

**BARE
WOMAN**

BARE RESET — BONUS GUIDE

THE MOVEMENT *Reset*

*A simple weekly plan for strength,
mobility and longevity*

FIVE MOVEMENTS · THREE WORKOUTS · ONE WEEK
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01 WELCOME

You don't need more time. *You need the right movement.*

Movement is one of the body's most powerful medicines. Not because of how it changes the way you look, but because of what it does inside you — to your bones, your muscles, your blood sugar, your mood and your brain.

You don't need to train every day. You don't need to spend hours in the gym.

You simply need to give your body the types of movement it was designed for: walking, lifting, stretching, breathing hard now and then, and playing.

This guide shows you exactly how — five types of movement, one weekly plan, three short strength workouts and a ten-minute mobility routine you can keep for life.

*Movement is medicine.
The dose is consistency.*

*Your body was not designed
to sit still and wait.*

It was designed to walk, carry, reach, climb and rest.

Five kinds of movement.

Every single week.

Each one does something the others cannot. Together they cover everything your body needs to stay strong, mobile and independent for decades.

01 Walk

MOVE OFTEN

Improve circulation.
Reduce stress.
Increase energy.

02 Strength

BUILD MUSCLE

Protect your bones.
Boost metabolism.
Support healthy ageing.

03 Mobility

STAY FREE

Maintain freedom of movement.
Reduce stiffness.
Prevent injuries.

04 Cardio

TRAIN THE ENGINE

Train your heart and lungs.
Improve endurance.
Increase longevity.

05 Play

MOVE FOR JOY

Dance. Hike. Swim.
Play with your children.
Move because it feels good.



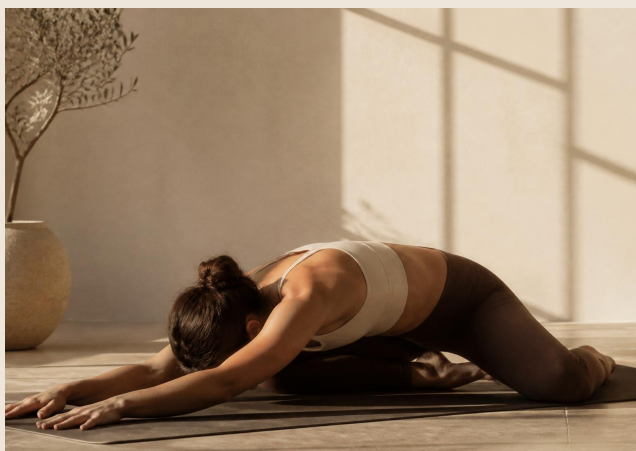
Walk

Most days, most of the time.



Strength

Three sessions. Non-negotiable.



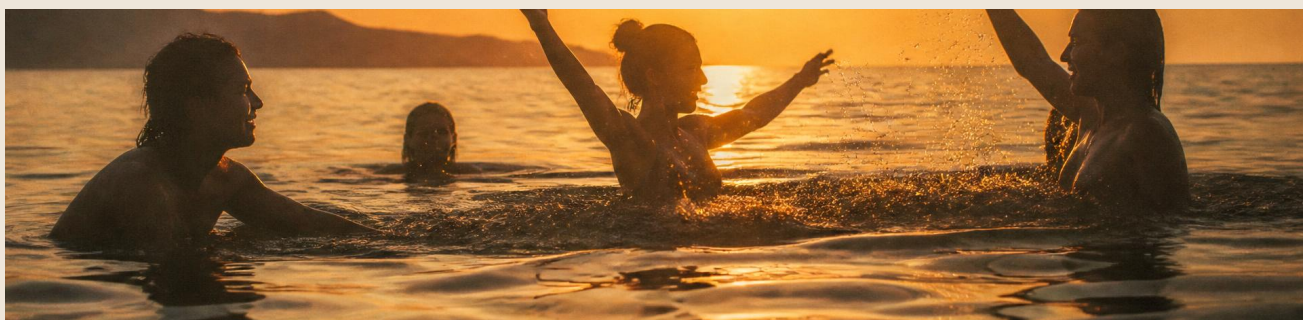
Mobility

Ten minutes keeps you free.



Cardio

Zone 2 — you can still talk.



Play

Dance. Hike. Swim. Move because it feels good.

One week.

Seven intentions.

This is the rhythm. Move the days around to fit your life — keep the balance.

Monday	<i>Full Body Strength</i>	Workout A · 30–45 min
Tuesday	<i>Walk + Mobility</i>	Zone 2 · 10 min mobility
Wednesday	<i>Lower Body Strength</i>	Workout B · 30–45 min
Thursday	<i>Zone 2 Walk or Bike</i>	40–60 min, conversational
Friday	<i>Upper Body Strength</i>	Workout C · 30–45 min
Saturday	<i>Play + Long Walk</i>	Whatever feels good
Sunday	<i>Mobility + Stretch</i>	Recovery day

Three strength days. Three easy days. One day to play.

