

WHEN SOMETHING HURTS

Sheet one of four. The map from a problem to a page number.

You do not need to read this today. You need it on the day something hurts. Find your row, go to the pages listed. Everything named here is already in your book — this sheet only tells you where to look.

 A Mobility  B Push  C Pull  D Legs  E Core  F Conditioning

ONE RULE BEFORE ANYTHING ELSE

If any of the four checks on pages 8 and 9 gave you a bottom-row result — sharp pain, numbness, bulging, more than two fingers, a knee that gives way — this sheet is not your answer. A professional is. Come back afterwards. Nothing here is medical advice. It is a table of contents for a body having a difficult week.

WRISTS

Every movement in D is wrist-free. So are **E1–E4**, **E6–E9** and **F1–F5**. That is more than thirty movements that ask nothing of your wrists at all.

ALWAYS

A3 p15 before every upper-body day and again at the end. Two minutes. This is the habit, not the workaround.

PUSH

B1 p18 and **B2** p19 on fists · **B3** p20 gripping the sides of the seat, not the flat · **B6** p23, the version built for this

PULL

C1 p29 · **C2** p30 · **C3** p31 — no wrist load at all

CORE

E7 p57 · **E8** p58 · **E9** p59 — all on forearms

ON FISTS INSTEAD

B4 p21 · **B5** p22 · **B7** p24 · **B8** p25 · **E5** p55 · **E10** p60 · **F6** p67

SKIP FOR NOW

B10 p27 · **F7** p68 — your book already says to, unless the wrist check was clear

A different problem: gripping. **C4** p32, **C5** p33 and **C6–C8** put nothing through the palm but do ask the hand to hold on. Pad the table edge with a folded towel.

SHOULDERS

SKIP

B9 p26 — your book calls it the least shoulder-friendly movement in it, and means it · **B10** p27 — overhead load through a shoulder that is already talking

INSTEAD

B7 p24 replaces both and works the same muscles

OVERHEAD

C2 p30 — to eye level, never higher

PULL

C5 p33 underhand, elbows close · **C6** p34 and **C7** p35 with elbows tucked

PLANK

E9 p59 — knee version only

CONDITIONING

F2 p63 with low arms · **F3** p64 punching at chest height, never snapping the elbow

STILL SOMETHING HURTS

Sheet two of four. The same map, continued.

A Mobility B Push C Pull D Legs E Core F Conditioning

KNEES

LOAD WITHOUT BEND

D6 p43 · **D7** p44 · **E6** p56 · **D8** p45 — real glute work, no compression through the knee

SQUAT

D1 p38 from a higher seat · **D2** p39 · **D5** p42 stopped well above ninety degrees

LUNGE

D10 p47 — it is in the book because it is kinder to the knee than the forward version · **D9** p46 with a folded cushion where the back knee lands

COMING DOWN

D11 p48 — lower step, slow descent. Down is where knees complain

SWAP

F5 p66 → **F1** p62 · **F4** p65 narrow, no rear sweep

On **D3** p40 and **D4** p41, cut the depth first and the speed second. Time under load costs a sensitive knee more than depth does.

LOWER BACK

BUILD HERE FIRST

E1 p51 · **E2** p52, one of the safest movements in the book · **E3** p53 at half range

PLANK

E7 p57. Stay here. Move to **E8** p58 only when this holds comfortably

HINGE

D8 p45 — cut the range, keep more bend in the knee

FACE DOWN

C3 p31 — a pillow under the hips changes this completely

BRIDGE

D6 p43 — lower the height. The back should not be doing this work

PELVIC FLOOR

If any of the three questions on page 8 was a yes.

TWO WEEKS, DAILY

E1 p51, before any plank at all. This is the instruction, not a suggestion

SAFE ALONGSIDE

E2 p52 · **D1** p38 · **D6** p43 · **C1** p29 · **C4** p32 · **F1** p62

WAIT

E8 p58 · **E9** p59 · **E10** p60 · **F6** p67 · **F7** p68

TEST 3

Write *deferred to Day 14* on page 86 and come back. That is the correct result, not a compromise

The same routing applies if the abdominal check gave you two fingers or any doming. Knee plank first. Full plank only when the knee version holds a clean full minute.

