair rise.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Tandem stance, left foot in front	09
3-4 min	Tandem stance, right foot in front	09
4-5 min	Lateral steps	10
5-6 min	Supported calf raise	04
6-7 min	Step-up or chair rise	22 / 01
7-8 min	Easy march	05
8-10 min	Slow down and breathe easily.	

Make the finish pleasant

Think about the first pleasant minute after a workout. Maybe you take your coffee out to the porch while it’s still hot. People with families may need to read that last part twice.

Put something you genuinely like there. A favorite song, a few quiet stretches, or a moment to watch the dog investigate the yard will do.

Let that minute belong to you. A finish you enjoy gives you a reason to take the first step the next time.

Try the same finish a few times. See whether you start looking forward to it on the way into the session.

Reflect. What would I enjoy in the minute after I finish?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 07 | Review the first week

Week 1 • Recovery • Easy movement or rest

A full rest day is an option. For easy movement, use the card for up to ten minutes. Move or hold briefly and leave the rest of each minute to pause.

Look at your two strength days and note what the work felt like the next morning.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Easy walk or seated march	05
3-4 min	Gentle shoulder movement	11
4-5 min	Comfortable walking	05
5-6 min	Gentle ankle movement	04
6-7 min	Gentle seated rotation if suitable	08
7-8 min	Comfortable walking	05
8-10 min	Slow down and breathe easily.	

Review the week without grading yourself

Scan the week for the day you started with the least fuss. What was different? Perhaps the equipment was out, the house was quiet, or you walked straight from the lunch table to the door.

Now find one repeat nuisance. If the early meeting swallowed your workout twice, booking the same time again is a fairly optimistic reading of the minutes.

Keep the useful part from that day with the least fuss. Move the one appointment that was hardest to keep.

Give that change a week. Next Sunday you'll have something specific to check.

Reflect. What will I keep next week, and what one thing will I change?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 08 | Prepare before you progress

Week 2 • Mobility • Easy pace

Move for up to 20-30 easy seconds per minute. Use the time left to rest, move between spots, or set up the next drill.

Try one or two unloaded rehearsal reps for tomorrow. Handle the actual equipment check off the clock.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Comfortable march	05
3-4 min	Gentle wall slide	11
4-5 min	Shallow hip hinge without weight	07
5-6 min	Gentle seated rotation	08
6-7 min	Easy lateral steps	10
7-8 min	Relaxed walking	05
8-10 min	Slow down and breathe easily.	

Prepare for tomorrow

Tomorrow’s strength session begins a little earlier than it says on the calendar. Today, turn to the page and decide which version of the first exercise you’ll do.

Find the band you want. Check your anchor or bench. If the setup instructions leave you squinting at a diagram like it came with flat-pack furniture, get someone qualified to show you.

Write the easier option beside the lift. If you need it halfway through, your hands will already be full.

Put the equipment where you can reach it and mark your page. That’s tomorrow’s first minute taken care of.

Reflect. What decision can I make today while my hands are free?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 09 | Strength with something left

Week 2 • Strength A • Repeat your level

One set per slot. Learn up to 20 seconds. Build or familiar Challenge up to 30. Aim for 4-8 reps or 2-4 per side. Use the hold times on page 5. Rest and switch in the time left. Take more rest by skipping a slot or extending the session.

Start with your last A setup. If all its reps were smooth and you recovered well, add a rep within the range for one lift. See page 5 for when to add resistance.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Squat or chair rise	01
3-4 min	Regular push-up or band press	02 / 25
4-5 min	Band or suspension row	03 / 17
5-6 min	Unloaded or dumbbell hinge	07
6-7 min	Calf raise	04
7-8 min	Floor plank or wall variation	21
8-10 min	Slow down and breathe easily.	

Learn what enough feels like

Pay attention to the last row in a set. If your elbow moves back the same way it did the first time and you're still breathing steadily, notice that feeling.

Now imagine another one. Could you do it that smoothly? Two more? You can put the band down without finding out exactly where the wheels come off.

Beside your effort score write a couple of words. "Six, steady, three left" tells you what six felt like on this particular day.

If yesterday's load made you rush the last rep, start the next set lighter. Give yourself a chance to finish as well as you start.

Reflect. What did my last good repetition feel like?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

Record sets, resistance, and next-morning response on the reusable log, page 47.

Day 10 | A little more useful movement

Week 2 • Mobility • Easy pace

Use up to 20-30 seconds per slot. Pause and change your position in the rest of the minute.

Keep your reaches and turns comfortable. Notice what changes when you use less range.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Comfortable march	05
3-4 min	Gentle wall slide	11
4-5 min	Shallow hip hinge without weight	07
5-6 min	Gentle seated rotation	08
6-7 min	Easy lateral steps	10
7-8 min	Relaxed walking	05
8-10 min	Slow down and breathe easily.	

Do one thing better

Give one movement your full attention today. On the wall slide, notice the height where your shoulders start coming up toward your ears. End the next slide just below it. How does that feel?

On a seated turn, feel whether both feet can stay settled. The person behind you can wait while you turn the chair.

Keep the change that makes the movement smoother. Adding another exercise can wait.

Put a little star beside the cue you want to remember. A pencil is a remarkably inexpensive piece of fitness technology.

Reflect. Which cue helped me move more comfortably?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 11 | Walk with a purpose

Week 2 • Walking • Comfortable to moderate pace

Ease in for two minutes. In each of the two brisk slots, walk at a pace where you can talk. Use a comfortable pace for the other slots and the easy finish.

Use a comfortable pace the whole way if that’s what suits you today. The card already includes the easier minutes.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Comfortable walking	Walk
3-4 min	Comfortable walking	Walk
4-5 min	Brisker walk if ready	Walk
5-6 min	Comfortable walking	Walk
6-7 min	Brisker walk if ready	Walk
7-8 min	Comfortable walking	Walk
8-10 min	Slow down and breathe easily.	

Find room for a walk

Look for the part of your day when you’re already on your feet. After lunch, could you take your plate to the sink and keep walking for five minutes?

Pick an out-and-back route that gives you time to eat and get back. Down the hall and home again can be the whole route when the weather has opinions.

Set a turnaround point about halfway through the time you have. A walk that eats the whole lunch hour may be hard to repeat.

If it fits, put the same short walk on another day. A walk that leaves room for the rest of lunch has a decent chance of happening again.

Reflect. Where can I fit a walk without borrowing time from something I need?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 12 | Repeat before adding weight

Week 2 • Strength B • Learn or Build

One set per slot. Learn up to 20 seconds. Build or familiar Challenge up to 30. Aim for 4-8 reps or 2-4 per side. Use the hold times on page 5. Rest and switch in the time left. Take more rest by skipping a slot or extending the session.