Aim for this.
Not for perfect.

☐ 3 Strength Sessions
30–45 minutes.

☐ 2–3 Mobility Sessions
10–15 minutes.

☐ 150 minutes of Zone 2 Cardio
Walking, cycling, swimming or hiking.

☐ 7 Daily Walks
Even 20–30 minutes makes a difference.

Hit three of the four and you are ahead of almost everyone.



PART TWO

The Workouts

Three strength sessions and one mobility routine.

Dumbbells, a band and a mat. Nothing else.

Workout A

Full Body Strength

Workout B

Lower Body

Workout C

Upper Body

Routine

Mobility · 10 minutes



05 WORKOUT A

Full body. *Every muscle, once.*

Your Monday session. Choose a weight that makes the last two repetitions genuinely hard, and rest sixty to ninety seconds between sets.

WARM-UP · 5 MINUTES

- March on the spot
- Arm circles
- Hip circles
- Bodyweight squats
- Cat-Cow

STRETCH · 5 MINUTES

Finish with slow, easy stretching for the muscles you have just worked.

THE WORKOUT

01	Goblet Squat	3 × 10
02	Romanian Deadlift	3 × 10
03	Push-ups (wall, incline or floor)	3 × 8–12
04	Bent-over Row	3 × 10
05	Glute Bridge / Hip Thrust	3 × 12
06	Plank	3 × 30–45 sec

Leave one or two repetitions in reserve. Strength is built over months.



06 WORKOUT B

Lower body.

Your foundation.

Legs and hips carry you through the rest of your life. Warm up with five minutes of walking and bodyweight squats before you begin.

THE WORKOUT

01	Squats	3 × 10–12
02	Reverse Lunges	3 × 10 each side
03	Romanian Deadlift	3 × 10
04	Hip Thrust	3 × 12
05	Calf Raises	3 × 15
06	Core	3 × 30–45 sec

Strong legs are the single best predictor of independence after sixty.



07 WORKOUT C

Upper body.

Posture and power.

Pressing, pulling and carrying. Keep the shoulders down and the ribs soft, and move slowly on the way back down.

THE WORKOUT

01	Shoulder Press	3 × 10
02	Row	3 × 10
03	Chest Press or Push-up	3 × 8–12
04	Lateral Raise	3 × 12
05	Biceps Curl	3 × 12
06	Triceps Extension	3 × 12
07	Core	3 × 30–45 sec

Control the lowering phase. That is where the strength is made.



08 MOBILITY ROUTINE

Ten minutes.

Freedom for decades.

Do this two or three times a week — after a walk, before bed, or on any day your body feels stiff. Move slowly. Breathe through every position.

01	Cat-Cow	×10
02	World's Greatest Stretch	×5 each side
03	Deep Squat Hold	60 sec
04	Hip Flexor Stretch	45 sec each side
05	Thoracic Rotation	×10
06	Shoulder Openers	×10
07	Child's Pose	60 sec

Stiffness is not age. It is disuse.

Nothing here should hurt. Find the edge of the stretch, then breathe there for a few slow breaths and let it soften.

Mark the days.

Watch the weeks.

One mark for every session. Not to judge yourself — to see the pattern.

	MON	TUE	WED	THU	FRI	SAT	SUN
Walk	☐	☐	☐	☐	☐	☐	☐
Strength	☐	☐	☐	☐	☐	☐	☐
Mobility	☐	☐	☐	☐	☐	☐	☐
Cardio	☐	☐	☐	☐	☐	☐	☐
Play	☐	☐	☐	☐	☐	☐	☐

RECOVERY CHECKLIST — ASK YOURSELF EVERY DAY

- | | |
|---|--------------------------------------|
| ☐ Did I move today? | ☐ Did I walk? |
| ☐ Did I stretch? | ☐ Did I recover? |
| ☐ Did I sleep enough? | |

Four things. *That is the whole gym.*

ALL YOU NEED

Dumbbells

Resistance band

Mini band

Yoga mat

OPTIONAL

Bench

Kettlebell

Foam roller



The best workout
isn't the perfect one.

It's the one you'll actually do consistently.

Small amounts of movement, repeated week after week, will change your body, your energy and your health far more than occasional bursts of intense exercise.

Your body doesn't need perfection.
It needs consistency.

MY COMMITMENT FOR THE NEXT SEVEN DAYS

SIGNED _____

DATE _____

*Move often.
Lift something heavy.
Stretch what is tight.
Play every week.*

BARE RESET — THE MOVEMENT RESET

