

Daily Exercise Checklist

Start where you are. No equipment needed.

This is not a workout. It's a wake-up call for your body.

Stand outside, move slowly, and check off each step.

No gym, no gear, no excuses. Just start.

Print this page, keep it by your bed, and tick off each exercise every morning before coffee.

thebasichub.com | Just The Basics

Your Morning Routine

Do each exercise slowly. Stop if it hurts. Uncomfortable is OK.

THE STARTER

- Rotate torso, swinging arms** 15-20 per side
Stand tall, feet wider than hips. Twist slowly side to side.

MAIN ROUTINE - 10 reps each

- Circulate arms forward** 10
Big slow circles like a windmill.

- Circulate arms backward** 10
Same circles, opposite direction.

- Swing hips clockwise** 10
Hands on hips. Slow hula-hoop circles.

- Swing hips counter-clockwise** 10
Same thing, the other way.

- Forward bend** Hold
Slowly fold from the hips. Let arms hang.

- Body-weight squat** 10
Bum back like sitting in a chair.

- Swing right leg** 10
Hold a support. Swing leg forward and back.

- Right leg quad stretch** Hold
Bend knee, pull heel gently toward bum.

- Swing left leg** 10
Same as right, other leg.

- Left leg quad stretch** Hold
Same as right, other leg.

- Stand on tip-toes** 10
Rise onto the balls of your feet. Hold. Lower.

Remember

Pain is bad - stop if it hurts. | Miss a day? Just start again. | The only failure is the day you don't try.