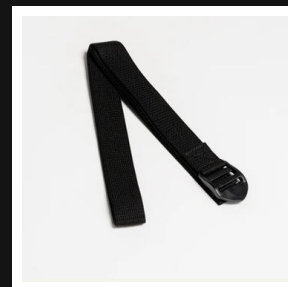
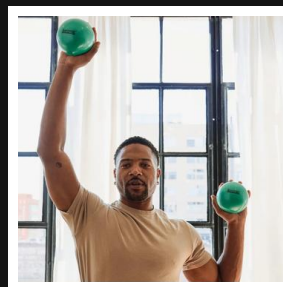
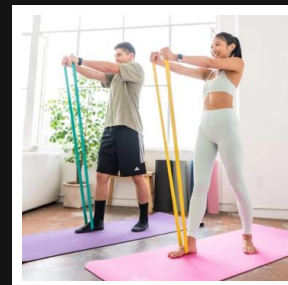
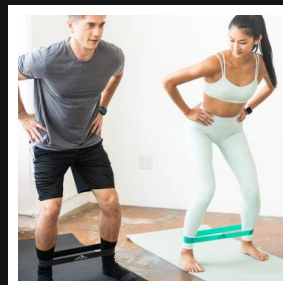


MONTH 2 · STRENGTH BUILDER

30 days. Heavier loops. Build real strength.

Month 2 brings 20 all-new exercises with more rounds and heavier resistance. Same 15 minutes, same 8-piece kit.



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

Upper Body + Back

Tue

Lower Body + Core

Wed

Flexibility (active recovery)

Thu

Upper Body + Back

Fri

Lower Body + Core

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

Band Upright Row 3 × 12

ELITE BAND Stand on band • Standing

Stand on the middle of the band with feet hip-width, holding the top with both hands close together. Pull your hands up along your body to chest height, elbows leading, then lower slowly.

Stop at chest height to protect your shoulders.

Standing Band Chest Fly 3 × 12

ELITE BAND Band behind upper back • Standing

Wrap the band behind your shoulder blades and hold one end in each hand, arms open wide. Hug your arms together in front of your chest with a slight elbow bend, then open slowly.

Squeeze your chest at the center.

Ball Scaption Raise 3 × 12

WEIGHT BALL Ball in each hand • Standing

Hold a ball in each hand, thumbs up. Raise your arms at a slight angle in front of you (halfway between front and side) to shoulder height, then lower slowly.

Shoulder-friendly; keep shoulders down.

Ball Pullover 3 × 12

WEIGHT BALL One ball, both hands • Lying on a mat

Lie on your back with knees bent, holding one ball over your chest with straight arms. Slowly lower it back over your head as far as comfortable, then pull it back over your chest.

Keep your ribs down and lower back flat.

Back Posture & upper back

Band Deadlift 3 × 12

ELITE BAND Stand on band • Standing

Stand on the middle of the band and hinge down to grip it at shin height. Drive through your heels and squeeze your glutes to stand tall, then hinge back down with control.

Chest proud, back flat, hips do the work.

Band Straight-Arm Pullback 3 × 12

ELITE BAND Anchored at door handle • Standing

Anchor the band around a closed door handle at chest height. Holding it with straight arms in front of you, sweep your hands down and back to your hips, then return slowly.

Squeeze under your armpits at the finish.

Ball Prone T-Raise 3 × 10

WEIGHT BALL Ball in each hand • Face-down on a mat

Lie face-down with arms straight out to the sides in a T, a ball in each hand. Lift your arms off the floor by squeezing your shoulder blades together, hold two seconds, and lower.

Keep your forehead resting lightly down.

Loop Seated Scap Squeeze 3 × 15

LOOP ● Red • Around both wrists • Seated

Sit tall with elbows bent 90° and the loop around both wrists. Pull your shoulder blades back and together while pressing your hands apart, hold two seconds, release.

Easy to do between emails.

Core Stability & rotation

Ball Dead Bug 3 × 8 each side

WEIGHT BALL One ball, both hands · On a mat

Lie on your back holding one ball above your chest, knees bent over hips. Slowly lower one leg toward the floor while keeping the ball still, then switch legs.

