



KNOWLEDGE MOVEMENT RESOLVE

THE STRONGER START

7-DAY STARTER GUIDE

MOVE BETTER / BUILD CONFIDENCE

CREATE A ROUTINE THAT FITS REAL LIFE.



WELCOME TO YOUR

STRONGER START

Seven days. Small actions. A stronger foundation.

This guide is for anyone who wants to feel stronger, move with greater confidence and build a fitness routine that works in real life - without the pressure of an intimidating gym.

Over the next seven days, you will focus on one achievable step at a time. You do not need perfect fitness, expensive equipment or hours to spare. You simply need a willingness to begin.

BY THE END OF THIS GUIDE, YOU WILL:

- 1 Understand your current starting point
- 2 Complete simple strength and mobility activities
- 3 Identify a routine you can realistically repeat
- 4 Know the next step towards your personal goals

HOW TO USE THIS GUIDE

Set aside 10-20 minutes each day. Work at your own pace, record how you feel and focus on consistency rather than perfection.

YOUR STRONGEST SELF BEGINS THE MOMENT YOU CHOOSE YOURSELF.

- KEV RHODEN

TAP OR CLICK TO ENQUIRE ON WHATSAPP



YOUR BASELINE

YOUR STARTING POINT

Before you begin, take two minutes to notice where you are today. There are no right answers - this page is simply your baseline for the next seven days.

WHAT WOULD YOU MOST LIKE TO IMPROVE?

☐ Build strength☐ Move more freely☐ Improve energy☐ Build confidence☐ Stay consistent☐ General fitness

CURRENT ACTIVITY

☐ Just starting☐ 1-2 days weekly ☐ 3+ days weekly

REALISTIC COMMITMENT

Minutes each day ☐ 10 ☐ 20 ☐ 30Days this week ☐ 3 ☐ 5 ☐ 7

CONFIDENCE TODAY

UNSURE

1

2

3

4

5

READY

WHAT USUALLY GETS IN THE WAY?

MY 7-DAY COMMITMENT

For the next seven days, I will _____



DAY 1 OF 7

START WITH MOVEMENT

Four KMR cards. The original Day 1 exercise sequence.

Complete 2-3 controlled rounds. Rest whenever your technique needs it.

TIME
15-20 MIN

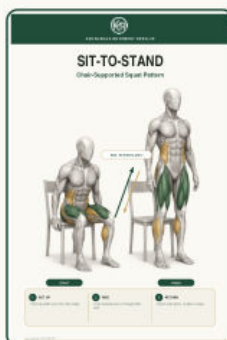
EQUIPMENT
CHAIR + WALL

INTENSITY
EASY-MODERATE

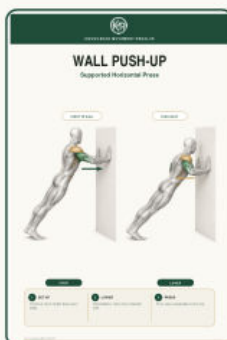
OBJECTIVE
FULL-BODY START



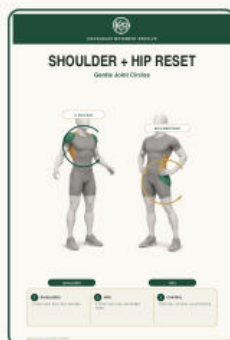
30 SEC EACH
Complete all 3
moves



8-10 REPS
Stable chair



8-10 REPS
Body in one line



30 SEC EACH
Slow circles

EFFORT CHECK

Challenged, but able to speak in full sentences.

ENERGY CHECK

BEFORE



1 = LOW / 5 = HIGH

AFTER



1 = LOW / 5 = HIGH

One word for how you feel now: _____

MAKE IT EASIER

1-2 rounds; use a higher chair or wall.

PROGRESS WHEN READY

3 rounds; slow the lowering phase.

SAFETY

Comfortable range; stop for sharp pain.



DAY 2 OF 7

UPPER-BODY MOBILITY RESET

Five gentle movements for a desk break.

Complete 2 rounds in order. Move slowly and keep every range comfortable.

