

CLAIRE WILLIS PT

START MOVING

28-Day Programme

The Complete Home
Fitness Plan

[FULL PROGRAMME](#)

Move better
Feel stronger
Live fully

INSIDE THIS PROGRAMME

- 12 progressive workouts across 4 weeks
 - Full Body, Upper Body & Lower Body each week
 - Sessions grow from 25 to 40 minutes over the programme
 - Every exercise with coaching cues and modifications
 - Week themes: Begin · Control · Build · Strong
 - Suitable for complete beginners — no gym required
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How to use this programme

Everything you need before you begin

THE PROGRAMME

- 3 workouts per week — Full Body, Upper Body and Lower Body
- Sessions grow from 25 minutes in week 1 to 40 minutes in week 4
- Complete each week in order — the progression is carefully intentional
- Rest at least one day between each session

EQUIPMENT

- No gym or specialist equipment is required throughout
- A sturdy chair or access to a wall for balance support
- Optional: light dumbbells, water bottles or tins of food
- Optional: a resistance band — modifications given if you don't have one

EACH SESSION

- Warm up — always complete this section to protect your joints
- Main workout — sets and reps with full coaching cues for form
- Modifications given for every single exercise — use them freely
- Cool down — essential for recovery and long-term progress

GETTING RESULTS

- Quality beats speed — one controlled rep beats three rushed ones
- Rest 60–90 seconds between sets, especially in the early weeks
- Drink water before, during and after every session without fail
- Note how each session feels — progress often comes before it shows

You don't need to be fit to start. You need to start to get fit.

Every expert was once a beginner. Week 1, Day 1 is the most important session you will ever do.

WEEK 1

Begin

Permission to start. Ease in, listen to your body, build the habit.

THIS WEEK'S SESSIONS

Full Body: Begin

30 min

Upper Body: Begin

30 min

Lower Body: Begin

30 min

Full Body: Begin

Welcome to your first session. Move slowly, breathe steadily, and focus on how each movement feels. There are no wrong answers here — just start.

WARM UP March on the spot — 60 sec · Shoulder rolls forward & back — 10 each · Hip circles — 10 each direction · Gentle squats (shallow) — 8 reps

EXERCISE + MODIFICATION	SETS	REPS	COACHING CUE
1 Squat <i>Prog: Clasp hands together at chest height</i>	3	10	Feet hip-width, toes slightly out. Sit back as if finding a chair. Keep chest tall and knees tracking over toes.
2 Wall Push-Up <i>Prog: Step farther away from wall to make a little harder</i>	3	10	Hands on wall at shoulder height, shoulder-width apart. Lower chest to wall, push back. Keep a straight line from head to heel.
3 Glute Bridge <i>Prog: Place shoulders on the edge of a sofa for more range</i>	3	10	Lie on back, feet flat, hip-width. Press hips up, squeeze glutes at top. Hold 2 seconds. Lower slowly with control.
4 Seated Row <i>Prog: Use resistance band around feet</i>	3	10	Sit tall, legs outstretched. Pull elbows back squeezing shoulder blades together. If you have band, place around feet and perform the same movement with added resistance.
5 Standing March <i>Mod: Hold chair back for balance</i>	2	20 total	Lift knees to hip height alternately. Swing opposite arm to leg. Stay tall through your spine and breathe steadily.

COOL DOWN Quad stretch standing — 20 sec each side · Seated hamstring stretch — 20 sec each · Chest opener arms wide — 20 sec · Child's pose — 30 sec

CLAIRE'S TIP How did that feel? Note it down — you'll want to look back on this moment in 4 weeks.

Upper Body: Begin

This session focuses on your arms, chest, back and shoulders. All movements can be done standing or seated. Move at your own pace and rest between sets.

