28 days, at your pace

Three practice sessions each week, with recovery between them. Read the full exercise instructions in the companion article before starting.

Start date: _____ Mark each box after following or adapting that day.

WEEK 1 / LEARN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
A: Foundation ☐	Recovery ☐	B: Leg control ☐	Recovery ☐	C: Trunk control ☐	Recovery ☐	Rest / review ☐

WEEK 2 / REPEAT

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
A: Foundation ☐	Recovery ☐	B: Leg control ☐	Recovery ☐	C: Trunk control ☐	Recovery ☐	Rest / review ☐

WEEK 3 / OPTIONAL INCREASE

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
A: Foundation ☐	Recovery ☐	B: Leg control ☐	Recovery ☐	C: Trunk control ☐	Recovery ☐	Rest / review ☐

WEEK 4 / CONSOLIDATE

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
A: Foundation ☐	Recovery ☐	B: Leg control ☐	Recovery ☐	C: Trunk control ☐	Recovery ☐	Rest / review ☐

Recovery is part of the plan

Rest or choose a comfortable everyday activity. Missed a session? Resume when ready; do not double up. Repeat a week or take extra rest whenever needed.

Notes: _____

_____

Choose a comfortable amount

This is an original general practice plan, not a clinical program or a promise of four-week body changes. All exercise numbers refer to the companion article.

Before every session

Walk or march comfortably for 2-3 minutes. Then use #1 for four comfortable breaths and #12 for six small alternating weight shifts. Keep these preparation moves the same as you progress.

A / Foundation

#2 Small wall arm slides; #3 Wall press-up; #5 Wall-supported mini-squat; #6 Supported heel raise.

B / Leg control

#7 Supported toe lift; #8 Slow supported march; #9 Supported side-leg lift; #10 Supported back-leg lift.

C / Trunk control

#4 Standing wall plank; #11 Hip hinge toward the wall; #13 Mat pelvic tilt; #14 Low mat bridge; #15 Mat heel slide.

Floor-free C: Skip #13-15 and repeat two comfortable A or B movements instead. Seated toe lifts are also an option. Use easier versions from the article whenever needed.

Optional progression - repeating is always allowed

Week 1: One set of 4-6 repetitions; one wall-plank hold of up to 10 seconds.

Week 2: Repeat week 1, or try 6-8 repetitions if comfortable. Keep the plank hold the same.

Week 3: Keep the previous amount, or add a second set of 4-6 repetitions. Optional second plank hold: rest between holds; each is 10 seconds or less.

Week 4: Repeat the amount you manage well. If two sets are comfortable, try 6-8 repetitions per set. No increase in plank duration is required.

Count repetitions on each side for #8-10 and #15. The plank uses time, not repetitions. Breathe normally and rest as needed. Increase only with steady control and comfortable recovery. Finish with a short easy walk or seated rest.

Stop if you have pain, dizziness, or feel unwell. Seek individual advice for symptoms, injury, a relevant condition, recent surgery, pregnancy or recent birth. Get urgent medical help for chest pain, fainting or severe breathing difficulty.