TIME
10-15 MIN

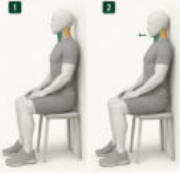
EQUIPMENT
CHAIR + WALL + MAT

INTENSITY
EASY

OBJECTIVE
UPPER-BODY MOBILITY

1

CHIN TUCK
Deep-Neck-Flexor Control



Targets: Deep-neck flexors • Cervical control • Posture

Keep your head • Tuck the chin straight back • Chin gently up

5 SLOW REPS

2

CONTROLLED NECK ROTATION
Cervical Mobility



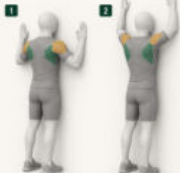
Focus: Cervical rotation • Neck control • Posture

Keep shoulders firmly grounded • Turn within a comfortable range • Breathe slowly

5 EACH SIDE

3

WALL SLIDE
Scapular Upward Rotation



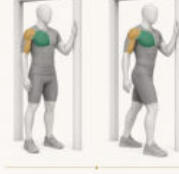
Focus: Scapular anterior • Lower traps • Respiratory

Cues: Keep the shoulder • Slide without shrugging • Use your forearms

8 SLOW REPS

4

DOORWAY CHEST STRETCH
Anterior-Shoulder Mobility



Focus: Chest • Front shoulder • Elbows

Cues: Use shoulder blades height • Keep forearms gently • Keep shoulder down

20 SEC / SIDE

5

THREAD THE NEEDLE
Thoracic Rotation



Focus: Thoracic spine • Rear shoulder • Lats

Cues: Keep hip over knee • Roll under the supporting arm • Rotate without bending

5 EACH SIDE

TENSION CHECK

1 = LOW / 5 = HIGH

BEFORE **1** **2** **3** **4** **5**

AFTER **1** **2** **3** **4** **5**

MAKE IT EASIER

1 round; reduce the range and use support.

PROGRESS WHEN READY

Add a second round or 10-second holds.

SAFETY

Never force a stretch or painful range.



DAY 3 OF 7

RESISTANCE-BAND UPPER-BODY SESSION

No cable machine? Try these four band exercises.

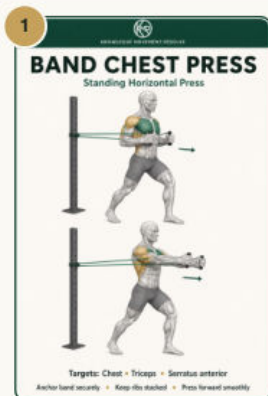
Complete 2-3 rounds with controlled reps. Rest before technique changes.

TIME
15-20 MIN

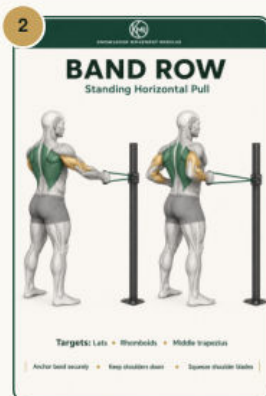
EQUIPMENT
BAND + SAFE ANCHOR

INTENSITY
MODERATE

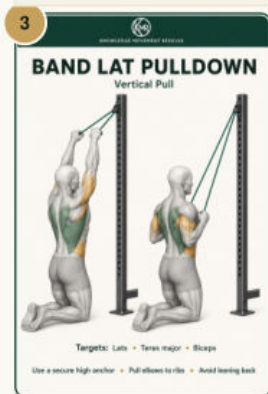
OBJECTIVE
UPPER-BODY STRENGTH



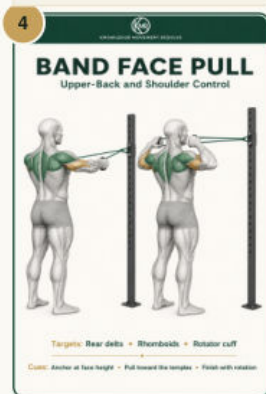
CHEST PRESS
10-15 REPS



BAND ROW
10-15 REPS



LAT PULLDOWN
10-15 REPS



FACE PULL
12-15 REPS

MAKE IT EASIER

Use a lighter band and fewer reps.

PROGRESS WHEN READY

Use more tension or add one clean round.

SAFETY

Check the band and anchor before starting.



DAY 4 OF 7

BUILD CORE CONTROL

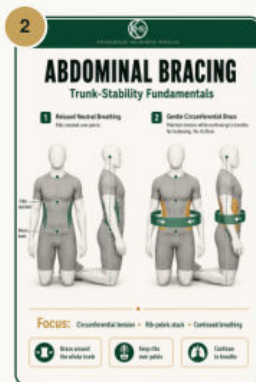
Five core-control movements for better bracing and stability.

Breathe, brace, then move through 2-3 controlled rounds.

TIME	EQUIPMENT	INTENSITY	OBJECTIVE
15-20 MIN	MAT + LIGHT BAND	EASY-MODERATE	CORE CONTROL



CONTROLLED BREATHING



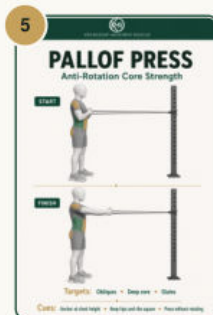
BRACE + KEEP BREATHING



6-10 EACH SIDE



6-10 EACH SIDE



8-10 EACH SIDE

MAKE IT EASIER

Shorten the lever or range; keep breathing.

