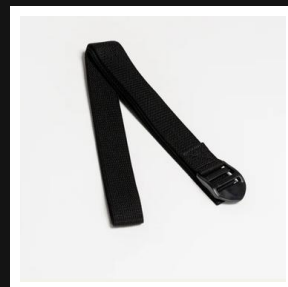
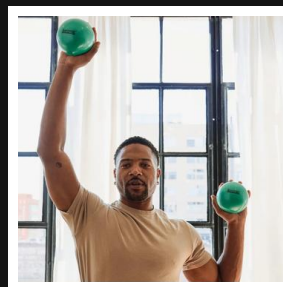
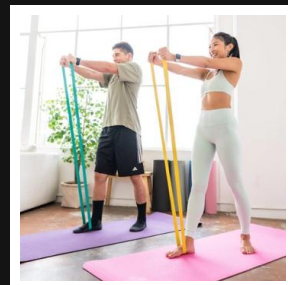
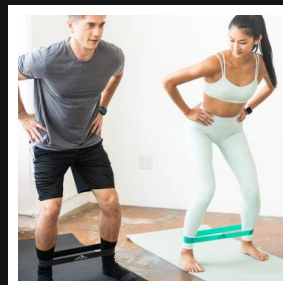


MONTH 3 · CORE & POSTURE

30 days. Stand taller. Sit stronger.

Month 3 brings 20 all-new exercises for the muscles desk work neglects: deep core, upper back, hips, and even your hands and wrists.



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

Core + Back

Tue

Lower Body +
Flexibility

Wed

Upper Body + Core

Thu

Back + Flexibility

Fri

Core + Lower Body

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 Triceps Pressdown **3 × 15**

ELITE BAND Anchored at top of door • Standing

Anchor the band over the top of a closed door. Hold it with elbows tucked at your sides and press your hands down until arms are straight, then return slowly.

Elbows stay glued to your sides.

Ball Arm Circles **3 × 20 s each way**

WEIGHT BALL Ball in each hand • Standing

Hold a ball in each hand with arms straight out to the sides at shoulder height. Make small, controlled circles forward, then reverse.

Light weight, big shoulder endurance.

Loop Finger Extension **3 × 15 each hand**

LOOP ● Green • Around fingertips • Seated

Place the loop around all five fingertips of one hand. Spread your fingers wide against the band, hold one second, and relax.

Great counter-move for typing hands.

Ball Wrist Curl **3 × 15 each**

WEIGHT BALL One ball • Forearm on desk

Rest your forearm on the desk with your wrist just past the edge, palm up, holding a ball. Curl the ball up by bending only your wrist, then lower slowly. Repeat palm down.

Strengthens forearms for mouse and keyboard work.

Back Posture & upper back

Ball Superman Hold **3 × hold 10 s**

WEIGHT BALL One ball overhead • Face-down on a mat

Lie face-down holding one ball with arms extended overhead. Lift your arms, chest, and legs slightly off the floor and hold, then lower.

Look at the floor to keep your neck long.

Loop Bird Dog **3 × 8 each side**

LOOP ● Green • Around wrists or above knees • Hands & knees

On hands and knees with the loop around both wrists (or above both knees), extend one arm forward and the opposite leg back. Hold two seconds, return, and switch.

Hips stay level — no rotating.

Band Good Morning **3 × 12**

ELITE BAND Under feet, behind neck • Standing

Stand on the band and loop the top over the back of your shoulders (not your neck). With a slight knee bend, hinge forward from the hips with a flat back, then squeeze glutes to stand.

Start light — this one adds up fast.

Ball Swimmer **3 × 8**

WEIGHT BALL One ball • Face-down on a mat

Lie face-down holding one ball overhead. Lift your arms and sweep the ball in an arc down to your lower back, switch hands behind you, and sweep back overhead.

Keep chest slightly lifted throughout.