Repeat last week's setup. Count both sides before finishing a split-squat, one-arm row, or hold. If side changes take longer, use a second slot and drop the next exercise.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Split squat or chair rise	06 / 01
3-4 min	Regular push-up or band press	02 / 25
4-5 min	Band or supported dumbbell row	03 / 14
5-6 min	Glute bridge or unloaded hinge	12 / 07
6-7 min	Suitcase hold or dead bug	15 / 16
7-8 min	Supported calf raise	04
8-10 min	Slow down and breathe easily.	

Make one meal dependable

Which meal is most easily erased by a busy day? For a lot of us lunch disappears one meeting at a time. Then it's four o'clock and the vending machine looks like a trusted adviser.

Decide what lunch could be on that day. Leftovers with beans, yogurt and fruit alongside a sandwich, or something you like from the corner shop can all work. Include a source of protein and enough food to see you through.

Look at the actual bag you carry. Will it fit the lunch? Did the one reusable container with a lid leave with somebody else?

Set up that meal for the next busy day. Having a lunch you like is a much easier habit to repeat than promising yourself you'll "eat better."

Reflect. What's my dependable meal, and what do I need for it?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

Record sets, resistance, and next-morning response on the reusable log, page 47.

Day 13 | Stand and step with control

Week 2 • Balance and movement • Easy pace

Hold each tandem stance for 10-15 seconds. Move for 20-30 seconds during the other slots. Rest and change positions in the rest of the minute.

Keep support within reach. If you're steady, try easing your grip a little. Save resistance for strength days.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Tandem stance, left foot in front	09
3-4 min	Tandem stance, right foot in front	09
4-5 min	Lateral steps	10
5-6 min	Supported calf raise	04
6-7 min	Step-up or chair rise	22 / 01
7-8 min	Easy march	05
8-10 min	Slow down and breathe easily.	

Ask for the help you need

Someone at home may be happy to help and have no idea what you need. "I'm going to train for ten minutes after coffee. Could you take the dog out then?" gives them a job they can understand.

Sometimes all you want is company. Invite someone to walk one loop after lunch. Agree on a route and pace where you can enjoy the conversation.

At the gym, ask for a five-minute demonstration of one setup, including how to get off it. Try doing the setup yourself while the trainer is nearby.

Think of one person who could make the next workout easier. Tell them exactly what would help.

Reflect. Who could help, and what will I ask for?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 14 | Check the pattern

Week 2 • Recovery • Easy movement or rest

Rest today, or use the card for gentle movement. Limit each drill to about 20-30 seconds and use the rest of the minute for pauses and changes.

If both strength sessions left you tired for days, plan an easier one next time. Ask for individual advice if fatigue persists or worsens.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Easy walk or seated march	05
3-4 min	Gentle shoulder movement	11
4-5 min	Comfortable walking	05
5-6 min	Gentle ankle movement	04
6-7 min	Gentle seated rotation if suitable	08
7-8 min	Comfortable walking	05
8-10 min	Slow down and breathe easily.	

Fix the repeating problem

One disrupted Tuesday is a Tuesday. Two weeks of missed mornings may be telling you something about that 6 a.m. appointment.

Find the part where the plan keeps breaking. Is the room already in use at that time? Are you relying on a bench that’s always occupied?

Look for the repeat success too. Did you start more easily once you kept your shoes downstairs? Did your legs feel fine the day after the lighter session?

Choose one experiment for the next week and decide what you’ll count. Two starts out of two is an answer you can use.

Reflect. What keeps happening, and what will I try about it?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 15 | Prepare for a stronger week

Week 3 • Mobility • Easy pace

Move for up to 20-30 easy seconds each minute. Use the rest for pauses and changes.

Rehearse a new choice off the clock. For a one-legged squat, check the high box and rail. Practice unfamiliar assisted machines with a trainer before using a longer card.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Comfortable march	05
3-4 min	Gentle wall slide	11
4-5 min	Shallow hip hinge without weight	07
5-6 min	Gentle seated rotation	08
6-7 min	Easy lateral steps	10
7-8 min	Relaxed walking	05
8-10 min	Slow down and breathe easily.	

Check your reason

Read the reason you wrote on Day 1. Now that you've tried a few sessions, would you say it the same way?

"More energy" may have become "I want enough left for a walk with my spouse after dinner." Or you may have discovered that ten minutes with nobody asking you for anything has considerable appeal of its own.

Connect that reason to one thing on this week's calendar. A walk after dinner fits the first example. A quiet stretch of time before the house wakes might suit the second.

Link the reason to one activity you already intend to do this week. Give yourself an occasion to notice it.

Reflect. What do I want these ten minutes to give me this week?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 16 | Choose one progression

Week 3 • Strength A • Build if ready

One set per slot. Learn up to 20 seconds. Build or familiar Challenge up to 30. Aim for 4-8 reps or 2-4 per side. Use the hold times on page 5. Rest and switch in the time left. Take more rest by skipping a slot or extending the session.

If you've qualified under page 5, try one progression. For supported one-legged squats, allow time for 1-3 per side or keep your usual squat.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Squat or one-legged squat	01 / 29
3-4 min	Regular push-up or band press	02 / 25
4-5 min	Band or suspension row	03 / 17
5-6 min	Unloaded or dumbbell hinge	07
6-7 min	Calf raise	04
7-8 min	Floor plank or wall variation	21
8-10 min	Slow down and breathe easily.	

When to add a little more

Look at your log. Did every set reach the top of the range at the same setup, twice in a row? Could you do a few more and did you feel recovered? Those details matter more than the date at the top of the page.

Pick a small change if you've met the rule on page 5. If there's room in the range, try a rep. If you're already at the top, try a small resistance change and come back toward the bottom of the range.

Write down what you changed. Tomorrow, note how it felt to go down the stairs or get up from your chair.

If the old version felt better, go back to it. Give the experiment one session and a next-morning check.

Reflect. What one change is worth trying, and what will I check tomorrow?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

Record sets, resistance, and next-morning response on the reusable log, page 47.

Day 17 | Keep the warm-up

Week 3 • Mobility • Easy pace

Use up to 20-30 easy seconds in each minute. Rest or move to the next position in the time left.

Let the first two minutes tell you whether you want more warm-up. Drop a middle slot to keep your ten-minute finish.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Comfortable march	05
3-4 min	Gentle wall slide	11
4-5 min	Shallow hip hinge without weight	07
5-6 min	Gentle seated rotation	08
6-7 min	Easy lateral steps	10
7-8 min	Relaxed walking	05
8-10 min	Slow down and breathe easily.	

What your warm-up tells you

The clock says it’s time for the next exercise. Your shoulders appear to be running a few minutes behind.

Take the time. If you need five minutes of gentle movement to feel ready today, use five. Let the work block get shorter, or let the whole session run longer.

