



FREE 7-DAY GUIDE

STRONGER & PAIN-FREE IN 7 DAYS

*A simple one-week reset for busy adults 30–50+
who want to move better, ache less and feel capable again*

fenix fitness

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START HERE

G'day, I'm Alex. I've spent over a decade coaching people who are busy, a bit stiff, and tired of feeling older than they are. The fix is rarely a harder workout. It's a short, structured plan you actually follow.

This guide gives you **one week** of that plan. You'll test yourself on Day 1, follow the plan, and re-test on Day 7, so you can **see the change in numbers** rather than guess.

WHAT YOU'LL DO THIS WEEK

DAILY · 8 MIN

The Morning Mobility Flow. Seven moves to loosen hips, back and shoulders.

3× THIS WEEK · 25 MIN

Two strength sessions (A & B) to build the muscle that protects your joints.

EVERY HOUR · 60 SEC

The Desk Reset. Undo sitting before it turns into stiffness.

DAILY · 10 MIN

A walk after your biggest meal, plus three recovery habits.

WHAT YOU NEED

*A sturdy chair · a wall · a mat or towel · a pair of dumbbells **or** a backpack loaded with books or water bottles · a timer*

THE PAIN TRAFFIC LIGHT

Rate any discomfort during a move from 0 to 10. Some mild sensation is normal while you get moving again.

0–3 · GREEN

Keep going. This is normal and should ease as you warm up.

4–5 · AMBER

Make it smaller: shorter range, lighter load, slower tempo.

6+ · RED

Stop that move. Also stop for sharp, shooting pain, numbness or pins and needles.

This guide is general information, not medical advice. If you have a recent injury or surgery, a heart condition, are pregnant, or have pain that is worsening or wakes you at night, check with your GP or physio first. Discomfort should settle back to normal within 24 hours.

CONSISTENCY DRIVES RESULTS, TRUST THE PROCESS

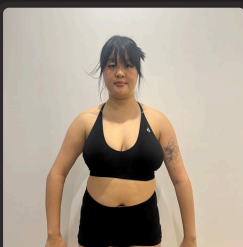
DAY 1: TEST YOURSELF

Five quick tests, about 10 minutes. Write your Day 1 score now. You'll fill in Day 7 at the end of the week.

TEST	HOW TO DO IT	DAY 1	DAY 7
Sit-to-stand Leg strength	Arms crossed, sit on a chair and stand fully. Count full reps in 30 seconds.		
Toe-touch reach Hamstrings & back	Knees straight, reach down slowly. Note where your fingertips land: knee, mid-shin, ankle or floor.		
Wall slide Shoulders & upper back	Back, head and bum on a wall, arms in a "goal post". Slide up and down, keeping wrists on the wall. Count clean reps (max 10).		
Single-leg balance Stability	Stand on one leg, hands on hips. Time until you touch down (max 60 sec). Record both sides.		
Front plank Core	On forearms and toes (or knees), body in a straight line. Time until your hips sag (max 90 sec).		
Ache score How you feel	Your main problem area (back, knees, neck...). Rate it 0–10 when you get out of bed.		

COACH'S TIP

Take a side-on photo standing relaxed, and a short video of your sit-to-stand. Most people are surprised what they notice by Day 7.



WHAT GETS MEASURED GETS IMPROVED

MORNING MOBILITY FLOW

Every day · 8 minutes · no equipment. Move slowly and breathe out through each stretch. Do it once through.

1 CAT-COW

8 slow reps

On hands and knees. Round your back up tall, then let your chest drop and look forward. Move one vertebra at a time.

2 CHILD'S POSE REACH

3 breaths / side

Sit back to your heels, arms long. Walk your hands to the left, breathe, then to the right. Opens the lats and low back.

3 90/90 HIP SWITCHES

6 / side

Sit with both knees bent at 90°, feet wide. Let both knees drop to one side, then the other. Hands behind you for support.

4 WORLD'S GREATEST STRETCH

4 / side

Long lunge, back knee down. Hand inside your front foot, then rotate and reach the other arm to the ceiling. Follow it with your eyes.

5 GLUTE BRIDGE

10 reps

On your back, knees bent. Squeeze your glutes to lift your hips until knees, hips and shoulders line up. Pause 2 sec at the top.

6 OPEN BOOK

6 / side

Lie on your side, knees bent and stacked. Sweep your top arm over to open your chest to the other side. Knees stay together.

7 SUPPORTED DEEP SQUAT

30-60 sec

Hold a door frame or bench and sink into a comfortable squat. Heels down if you can. Gently push your knees out with your elbows.

MOTION IS LOTION: LITTLE AND OFTEN BEATS LONG AND RARE

STRENGTH SESSIONS

About 25 minutes. Do the Mobility Flow first as your warm-up. Rest 60–90 sec between sets. Pick a load you could lift **2 more reps** with good form. That's your working weight.

