

THE FIFTY-FIVE MOVEMENTS

Every movement in the book, with the page it is on. The letter is the category, the number is its position.

★ marks the movement that matters most Needs is what the movement asks for. Thirteen ask for nothing at all Page numbers are where the movement is shown and explained

A — MOBILITY8 movements			C — PULL8 movements			E — CORE10 movements		
A1	Shoulder Rolls NOTHING	15	C1	Scapular Holds NOTHING	29	E1★	Breathing and Pelvic Floor Connection FLOOR	51
A2	Arm Circles NOTHING	15	C2	Wall Slides WALL	30	E2	Supine Core Brace FLOOR	52
A3★	Wrist Prep Sequence FLOOR	15	C3	Prone Y–T–W Raises FLOOR OR BED	31	E3	Heel Slides FLOOR	53
A4	Cat–Cow FLOOR	15	C4	Seated Towel Row FLOOR + TOWEL	32	E4	Dead Bug FLOOR	54
A5	Thoracic Open-Book Rotation FLOOR	16	C5	Doorframe Isometric Pull DOORFRAME	33	E5	Bird Dog FLOOR	55
A6	Hip Circles NOTHING	16	C6	Table Row, Bent Knees TABLE	34	E6	Glute Bridge March FLOOR	56
A7	90-90 Hip Switches FLOOR	16	C7	Table Row, Straight Legs TABLE	35	E7	Front Plank on Knees FLOOR	57
A8	Ankle Rocks CHAIR	16	C8	Single-Arm Table Row TABLE	36	E8	Full Forearm Plank FLOOR	58
B — PUSH10 movements			D — LEGS12 movements			F — CONDITIONING7 movements		
B1	Wall Push-Up WALL	18	D1	Sit-to-Stand CHAIR	38	E9	Side Plank FLOOR	59
B2	Counter Push-Up COUNTER	19	D2	Supported Squat CHAIR	39	E10	Bear Plank Shoulder Tap FLOOR	60
B3	Chair Push-Up CHAIR + WALL	20	D3	Bodyweight Squat NOTHING	40	F1	March in Place NOTHING	62
B4	Knee Push-Up FLOOR	21	D4	Tempo Squat NOTHING	41	F2	Step Jacks NOTHING	63
B5	Full Push-Up FLOOR	22	D5	Wall Sit WALL	42	F3	Shadow Boxing NOTHING	64
B6	Fist Push-Up FLOOR	23	D6	Glute Bridge FLOOR	43	F4	Lateral Step Skater NOTHING	65
B7	Close-Grip Push-Up FLOOR	24	D7	Single-Leg Glute Bridge FLOOR	44	F5	Fast Alternating Reverse Lunge NOTHING	66
B8	Tempo Push-Up YOUR VERSION	25	D8	Hip Hinge BROOM HANDLE	45	F6	Elevated Mountain Climber CHAIR	67
B9	Chair Dip CHAIR + WALL	26	D9	Static Lunge NOTHING	46	F7	Inchworm Walkout FLOOR	68
B10	Wall Pike Push-Up FLOOR + WALL	27	D10	Reverse Lunge NOTHING	47			
			D11	Low Step-Up LOW STEP	48			
			D12	Supported Bulgarian Split Squat CHAIR	49			
ONE RULE FOR ALL FIFTY-FIVE								
If a movement hurts, stop and use the joint-safe version. Sharp pain, a joint complaining, anything that feels wrong rather than hard. If the joint-safe version also hurts, skip it today and come back next week.								
Muscles burning is the work. Joints protesting is not.								
			★ THE STANDARD WARM-UP					
			A1 · A2 · A3 · A6 · A8 before every session. Three minutes.					
			On upper-body days, repeat A3 at the end as well. On recovery days, do all eight.					
			A3 is the one that matters most. Two minutes before every upper-body day is the difference between finishing eight weeks and stopping in week two with sore wrists.					