WARM UP Arm circles small to large — 10 each direction · Neck rolls slow — 5 each side · Shoulder shrugs — 10 reps · Wrist circles — 10 each direction

EXERCISE + MODIFICATION	SETS	REPS	COACHING CUE
1 Wall Push-Up <i>Mod: Step closer to wall to reduce difficulty</i>	3	10	Hands shoulder-width on wall, elbows at 45 degrees. Lower your chest toward the wall, push back. Don't let your back arch or hips drop.
2 Bicep Curl <i>Prog: Use water bottles or light tins of food for added challenge</i>	3	10 each	Arms at sides, palms forward. Curl hands to shoulders, keeping upper arms still. Lower slowly — the lowering phase is where the work happens.
3 Overhead Press <i>Prog: Use water bottles or tins of food for extra challenge</i>	3	8	Start with hands at shoulder height, palms forward. Press up without locking elbows at the top. Keep ribs down and core gently engaged.
4 Band Pull-Apart <i>Mod: Mime the movement without the band</i>	3	12	Hold band at chest height with arms straight, knuckles to the ceiling. Pull apart squeezing shoulder blades together. Control the return — don't let it snap back.
5 Tricep Dip <i>Mod: Bring knees closer towards you to reduce load on arms</i>	2	8	Hands on chair edge behind you, feet flat on floor. Lower until elbows reach 90 degrees. Press back up using your arms, not your legs.

COOL DOWN Cross-body shoulder stretch — 20 sec each · Tricep stretch overhead — 20 sec each · Doorframe chest stretch — 20 sec · Wrist flexor stretch — 15 sec each

CLAIRE'S TIP Your upper body may feel unfamiliar after this — that gentle achiness tomorrow means you've done something good.

Lower Body: Begin

Legs, glutes and hips today. Strong legs are the foundation of everything — better posture, balance, and everyday movement. Go at your own pace.

WARM UP Heel raises — 15 reps · Knee lifts — 10 each side · Ankle circles — 10 each direction · Side steps — 10 each direction

EXERCISE + MODIFICATION

SETS

REPS

COACHING CUE

Squat to Chair

1

Mod: Use chair arms to assist the return to standing

3

10

Stand in front of chair, feet hip-width. Lower slowly until you lightly touch the seat — don't sit down fully. Lean forward to stand back up tall, pushing the floor away with your heels.

Reverse Lunge

2

Mod: Hold chair or wall lightly for balance, or perform staggered squat, omitting the step back

3

8 each

Step one foot back, lower back knee toward floor. Front knee stays over ankle — don't let it drift forward. Push through front heel to return.

Glute Bridge

3

Prog: Try single leg for more of a challenge

3

12

On your back, feet flat, hip-width apart. Drive hips up and hold 2 seconds at the top. Squeeze glutes deliberately. Lower with control.

Calf Raise

4

Mod: Hold wall or chair back for balance support

3

15

Stand tall, feet hip-width. Rise onto toes slowly — count 2 up, 2 down. Feel the full stretch at the bottom before rising again.

Lateral Leg Raise

5

Mod: Attach resistance band at ankles for more challenge

2

12 each

Standing, hold chair lightly. Lift one leg out to the side — keep both hips level and don't lean. Lower slowly and with control. Feel the outer hip working.

COOL DOWN

Standing quad stretch — 20 sec each side · Seated hamstring — 25 sec each · Hip flexor lunge stretch — 20 sec each · Glute stretch lying — 25 sec each

CLAIRE'S TIP

These muscles do a huge amount of work in daily life. Notice how you feel on the stairs or walking tomorrow.

WEEK 2

Control

Slow down to speed up. Quality reps, body awareness, deliberate movement.

THIS WEEK'S SESSIONS

Full Body: Control

30 min

Upper Body: Control

30 min

Lower Body: Control

30 min

Full Body: Control

This week is about slowing down to speed up. Focus on the quality of every rep — controlled movement down, deliberate movement up. You're building body awareness that will serve you for life.

WARM UP March on spot with arm swing — 60 sec · Hip circles — 10 each way · Cat-cow on hands and knees — 8 reps · Slow bodyweight squats — 10 reps

EXERCISE + MODIFICATION	SETS	REPS	COACHING CUE
1 Slow Squat — 3 sec down <i>Mod: Hold chair lightly for balance support</i>	3	10	Take 3 full seconds to lower — count in your head. Pause at the bottom for a beat. Drive back up through your heels. You'll feel this immediately.
2 Incline Push-Up <i>Mod: Return to wall if table feels too challenging</i>	3	10	Move to a lower surface than last week — try a table or countertop. 2 seconds down, pause, 1 second up. Elbows at 45 degrees throughout.
3 Glute Bridge Hold <i>Prog: Single leg hold for a greater challenge</i>	3	8	Bridge up and hold at the top for 3 full seconds each rep, keeping spine neutral, not arched. Feel both glutes working equally. If one side is weaker, focus your attention there.
4 Bent-Over Row <i>Prog: Use water bottles or tins of food to increase resistance. Can also use a long resistance band looped under your feet</i>	3	10	Hinge forward slightly with a flat back. Pull elbows past your hips, squeeze shoulder blades at the top. Hold 1 second before lowering with control.
5 Reverse Lunge — Paused <i>Mod: Hold wall with one hand for balance</i>	2	8 each	Step back, lower back knee to hover as low as you can, then pause at the bottom position for 2 full seconds before returning. This pause is where the control work happens. Stay tall through your spine, core engaged.

