



The 10-Minute Reset.

Print this. Stick it on the fridge. Tick a box every day.

01

Diaphragm Breathing

8 breaths

Belly rises before chest



02

McGill Curl-up

3 x 5 reps

Lift just to shoulder blades



03

Side Plank

2 x 20 sec each

Stack hips, line nose-to-toes



04

Bird Dog

2 x 8 reps each side

Slow. Reach long, not high



05

Cat-Cow

8 slow rounds

Move from the spine, not arms



06

Hip Flexor Stretch

30 sec each side

Squeeze the back glute



07

Glute Bridge

2 x 10 reps

Squeeze glutes hard at the top



08

Wall Sit

30-45 sec

Knees over ankles, back flat



09

Dead Bug

2 x 8 each side

Lower back stays glued down



30-DAY TRACKER Tick a box for each day you do the routine.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

FOUR RULES

- Slow beats hard.
- Breathe through every move.
- If it sharp-pains, stop.
- Miss a day? Just resume.

SEE A PHYSIO IF

- Pain shoots down a leg
- Numbness or weakness
- Pain wakes you at night
- Two weeks, no improvement



The nine moves, properly explained.

Print this on the back of the routine card. Read it once on Day 1. Refer back when needed.

01 Diaphragm Breathing

Lie on your back, knees bent. One hand on chest, one on belly. Inhale through nose for 4 seconds — belly hand rises first. Exhale through mouth for 6. Eight slow breaths.

→ watch for: *If your shoulders rise, you're chest-breathing. Slow down.*

03 Side Plank

On your side, forearm down, knees bent (or straight for harder). Lift hips so body forms a line. Hold 20 seconds. Switch sides. Two rounds each.

→ watch for: *Hips drop the moment you fatigue. Stop before form breaks.*

05 Cat-Cow

On hands and knees. Inhale: drop belly, lift chest and tail (cow). Exhale: round spine, tuck chin (cat). Eight slow rounds, breath leading the movement.

→ watch for: *Don't push to end-range. Stay in the middle 70% of your motion.*

07 Glute Bridge

Lie on back, feet flat, knees bent. Press through heels, lift hips. Squeeze glutes for 2 seconds at the top. Lower slowly. Ten reps, two rounds.

→ watch for: *If you feel it in your lower back, your glutes aren't doing the work. Squeeze harder.*

09 Dead Bug

Lie on back, arms up, knees bent at 90°. Lower opposite arm and leg slowly toward floor without lifting your back. Return. Switch sides. Eight per side, two rounds.

→ watch for: *If your back arches off the floor, you've gone too low. Smaller range = more control.*

02 McGill Curl-up

Lie on back. One leg straight, one bent. Hands under lower back to keep it neutral. Lift head and shoulders just off the floor. Hold 7 seconds. 5 reps, switch legs, repeat.

→ watch for: *Don't crunch high. The lift is small. Neck stays neutral.*

04 Bird Dog

On hands and knees. Reach opposite arm and leg out, parallel to floor. Pause 2 seconds. Return slowly. Switch sides. Eight reps per side, two rounds.

→ watch for: *Hips wobble = going too fast. Imagine balancing a glass on your back.*

06 Hip Flexor Stretch

Half-kneel: front foot flat, back knee on ground. Squeeze back glute and shift hips forward gently. Feel stretch in front of back hip. 30 seconds each side.

→ watch for: *If you arch your back, you're not stretching the hip — you're squashing the spine.*

08 Wall Sit

Back against wall. Slide down until thighs are parallel to floor (or as close as you can). Hold 30-45 seconds. Breathe.

→ watch for: *Knees collapsing inward? Push them out toward your little toes.*

THE 10-MINUTE FLOW

Breath → Curl-up → Side Plank → Bird Dog → Cat-Cow → Hip Flexor → Glute Bridge → Wall Sit → Dead Bug (≈10 min total)

THREE COMMON MISTAKES

- Going too hard. Slow and controlled wins.
- Skipping the breath. Breath sets the rhythm.
- Treating it like a workout. It's a reset.

ASK YOURSELF EACH DAY

“Did I do it slow enough?”

Six words. The whole prescription.