



# THE REMEDY METHOD STARTER WORKOUT GUIDE

This beginner plan is built around functional strength to help you stay strong while your body is changing, even if you're just getting started.

We focus on clean, controlled reps and movement patterns that actually show up in real life. Think better balance, steadier hips, a stronger core, and muscles that support your joints.

It's not about burning out or chasing soreness. It's about building strength you can use in a way that feels steady and doable.

# WARM-UP

(3-5 MINUTES)

Get your body ready to move; jumping into a workout with cold muscles isn't a great idea. Do one round of the warm-up moves below, focusing more on how your body feels than how fast you're going. These should feel gentle and doable.

**Think of this as your check-in:** a chance to loosen up, wake up your muscles, and see what kind of energy you're working with today.

# DEEP BELLY BREATHS WITH OVERHEAD REACH

**REPS:** 3

## **WHY THIS MATTERS:**

Signals your body to relax and breathe deeper, which helps your muscles work better during your workout.

## **BREATHING CUE:**

Inhale deeply through your nose as your arms float up. Hold for a second. Exhale through your mouth as you lower your arms. Imagine filling your ribs and belly like a balloon and gently deflating it.

## **HOW TO SET IT UP:**

1. Stand or sit tall with arms relaxed.
2. Inhale through your nose as you slowly raise both arms overhead.
3. Pause for 1–2 seconds with arms up.
4. Exhale gently through your mouth as you bring your arms back down.
5. Try to feel your belly expand when you breathe in (not just your chest).

## **HOW IT SHOULD FEEL:**

*Calming, with a light stretch through your ribs and arms.*

# WALL ANGELS

**REPS:** 5 (slow)

## **WHY THIS MATTERS:**

Helps improve posture, especially if you've spent a lot of time hunched forward.

## **BREATHING CUE:**

Inhale as you bring your arms up. Exhale as you bring them back down. (Helps release tension and keeps the motion soft and controlled.)

## **COACHING TIP:**

If the movement feels stiff, try exhaling longer like you're sighing out tension.

## **HOW TO SET IT UP:**

1. Stand with your back against a wall.
2. Keep the back of your head, shoulders, and lower back gently touching the wall the whole time.
3. Raise your arms into a "goalpost" position, elbows bent at 90 degrees, palms facing out, fingers pointing up.
4. Slowly reach your arms overhead like you're making a snow angel, then return to the goalpost position.
5. Move within a pain-free range. It's okay if your arms don't stay flat on the wall.

## **HOW IT SHOULD FEEL:**

*A stretch or slight effort in your upper back and shoulders. No pinching or pain.*

# SHOULDER ROLLS

**REPS:** 3 forward / 3 backward

## **WHY THIS MATTERS:**

Loosens tight shoulder muscles and gets blood flowing to your upper body.

## **BREATHING CUE:**

Inhale as your shoulders come up. Exhale as they roll down and around. Breathe naturally and slowly, like you're melting tension out of your shoulders.

## **HOW TO SET IT UP:**

1. Stand or sit with your arms relaxed by your sides.
2. Slowly shrug your shoulders up toward your ears.
3. Roll them back and down in a big circle for one rep.
4. Do 5 backward rolls, then 5 forward rolls.

## **HOW IT SHOULD FEEL:**

*Tension release in your neck and upper back. It should feel good.*

# BODYWEIGHT GOOD MORNINGS

**REPS:** 5

## **WHY THIS MATTERS:**

Preps your hips and hamstrings to support safe bending and standing movements.

## **BREATHING CUE:**

Inhale standing tall. Exhale slowly as you hinge forward. Inhale again as you rise back up. Exhaling during the 'work' part (the hinge) helps stabilize the core and avoid breath holding.

## **HOW TO SET IT UP:**

1. Stand with feet about hip-width apart.
2. Gently place your hands behind your head (don't push your head forward), or you can cross your hands over your chest.
3. Keep a slight bend in your knees, don't lock them straight.
4. Lightly brace your belly like you're zipping up tight pants.
5. Inhale standing tall.
6. Exhale slowly, hinge forward at your hips, push your butt back like you're trying to close a drawer behind you. (Tip: If you are near a wall, stand a few inches away from it, and when you hinge forward, push your butt back to tap the wall).
7. Keep your back flat (not rounded) as you tip forward just a little.
8. You should feel a light stretch in the backs of your legs (not your lower back).
9. Squeeze your glutes and return to standing tall.

## **HOW IT SHOULD FEEL:**

*A stretch in your hamstrings (backs of your thighs), with no pressure in your lower back. Think of this movement as back and forth rather than up and down.*

# MARCH IN PLACE

**REPS:** 15–30 seconds

**WHY THIS MATTERS:**

Wakes up your legs, hips, and core without putting stress on your joints.

**BREATHING CUE:**

Breathe in through your nose and out through your mouth as you move. Keep your breath steady and smooth. If you feel tense, exhale longer than you inhale to help your body relax.