Yesterday’s harder version may feel fine, or you may find you prefer a smaller range today. Notice that before reaching for the weight.

For your next session, write down the one warm-up move that gave you the clearest sense of how you felt.

Reflect. What did I learn while warming up?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 18 | Walk wherever life takes you

Week 3 • Walking • Comfortable to moderate pace

Use two easy minutes, six minutes of walking at the pace shown, and two to ease down. Keep the brisk slots conversational, or use an easy pace throughout.

In a new place, choose a clear indoor route or an outdoor route with stable footing and room to turn.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Comfortable walking	Walk
3-4 min	Comfortable walking	Walk
4-5 min	Brisker walk if ready	Walk
5-6 min	Comfortable walking	Walk
6-7 min	Brisker walk if ready	Walk
7-8 min	Comfortable walking	Walk
8-10 min	Slow down and breathe easily.	

Take a plan on the trip

One useful idea from Fit to Travel is to make a small plan before you leave home. Standing in a hotel room at nine at night is an unfortunate time to discover your only plan involved a rowing machine.

Choose a likely training time and a backup. Pack a band you know how to use. Keep an easy walk or a few familiar bodyweight movements in mind if the gym is closed.

Check the space when you arrive. If your row needs a secure anchor, make sure the room has one approved for your band. If you find a proper setup, test it lightly before you pull.

Put the backup in your travel notes. “Ten-minute walk after breakfast if the gym is closed” is enough detail to be useful half asleep.

Reflect. When and where could I move on my next trip?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 19 | Train the purpose

Week 3 • Strength B • Build if ready

One set per slot. Learn up to 20 seconds. Build or familiar Challenge up to 30. Aim for 4-8 reps or 2-4 per side. Use the hold times on page 5. Rest and switch in the time left. Take more rest by skipping a slot or extending the session.

Keep the push-up or press that suits you. Give an incline dumbbell press the setup and rest on longer A, page 34. For a longer B day use page 35.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Split squat or chair rise	06 / 01
3-4 min	Push-up or standing band press	02 / 25
4-5 min	Band or supported dumbbell row	03 / 14
5-6 min	Glute bridge or unloaded hinge	12 / 07
6-7 min	Suitcase hold or dead bug	15 / 16
7-8 min	Supported calf raise	04
8-10 min	Slow down and breathe easily.	

Choose the swap deliberately

Suppose the push-up bothers your wrists today. You still want to train the pushing muscles. The standing band press gives them a job with a different grip and no trip to the floor.

If a familiar incline dumbbell press feels comfortable and the bench is free, that can fill the same spot. Set up calmly, and give yourself the time the lift needs.

Write down what job you kept. Your grip or setup may change while you still get the pushing work you wanted.

Make a note that tells you whether to use the swap again. “Band press, light band, wrists comfortable” is plenty.

Reflect. Which swap did I make, and how did it feel?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

Record sets, resistance, and next-morning response on the reusable log, page 47.

Day 20 | Stay steady as you step

Week 3 • Balance and movement • Easy pace

Hold each tandem stance for 10-15 seconds. Move for 20-30 seconds during the other slots and use the rest to reset or switch sides.

Use a step you can descend slowly. Supported weight shifts are an option when you want to stay at floor level.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Tandem stance, left foot in front	09
3-4 min	Tandem stance, right foot in front	09
4-5 min	Lateral steps	10
5-6 min	Supported calf raise	04
6-7 min	Step-up or chair rise	22 / 01
7-8 min	Easy march	05
8-10 min	Slow down and breathe easily.	

Look two days ahead

You've got a balance session today and the rest of a weekend to live. Keep the support handy and finish feeling steady on your feet.

Then glance two days ahead. A long drive? A medical appointment? The meeting marked "quick catch-up" with sixteen people invited?

Move the training appointment while there's somewhere to put it. A lighter day can stay light without you filling the empty space.

Circle the one thing that might get in the way. What could you move while there's still time?

Reflect. What can I arrange now for the next two days?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 21 | Review effort and recovery

Week 3 • Recovery • Easy movement or rest

A full rest day fits the plan. Or move easily for up to ten minutes, with shorter bouts and pauses during the six middle slots.

Check how the strength days felt afterward. Write down which amount of work you'd choose again.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Easy walk or seated march	05
3-4 min	Gentle shoulder movement	11
4-5 min	Comfortable walking	05
5-6 min	Gentle ankle movement	04
6-7 min	Gentle seated rotation if suitable	08
7-8 min	Comfortable walking	05
8-10 min	Slow down and breathe easily.	

Let recovery do its job

A rest day can feel suspicious when you've finally got a little momentum. It helps to give the day its job. You're finding out whether this week's amount of work agrees with you.

Think back to the morning after each strength session. Could you do the things you normally do? Did the muscle soreness ease? Did one joint keep complaining?

If ordinary tasks were harder for two days after both sessions, give next week one fewer set or use an easier version. Decide which change you'll try first.

Write one sentence about how you recovered. It's much easier to trust a quiet day when you know what it told you.

Reflect. What did this week's recovery tell me about the amount of work?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 22 | Rehearse your lasting routine

Week 4 • Mobility • Easy pace

Move easily for up to 20-30 seconds in each middle slot. Use the remaining seconds for rest and moves between stations.

Pick one comfortable drill you could use as part of next month's warm-up.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Comfortable march	05
3-4 min	Gentle wall slide	11
4-5 min	Shallow hip hinge without weight	07
5-6 min	Gentle seated rotation	08
6-7 min	Easy lateral steps	10
7-8 min	Relaxed walking	05
8-10 min	Slow down and breathe easily.	

Keep the parts that work

By now you may know exactly where to put your feet for a squat. That's a lovely reason to keep doing it. You can finally give some attention to the squat itself.

Which cue got you started on an average day? Which movements felt good enough to look forward to? Look for something you'd happily repeat when there's no numbered page telling you to.

Save those pieces as a short list for next month. If one lift is starting to feel easy, keep its familiar setup in your notes before you change it.

Mark the one exercise you'd miss if it disappeared. Enjoying something is a perfectly respectable reason to keep it in the plan.

Reflect. What do I already know I want to keep?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 23 | Make strength repeatable

Week 4 • Strength A • Build or Challenge if ready

One set per slot. Learn up to 20 seconds. Build or familiar Challenge up to 30. Aim for 4-8 reps or 2-4 per side. Use the hold times on page 5. Rest and switch in the time left. Take more rest by skipping a slot or extending the session.

Stay with a version you can repeat. If you know the lifts and want more time for them, longer Session A on page 34 replaces today's short card.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Squat or one-legged squat	01 / 29
3-4 min	Regular push-up or band press	02 / 25
4-5 min	Band or suspension row	03 / 17
5-6 min	Unloaded or dumbbell hinge	07
6-7 min	Calf raise	04
7-8 min	Floor plank or wall variation	21
8-10 min	Slow down and breathe easily.	

