



Move Well



A Simple Home Workout Guide

Easy-to-Follow Movement for Every Age & Fitness Level —
A Free Companion Guide



A Quick Note Before You Begin

This guide is designed to complement your nutrition ebook — because good food and regular movement work best together.

You don't need equipment, a gym membership, or hours of free time.
Just a small space at home and a little consistency.



Everyone's fitness level is different, so listen to your body throughout.
If you have any existing injury, medical condition, or health concern,
please check with your doctor before starting a new movement routine.
This guide is for general wellness purposes only
and is not a substitute for professional medical advice.

How to Use This Guide



Pick one routine that matches your current fitness level —
Beginner, Intermediate, or Active.



Aim for **15–25 minutes, 4–5 days a week.**
Consistency matters far more than intensity.



Always start with the **warm-up** and finish with the **cool-down**,
no matter which routine you choose.



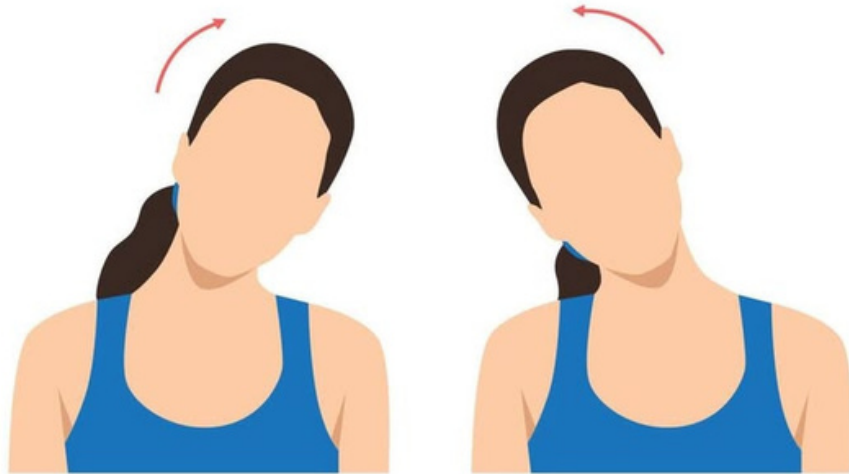
Progress at your own pace. You can move from
Beginner to Intermediate whenever it feels comfortable —
there's no fixed timeline.