PROGRESS WHEN READY

Move slower or use slightly more band tension.

SAFETY

Avoid breath-holding and back discomfort.



DAY 5 OF 7

SQUAT PROGRESSION

You do not need to start with a barbell.

Choose the version you can control today. Quality comes before load.

TIME	EQUIPMENT	INTENSITY	OBJECTIVE
15-20 MIN	SUPPORT + OPTIONAL LOAD	MODERATE	SQUAT PROGRESSION

1


KNOWLEDGE MOVEMENT RESILIENCE

SQUAT PATTERN
Knee and Hip Dominant



Draw the track. • Knees track over toes • Keep heels grounded

LEARN

BODYWEIGHT / SUPPORT

2


KNOWLEDGE MOVEMENT RESILIENCE

GOBLET SQUAT
Supported Squat Pattern



Targets: Quadriceps • Glutes • Core

CUES: Hold the weight close • Sit between your hips • Keep heels grounded

LOAD

LIGHT GOBLET LOAD

3


KNOWLEDGE MOVEMENT RESILIENCE

BARBELL BACK SQUAT
Total Lower-Body Strength



Targets: Quadriceps • Glutes • Adductors

CUES: Breathe before descending • Track knees over toes • Drive through the whole foot

PROGRESS

BARBELL - OPTIONAL

MAKE IT EASIER

Use support and squat to a higher target.

PROGRESS WHEN READY

NO GYM? USE BANDED SQUATS - OR INCREASE YOUR GOBLET LOAD.

SAFETY

Keep heels grounded and use pain-free depth.



DAY 6 OF 7

LOWER-BODY CIRCUIT

A five-move circuit for strength, balance and control.

Complete the loop in order. Rest before your balance or control drops.

TIME
15-20 MIN

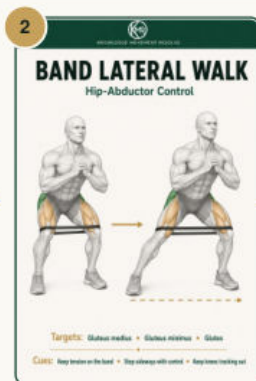
EQUIPMENT
BAND + OPTIONAL WEIGHTS

INTENSITY
MODERATE

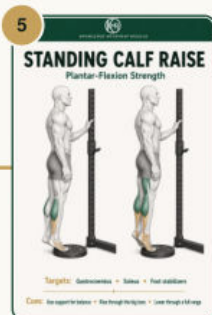
OBJECTIVE
LOWER-BODY CONTROL



12-15 REPS



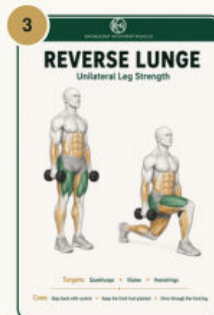
8-12 STEPS EACH WAY



12-20 REPS



8-10 EACH SIDE



8-10 EACH SIDE

MAKE IT EASIER
Do 1 round; use bodyweight and support.

PROGRESS WHEN READY
Add a round or light load with steady balance.

SAFETY
Clear the floor and keep a support nearby.



