



FREEBIE 1 Week of Training

This program is a simple demonstration of how you can make use of short 10 minute blocks of time if you are stuck for time to exercise, can't get to a gym or have family to take care of home.

If you don't exercise often you really don't need to train like an athlete and speaking as a professional, your body does NOT need a 'hammering' if you are not a frequent exerciser or athlete.

If you value the importance of moving well and getting stronger for day-to-day life, you can accomplish a lot with only short blocks of time... like 10 minutes.

The following program uses 3 key moves per block to take in pretty much all the important 'stuff' our body needs. Yes, you could do more, but if you're stuck for time, let's do the big bang for your buck exercises.

Note, you could feasibly merge the 2 blocks into one big circuit to carry out for 10 to 20 minutes.... your call.

The program is NOT a challenge; it's NOT a beat-down.

Now, let's move on...

Key points

This unique program is ideal for busy month of December, but it's also a great program for any time you want to get better and 'betterer' at all the big important exercises that'll get you strong for life.

Exercise Choices

The exact exercise choices do depend on your ability so please keep in mind any aches and pain you're experiencing. I do cover alternative movements in the videos.

What about rest days?

If you are following this exercise program 3 times a week, on your in-between days, go for a walk, brisk or otherwise. The recovery benefits and aerobic foundation walking provides for us is essential, albeit simple.

Warming Up Preparation

The idea of a warm up is to get objectively prepared for the training session. The warm up is mobility based and aimed at taking away movement restrictions as well as to get blood moving around those muscles. The warm up follow along video is on the link is below.

Have a play with the standard routine to get familiar with the moves ...
...and click [HERE](#) to play the Warm Up video.



Or Click at the bottom line of the video image 
(I know, weird! But, that's just how google docs allow us to link an image)

If your work by a computer I would recommend you check out this Wrist Mobility video too.

Click [HERE](#)



**IF YOU ONLY HAVE TIME FOR 1 BLOCK, DO JUST THAT.
IF YOU'VE GOT MORE TIME, START THE NEXT BLOCK.**

Warning!

**UNDER NO CIRCUMSTANCE SHOULD YOU INFLICT PAIN ON YOURSELF.
IF ANY MOVEMENT CAUSES PAIN - DON'T DO IT!**

Disclaimer:

The recommendations and ideas on this post are not medical guidelines, but are intended for educational / interest purposes only. You must consult your doctor prior to starting a new exercise program, if you have any medical condition or injury that contraindicates physical activity.



Week 1 Summary

December Program Week 1

Video Demonstration link

Day	What to do	
	Block 1	Block 2
Day 1 Light effort day. Get practicing the movements at an effort of 6/10	Rotate the following for 10 minutes: 1. Crawl x 20-30 seconds 2. Squat x 8 reps 3. 1 Arm Military Press or Push Up variation x 8	Rotate the following for 10 minute: 1. 1 Arm Row x 8 2. Hollow Hold x 5 breaths 3. Single Leg Deadlift - just get to grips with technique.
Day 2 Medium effort day. Either heavier weights or slower , at an effort of 7/10	Rotate the following for 10 minutes: 1. Crawl x 20-30 seconds 2. Squat x 5 reps 3. 1 Arm Military Press or Push Up variation x 5	Rotate the following for 10 minute: 4. 1 Arm Row x 5 5. Hollow Hold x 5 breaths 6. Single Leg Deadlift - 5 each leg
Day 3 Harder day (optional) Either heavier weight or slower , at an effort of 8/10	Rotate the following for 10 minutes: 4. Crawl x 20-30 seconds 5. Squat x 3 reps 6. 1 Arm Military Press or Push Up variation x 3 as slow as you can go!	Rotate the following for 10 minute: 7. 1 Arm Row x 3 8. Hollow Hold x 5 breaths 9. Single Leg Deadlift - really slow each leg



The Outro

This 1 week program isn't meant to be lifelong endeavour, it's just a demonstration of how a week of minimal training could take shape. In our programming there is always an easier day to practice form and technique, a medium effort day and a harder day. This variable stress on the body proves to allow for gradual but consistent progress in strength.

To learn more about our programs or to jump onboard for our online membership, please do get in touch.

[FitStrong Online Membership](#)

If you need to get in touch, email me at jamie@fitstrong.com.au