*Small steps.
Stronger you.*

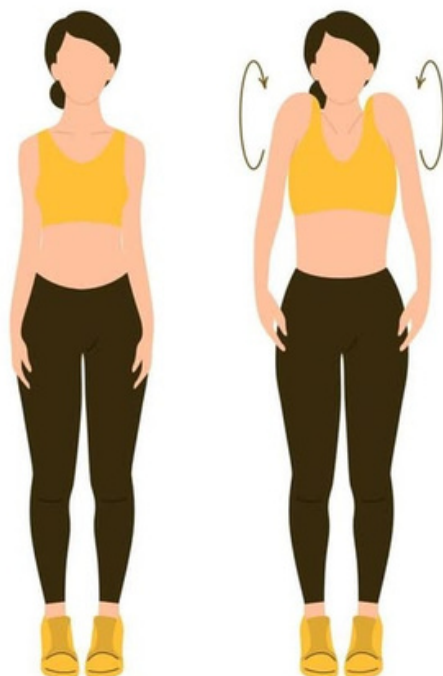


Warm-Up (3–5 minutes) – Do This Before Every Session

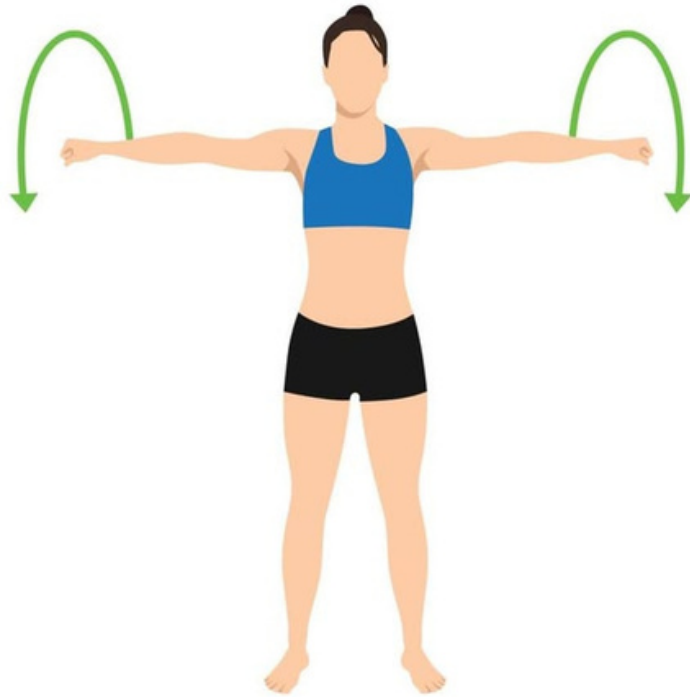
1) Neck rolls
5 each direction



2) Shoulder rolls
10 forward, 10 backward



3) Arm circles
10 each direction



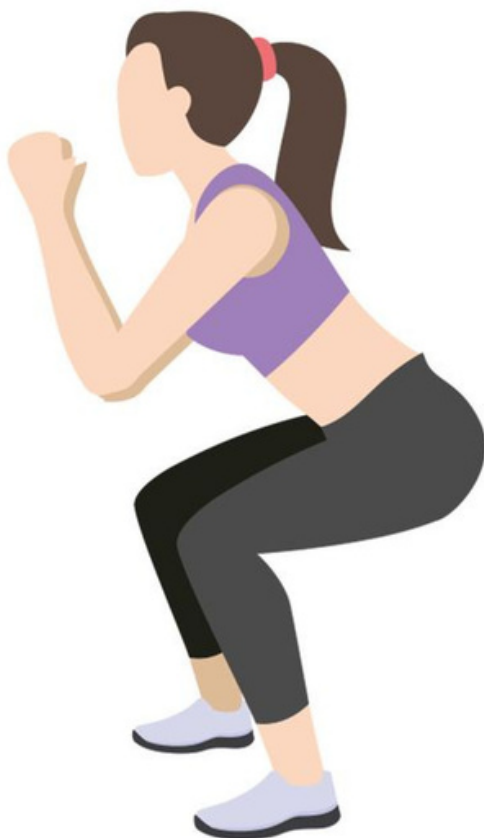
4) Standing side bends
8 each side



5) March in place
1 minute



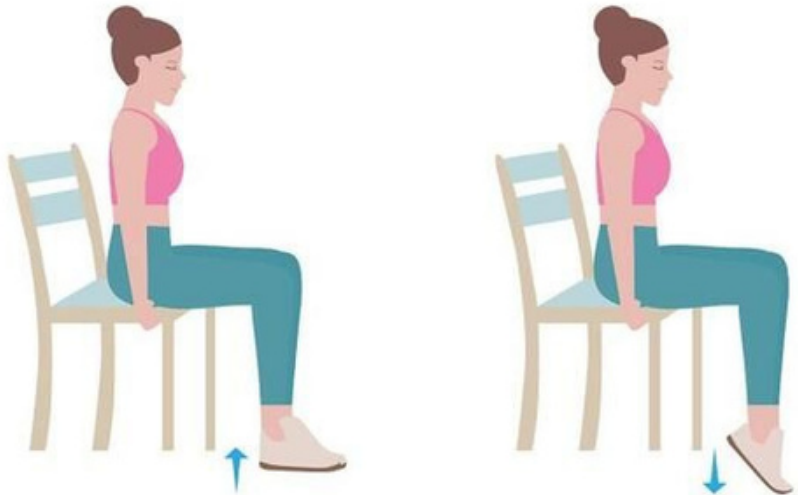
6) Bodyweight squats
(slow, no weight)
10 reps



