

THE BAD DAY PROTOCOL

About a third of your days will not be the good day this program was written for. There is no version of a bad day here where the correct answer is nothing.

A

YOU SLEPT BADLY

Full warm-up, then half the sets of today's session at easy-to-working effort. Skip the conditioning. Finish in about fifteen minutes.

Pushing hard on very little sleep buys fatigue, not strength. Moving helps you sleep tonight.

B

SOMETHING ACHES

Full warm-up, then every movement switched to its **JOINT-SAFE** or easier version. Same sets, same reps. Add a few minutes of mobility at the end.

What you are avoiding is load through an angry joint, not movement itself.

C

YOU HAVE NO TIME

Two minutes of warm-up, then one set of the first three movements. That is it. Tick the box.

Ten minutes keeps you a woman who trains. A skipped day starts the negotiation.

IF YOU MISS A DAY ALTOGETHER

One day — Do that day next. Do not double up and do not skip ahead to stay on the calendar.

Two or three days — Pick up where you left off. You have lost nothing measurable.

A week or more — Go back to the first day of that week and repeat it. Your connective tissue has already softened its adaptation.

NOT A BAD DAY

Fever, sharp pain, feeling truly unwell — rest completely. That is a sick day, and they are different.

A shortened session counts. A modified session counts. · The full reasoning is on page 12.

CUT HERE

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