Decide your busy-day minimum

Pick a minimum you could do on a healthy day when the dog needs the vet, an appliance needs a repair, and neither has consulted your calendar.

It could be a minute of easy marching followed by a few chair rises. Pick the actual movement now. A busy day is a terrible time to hold auditions.

Use the busy-day version when you feel well and short on time. Put your next full strength session back on the calendar before moving on.

Keep the backup simple enough to remember while you're on hold with the vet.

Reflect. What's my busy-day minimum, and when is my next full session?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

Record sets, resistance, and next-morning response on the reusable log, page 47.

Day 24 | Practice the return

Week 4 • Mobility • Easy pace

Use up to 20-30 easy seconds per drill. Leave the rest of each minute for pauses and transitions.

If you missed a day, resume with one appropriate session. If you've been ill or injured, follow your return guidance.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Comfortable march	05
3-4 min	Gentle wall slide	11
4-5 min	Shallow hip hinge without weight	07
5-6 min	Gentle seated rotation	08
6-7 min	Easy lateral steps	10
7-8 min	Relaxed walking	05
8-10 min	Slow down and breathe easily.	

Come back without the punishment

Never Miss Twice is my reminder to look for the next sensible opening. A missed session can be disappointing without requiring a speech in the bathroom mirror.

Maybe you put it off. Maybe somebody needed you. If you're well, choose the next session you can manage and do that one. Leave yesterday's repetitions on yesterday's page.

If you were ill or injured, follow your return guidance. The next sensible opening may be after you've recovered or spoken to your clinician.

Pick one of the moves that feels familiar today and set it up. Make returning an actual appointment while the intention is fresh.

Reflect. What's the next session that makes sense for me?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 25 | Walk beyond the program

Week 4 • Walking • Comfortable to moderate pace

Walk continuously if you're comfortable. Take two minutes to start, six for the main walk, and two to ease down. Use the quicker slots if they suit you.

Use today's route to plan a walk next week. A second short walk later is an option if you're used to it.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Comfortable walking	Walk
3-4 min	Comfortable walking	Walk
4-5 min	Brisker walk if ready	Walk
5-6 min	Comfortable walking	Walk
6-7 min	Brisker walk if ready	Walk
7-8 min	Comfortable walking	Walk
8-10 min	Slow down and breathe easily.	

Help tomorrow before bedtime

For tomorrow morning's workout, look at tonight. Which little job usually has you standing in the kitchen fifteen minutes after you meant to go to bed?

Pack your lunch, put the band out, or find the shirt you want now. Choose one job and give bedtime the benefit.

If training early routinely means skimping on sleep, try a later appointment. The best thing you can do for that morning workout may be to schedule it for lunch.

Do the small job before you start looking for your reading glasses. At that point, you may have to decide whether you're getting ready for tomorrow or running a search operation.

Reflect. What can I finish this evening that will help me rest or train tomorrow?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 26 | Finish the final strength session

Week 4 • Strength B • Choose a level you can repeat

One set per slot. Learn up to 20 seconds. Build or familiar Challenge up to 30. Aim for 4-8 reps or 2-4 per side. Use the hold times on page 5. Rest and switch in the time left. Take more rest by skipping a slot or extending the session.

Use the familiar B setup. If you're ready for a longer session, replace this card with B on page 35. Pull-ups and dips use the longer rests listed there.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Split squat or chair rise	06 / 01
3-4 min	Regular push-up or band press	02 / 25
4-5 min	Band or supported dumbbell row	03 / 14
5-6 min	Glute bridge or unloaded hinge	12 / 07
6-7 min	Suitcase hold or dead bug	15 / 16
7-8 min	Supported calf raise	04
8-10 min	Slow down and breathe easily.	

Find the right training company

A good walking partner lets you finish a story. A good lifting partner lets you finish a set when you've had enough. Both are worth inviting back.

Agree on what you want from the time together. A Tuesday gym appointment, a walk to the coffee shop, or a quick text afterward can be enough. Your partner can use a different weight and still be excellent company.

If someone pushes the pace past what feels comfortable, say, "I'll meet you at the end of this set. I'm taking another minute." A useful partner will give you the minute.

Prefer training alone? A date and an honest line in the log do the job. Use the kind of company, or quiet, that makes you want to return.

Reflect. What kind of company helps me train well?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

Record sets, resistance, and next-morning response on the reusable log, page 47.

Day 27 | Keep your balance practice

Week 4 • Balance and movement • Easy pace

Hold the tandem stances for 10-15 seconds. Take 20-30 easy seconds for the moving slots, then reset or switch. Keep the rail within reach.

Use today’s steady version when you book another balance practice. Leave the weights for strength days.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Tandem stance, left foot in front	09
3-4 min	Tandem stance, right foot in front	09
4-5 min	Lateral steps	10
5-6 min	Supported calf raise	04
6-7 min	Step-up or chair rise	22 / 01
7-8 min	Easy march	05
8-10 min	Slow down and breathe easily.	

Give next week a place

Open next week’s calendar while this week is still fresh. Put two strength sessions on days that leave at least one recovery day between them.

Give each a time and a place. Circle a backup opening in case one disappears. Check that you’ll have the band, bench, or other equipment your version needs.

Put a walk and a brief balance practice on quieter days. A route you already know takes some of the planning out of Monday.

Write down the same two strength slots for the following week if they look promising. Give yourself time to see whether they’re easy to keep.

Reflect. When are my next two strength sessions and my backup opening?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Day 28 | Take stock and continue

Week 4 • Recovery and observations • Easy movement or rest

Rest or move gently, with a brief bout in each middle slot. If you choose to repeat your Day 1 chair rise, place it in the minute shown.

Use the same chair, hand support, and rep count. Stop well before fatigue. If you feel unwell, use your notes instead. The next plan starts on page 51.

Time	Movement	Guide
0-2 min	Warm up with easy movement.	05
2-3 min	Optional chair rise or wall slide	01 / 11
3-4 min	Gentle shoulder movement	11
4-5 min	Comfortable walking	05
5-6 min	Gentle ankle movement	04
6-7 min	Gentle seated rotation if suitable	08
7-8 min	Comfortable walking	05
8-10 min	Slow down and breathe easily.	

Notice what changed

Compare your Day 1 note with today’s observation in the same setup. Five chair rises can tell quite a story without turning into a race.

Look for changes you might have missed. Did you rise more smoothly? Start more readily? Find a push your shoulder likes? Come back sooner after a missed day?

If you hoped for more, your notes can still help. Maybe the timing needs another try or a trainer could help with one lift. A symptom that persists deserves a clinician’s attention.