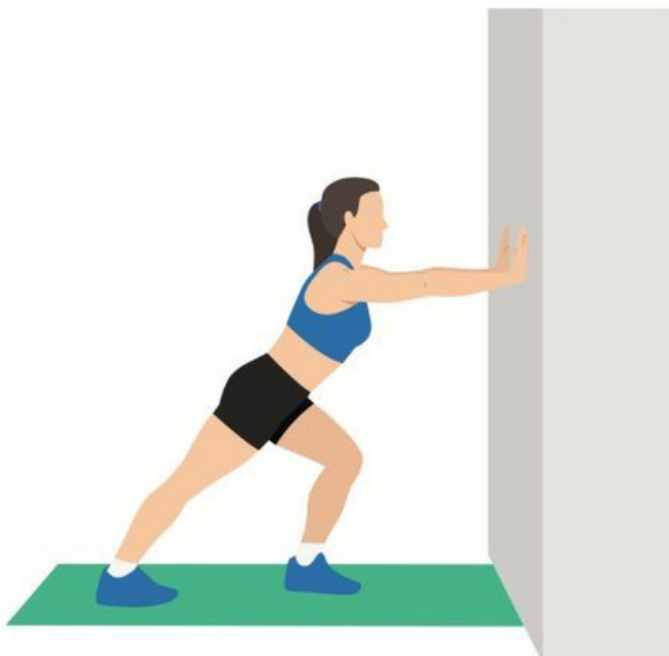
Beginner Routine

Ideal for those new to exercise, older adults, or anyone easing back into movement