COOL DOWN Lying fig 4 — 30 sec each · Child's pose — 30 sec · Thoracic rotation seated — 8 each side · Hip flexor kneeling stretch — 25 sec each

CLAIRE'S TIP Slower isn't easier — it's smarter. This week you're training your nervous system as much as your muscles.

Upper Body: Control

Controlled reps this week. Each movement has a tempo — follow it. 2 seconds down, pause, 1 second up. This tempo is where real strength is built, not in rushing through reps.

WARM UP Arm swings — 15 each direction · Neck stretch side to side — 5 each side · Shoulder pass-throughs — 10 reps · Thoracic extensions over chair back — 8 reps

EXERCISE + MODIFICATION	SETS	REPS	COACHING CUE
1 Incline Push-Up — Table <i>Mod: Return to wall if table is too challenging today</i>	3	10	Hands on table, straight body line. 2 seconds down, pause chest near table, 1 second back up. Elbows at 45 degrees — not flared wide to the sides.
2 Bicep Curl — Slow Lower <i>Prog: Use water bottles or a light resistance band</i>	3	10 each	Curl up in 1 second, then take 3 full seconds to lower. That slow lowering phase is doing the real work — resist it all the way down.
3 Lateral Raise <i>Mod: No weight needed — focus on smooth controlled movement</i>	3	10	Arms at sides. Raise to shoulder height — 2 seconds up, 2 seconds down. Stop at shoulder height. Going higher puts unnecessary strain on the joint.
4 Resistance Band Row <i>Mod: Mime the movement if no band — focus on squeezing the muscles</i>	3	12	Band around door handle or post. Pull elbows back past your hips, hold 2 seconds at full contraction. Resist on the way forward — don't let the band pull you.
5 Tricep Kickback <i>Prog: Use a water bottle for resistance</i>	2	10 each	Hinge forward with a flat back, upper arm parallel to floor. Extend arm back fully until straight, squeeze the tricep. Lower with control — don't swing.
COOL DOWN Thread the needle — 20 sec each side · Chest doorframe stretch — 25 sec · Tricep overhead stretch — 20 sec each · Wrist circles and flexor stretch — 15 sec			

CLAIRE'S TIP Notice which side is stronger — it's completely normal to have one. The goal over time is to reduce that gap.

Lower Body: Control

We're adding tempo and balance challenges this week. Slow the movements down and you'll feel muscles you didn't know you had. This is normal — it means they're waking up.

WARM UP Heel-to-toe walking — 20 steps · Hip circles — 10 each direction · Slow side steps — 12 each way · Calf raises very slow — 12 reps

EXERCISE + MODIFICATION	SETS	REPS	COACHING CUE
1 Squat — 4 Sec Lower Mod: Hold chair lightly to maintain control	3	10	Four full seconds to the bottom — count it out. Sit deep, drive knees out over toes. Power back up. The slow descent is your strength teacher this week.
2 Single Leg Balance Mod: Hold chair lightly — aim to reduce the hold gradually	3	20 sec each	Stand on one foot, soft bend in the standing knee. Fix your gaze on a still point ahead. Arms relaxed. Build your time each set — notice if one side is harder.
3 Reverse Lunge — Slow Mod: Hold wall with one hand for balance support	3	8 each	Step back with control, lower for 2 full seconds, pause at the bottom, return with purpose. Your front foot is doing all the work — feel it.
4 Single Leg Glute Bridge Mod: Keep both feet down if single leg is too challenging yet	3	8 each	From a bridge position, extend one leg out straight. Hold hips perfectly level — don't let the extended side drop. Drive through the heel of the planted foot.
5 Lateral Band Walk Mod: Remove band and focus on the movement pattern first	2	12 each	Band just above knees. Step wide maintaining a slight squat position, keep tension in the band throughout. Don't let knees cave inward at any point.

