



HERCULES START

7-Day Beginner Movement Starter

Home training ♦ No equipment ♦ Built for real life



A system that works for you



WELCOME TO HERCULES HUB

BUILD STRENGTH. BUILD HABITS. BUILD YOU.

You're here because you want more out of your life—more energy, more confidence, and a body that can keep up with everything you do.

Hercules Start is your first step. A simple, no-equipment 7-day movement starter designed for **real people with real lives.**



SIMPLE

Clear workouts you can follow anywhere.



REALISTIC

20 minutes or less a day. No excuses.



SUSTAINABLE

Build habits that last a lifetime.



PROGRESSIVE

Start where you are. Get stronger over time.



OUR MISSION

Empower you to take control of your health, improve your performance, and create a life you're proud of—inside and out.

**STRONGER BODIES.
CLEARER MINDS.
BETTER LIVES.**

THIS IS YOUR JOURNEY

We'll guide you with proven movement, practical tools, and the support you need to succeed.

You bring the decision.

We'll help you build the discipline.

Together, we build the life.



YOU'RE NOT ALONE

You're joining a community of people who are choosing growth, showing up for themselves, and becoming unstoppable.

Welcome to the family. Let's build your strongest life.



START SMALL. STAY CONSISTENT. BECOME UNSTOPPABLE.



BEFORE YOU START



A simple readiness check for busy adults starting or restarting movement.



1. WHO THIS IS FOR

- Busy adults who want to start moving at home.
- People returning to exercise after inconsistency.
- Beginners who want a simple starting week.
- Anyone who wants a low-pressure home routine with no equipment.



2. START WITH THIS MINDSET

- Start small and stay consistent.
- Comfortable effort is enough.
- Use support whenever needed.
- This is your starting week — not your final training program.



3. STOP AND ADJUST IF

- Sharp or worsening pain appears.
- You feel dizzy, faint, or very unwell.
- Breathing becomes unusually difficult.
- A movement feels unsafe even after making it easier.

If you have a medical condition, important symptoms, or have been told to limit activity, get appropriate professional guidance about what activity is suitable for you. Seek urgent care for chest pain, fainting, or severe breathing difficulty.



4. WHAT YOU NEED



A chair



A wall



Comfortable clothes



Supportive shoes or a stable non-slip surface



About 10 minutes



READY?

If this feels manageable, turn the page. We'll show you exactly how the week works before your first session.

HOW THIS WORKS

SIMPLE. EFFECTIVE. BUILT FOR REAL LIFE.

Hercules Start is a 7-day home movement plan designed for busy adults.
Each day takes a maximum of 20 minutes and includes:



3 PHYSICAL MOVEMENTS

Build strength, mobility, and confidence.



1 MENTAL MOVEMENT

Train your mind, focus, and daily resilience.



20 MINUTES MAX

Short, effective, and built to fit real schedules.



NO GYM. NO EQUIPMENT.

Just your body, a little space, and consistency.

THE DAILY FLOW

1



WARM-UP

Follow the warm-up and stretching guide on this page before your workout.

2



MOVEMENT 1

Perform the first physical exercise with good form and control.

3



MOVEMENT 2

Complete the second physical exercise at your own pace.

4



MOVEMENT 3

Finish the third physical exercise and feel the progress.

5



MIND

End with your mental movement to reset and strengthen focus.

BEFORE EVERY SESSION: WARM-UP & STRETCH

Always warm up first. It prepares your body, improves performance, and helps prevent injury.



5-7
MINUTES
TOTAL



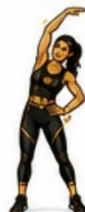
MARCH IN PLACE 1 MIN

Lift your knees and swing your arms gently.



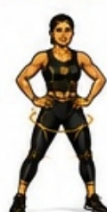
ARM CIRCLES 1 MIN

Small circles forward, then backward.



SIDE BENDS 1 MIN

Reach overhead and gently lean side to side.



HIP CIRCLES 1 MIN

Large circles both directions to open hips.



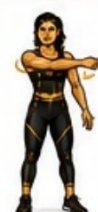
LEG SWINGS 1 MIN

Forward and back. Switch legs.



HAMSTRING STRETCH 1 MIN EACH LEG

Hinge forward with a straight or soft knee.



CHEST STRETCH 30 SEC EACH SIDE

Open your chest and shoulders gently.



WARM-UP TIPS

- Move smoothly, not fast
- Breathe naturally
- Never skip your warm-up



7-DAY STRUCTURE

Follow the plan from Monday to Friday. Weekend is for recovery, walking, and stretching.



