

YOUR STARTER ROUTINE

1 EXERCISE FOR EACH MOVEMENT PATTERN

Simple, effective and for anywhere 



COACH RUTH'S TIP

Start where you are,
with what you have.
Consistency today,
creates your transformation
tomorrow.



AT HOME




AT WORK



AT THE GYM



DURATION: 30-45 SECONDS PER EXERCISE
REST: 30-60 SECONDS BETWEEN EXERCISES

MOVEMENT PATTERN	EXERCISE	HOW TO DO IT	MAIN BENEFIT
1 SQUAT (Squat Pattern) 	SIT TO STAND FROM A CHAIR 	<ul style="list-style-type: none"> • Sit on a sturdy chair. • Feet hip-width apart. • Lean slightly forward and push through your feet to stand up. • Lower down with control. 	 Strengthens legs and glutes.
2 PUSH (Push Pattern) 	WALL PUSH-UP 	<ul style="list-style-type: none"> • Stand facing a wall. • Hands at shoulder width. • Bend your elbows bringing your body toward the wall. • Push back to start. 	 Strengthens chest, shoulders and arms.
3 PULL (Pull Pattern) 	SEATED ROW WITH A TOWEL 	<ul style="list-style-type: none"> • Sit with legs extended. • Hold a towel with both hands. • Pull the towel toward your abdomen, squeezing your shoulder blades. 	 Strengthens your back and improves posture.
4 HIP HINGE (Hinge Pattern) 	GOOD MORNING NO WEIGHT 	<ul style="list-style-type: none"> • Feet hip-width apart. • Hands on your hips. • Hinge forward keeping your back long. • Return to standing. 	 Strengthens glutes and lower back.
5 LUNGE (Lunge Pattern) 	STATIC LUNGE 	<ul style="list-style-type: none"> • Take a step forward. • Lower your body until both knees form 90° angles. • Push through your front heel to return. 	 Strengthens legs and improves balance.
6 ROTATION (Rotation Pattern) 	SEATED RUSSIAN TWIST 	<ul style="list-style-type: none"> • Sit with knees bent. • Lean back slightly. • Rotate your torso side to side with control. 	 Strengthens your core and improves stability.



WARM-UP (5-7 MINUTES)

Prepare your body and mind.
Move with intention.

- March in place – 1 min
- Arm circles – 30 sec each direction
- Hip circles – 30 sec each direction
- Bodyweight squats – 1 min
- Gentle forward fold – 1 min
- Deep breathing – 1 min



COOL-DOWN (5-7 MINUTES)

Help your body recover
and reduce soreness.


- Neck stretch – 30 sec each side
- Chest stretch – 30 sec
- Hamstring stretch – 30 sec each leg
- Hip flexor stretch – 30 sec each leg
- Lower back stretch – 30 sec
- Deep breathing – 1 min



MOVE MORE, FEEL BETTER

Aim to walk more every day.

8,000 – 10,000 STEPS DAILY

Small steps today,
big changes tomorrow. 



Remember

You don't need more time,
you just need a better plan.

Consistency is the key
to your transformation.