COOL DOWN Standing figure-4 stretch — 25 sec each · Hamstring stretch lying — 25 sec each · Hip flexor lunge — 25 sec each · Calf stretch against wall — 20 sec each

CLAIRE'S TIP Single-leg work is the fastest way to improve balance and fix strength imbalances. It will feel hard — that's exactly right.

WEEK 3

Build

Add volume, add weight, add challenge. You're stronger than you think.

THIS WEEK'S SESSIONS

Full Body: Build

35–40 min

Upper Body: Build

35–40 min

Lower Body: Build

35–40 min

Full Body: Build

Two weeks in — you're not a beginner any more. This week we add reps, add sets, and start combining movements. Your body is ready for more. Trust the process.

WARM UP Step side-to-side jacks — 30 sec · Hip circle and squat combo — 10 reps · Arm circles with lunge — 10 reps · Cat-cow into thread the needle — 8 reps

EXERCISE + MODIFICATION	SETS	REPS	COACHING CUE
1 Goblet Squat <i>Mod: Use a water bottle, tin, or bodyweight only</i>	4	12	Hold weight at chest height with both hands. Squat deep — elbows come inside knees at the bottom. Drive up through heels and squeeze glutes at the top.
2 Push-Up — Progressed <i>Mod: Incline on table or countertop if floor is too challenging</i>	3	12	Move to a lower surface than last week, or try the floor. Keep your core tight throughout — don't let hips sag or rise. Every rep with full control.
3 Romanian Deadlift <i>Mod: Use water bottles or hands on thighs as bodyweight RDL</i>	3	10	Hinge at hips with soft knees, pushing hips backwards, weights travelling down your shins. Feel the hamstring stretch at the bottom. Drive hips forward powerfully to return to standing.
4 Dumbbell Row <i>Prog: Use water bottle or food tins as weights, or a long resistance band held under your feet</i>	4	10 each	One hand on chair for support, row your elbow up to the ceiling. Keep back flat and parallel to floor. Add weight this week if last week felt manageable.
5 Squat to Press <i>Mod: No weight — focus on the coordination of the combined movement</i>	2	10	Squat down with control, then as you stand press both arms overhead in one fluid movement. The whole body works as one unit. This is functional strength.

COOL DOWN Downward dog — 30 sec · Hip flexor with overhead arm reach — 25 sec each · Thoracic rotation seated — 8 each side · Lying glute stretch — 30 sec each

CLAIRE'S TIP You added volume this week. Your body will adapt — that adaptation is what fitness is made of.

Upper Body: Build

Time to build on the control you established last week. More reps, more range, and we're adding new movements to challenge your upper body in fresh ways this week.

WARM UP Band pull-aparts — 15 reps · Large arm circles — 15 each direction · Scapular push-ups — 10 reps · Shoulder stretch into rotation — 8 each side

EXERCISE + MODIFICATION

SETS

REPS

COACHING CUE

Push-Up — Progressed

1

Prog: Choose the level that is genuinely challenging for you, which still allows you to complete reps with good form

4

10

Go one level harder than last week. Floor, table or wall — but push your edge this week. Maintain absolutely perfect form — quality always beats quantity here.

Arnold Press

2

Prog: Use water bottles for resistance — focus on the rotation

3

10

Start palms facing you at chin height. As you press overhead, rotate palms forward until fully extended. Reverse the rotation on the way back down. Full range.

Bent-Over Row — Both Arms

3

Prog: Use tins of food or water bottles

4

12

Hinge with flat back, weights in both hands. Pull both elbows back past your hips simultaneously. Squeeze hard at the top — hold a full second before lowering.

Lateral to Front Raise

4

Mod: No weight — focus on movement quality and muscle connection

3

8 each

10 lateral raises — arms out to your sides. Then without rest, 10 front raises — arms forward to shoulder height. That's one set. Keep movements slow and controlled.

Close Grip Push-Up Hold

5

Mod: Return to wider hand position if close grip is too challenging

2

8

Hands close together below your chest, on an elevated surface (higher = easier), fingers forming a diamond shape. Lower chest toward hands — this is harder than standard. You're ready for this challenge.

COOL DOWN

Pec stretch in doorframe — 25 sec · Child's pose with arm reach forward — 30 sec · Lateral neck stretch — 20 sec each side · Wrist and forearm stretch — 20 sec

CLAIRE'S TIP

Your posture is changing. Notice how you're holding yourself differently — taller, more open across the chest.