Circle one thing you’ll carry forward. Head to page 51 and give it a date.

Reflect. What got easier, and what will I carry into next month?

Date: _____ Actual action / minutes: _____

Effort (0-10): ____ Next cue: _____

One detail to remember: _____

Longer Strength Card A

About 25-40 minutes for two sets per exercise

Set out a chair, a secure row setup, and the gear for your chosen push. At the gym, check the bench and weights before you start.

Warm up 6-8 minutes with easy movement and light practice reps. Do loaded push-ups first. See page 44.

Start with 1 set per row and build to 2. Do both sides before resting. Leave 2-3 good reps. Take longer rests if needed.

Choose one per row	Per set	Rest
Push-up (02) or incline press (26). Standing press (25) works too.	6-10 reps. Loaded push-up 5-8.	60-120 sec. Loaded 2-3 min.
Squat (01), goblet squat (19), or supported one-legged squat (29).	6-10 reps. Single leg 5-8 per side.	60-120 sec
Band row (03), dumbbell row (14), or suspension row (17).	6-10 reps. Dumbbell 5-8 per side.	60-120 sec
Dumbbell hip hinge (07) or bridge (12).	6-10 reps	60-120 sec
Floor or wall plank (21).	15-30 sec	60-90 sec

A two-set session can take about 32 minutes. Allow 7 to warm up, 7 for lifting, 11 for rest, 5 for equipment changes, and 2 to cool down.

Replace a short strength day. Leave a recovery day before the next one. Log your work on page 47.

Finish with about two minutes of easy movement. Rest longer if needed. Complete one exercise’s planned sets before moving to the next. For one-sided work, finish both sides before the listed rest.

For demanding push-ups, pull-ups, or dips, allow 2-3 minutes or more between sets. If using a loaded upper-body option, follow its full instructions on pages 44-46. Longer B uses at most one loaded upper-body movement.

My choices today

Date: _____ Planned sets per exercise: ____ Time available: _____

Use the log on page 47 to record each set and how you feel the next morning.

Longer Strength Card B

About 25-40 minutes for two sets per exercise

Use a fixed rail, secure step, and gear for your push, pull, and hip work. At home, try a chair, sound band setup, and open floor.

Warm up 6-8 minutes with easy movement and light practice reps. Do one loaded upper-body move at most, and do it first. See pages 45 and 46.

Start with 1 set per row and build to 2. Do both sides before resting. Leave 2-3 good reps. Take longer rests if needed.

Choose one per row	Per set	Rest
Pull-up (27) or row (03, 14, 17). For a one-arm row, do 5-8 each side.	4-8 assisted. 3-6 bodyweight. 3-5 loaded. Other row 6-10.	Pull-up 2-3 min. Row 60-120 sec.
Dip (28) or familiar push-up (02) or band press (25).	4-8 assisted. 3-6 bodyweight. 3-5 loaded. Other push 6-10.	Dip 2-3 min. Other push 60-120 sec.
Step-up (22), split squat (06), or chair rise (01).	5-8 per side. Chair rise 6-10.	60-120 sec
Ball leg curl (23), bridge (12), or hinge (07).	Curl 5-8. Others 6-10.	60-120 sec
Suitcase hold or carry (15).	15-25 sec per side	60-90 sec

A two-set session can take about 35 minutes. Allow 8 to warm up, 7 for lifting, 13 for rest, 5 for equipment changes, and 2 to cool down.

Replace a short strength day. Leave a recovery day before the next one. Log your work on page 47.

Finish with about two minutes of easy movement. Rest longer if needed. Complete one exercise’s planned sets before moving to the next. For one-sided work, finish both sides before the listed rest.

For demanding push-ups, pull-ups, or dips, allow 2-3 minutes or more between sets. If using a loaded upper-body option, follow its full instructions on pages 44-46. Longer B uses at most one loaded upper-body movement.

My choices today

Date: _____ Planned sets per exercise: ___ Time available: _____

Use the log on page 47 to record each set and how you feel the next morning.

Exercise quick reference 01-04

Numbers match the “Guide” column on each daily card. Use these reminders with the book’s full exercise descriptions and original illustrations. The daily card or longer card sets the dose; short-card hold times are on page 5.

01 Squat and chair rise

How to move. Set a firm chair against a wall. Start just in front, feet comfortably apart. Bend at the hips and knees and lower toward the seat. Keep the whole foot down. Breathe out as you stand.

Learn. Use a higher chair. Sit fully and use your hands as needed.

Watch for. Stop if you drop onto the chair, lose your footing, or feel knee or hip pain. Try supported suspension squats (18).

02 Regular push-up

How to move. Set your hands just wider than your shoulders. From palms and toes, make a line from head to heels and look down. Bend your elbows back at a comfortable angle. Breathe out as you push your chest and hips up together.

Learn. Use a wall, a fixed raised surface, or your knees on a mat. Keep a straight line from head to knees in the last version.

Watch for. Stop for sagging hips, elbows flaring wide, or wrist or shoulder pain. Try a standing press (25).

03 Resistance band row

How to move. Use an intact band and an approved anchor around lower-chest height. Stand with soft knees and light starting tension. Breathe out as you draw your hands to your lower ribs. Return slowly.

Learn. Use a lighter band or start closer to the anchor. Seated, use a firm chair with the anchor adjusted to your lower-chest height.

Watch for. Stop for slipping gear, jerking, or shoulder pain. Try a supported dumbbell row (14) if the anchor is unavailable.

04 Standing calf raise

How to move. Use a fixed counter or rail and level ground. With feet comfortably apart, rise on the balls of both feet. Pause, then lower your heels in control.

Learn. Hold the support with both hands, or sit on a firm chair and raise both heels.

Watch for. Stop for bouncing, ankle or calf pain, or feet rolling outward. Try the seated version if standing feels unsteady.

Exercise quick reference 05-08

Numbers match the “Guide” column on each daily card. Use these reminders with the book’s full exercise descriptions and original illustrations. The daily card or longer card sets the dose; short-card hold times are on page 5.

05 Brisk march

How to move. Clear a space. Lift one knee a comfortable distance and let the opposite arm swing. Alternate sides and land quietly. Small steps are fine for warming up.

Learn. March seated in a firm chair or stand with one hand on a fixed counter.

Watch for. Ease off if you’re stomping, leaning back, or struggling to speak. Stop for dizziness or unusual breathlessness. Walking is another option.

06 Split squat

How to move. Stand next to a fixed rail with your feet staggered, as if on two tracks. Keep your front foot flat and back heel lifted. Bend both knees to lower. Breathe out as you push through the front foot to rise.

Learn. Hold the rail and lower a little. A chair rise (01) is another option.

Watch for. Stop if the front heel lifts, your knee buckles, or the movement hurts. Reset your feet before switching sides.