Press your lower back into the floor.

Ball Hollow Hold Hold 20-30 s

WEIGHT BALL One ball overhead · On a mat

Lie on your back, lift shoulders and legs slightly off the floor, and hold a ball over your chest or overhead. Hold the shape while breathing steadily.

Bend knees to make it easier.

Ball Toe Reach 3 × 12

WEIGHT BALL One ball, both hands · Lying on a mat

Lie on your back with legs pointed up. Hold a ball with straight arms and crunch up, reaching it toward your toes, then lower slowly.

Bend your knees if your hamstrings are tight.

Ball Reverse Crunch 3 × 12

WEIGHT BALL One ball between knees · Lying on a mat

Lie on your back with knees bent over your hips and a ball squeezed between your knees. Curl your hips off the floor toward your chest, then lower slowly.

Use your abs, not momentum.

Lower Body Legs, hips & glutes

Ball Wall Sit Hold 30-45 s

WEIGHT BALL Ball in each hand · Against a wall

Lean your back flat against a wall and slide down until knees are bent about 90°. Hold a ball in each hand at your sides or at your chest and hold the position.

Knees stay over ankles, not past toes.

Ball Curtsy Lunge 3 × 10 each

WEIGHT BALL One ball at chest · Standing

Hold one ball at your chest. Step one foot back and across behind the other, bend both knees into a lunge, then push back up to stand.

Hold the desk for balance at first.

Ball Step-Up 3 × 10 each

WEIGHT BALL Ball in each hand · Sturdy step or stair

Hold a ball in each hand and stand facing a sturdy step or stair. Step up with one foot, drive through that heel to stand tall, then step back down.

Never use a rolling chair as a step.

Ball Lateral Lunge 3 × 10 each

WEIGHT BALL One ball at chest · Standing

Hold one ball at your chest. Take a wide step to the side, bend that knee and sit your hips back, keeping the other leg straight. Push back to center.

Toes stay pointed forward.

Flexibility & Recovery Yoga strap holds

Strap Cross-Body Leg Stretch

Hold 30 s each

YOGA STRAP Strap around foot · Lying on a mat

Lie on your back with the strap around one foot and that leg pointed up. Hold the strap in the opposite hand and let the leg drift across your body until you feel it along the outer hip and thigh.

Keep both shoulders on the floor.

Strap Child's Pose Reach

Hold 30 s

YOGA STRAP Hands wide on strap · Kneeling on a mat

Kneel and sit back toward your heels, holding the strap wide with arms extended in front of you. Walk your hands to one side for 15 seconds, then the other.

Let your forehead rest down.

Strap Cross-Body Shoulder Stretch

Hold 30 s each

YOGA STRAP Standing or seated

Hold the strap in one hand and bring that arm across your chest. Use the strap in your other hand to gently draw the arm closer.

Keep the shoulder down, away from your ear.

Strap Rag Doll Fold

Hold 30 s

YOGA STRAP Strap behind back · Standing

Hold the strap behind your back with both hands. Bend your knees and fold forward, letting your arms lift away from your back as your head hangs heavy.

Rise slowly to avoid dizziness.

Every 15-minute session

TIME	BLOCK	WHAT TO DO
0:00-2:00	Warm-up	March in place, arm circles, and 10 bodyweight hip hinges.
2:00-13:00	Strength circuit	Today's 8 exercises. Rest 45-60 seconds between rounds. On Wednesday, hold all 4 stretches twice.
13:00-15:00	Cool-down	Two Flexibility & Recovery stretches.

Your 30-day progression

WEEK	ROUNDS	LOOP LEVEL	FOCUS
1	2 rounds, 10 reps	● Red	Learn the new moves at a heavier loop.
2	2 rounds, 12 reps	● Red → ● Blue	Move up when 12 reps feel smooth.
3	3 rounds, full reps	● Blue	Full sets and reps as listed on each card.
4	3 rounds, full reps	● Blue → ● Black	3-second lowering and a 1-second squeeze at the top.
Days 29-30	Retest	—	Redo Monday and Tuesday. Note which loop you used vs. Week 1.

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