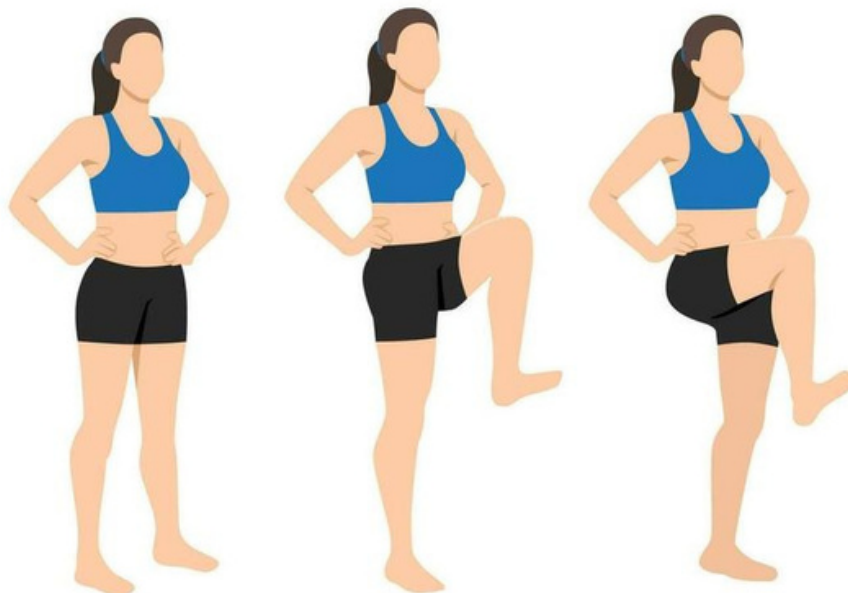
1) Chair-assisted squats 10 reps



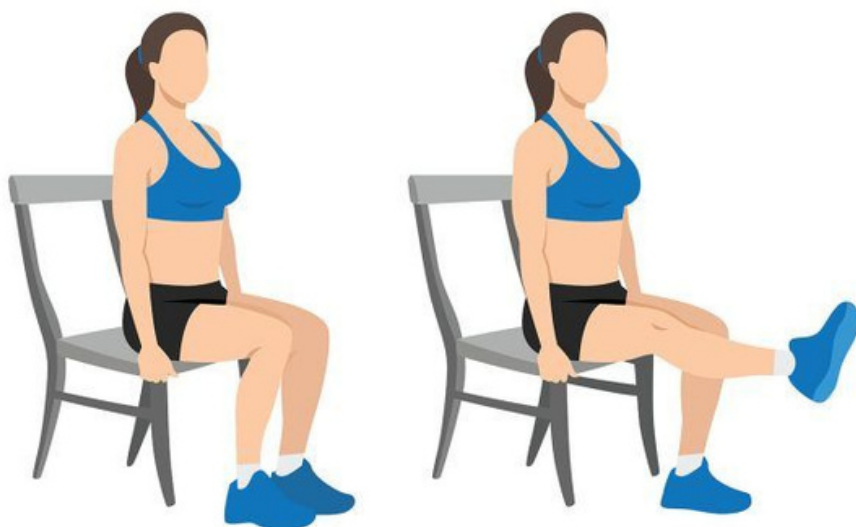
2) Wall push-ups 8–10 reps



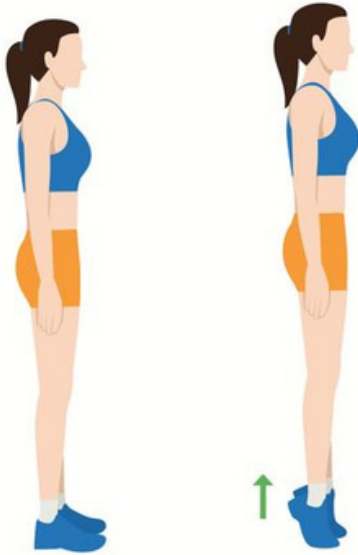
3) Standing marches 1 minute



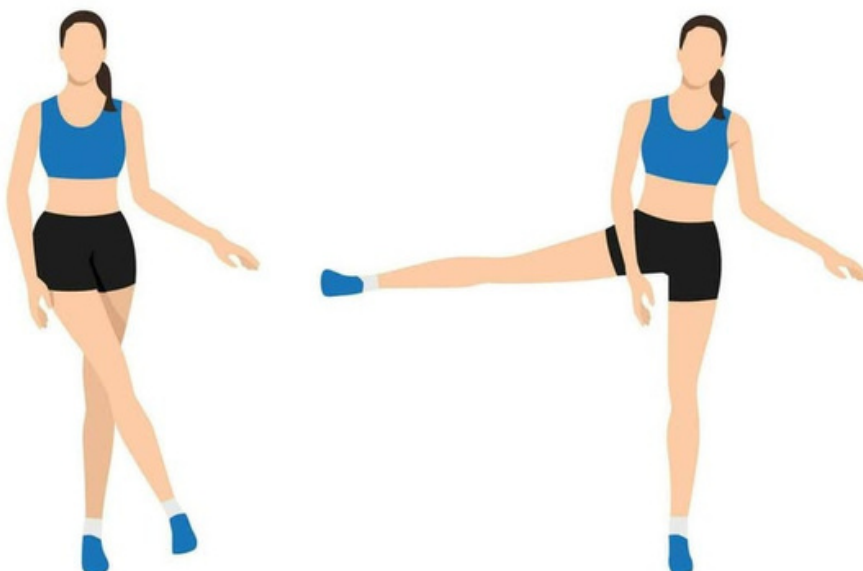
4) Seated leg extensions 10 reps each leg



5) Standing calf raises
12 reps



6) Standing side leg raises
8 each side



7) Deep breathing / stretching 2 minutes

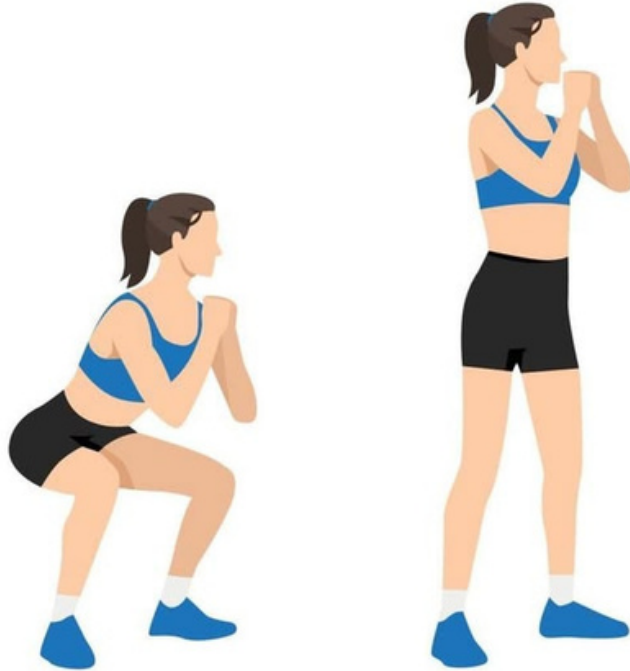


Tip: Hold onto a chair or wall for balance wherever needed. There's no rush — slow and steady is exactly right here.