07 Dumbbell hip hinge

How to move. Hold dumbbells close to your thighs with soft knees. Send your hips back as if shutting a drawer. Let your torso tip while your back keeps its natural shape. Breathe out as you stand tall.

Learn. Leave the weights down. Put your hands on your hips, or use a fixed support with one hand.

Watch for. Stop if the weights swing, your back rounds or aches, or you lean back at the top. Try a bridge (12) if floor access suits you.

08 Seated trunk rotation

How to move. Sit tall on a firm chair with feet flat. Fold your arms comfortably across your chest. Keep your hips forward. Turn your chest gently one way, come back to center, then change sides.

Learn. Rest your hands on your thighs and make a smaller turn.

Watch for. Stop for pinching, pain, or dizziness. Follow any advice you’ve been given about twisting. Try easy seated marching (05) to keep moving if rotation is unsuitable.

Exercise quick reference 09-12

Numbers match the “Guide” column on each daily card. Use these reminders with the book’s full exercise descriptions and original illustrations. The daily card or longer card sets the dose; short-card hold times are on page 5.

09 Tandem balance

How to move. Stand beside a fixed counter. Have a hand ready to hold it. Step one foot ahead and closer to the same line. Keep your eyes open and look forward. Hold, reset, then change the leading foot.

Learn. Leave space between the feet and use hand support.

Watch for. Stop if you need to catch yourself. Try supported weight shifts instead. Ask for individual advice after a fall or if you’re unusually unsteady.

10 Lateral step

How to move. Leave room alongside a fixed counter. Take a sideways step and bring the other foot in without crossing. Plant your foot before shifting your weight. Keep knees soft and toes mostly forward.

Learn. Hold the counter and take short steps.

Watch for. Stop for dragging a toe, crossing feet, or losing balance. A small supported weight shift can fill the slot.

11 Wall slide

How to move. Stand with your back toward a wall. Bend your elbows and let your forearms come near the wall. Slide your arms upward as far as you can while keeping ribs and hips steady. Lower slowly.

Learn. Try a smaller slide, one arm at a time, or a gentle seated reach.

Watch for. Stop for a pinch, an arch in your back, or a forced wrist position. Try a smaller seated reach.

12 Glute bridge

How to move. On a mat, lie on your back with knees bent and feet flat. Breathe out and press through your feet to lift your hips. Lower slowly from a comfortable line through shoulders, hips, and knees.

Learn. Use a small lift. For standing hip work, see the unloaded hinge (07).

Watch for. Stop for back or neck pain, a big arch in your back, or a cramp that persists. Reset on the mat before standing.

Exercise quick reference 13-16

Numbers match the “Guide” column on each daily card. Use these reminders with the book’s full exercise descriptions and original illustrations. The daily card or longer card sets the dose; short-card hold times are on page 5.

13 Dumbbell curl

How to move. Stand or sit on a firm chair. Hold light dumbbells with palms forward or inward. With upper arms beside your ribs, bend your elbows as you breathe out. Lower slowly and keep your wrists steady.

Learn. Use lighter dumbbells, or a band the maker permits for standing curls. Follow its instructions for placement under both shoes and keep the band below your face.

Watch for. Stop for elbow or wrist pain, or swinging to finish. A lighter neutral-grip curl is an option. Keep rows for your back.

14 Supported dumbbell row

How to move. Brace one hand on a fixed support or stable bench. Stagger your feet and hinge. Let a light dumbbell hang from the free arm. Breathe out as you draw that elbow toward your hip. Lower without turning.

Learn. Use a high support and a lighter weight, or a band row (03).

Watch for. Stop for twisting, slipping support, or back or shoulder pain. Set down the weight before changing hands.

15 Suitcase carry

How to move. Pick up a manageable weight from a secure height or with a controlled hinge. Stand tall with it beside one thigh. Walk a clear route with even steps. Set it down gently before changing sides.

Learn. Rehearse with no weight or stand still for a light hold.

Watch for. Stop before your grip gives out, or if you lean or feel unsteady. Try an unloaded walk or wall plank (21) as appropriate.

16 Dead bug

How to move. Lie on a mat if you can get up safely. Bring knees over hips and arms above shoulders. Breathe out as you reach one arm and the opposite leg. Return, then switch.

Learn. Leave one foot down and slide the other heel away. For a seated option, march in a firm chair (05).

Watch for. Stop for neck strain or back pain. Reset with feet on the floor if you lose your position.

Exercise quick reference 17-20

Numbers match the “Guide” column on each daily card. Use these reminders with the book’s full exercise descriptions and original illustrations. The daily card or longer card sets the dose; short-card hold times are on page 5.

17 Suspension row

How to move. Install and check the trainer as directed. Face the anchor. Grip a handle in each hand and lean slightly back with straps taut and feet secure. Pull the handles to your lower ribs as you breathe out. Return slowly.

Learn. Stand nearly upright. Try band rows (03) if you lack a rated setup.

Watch for. Stop if the straps, anchor, or feet slip, or if your shoulders hurt. Keep hips from sagging.

18 Suspension squat

How to move. Face a correctly installed suspension trainer. Hold the handles with the straps taut. Bend your hips and knees to sit back. Keep feet planted. Breathe out as you stand with just enough help from the straps.

Learn. Use a shallow bend or try the assisted chair rise (01).

Watch for. Stop if the anchor shifts or you hang your weight from the handles. Use a sturdy chair if you lack an approved anchor.

19 Kettlebell goblet squat

How to move. Practice the squat without a weight. Hold a manageable kettlebell by the handle near your chest. Keep your feet grounded and sit to a depth you control. Breathe out as you stand.

Learn. Use your body weight and a firm chair as a target (01).

Watch for. Stop if your heels lift, the bell drifts forward, or you drop onto the target. Use a light dumbbell if the kettlebell grip feels awkward.

20 Dumbbell shoulder press

How to move. Sit on a stable bench with back support and feet planted. Hold light dumbbells with palms facing inward if that feels comfortable. Breathe out as you press within a range you can control. Lower smoothly.

Learn. Use very light weights and a smaller range. For a different shoulder position, try a wall push-up (02).

Watch for. Stop for pinching, an arching back, or trouble setting down the weights. Get help learning the setup if it’s unfamiliar.

Exercise quick reference 21-24

Numbers match the “Guide” column on each daily card. Use these reminders with the book’s full exercise descriptions and original illustrations. The daily card or longer card sets the dose; short-card hold times are on page 5.

21 Floor plank

How to move. Lie over a mat with elbows under shoulders. Step your feet back and lift your knees. Line your head up with your trunk and heels and breathe normally. Set your knees down before you lose position.

Learn. Leave knees on the mat with a line from head to knees. Or put both forearms against a wall and step back slightly.