**COACHING TIP:**

You don't need to match your breath to each step; stay calm and rhythmic. Inhale, 2... 3... Exhale, 2... 3...

**HOW TO SET IT UP:**

1. Stand with your feet about shoulder-width apart. Toes should point forward (not turned in or out).
2. Keep a slight bend in your knees; don't lock them straight.
3. Lightly brace your belly like you're zipping up tight pants. This keeps your hips and core stable.
4. Begin lifting one knee at a time, slowly, like you're walking in place, but no need to step forward.
5. Keep your chest up (don't lean forward), your shoulders relaxed, and away from your ears (don't shrug).
6. Try not to twist too much through your hips. Use your arms if it helps with balance.

**HOW IT SHOULD FEEL:**

*Light to moderate effort. You might feel your heart rate rise a bit and your thighs begin to warm up.*

# FUNCTIONAL STRENGTH FOUNDATION

DO 2-3 ROUNDS  
DEPENDING ON  
YOUR ENERGY

Focus on slow, controlled movement, not speed or exhaustion. Rest 30-60 seconds between rounds. Breathe deeply throughout.

# WALL SIT

**REPS:** Hold for 15-20 seconds

**TARGETS:** Quads, glutes, core, and posture control

## **WHY THIS MATTERS:**

It helps build lower-body strength and awareness of posture. It teaches how to "hold your own weight" with control, which is essential for balance and mobility.

## **BREATHING CUE:**

Slow, steady breathing through the nose. Inhale gently... exhale slowly. Try not to hold your breath.

## **HOW TO SET IT UP:**

1. Stand with your back against a wall.
2. Feet should be about shoulder-width apart and about 1-2 feet away from the wall.
3. Keep your core strong and engaged.
4. Slowly slide down like you're sitting on an invisible chair. Aim for your thighs to be parallel to the floor, but go higher if needed. Even a mini-squat is fine to start.
5. Keep your knees tracking over the middle of your feet, not collapsing inward or pushing too far forward.
6. Keep your back flat against the wall, chin level, and eyes forward. Your hands can rest lightly on your thighs, but don't push down.

## **HOW IT SHOULD FEEL:**

*A deep, steady burn in the front of your thighs and glutes. Not pain, just muscle effort. If anything feels sharp or painful, come out early.*

# OVERHEAD REACH & SIDE TAP

**REPS:** 5 per side

**TARGETS:** Core, side body, arms, and coordination

## **WHY THIS MATTERS:**

It improves coordination, raises your heart rate just a little, and teaches the body to stay stable through the middle /core while your arms and legs move.

## **BREATHING CUE:**

Inhale as your arms come up. Exhale as you reach and tap to the side.

## **HOW TO SET IT UP:**

1. Stand tall with feet under hips, knees soft (not locked).
2. Raise both arms overhead as you inhale.
3. As you exhale, reach to the right while tapping your right foot out to the side.
4. Bring arms back to center as you step feet together.
5. Repeat to the left. Alternate sides. You're making a big rainbow shape with your arms while lightly stepping side to side.

## **HOW IT SHOULD FEEL:**

*A light cardio boost and a stretch through the ribs and waist. It's energizing, not exhausting. Keep it smooth and flowing.*

# GLUTE BRIDGE

**REPS:** 8-10 Reps (3 second hold at the top)

**TARGETS:** Glutes, core, and lower back support

## **WHY THIS MATTERS:**

This builds strength and support in the backside, which is often underactive in people who sit a lot or have poor posture. It's also a safe way to train the core without crunches.

## **BREATHING CUE:**

Inhale at the bottom to prepare, exhale as you lift and squeeze. Inhale again as you lower.

## **HOW TO SET IT UP:**

1. Lie on your back with your knees bent and feet flat on the floor, about hip-width apart.
2. Heels should be close enough that you could reach them with your fingertips. Toes stay down, and feet press evenly into the floor.
3. Rest your arms by your sides with palms facing up to discourage pushing into the floor for support.
4. Take a breath in. As you exhale, press your heels into the floor and lift your hips toward the ceiling, aiming to create a long line from shoulders to knees without arching your lower back.
5. Don't hyperextend your lower back or let it sag; aim for control, not height.
6. At the top, squeeze your glutes and lightly brace your core so your midsection feels like one strong unit. Hold for 3 seconds.
7. Inhale as you lower back down with control. Repeat.

## **HOW IT SHOULD FEEL:**

*You should feel your glutes (butt) doing the work, not your low back. If your hamstrings cramp or your back hurts, pause and reassess your setup and range.*

# CLAM LIFT & KICK

**REPS:** 8–10 per side

**TARGETS:** The side of your glutes (glute medius), your hips, and the muscles that help stabilize your core

## **WHY THIS MATTERS:**

Trains the muscles that help stabilize your hips and knees. Key for balance, walking, and protecting your knees during future strength moves.

## **BREATHING CUE:**

Inhale to prepare, exhale as you open the clamshell and kick. Inhale as you bring it back in.