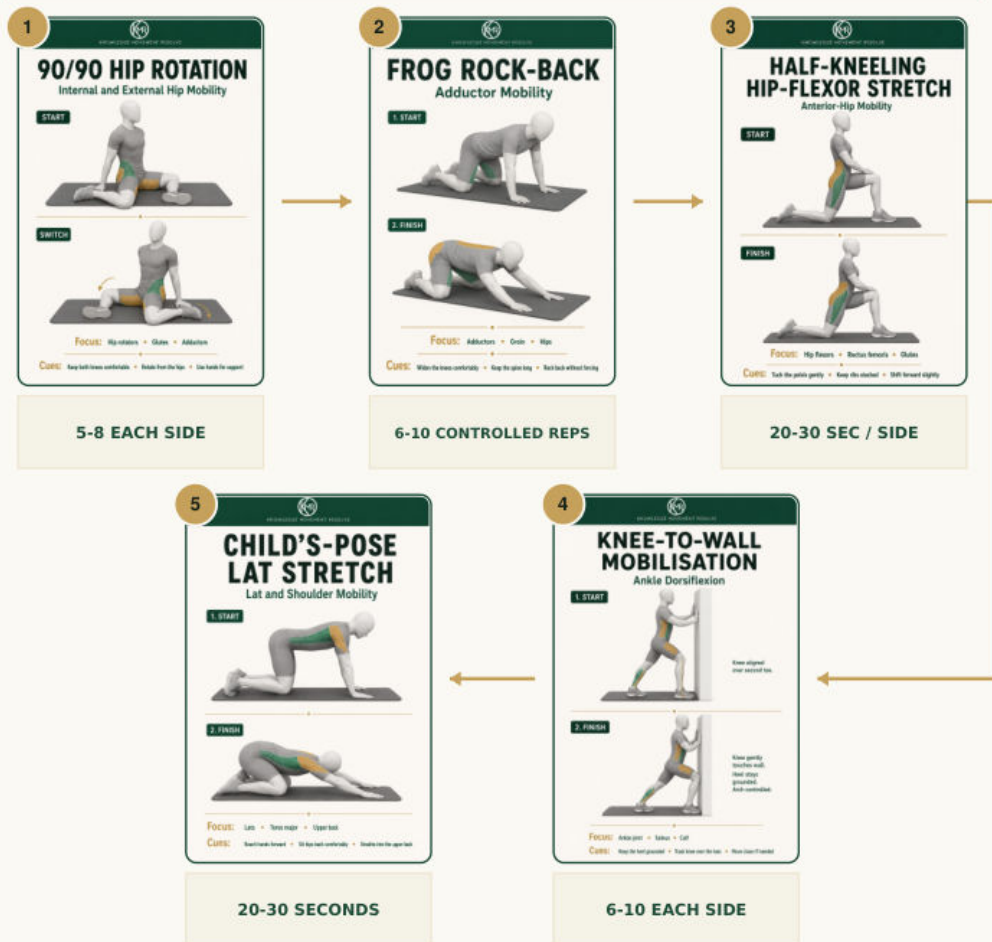
DAY 7 OF 7

WHOLE-BODY MOBILITY RESET

Five movements for a calmer reset.

Complete 2-3 gentle rounds. Breathe normally and never force the range.

TIME	EQUIPMENT	INTENSITY	OBJECTIVE
10-15 MIN	MAT + WALL	EASY	WHOLE-BODY RESET

**MAKE IT EASIER**

Use a smaller range and shorter holds.

PROGRESS WHEN READY

Hold longer or complete a third calm round.

SAFETY

Stay comfortable; stop for unusual symptoms.



7 DAYS COMPLETE

YOUR NEXT STEP

Ready to build on your stronger start?

Keep one useful habit from this guide and choose the support that fits your life.



A STARTING POINT - NOT A FINISH LINE

Repeat the movements that felt useful.

Choose a realistic weekly rhythm.

Ask for guidance when you need it.

YOUR DAY 1 -> DAY 7 RESULTS

Enter 1-5 for Day 1 and Day 7, then note the change you noticed.

	DAY 1	DAY 7	WHAT CHANGED?
CONFIDENCE			
ENERGY			
MOBILITY			

BIGGEST CHANGE

READY FOR A COACHED NEXT STEP?

Personalised strength, fitness and mobility coaching across Brent and Ealing.

ENQUIRE ON WHATSAPP
TAP OR CLICK TO OPEN

Tell me which coaching option interests you when you enquire, or email:

kev@kmrcoaching.co.uk



READ BEFORE EXERCISING

EXERCISE SAFETY & SCOPE

Use this guide as general coaching education.

Your health, symptoms, environment and professional advice always take priority.



SAFETY COMES FIRST

If you feel unwell or notice concerning symptoms, stop.
Seek appropriate medical help if symptoms are severe or urgent.

1

YOUR CHOICE

Ask questions. Pause, rest, decline or stop any exercise.
Request an alternative or end the session at any time.
Use equipment as directed and stay within a comfortable range.

2

WHEN TO STOP

Stop and report pain, dizziness, chest discomfort, unusual breathlessness or other concerning symptoms.
Do not begin or continue until symptoms have been reviewed.
Seek appropriate medical help if symptoms are severe or urgent.

3

COACHING SCOPE

This guide provides general exercise education, not individual medical clearance.
Coaching is not medical diagnosis, treatment, physiotherapy, dietetic care or psychotherapy.
KMR may recommend an appropriately qualified professional.

RESULTS VARY / NO PARTICULAR RESULT OR TIMESCALE IS GUARANTEED

KMR STARTER GUIDE



KEEP MOVING. KEEP BUILDING.

Your stronger start can become a routine that fits real life.

KEV RHODEN

FITNESS & LIFESTYLE COACH

STRENGTH / FITNESS / MOBILITY

PERSONAL COACHING ACROSS BRENT AND EALING

SHARE YOUR STARTER FEEDBACK

TAP OR CLICK TO RATE THE GUIDE

www.kmrcoaching.co.uk