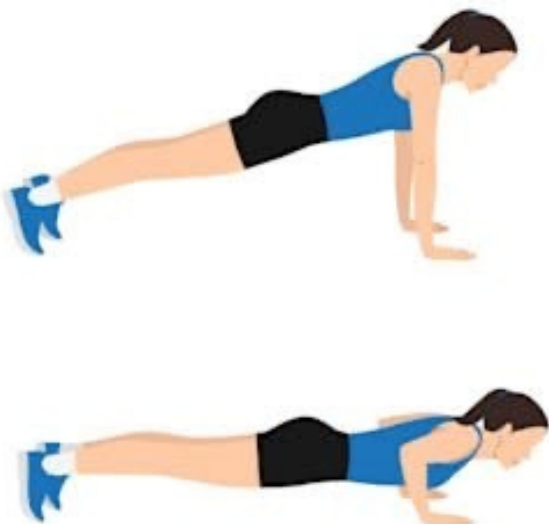
Intermediate Routine

For those who move regularly and want a moderate challenge

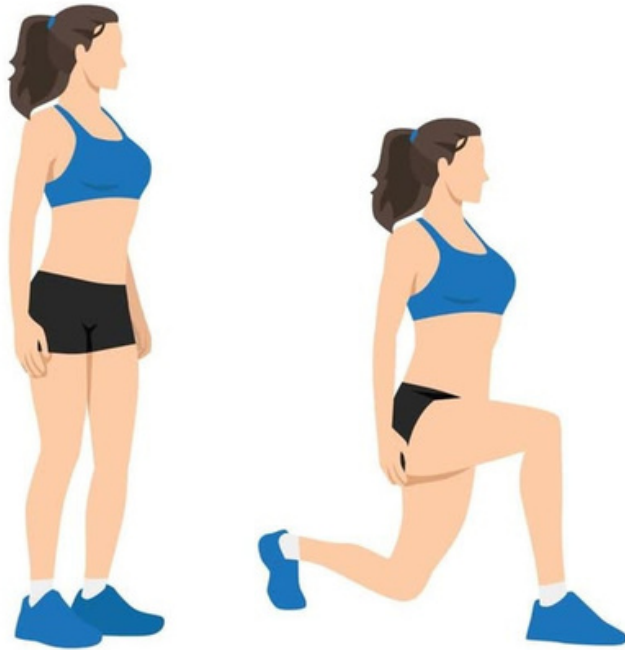
- 1) Bodyweight squats
15 reps



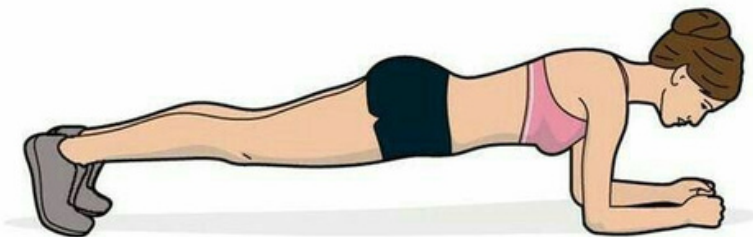
- 2) Push-ups (knees or toes)
10–12 reps



