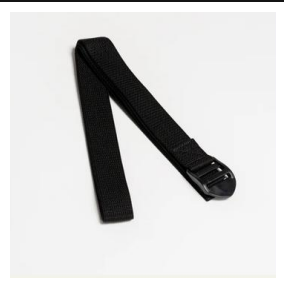
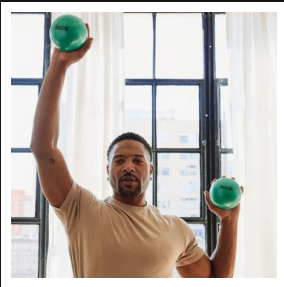
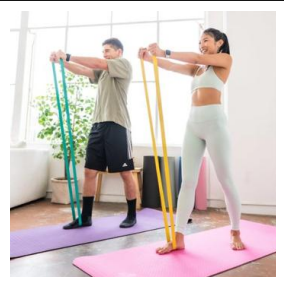
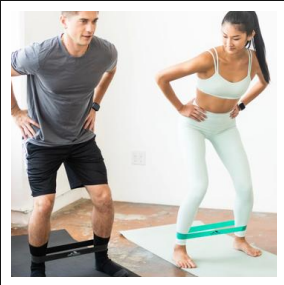


MONTH 1 · FOUNDATION

30 days.
20 new moves.
Build the habit.

Your first 30 days: 20 desk-friendly exercises to build a daily habit. Each session takes about 15 minutes and fits in a 4×4 ft space.



Resistance Loops ×4	● LIGHT ● MED ● HEAVY ● X-HEAVY
Elite Resistance Band — Light	25-50 LBS
Weight Balls ×2	5 LBS EACH
Yoga Strap	8 FEET

YOUR WEEKLY SCHEDULE · 15 MINUTES A DAY

Mon	Tue	Wed	Thu	Fri
Upper Body + Flexibility	Lower Body + Core	Back + Flexibility	Core + Upper Body	Lower Body + Back
LOOP Resistance loop	ELITE BAND 25-50 lb band	WEIGHT BALL 5 lb ball	YOGA STRAP 8 ft strap	

Before you begin: Use a sturdy, non-rolling chair and desk, a mat or carpet for floor moves, and keep a clear space around you. Stop if you feel sharp pain, dizziness, or numbness. If you are pregnant, recovering from injury, or have a health condition, check with your healthcare provider before starting a new exercise routine.

Upper Body Arms, chest & shoulders

Overhead Triceps Extension 3 × 12

ELITE BAND Stand on band · Standing

Stand on one end of the band and hold the other end behind your head with both hands, elbows pointing up. Straighten your arms overhead, then lower slowly. *Keep elbows close to your ears.*

Loop Incline Desk Push-Up 3 × 10

LOOP ● Red / ● Blue · Hands on desk

Wrap the loop across your upper back and hold one end under each palm. With hands on a sturdy desk, lower your chest toward the edge and press back up against the band.

Body in one straight line, heels to head.

Ball Triceps Kickback 3 × 12 each

WEIGHT BALL One ball · Hinge at desk

Rest one hand on your desk and hinge forward with a flat back. Hold a ball with your elbow bent at your side, then straighten your arm back and squeeze.

Only the forearm moves.

Loop External Rotation 3 × 15

LOOP ● Green · Around wrists

Elbows bent 90° and tucked at your sides, palms up, loop around your wrists. Rotate your forearms outward against the band, pause, return.

Protects shoulders from desk-posture slump.

Back Posture & upper back

Bent-Over Single-Arm Row 3 × 12 each

ELITE BAND Stand on band · Staggered stance

Step one foot onto the band and hinge forward slightly with a flat back. Pull the band toward your hip, driving the elbow back, then lower with control.

Don't twist your torso to finish the pull.

Ball Reverse Fly 3 × 12

WEIGHT BALL Ball in each hand · Hinged

Hinge forward at the hips with a slight knee bend, arms hanging below shoulders. Lift both balls out to the sides to shoulder height, squeezing your shoulder blades.

Lead with the elbows, not the hands.

Loop Wall Y-Raise 3 × 10

LOOP ● Green · Around wrists

Stand facing a wall with forearms on it and the loop around your wrists. Press wrists apart slightly, then slide your arms up and out into a Y shape and back down.

Shoulders stay down, away from ears.