Lower Body: Build

We're adding weight, range and complexity this week. Your legs are stronger than they were at the start — now we're going to prove it to you in this session.

WARM UP Squat pulses — 15 reps · Hip flexor warm-up lunge — 8 each side · Wide lateral steps — 10 each direction · Single leg balance — 15 sec each side

EXERCISE + MODIFICATION

SETS

REPS

COACHING CUE

Dumbbell Squat

1

Mod: Bodyweight only is completely fine — add weight gradually

4

12

Hold weights/water bottles/food tins at shoulders or at your sides. Full range of motion, full control throughout. Focus on sitting back into your hips — not just bending your knees forward.

Walking Lunge

2

Mod: Hold wall and alternate legs into forward lunges in place if walking is too hard

3

10 each

Step forward, lower back knee towards the floor as low as possible, then step the back foot through to the next lunge position. Keep an upright torso throughout. This challenges balance and strength simultaneously.

Romanian Deadlift

3

Mod: Bodyweight — place hands on thighs as you hinge forward

3

10

Weights in hand, hinge forward, pushing hips behind you, feeling hamstrings load and stretch. Keep the weights close to your legs. Return by driving hips forward. Back stays long throughout.

Sumo Squat

4

Mod: Bodyweight with a wide stance — focus on the depth

3

12

Wide stance, toes turned out to about 45 degrees. Sit deep down between your feet. Hold weight at chest. Feel the inner thigh and glutes particularly working. Don't allow knees to cave in.

Step-Up

5

Mod: Use a lower step or hold the wall for balance support

2

10 each

Use the bottom stair or a sturdy low step. Step up, bring the other foot up to the step. Step down with complete control — don't drop down.

COOL DOWN

Deep squat hold — 30 sec · Lying fig 4 — 30 sec each side · Hamstring lying stretch — 25 sec each · Calf stretch

CLAIRE'S TIP

Three weeks in. Compare today's session to Week 1 Lower Body — the difference is real, and it belongs to you.

WEEK 4

Strong

This is what 28 days of work looks like. Push, and prove it to yourself.

THIS WEEK'S SESSIONS

Full Body: Strong

35–40 min

Upper Body: Strong

35–40 min

Lower Body: Strong

35–40 min

Full Body: Strong

Final week. You have earned the right to push. This session is your proof of progress — same body, completely different capability. Go after it with everything you've built.

WARM UP Dynamic warm-up — march, squat, hinge, push, 2 rounds of 8 each · Hip 90/90 stretch — 30 sec each side · Thoracic rotation — 8 each side · Arm swing lunge combo — 10 reps

EXERCISE + MODIFICATION	SETS	REPS	COACHING CUE
1 Dumbbell Squat to Press Mod: Bodyweight squat combined with no weight overhead press	4	12	Full deep squat, then as you stand press weights/food tins/water bottles overhead in one fluid movement. Your whole body working as one connected unit. This is what functional strength looks like.
2 Push-Up — Best Version Mod: Choose the level that genuinely challenges you today	4	10–12	Floor, table, or wall — choose your most challenging level and push your absolute edge. You know what perfect form looks and feels like now. Listen to your body and trust yourself completely.
3 Deadlift Mod: Use water bottles or bodyweight hands-on-thighs deadlift	4	10	Hinge at the hips, reaching backwards with your glutes with control, weight close to shins throughout the movement. Bring hips forward to stand, squeezing glutes hard at the top.
4 Bent Row Mod: No weight, or on all 4s for extra stability	3	8 each	Hinge at the hips, resting one hand on a chair or table for support, holding a water bottle or food tin in the other. Row one weight up at a time, pulling your shoulder blade to your spine. Keep hips completely level — don't rotate or shift your weight. This tests your entire body working as one, and works your upper back - great for posture.
5 Reverse Lunge to Balance Mod: Put foot down fully between each rep to reset. Omit the balance, or hold a sturdy chair for support	3	10 each	Step back, lower into the lunge, return — and don't put the foot down. Bring your moving leg knee in front of you, to hip height (or as high as possible). Hold the balance at the top for 2 full seconds. Return to standing, then repeat, alternating legs.

COOL DOWN Lying fig 4 — 30 sec each side · Lying spinal twist — 20 sec each · Child's pose — 45 sec · Downward dog — 30 sec

CLAIRE'S TIP You're almost there. A stronger, more capable version of yourself is emerging. Take time to notice the differences you feel in your day to day life.