3) Walking lunges
10 each leg



4) Plank hold
20–30 seconds



5) Glute bridges
15 reps



6) Standing oblique twists
20 total



7) Jumping jacks

30 seconds

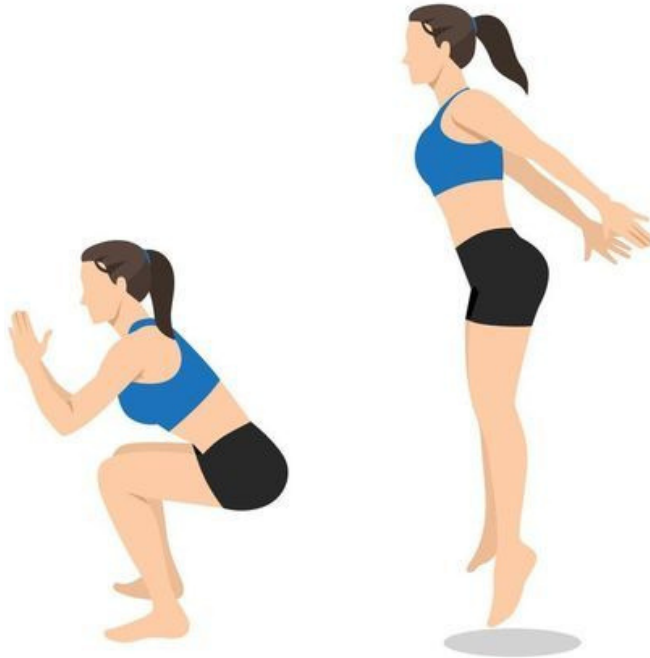


Tip: Rest for 30–45 seconds between exercises. Repeat the full circuit twice if you have the time and energy.

Active Routine

For those with an established fitness base looking for a fuller workout

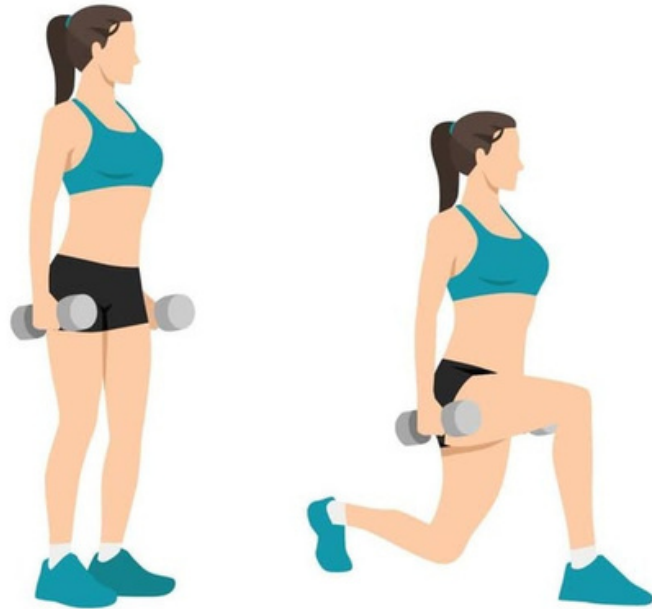
1) Jump squats 15 reps



2) Push-ups 15–20 reps



3) Reverse lunges
12 each leg



4) Plank hold
45–60 seconds



5) Mountain climbers

30 seconds

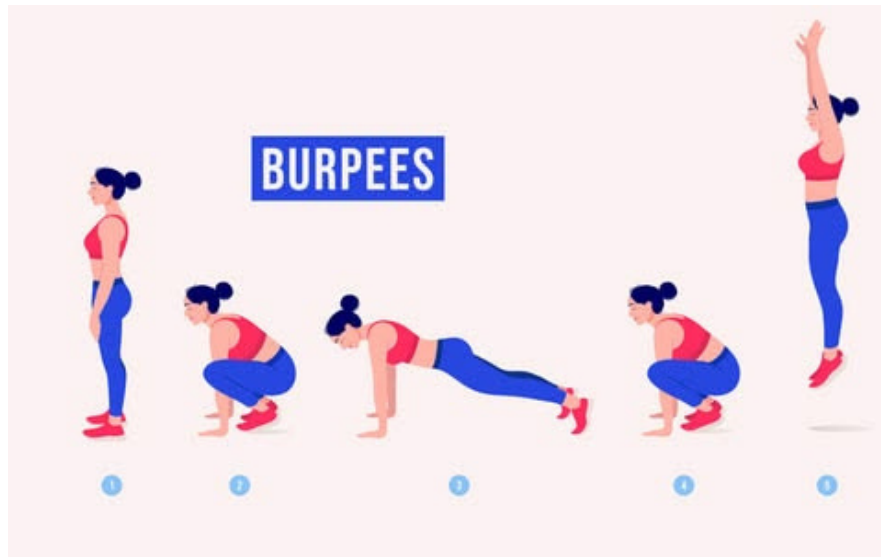


6) Glute bridges (single leg)

10 each side



7) Burpees
10 reps



8) High knees
30 seconds



Tip: Rest for 20–30 seconds between exercises. Repeat the full circuit two to three times, depending on your energy levels.