Watch for. End the hold if your hips sag, your breath stops, or your back or shoulder hurts. Use the wall version if floor access is difficult.

22 Step-up

How to move. Use a stable exercise step and a fixed rail. Plant your whole leading foot. Push through it to stand and bring the other foot up. Step down gently. Alternate which foot leads, or finish one side then switch.

Learn. Use a low step and hand support, or choose a chair rise (01).

Watch for. Stop if you push off hard with the trailing foot, miss the step, or feel knee pain. Avoid using stacked items as a platform.

23 Stability ball leg curl

How to move. Lie on a mat with heels and lower calves on a stable, correctly inflated ball. Put your palms down to steady yourself. Lift your hips, then bend your knees to roll the ball toward you. Breathe out on the curl. Roll the ball back slowly.

Learn. Try a smaller curl, a floor bridge (12), or an unloaded standing hinge (07).

Watch for. Stop for cramping, hips dropping, or a ball that slips. Check its condition and load rating before training.

24 Band pull-apart

How to move. Hold a light, intact band below your face. Extend your arms comfortably with elbows soft. Breathe out as you spread your hands. Bring them back slowly without releasing your grip.

Learn. Use a lighter band or start with a wider grip. Sit on a firm chair if that suits you.

Watch for. Stop if the band slips, you shrug to finish, or a shoulder hurts. Keep rows in the week for full pulling work.

Exercise quick reference 25-28

Numbers match the “Guide” column on each daily card. Use these reminders with the book’s full exercise descriptions and original illustrations. The daily card or longer card sets the dose; short-card hold times are on page 5.

25 Resistance band chest press

How to move. Use a band designed for a chest press. Route it around your upper back, below shoulder level and under your arms. Take the grip the maker shows. Stand with one foot ahead. Breathe out as you press forward. Return slowly.

Learn. Use a lighter band, a shorter reach, or a stable chair.

Watch for. Stop if the band rides up, shifts, or slips, or your shoulder hurts. Try a wall push-up (02) without a band.

26 Incline dumbbell press

How to move. Secure an adjustable bench at a moderate incline, around 45 degrees. Rest your head, back, and hips on it with both feet planted. Start with weights at your upper chest, wrists over elbows. Breathe out as you press up, then lower with control.

Learn. Learn setup and set-down with a trainer, using light weights and a spotter when needed. For a standing option, use 25.

Watch for. Stop for bouncing, shoulder pain, or trouble setting down the weights. Switch to a load you can manage.

27 Pull-up

How to move. Use a fixed, rated bar and secure access to it. Take an overhand grip around shoulder width, thumbs around the bar. Draw your elbows down from a controlled hang. Breathe out as you rise to about chin height without reaching with your neck. Lower slowly.

Learn. Learn setup and dismount on an assisted machine. Choose a row (03, 14, 17) when you need a different pulling exercise.

Watch for. Stop for swinging, neck strain, or shoulder or elbow pain. Step down with control.

28 Parallel-bar dip

How to move. Grip fixed parallel bars with a clear way to mount and step down. From a steady support on straight arms, bend your elbows back and lower a short distance. Keep shoulders above or level with elbows. Breathe out as you press back up.

Learn. Learn an assisted machine with a trainer. Or use an appropriate push-up (02) or band press (25).

Watch for. Stop for bouncing, shoulder pain, a shifting station, or a depth you can’t control. Use purpose-built bars.

Exercise 29 and movement swaps

Numbers match the “Guide” column on each daily card. Use these reminders with the book’s full exercise descriptions and original illustrations. The daily card or longer card sets the dose; short-card hold times are on page 5.

29 One-legged squat

How to move. Use a sturdy high box and a fixed rail. Shift onto one foot, reach the other forward, and bend the standing hip and knee. Keep your heel down. Touch the box lightly if needed and press up.

Learn. Hold the rail, stay shallow, and use your other toes for help as needed.

Watch for. Stop for dropping onto the box, a lifted heel, knee pain, or loss of balance. Switch to a chair rise (01).

Choose a swap by the movement’s job

Job	Familiar choices
Push	Push-up (02) or standing band press (25). Incline press (26) fits longer A; dips (28) are optional in longer B.
Pull	Band row (03), supported dumbbell row (14), or suspension row (17). Pull-ups (27) fit longer B. Keep a row in your week.
Legs	Chair rise (01), split squat (06), or step-up (22), as shown on the card. Goblet squat (19) or supported one-legged squat (29) can fill a squat slot.
Hips	Bridge (12) or unloaded hinge (07) when staying off the floor. Longer B also offers ball leg curls (23).
Trunk	Wall or floor plank (21), or a stationary suitcase hold (15), as appropriate.

Decide before the timer starts

My usual version: _____

My easier alternative: _____

Equipment / setup I need: _____

If no safe pulling setup is available, leave that slot open today and arrange suitable equipment for the next full session.

Optional loaded push-up

Optional advanced work. These choices are not required to complete the 28-day plan.

Before you load

First do 2 sets of 10 regular push-ups (02) on each of two days. Use steady form, leave 2-3 good reps, and check that joints feel fine and you recover by the next strength day. Have a qualified trainer check your setup and first loaded set.

Band setup

On a dry, nonslip floor, kneel and center a light, intact flat loop across your upper back below your neck. Use a band whose maker shows this setup. Pin the sides flat under both palms as directed. Test for slipping from your knees before extending your legs.

Pack option

Use a pack designed to hold weight close to you. Inspect seams and straps. Pad and immobilize a small load inside the closed compartment. Snug both straps and fasten any stabilizer. Tuck loose ends. If weight shifts during a test on hands and knees, use a fitted vest or go unloaded.

During and after

Use one loading method. Breathe out as you press, with hips and chest moving together. Stop for slipping, pain, or sagging. Lower both knees to finish. Ease band tension before moving a hand. To remove a pack, kneel upright or ask a helper.

Longer A

After light practice reps, start with 1 set of 5-8 and leave 2-3 good reps. Rest 2-3 minutes or longer. Build to 2 sets. Then use page 5 to decide when to add the smallest resistance increase.

The prerequisites are practical checks from the book, not a guarantee that loading is appropriate for everyone. Keep an unloaded or assisted alternative available.

My unloaded version / setup: _____

Trainer / setup check: _____ Date: _____

Planned loading method / amount: _____

Optional loaded pull-up

Optional advanced work. These choices are not required to complete the 28-day plan.

Before you load

First do 2 sets of 6 bodyweight pull-ups (27) on each of two days. Use steady form, leave 2-3 good reps, and check that joints feel fine and you recover by the next strength day. Have a qualified trainer check your setup and first loaded set.

Check the station

Use a fixed bar rated for your combined weight and for loaded pull-ups. With a stable nonslip platform or built-in step, rehearse your mount and step-down unloaded. Check pack clearance.