Core Stability & rotation

Loop Plank Step-Out **3 × 10 total**

LOOP ● Green / ● Red · Around ankles · Plank

Hold a plank on your forearms or with hands on the desk, loop around your ankles. Step one foot out to the side against the band, return, and alternate.

Don't let hips sway side to side.

Ball Standing Oblique Crunch **3 × 10 each**

WEIGHT BALL One ball overhead · Standing

Hold one ball overhead with both hands. Lift one knee up and to the side while bringing the ball down to meet it, then return tall. Switch sides.

Crunch through your side, not your neck.

Desk Mountain Climber **3 × 20 total**

LOOP ● Green · Around feet · Hands on desk

Place your hands on a sturdy desk in an incline plank with the loop around the tops of your feet. Drive one knee toward the desk against the band, return, and alternate.

Keep hips level with your shoulders.

Bear Hold Ball Balance **3 × hold 20 s**

WEIGHT BALL Ball on lower back · Hands & knees

On hands and knees, place a ball on your lower back. Lift your knees one inch off the floor and hold without letting the ball roll off.

Tight core, flat back, steady breathing.

Lower Body Legs, hips & glutes

Loop Clamshell **3 × 15 each**

LOOP ● Red / ● Blue · Above knees · Side-lying on a mat

Lie on your side with knees bent and the loop just above your knees. Keeping feet together, lift your top knee against the band, then lower slowly.

Don't roll your hips backward.

Loop Donkey Kick **3 × 12 each**

LOOP ● Red / ● Blue · Above knees · Hands & knees

On hands and knees with the loop above your knees, keep one knee bent 90° and press that foot up toward the ceiling, then lower.

Don't arch your lower back.

Ball Tibialis Raise **3 × 20**

WEIGHT BALL Back against wall · Standing

Lean your back against a wall with heels about a foot away. Holding a ball in each hand, lift your toes toward your shins, then lower slowly.

Strengthens shins and ankles.

Single-Leg Balance Reach **3 × 8 each**

WEIGHT BALL One ball · Standing on one leg

Stand on one leg holding a ball. Reach the ball forward, to the side, and behind you, returning to center each time, then switch legs.

Stand near your desk for support.

Flexibility & Recovery Yoga strap holds

Strap Seated Cat-Cow 8 slow rounds

YOGA STRAP Strap around knees • Seated

Sit at the chair edge with the strap looped around your knees, holding each end. Inhale and arch your chest forward, then exhale and round your back, pulling gently on the strap.

Move with your breath.

Strap Upper Trap Release Hold 20 s each

YOGA STRAP Strap under one foot • Seated

Sit tall and step one foot on the strap, holding the other end in the same-side hand. Gently tilt your head away from that side until you feel a stretch along your neck.

Move slowly; never pull on your head.

Strap Straddle Side Reach Hold 30 s each

YOGA STRAP Hands wide • Seated on floor

Sit with legs wide apart, holding the strap overhead. Lean toward one leg, reaching the strap toward that foot, then switch sides.

Keep both sit bones grounded.

Strap Supine Twist Hold 30 s each

YOGA STRAP Strap around one foot • Lying on a mat

Lie on your back with the strap around one foot and that leg pointing up. Lower the leg across your body toward the floor while your other arm reaches out to the side.

Let gravity do the work.

Every 15-minute session

TIME	BLOCK	WHAT TO DO
0:00-3:00	Posture warm-up	8 rounds of Strap Seated Cat-Cow, then shoulder rolls.
3:00-12:00	Strength circuit	Today's 8 exercises. Rest 60 seconds between 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, full reps	● Green	Perfect posture on every rep.
2	2 rounds, full reps	● Green → ● Red	Add a 2-second pause at the hardest point.
3	2 rounds, full reps	● Red	Add 10 seconds to every hold.
4	3 rounds, full reps	● Red → ● Blue	Slow tempo: 2 seconds up, 3 seconds down.
Days 29-30	Posture check	—	Redo Monday, then 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.