Cool-Down (3–5 minutes) – Do This After Every Session

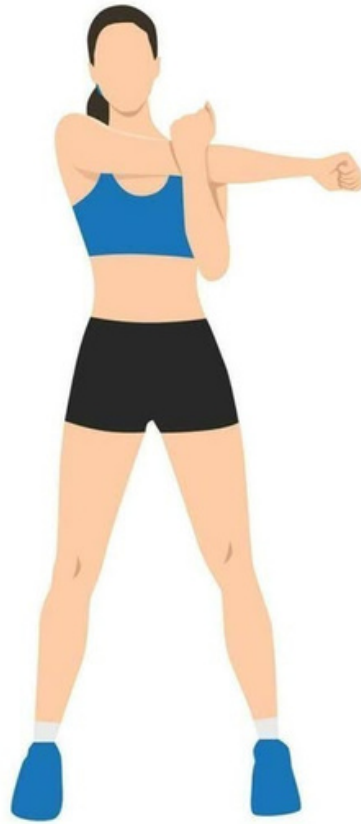
- 1) Standing forward fold
30 seconds



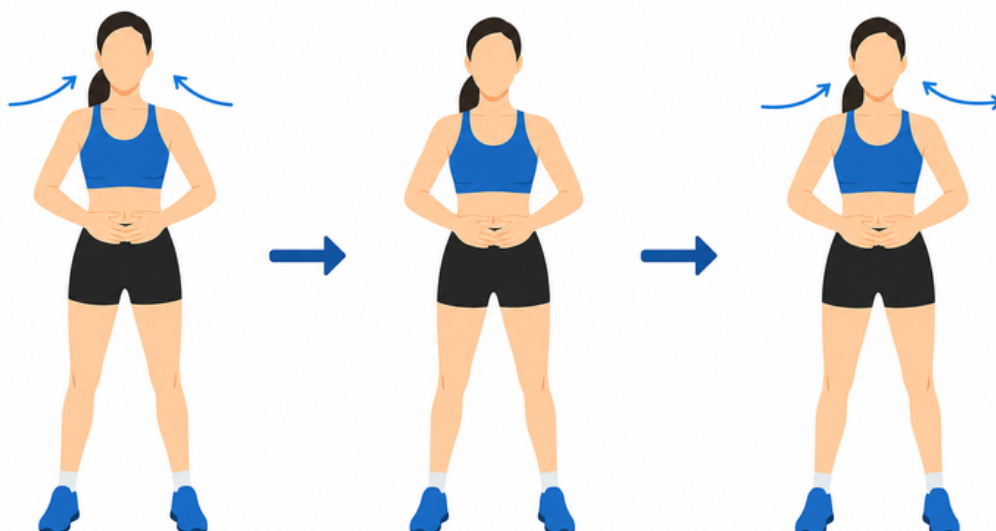
- 2) Seated hamstring stretch
20 seconds each leg



3) Chest and shoulder stretch
20 seconds each side



4) Child's pose or seated relaxation
1 minute



5) Slow, deep breaths
1 minute





A Few Reminders!



Movement doesn't need to be perfect — it needs to be consistent.

Even 10–15 minutes on a busy day is better than skipping altogether.



Pair this guide with your **nutrition ebook** for the best overall results.



Hydrate well before and after each session.



Progress looks different for everyone — focus on **how you feel**, not just how you look.



“A little movement, done regularly, adds up to a lot over time.”



For any specific health concerns, feel free to **contact us**.



Thank you for choosing
Move Well 

Small Steps. Stronger You.