Upper Body: Strong

Your final upper body session. By now you have a real relationship with these movements. Go heavier, go deeper, go further than the person who started in week one would have believed possible.

WARM UP Band pull-aparts — 20 reps · Scapular push-ups — 12 reps · Arm circles into press — 10 reps · Thoracic rotation with reach — 8 each side

EXERCISE + MODIFICATION	SETS	REPS	COACHING CUE
1 Push-Up — Maximum Challenge <i>Mod: Match to your strongest current version — floor, table or wall</i>	4	10–15	Whatever level you've progressed to — this is your definitive set. Aim for more reps than week one with better form. You are stronger than when you started. Show it.
2 Dumbbell Press <i>Mod: Use water bottles, tins or any available household weight</i>	4	12	Lying on back or seated, press weights from chest to full extension overhead. Control the lower — that slow lowering phase is where the real strength development happens.
3 Dumbbell Row — Add Weight <i>Mod: Use tins, water bottles, a bag of sugar — anything with weight</i>	4	10 each	Add as much weight as you can while still maintaining perfect form throughout. Pull hard, squeeze at the top with intention, lower with full control. Make it count.
4 Overhead Tricep Extension <i>Mod: Perform the movement with no weight to feel the pattern first</i>	3	12	Hold one weight overhead with both hands. Lower it behind your head until elbows at 90 degrees, extend back up. Keep elbows pointing forward — don't let them flare out.
5 Lateral and Front Raise Superset <i>Mod: Reduce weight or perform without weight if needed to complete all reps</i>	3	10+10	10 lateral raises with no rest directly into 10 front raises. No break between the two movements. This is your finisher — it should feel hard. That is the point.

COOL DOWN Chest stretch both arms — 30 sec · Lat stretch overhead — 25 sec each side · Cross-body shoulder — 25 sec each · Tricep overhead stretch — 25 sec each

CLAIRE'S TIP Your upper body is functionally stronger. Carrying, lifting, reaching — all of it is easier than 4 weeks ago.

Lower Body: Strong

Your legs have carried you through 28 days of work. This final session is a celebration of that strength — and a new benchmark for where you go from here.

WARM UP Dynamic squat and lunge — 10 each · Hip circles — 10 each direction · Wide lateral steps — 15 each way · Single leg balance — 20 sec each side

EXERCISE + MODIFICATION	SETS	REPS	COACHING CUE
Bulgarian Split Squat 1 <i>Mod: Forward lunge without rear foot elevation if this is too hard today</i>	4	8 each	Rear foot elevated on a chair behind you. Lower your front leg until your back knee is close to the floor. This is challenging — and after 4 weeks, you are completely ready for it.
Dumbbell Deadlift 2 <i>Mod: Bodyweight Romanian deadlift with hands sliding down your thighs</i>	4	12	Add meaningful weight if you have it available. Hinge deep, feel hamstrings load under the weight, drive powerfully through hips to standing. This is a strong, powerful movement.
Fast Squat to Toes 3 <i>Mod: Slow squat with controlled rise onto toes — no fast movement</i>	3	10	Squat down with full control, then rise fast and explosively onto toes at the top of the movement. Power and control working together. Land with soft, quiet knees each time.
Lateral Lunge 4 <i>Mod: Reduce the depth of the lunge if this is uncomfortable at full depth</i>	3	10 each	Step wide out to the side, sit deeply into that hip, keeping the other leg straight. Push back through the working heel to return. Feel the inner thigh and glute of the working leg.
Single Leg Glute Bridge 5 <i>Mod: Both feet down with a 3-second hold at the top of each rep</i>	3	10 each	Hips up in bridge, one leg extended straight out. Drive powerfully through the heel of the planted foot. Hold 2 full seconds at the top. Don't let the extended hip drop.

COOL DOWN Deep squat hold — 45 sec · Lying fig 4 — 35 sec each side · Lying hamstring stretch — 30 sec each · Hip flexor kneeling stretch — 30 sec each

CLAIRE'S TIP 28 days complete. Your legs built this programme from the ground up. Remember how week one felt — you'll never go back there.

If you've found this 28 day programme useful, and would like to continue building strength to further improve your functional independence and enhance your longevity, get in touch to arrange a free discovery call to see how we can work together to help you achieve your goals.

Let's chat,

Claire

[Contact Me](#)