THE SMALLER THINGS

ELBOW

B7 p24 — fists, elbows in, half the depth

NECK

C1 p29 at half effort · **E4** p54 with a folded towel under your head · **B3** p20 with your gaze on the seat

HAMSTRING CRAMPS

D6 p43 and **D7** p44 — walk the foot further from the hip · **C4** p32 — sit on a cushion, bend the knees

HIPS ON THE FLOOR

A7 p16 — sit on a cushion. It changes the position entirely

WHEN YOU CANNOT GET TO THE FLOOR

Sheet three of four. Nothing hurts. Getting down there is the whole obstacle.

 A Mobility  B Push  C Pull  D Legs  E Core  F Conditioning

THE FLOOR IS NOT AN OPTION TODAY

Twenty-six movements in this book never touch the floor. That is a full session, not a consolation prize.

WARM-UP

A1 and **A2** p15 · **A6** and **A8** p16 · For **A3** p15, put your palms flat on a table and shift your weight forward there instead of on all fours

PUSH

B1 p18 · **B2** p19 · **B3** p20 · **B9** p26

PULL

C1 p29 · **C2** p30 · **C5** p33

LEGS

D1 p38 · **D2** p39 · **D3** p40 · **D4** p41 · **D5** p42 · **D8** p45 · **D9** p46 · **D10** p47 · **D11** p48 · **D12** p49

CORE

E7 p57 with your forearms on a chair seat · **F6** p67, a plank your hands hold at chair height

CONDITIONING

F1 p62 · **F2** p63 · **F3** p64 · **F4** p65 · **F5** p66

BUILD IT LIKE THIS

One push, one pull, two legs, one core, one conditioning. The same shape as any week in the program. Take your sets and reps from your own level column on the page

THE FLOOR IS THE PROBLEM PERMANENTLY

TRAIN THE THING ITSELF

If getting down and up is currently beyond you, that is the thing to train — and **D1** p38 is how

HOW

Run the session above three days a week. Add **D1** every day, from the highest seat in the house. Lower the seat when the current one stops being work

Getting off the floor without your hands is on the list of things this book promises you by Day 56. You are allowed to start from a chair.

WHEN THE SITUATION IS THE PROBLEM

Sheet four of four. No furniture, no balance, no energy.

No furniture, no balance, no energy. The situations that end programs, and what your book already holds for each one.

 A Mobility  B Push  C Pull  D Legs  E Core  F Conditioning

NO TABLE, NO DOORFRAME, NOT AT HOME

The pull block leans on furniture more than the rest of the book. Travelling, that is the block that breaks.

ALWAYS AVAILABLE

C1 p29 standing or seated, needs nothing · **C2** p30, any wall · **C3** p31, floor or bed

ONE TOWEL

C4 p32. Pack it. It is the whole pull block in a hotel room

WHAT YOU LOSE

C5 p33 needs a doorframe · **C6–C8** need a table that will not move. Do not improvise a substitute — do **C1** to **C4** and come back to them

Everything in B, D, E and F works in a room with a wall, a chair and a patch of carpet.

BALANCE, OR THE FEAR OF FALLING

HOLD ON

D2 p39, hands on the chair back for balance and never to pull yourself up · **A8** p16, fingertips only · **D12** p49, one hand on a wall

NOTHING TO LOSE

D1 p38 · **D5** p42 · **D6** p43 · **F1** p62 · **F3** p64 — all stable

COME BACK TO THESE

D11 p48 · **F4** p65 · **D7** p44, once the supported versions feel dull

TEST 4

Take it next to a wall, as page 10 says. Near it, not touching it

Balance is trainable and it responds fast. It is also the number on page 86 that tends to move first.

LOW ENERGY, BAD SLEEP, A DAY THAT WENT WRONG

DO NOT USE THIS SHEET

Use **The Bad Day Protocol on page 12**. It exists for exactly this and it is better than anything improvised

The short version: something is not nothing, and Protocol A is not a failure.

WHEN THE ANSWER IS NOT ON THESE SHEETS

THEN IT IS NOT IN THE BOOK EITHER

A joint that gives way, locks or swells. Numbness or tingling down an arm or a leg. Pain that arrives at rest rather than under load. Pelvic heaviness or bulging

WHAT TO DO

Take the book to your doctor or physiotherapist and ask what to modify. Page 8 explains why that question gets a far better answer than *is exercise okay for me*

Nothing on these four sheets is worth training through something that needs looking at.