Secure the pack

Use a pack designed to secure a load. Inspect seams, straps, and fasteners. Pad and immobilize a small load against your back inside the closed compartment. Snug both shoulder straps, fasten any stabilizer, and tuck loose ends. If the pack shifts or limits reach, try a fitted vest or stay unloaded.

Pull and step down

Pull from a steady hang and lower smoothly with quiet legs. Stop for pain, swinging, or shifting weight. Step onto the platform under control before letting go. Unload on the ground.

Longer B

Warm up unloaded. Do 1 set of 3-5, leaving 2-3 good reps. Rest 2-3 minutes or more. Build to 2 sets, then follow page 5. An assisted machine is an option. A band under feet or knees usually assists.

The prerequisites are practical checks from the book, not a guarantee that loading is appropriate for everyone. Keep an unloaded or assisted alternative available.

My unloaded version / setup: _____

Trainer / setup check: _____ Date: _____

Planned loading method / amount: _____

Optional loaded parallel-bar dip

Optional advanced work. These choices are not required to complete the 28-day plan.

Before you load

First do 2 sets of 6 bodyweight dips (28) on each of two days. Use steady form, leave 2-3 good reps, and check that joints feel fine and you recover by the next strength day. Have a qualified trainer check your setup and first loaded set.

Choose the equipment

Use fixed parallel bars rated for loaded dips and your combined weight. Try a fitted vest that secures small weights evenly. Check its closures. Rehearse getting on and off with a built-in step or stable nonslip platform.

If you use a dip belt

Have a trainer fit a rated belt and show you how to lock and check the attachment with your feet supported. Keep the weight centered and clear of bars, legs, and step. Choose the vest if the belt swings or blocks your step-down.

Use the same depth

Bend to your usual depth, shoulders above or level with elbows. Breathe out as you press. Stop for pain or swinging. Step onto the platform before releasing the bars. Unload with your feet secure.

Longer B

After bodyweight practice, do 1 set of 3-5 with 2-3 good reps left. Rest 2-3 minutes or more. Build to 2 sets and use page 5 to add load. A machine, push-up, or band press can fill this slot. A band under your feet or knees usually assists.

The prerequisites are practical checks from the book, not a guarantee that loading is appropriate for everyone. Keep an unloaded or assisted alternative available.

My unloaded version / setup: _____

Trainer / setup check: _____ Date: _____

Planned loading method / amount: _____

Strength session log

Date: _____ Card: A / B Short / longer Session minutes: _____

Record both sides for one-sided work. For a band, include its brand and color, anchor height, and starting position. “Blue band” alone tends to become a mystery novel by next Tuesday.

Exercise / version	Load and repeatable setup	Set 1 reps / time	Set 2 reps / time	Good reps left

Example: 03 Build | brand / blue band, lower-chest anchor, feet at marked spot | 8 | 8 | 3

After the session

Overall effort (0-10): ____ What felt good / needed a change?

Next morning and before the next strength day

How did joints, energy, stairs, and other everyday movements feel?

Next time: repeat / add a rep / ease off / review progression on page 5.

Weekly training log

Week of: _____ Program week / days: _____

Day / date	Actual movement + minutes	Effort 0-10	Recovery / next-day note
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Strength sessions: ____ Moderate aerobic minutes: ____

Vigorous aerobic minutes: ____ Balance days: ____

Count moderate and vigorous aerobic time separately from lifting and rest. Record planned rest as rest. Use the strength log for detailed exercise entries.

Keep one thing. Change one thing.

The cue, time, or exercise version that worked:

One repeating obstacle and the adjustment I will try:

Next strength appointments: _____ _____

Notice what changed

Choose an ordinary task or familiar movement you can repeat comfortably. The manuscript suggests up to five chair rises. Use the same chair, hand support, and rep count on Day 28; stop well before fatigue. If you feel unwell, use your notes instead.

My reason: I would like to feel stronger when I…

Record the same details	Day 1	Day 28
Date		
Movement / everyday task		
Chair, support, equipment, or setup		
Reps and hand support used		
How smooth or steady did it feel?		
Any discomfort or difficulty?		
What did I notice about starting?		

Carry one thing forward

What got easier, or what did I learn about a version that suits me?

My next small goal: _____ Review date: _____

If an ordinary task is becoming harder or you develop new or persistent symptoms, seek individual advice. This is a personal observation, not a diagnostic or maximum-effort test.

Busy days, travel, and the return

The two-minute fallback

Use this on a crowded day when you feel well. It keeps your starting cue connected to movement; it does not replace full strength sessions and aerobic work across the week.

Time	Do this
First minute	Walk easily or march in place. Start slowly and use fixed support if needed.
Second minute	Do up to 20 seconds of a familiar easy move: chair rises, wall push-ups, light band presses, or supported calf raises. Breathe, slow down, or walk gently for the rest of the minute.

My cue: _____ My easy move: _____

My next full session: _____

Three travel choices

Verified band setup: use the familiar short A pattern. Check the actual anchor and band instructions before you pull. Prepare the setup before starting the timer.

No secure pulling setup: walk, do mobility, or shorten the strength card and record the missing row. Return to a full session when suitable equipment is available.

Usable hotel gym: use familiar equipment. Allow a longer card for bench setup and proper rest. The first night away is a fine time to leave a personal best alone.

Come back without punishment

Resume with one appropriate session. Leave missed repetitions on the missed day. After a long break, start with one easier set per move and several good reps in reserve; see how you recover before adding work. Follow individual return guidance after illness, surgery, or injury.

When work takes my planned time, I will...

If equipment is missing, I will...

My next sensible opening is...

Your next 90 days

Use the week that fit you best as your first draft. Keep two strength appointments with at least one recovery day between them. Build walking and balance practice around the days you actually have.

When	Focus	Check
Weeks 1-4 after this program	Repeat A and B with familiar versions. Walk and practice balance on suitable days.	In Week 4, count strength sessions and choose one movement to follow.
Weeks 5-8	Progress one exercise only when the page 5 checks fit. Use a longer card if you need another set or more rest.	Compare setup, reps, resistance, and next-day response at Week 8.
Weeks 9-13	Repeat what you recover from. Keep loads steady when life is busy; ease off if needed.	Around Day 90, repeat your original comfortable observation.

Book the next two weeks

Appointment	Time / place	Backup
Week 1 - Strength A		
Week 1 - Strength B		
Week 2 - Strength A		
Week 2 - Strength B		

Walking usually fits after: _____

Balance / mobility fits after: _____

One movement to follow

Movement / setup: _____

Next review date: _____ What I will compare: _____

Pick one small next step from your notes. Keep the ten-minute card available for crowded weeks. A workout you can return to in six months is doing something useful today.