## **HOW TO SET IT UP:**

1. Lie on your side with knees bent and stacked, feet together, and hips aligned (not rolling back). Tip: Stacked means your knees, hips, and shoulders should be in a straight line, like you're lying in a narrow hallway. Don't let your top hip roll back behind you.
2. Prop your head with your hand or use a pillow. Keep your core gently braced.
3. Keeping your feet together, lift your top knee like you're opening a clamshell.
4. Then, extend the top leg straight out (kick gently).
5. Bend the knee to return, then close the clamshell. That's one rep.
6. Keep the movement slow and controlled, don't rush it. Think "open, kick, reset." No momentum. All muscle.

## **HOW IT SHOULD FEEL:**

*A deep burn in the side of your butt (glute medius). It might feel shaky, that's okay. Try not to let your body rock back or forward as you move. Stay centered and stacked.*

# COOL DOWN

(3–5 MINUTES)

Cooling down helps your heart rate return to normal, reduces stiffness, and reminds your body (and brain) that the hard work is done. These movements also stretch the muscles you just used, so you feel better after instead of sore and tight.

# SEATED FORWARD FOLD

**REPS:** Hold for 30 seconds

**TARGETS:** Hamstrings, low back, and breath awareness

## **HOW TO SET IT UP:**

1. Sit on the floor with your legs stretched out straight in front of you.
2. Sit tall, imagine someone gently lifting the top of your head.
3. Take a deep breath in.
4. As you exhale, slowly reach your hands toward your feet. It's okay if you only reach your knees or shins.
5. Let your head and neck relax. Hold the stretch, breathing slowly.

## **IF THIS IS UNCOMFORTABLE:**

Sit on a folded towel or do it in a chair by stretching one leg out in front and leaning gently forward.

## **HOW IT SHOULD FEEL:**

*A light to medium stretch in the backs of your legs and maybe your lower back. You shouldn't feel pain or sharp pulling.*

# FIGURE 4 STRETCH (ON CHAIR OR FLOOR)

**Reps:** Hold for 20–30 seconds per side

**TARGETS:** Glutes and outer hips

## **SET UP (CHAIR VERSION):**

1. Sit in a sturdy chair with both feet flat on the floor.
2. Cross your right ankle over your left knee, making a “figure 4” shape.
3. Sit tall. If you feel a stretch already, stay there.
4. If not, gently lean forward from your hips, keeping your back straight.
5. Hold for 20 seconds, then switch sides.

## **FLOOR VERSION:**

Lie on your back, bend your knees, and cross your right ankle over your left thigh. Hold behind your left leg and gently pull it toward your chest.

## **HOW IT SHOULD FEEL:**

*A stretch in the side of the leg that's crossed over, usually felt in your butt or outer hip. You should not feel it in your knee or lower back.*

# CAT-COW STRETCH

**REPS:** 5 slow rounds

**TARGETS:** Spine mobility, posture reset, breath connection

## **SET UP (FLOOR VERSION):**

1. Come onto hands and knees (tabletop position).
2. Inhale as you drop your belly down, lift your chest, and gently look up, this is **Cow**.
3. Exhale as you round your back like an angry cat, pulling your belly up and tucking your chin, this is **Cat**.
4. Repeat slowly, moving with your breath, for 5 rounds.

## **WALL VERSION:**

Stand with hands pressed into the wall at shoulder height. Round and arch your back gently using the same breath cues.

## **HOW IT SHOULD FEEL:**

*Soothing and smooth, like you're loosening a stiff spine and reconnecting to your breath. No straining.*

# STANDING BACK EXTENSIONS

**REPS:** 5

**TARGETS:** Lower back, posture, and front-body stretch

## **SET UP:**

1. Stand tall with your feet under your hips.
2. Place your hands on the small of your back or hips, fingers pointing down.
3. Inhale to prepare.
4. As you exhale, gently press your hips forward and lift your chest slightly toward the ceiling.
5. Only go as far as is comfortable. Hold for a second, then return to standing.

## **HOW IT SHOULD FEEL:**

*A small stretch in the front of your body, especially your belly and hips, and gentle compression in your lower back. Stop if it feels like anything is pinching.*

# DEEP BREATHING

**REPS:** 3 slow breaths (lying down or seated)

**TARGETS:** Nervous system, breath control, recovery

## SET UP:

1. Sit or lie down in a comfortable position with your hands resting on your belly.
2. Inhale slowly through your nose for a count of 4.
3. Pause for a moment.
4. Exhale gently through your mouth for a count of 6.
5. Repeat for 3 full rounds.

## HOW IT SHOULD FEEL:

*Calming. You may feel your shoulders drop, your jaw relax, and your breath slow down. This tells your body it's done working.*

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## COACHING NOTES:

- You should feel your muscles working throughout this workout, not your joints hurting.
- If you want more of a challenge, you can slow down the tempo or increase sets and reps gradually.
- If you are having a low-energy day, only do one round or just the warm-up & cool-down. It all counts.