Ball Romanian Deadlift 3 × 12

WEIGHT BALL Ball in each hand · Standing

Stand tall with a slight knee bend. Push hips back and slide the balls down the front of your legs to mid-shin, then squeeze glutes to stand.

Flat back the entire time — feel it in the hamstrings.

Core Stability & rotation

Ball Halo 3 × 8 each way

WEIGHT BALL One ball, both hands • Standing or seated

Hold one ball at chest height. Circle it slowly around your head, keeping it close, then reverse direction.

Brace your abs so your ribs don't flare.

Seated Knee Tuck 3 × 12

WEIGHT BALL One ball at chest • Seated at chair edge

Sit at the front edge of a non-rolling chair, lean back slightly holding a ball at your chest. Draw both knees in toward the ball, then extend your legs out.

Hold the chair seat with one hand if needed.

Loop Standing March 3 × 20 total

LOOP ● Green / ● Red • Around feet

Stand tall with the loop around the tops of both feet. Lift one knee to hip height against the band, lower, and alternate.

Hold the desk for balance; stay tall.

Ball Standing Side Bend 3 × 12 each

WEIGHT BALL One ball • Standing

Stand with feet hip-width, holding one ball at your side. Slide it down toward your knee, then use your obliques to return upright. Switch sides.

Bend straight sideways — no leaning forward.

Lower Body Legs, hips & glutes

Seated Leg Extension 3 × 15 each

LOOP ● Red • Around ankles • Seated

Sit tall with the loop around both ankles. Straighten one knee until your leg is level with the seat, hold one second, and lower slowly.

Perfect for between meetings.

Standing Hip Abduction 3 × 12 each

LOOP ● Red / ● Blue • Around ankles

Hold your desk and stand tall. Lift one straight leg out to the side against the band, then return with control.

Toes point forward; don't lean away.

Standing Hamstring Curl 3 × 12 each

LOOP ● Blue • Around ankles

Hold your desk with the loop around both ankles. Bend one knee, bringing your heel toward your glute, then lower slowly.

Keep knees side by side.

Ball Calf Raise 3 × 20

WEIGHT BALL Ball in each hand • Standing

Stand with feet hip-width, a ball in each hand. Rise up onto the balls of your feet, pause at the top, and lower slowly.

Boosts circulation after long sitting.

Flexibility & Recovery Yoga strap holds

Cow-Face Shoulder Stretch **Hold 30 s each**

YOGA STRAP Standing or seated

Hold the strap in one hand and reach that arm overhead, letting the strap drop behind your back. Grab it low with the other hand and gently walk your hands closer.

Breathe; never force the gap closed.

Overhead Side Bend **Hold 20 s each**

YOGA STRAP Hands wide • Standing

Hold the strap wide overhead with straight arms. Lean slowly to one side, feeling the stretch along your ribs and waist, then switch.

Keep both feet planted.

Seated Calf & Ankle Stretch **Hold 30 s + 10 circles**

YOGA STRAP Strap around ball of foot • Seated

Extend one leg and loop the strap around the ball of your foot. Gently draw your toes toward you for 30 seconds, then circle the ankle 10 times each way.

Great relief for feet tucked under a desk.

Seated Figure-Four Stretch **Hold 30 s each**

YOGA STRAP Strap around crossed shin • Seated

Sit tall and cross one ankle over the opposite knee. Loop the strap around the crossed shin and gently draw it toward your chest until you feel it in the outer hip.

Sit tall; hinge from the hips.

Every 15-minute session

TIME	BLOCK	WHAT TO DO
0:00-2:00	Warm-up	March in place, shoulder rolls, and arm circles.
2:00-12:00	Strength circuit	The 8 exercises from today's two zones. Go straight through, rest 60 seconds, repeat for the week's number of rounds.
12:00-15:00	Cool-down	Two or more Flexibility & Recovery stretches.

Your 30-day progression

WEEK	ROUNDS	LOOP LEVEL	FOCUS
1	1 round, 10 reps	● Green	Learn each move. Slow and controlled.
2	2 rounds, 12 reps	● Green → ● Red	Move up a loop when the last reps feel easy.
3	2 rounds, full reps	● Red → ● Blue	Full sets and reps as listed on each card.
4	3 rounds, full reps	● Blue → ● Black	Slow 3-second lowering on every rep.
Days 29-30	Your choice	—	Repeat your favorite session, then do a full stretch day.

Choose the loop that lets you finish every rep with good form and makes the last reps feel challenging. Never sacrifice form for resistance.