SESSION A

Goblet squat **3 × 10**

Sit to a chair if needed

Dumbbell Romanian deadlift **3 × 10**

Hips back, flat back, soft knees

Incline push-up **3 × 8–12**

Hands on a bench or kitchen bench

One-arm row **3 × 10 / side**

Hand on chair, pull elbow to hip

Dead bug **3 × 6 / side**

Low back stays pressed down

SESSION B

Split squat **3 × 8 / side**

Hold a wall for balance

Step-up **2 × 8 / side**

Low step, drive through front heel

Wall slide **3 × 10**

Same as your test, slow and smooth

Side plank **3 × 20 sec / side**

From knees or feet

Suitcase carry **3 × 30 m / side**

Heavy weight in one hand, walk tall

FORM FIRST

Slow down (3 seconds down, 1 up). Controlled reps build strength and protect joints far better than fast, sloppy ones.

PROGRESS ON DAY 5

Repeating Session A? If every rep felt solid on Day 1, add 1–2 reps per set or go slightly heavier.



STRONG MUSCLES ARE YOUR JOINTS' BEST PROTECTION

YOUR 7-DAY PLAN

Start on any day. Missed one? Do it the next day and keep moving. One missed day doesn't undo a week.

Day 1

TEST + SESSION A

Baseline tests, then Mobility Flow + Session A.

Day 2

FLOW + WALK

Mobility Flow. 20–30 min brisk walk.

Day 3

SESSION B

Mobility Flow + Session B.

Day 4

FLOW + WALK

Mobility Flow. Walk, swim or ride. Keep it easy.

Day 5

SESSION A+

Mobility Flow + Session A. Add reps or load.

Day 6

GET OUTSIDE

Mobility Flow. Something active you enjoy for 30+ min.

Day 7

RE-TEST

Mobility Flow, then repeat all five tests. Compare.

EVERY SINGLE DAY

THE DESK RESET • EVERY HOUR

Stand up and do 5 chin tucks, 5 shoulder rolls, 5 hip hinges and 5 calf raises. Set a phone reminder so you don't forget.

WALK AFTER EATING • 10 MIN

After your biggest meal. Good for digestion, blood sugar and stiff hips. Aim for 7,000+ steps a day.

SLEEP • 7+ HOURS

Wake at the same time daily. Screens off 30 minutes before bed. Your body repairs while you sleep.

PROTEIN + WATER

A palm of protein at every meal (eggs, meat, fish, tofu, Greek yoghurt) and around 2 litres of water a day.

COMMIT TO A PROVEN SYSTEM THAT DELIVERS RESULTS

DAILY TRACKER

Print this page or screenshot it. Tick each box as you go. Aim for 80%. Perfect isn't the goal.

HABIT	D1	D2	D3	D4	D5	D6	D7
Morning Mobility Flow	☐	☐	☐	☐	☐	☐	☐
Strength session (Days 1, 3, 5)	☐	–	☐	–	☐	–	–
Desk Reset (at least 4x)	☐	☐	☐	☐	☐	☐	☐
10-min walk after a meal	☐	☐	☐	☐	☐	☐	☐
7+ hours sleep	☐	☐	☐	☐	☐	☐	☐
Protein every meal + 2 L water	☐	☐	☐	☐	☐	☐	☐
Ache score on waking (0–10)							

WHY THE ACHE SCORE MATTERS

Pain rarely drops in a straight line. Writing it down daily shows you the trend, and most people see it come down 1–3 points in the first week just from moving every day.

SMALL WINS, EVERY DAY

DAY 7: WHAT NOW?

Repeat your five tests and compare them with Day 1. Here's what most people see after one honest week:

SIT-TO-STAND

2–4 more reps. Your legs learn the pattern fast.

TOE TOUCH & WALL SLIDE

Easier reach and smoother reps from daily mobility.

BALANCE & PLANK

Longer holds as your stabilisers switch back on.

ACHE SCORE

Lower, and mornings that feel less stiff.

One week proves it works. **The real change happens over 8–12 weeks**, when a plan built around your body, your goals and your schedule keeps you progressing, and a coach keeps you accountable when life gets busy.

★★★★★

"I engaged Alex as a personal trainer a few weeks ago as I have the early stages of osteoporosis and wanted to build more muscle and improve my bone density... He is very good in assessing my weaknesses."

Google review

SEND ME YOUR DAY 7 RESULTS

DM "RESET"

to [@fenixfitnesspt](#) on Instagram

I'll reply with personal feedback and book you in for a **free 30-minute online assessment**: goal chat, movement screen and your plan.

REAL CLIENTS! REAL RESULTS! REAL COACHING!