PROGRESS YOUR WAY

Do your best each day. Small improvements add up to big results over time.



CONSISTENCY IS KING

Show up for yourself daily. That's how you build a stronger body and mind.



KEEP IT SIMPLE. STAY CONSISTENT.

One week can change your start. Consistency can change your life.

You've got this!

MONDAY + TUESDAY

5/12

♦ 3 PHYSICAL MOVEMENTS + 1 MIND ACTIVITY • MAX 20 MINUTES

MONDAY



FULL BODY FOUNDATION

Build strength. Build the base.



SIT-TO-STAND

8-12 REPS

- Feet hip-width.
- Lean forward and stand up.
- Sit down with control.



WALL PUSH-UP

8-12 REPS

- Hands on wall, shoulder-width.
- Body straight.
- Lower and press back up.



GLUTE BRIDGE

10-15 REPS

- Feet flat, knees bent.
- Squeeze glutes and lift hips.
- Lower with control.



MIND



GRATITUDE PAUSE

2 MINUTES

Think of 3 things you're grateful for. Focus on the good.



TOTAL TIME: UP TO 20 MINUTES

Move at your pace. Take rest as needed.
Consistency today. Strength tomorrow.

TUESDAY



MOBILITY + CORE + POSTURE

Move better. Feel better.



BIRD DOG

6-10 REPS
EACH SIDE

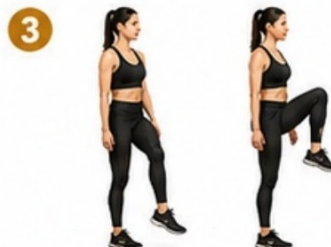
- Brace your core.
- Extend opposite arm and leg.
- Keep hips level.



HIP HINGE DRILL

10-12 REPS

- Soft knees.
- Hinge at hips.
- Flat back, strong posture.



STANDING KNEE RAISE

10-15 REPS

- Lift one knee up.
- Lower with control.
- Alternate sides.



MIND



FOCUS RESET

2 MINUTES

Close your eyes. Breathe in for 4, hold 2, out for 6. Repeat 4 times.



TOTAL TIME: UP TO 20 MINUTES

Move at your pace. Take rest as needed.
Consistency today. Strength tomorrow.

DAILY REMINDER



SHOW UP

Small daily actions create big results.



PROGRESS

Focus on progress, not perfection.



LISTEN

Listen to your body. Modify when needed.



YOU MATTER

You are worth the time, every single day.

WEDNESDAY + THURSDAY

6/12

♦ 3 PHYSICAL MOVEMENTS + 1 MIND ACTIVITY ♦ MAX 20 MINUTES

WEDNESDAY



LOWER BODY + BALANCE

Build stability. Move with confidence.

1



SUPPORTED REVERSE LUNGE

6–10 REPS EACH SIDE

- Hold a chair or wall lightly.
- Step back and lower with control.
- Push through the front foot to return.

2



CALF RAISE

10–15 REPS

- Hold support if needed.
- Rise tall through the big toe.
- Lower slowly.

3



DEAD BUG

6–10 REPS EACH SIDE

- Keep your low back gently down.
- Extend opposite arm and leg.
- Move slowly and exhale as you extend.



MIND



CONFIDENCE CHECK-IN

2 MINUTES

Notice one thing you did well today. Small wins count.



TOTAL TIME: UP TO 20 MINUTES

Move at your pace. Rest as needed.
Stronger every week.

THURSDAY



UPPER BODY + CORE + MOBILITY

Stand tall. Stay strong.

1



COUNTER PUSH-UP

8–12 REPS

- Hands on a sturdy counter or table.
- Keep your body in one straight line.
- Lower with control and press away.

2



WALL ANGEL

8–10 REPS

- Back to wall, ribs down.
- Slide arms up and down.
- Keep the motion comfortable.

3



SIDE LEG RAISE

8–12 REPS EACH SIDE

- Stand tall and hold a wall for support.
- Lift the leg to the side without leaning.
- Lower slowly with control.



MIND



BOX BREATH

2 MINUTES

Inhale 4, hold 4, exhale 4, hold 4. Repeat calmly.



TOTAL TIME: UP TO 20 MINUTES

Short sessions work. Show up, breathe, and build.

DAILY REMINDER



SHOW UP

Small actions create big results.



CONTROL

Move well before moving fast.



LISTEN

Modify when your body asks.



RESET

A calm mind supports consistency.



GOOD BODIES. STRONG MINDS. UNSTOPPABLE LIVES.

♦ 3 PHYSICAL MOVEMENTS + 1 MIND ACTIVITY ♦ MAX 20 MINUTES ♦ RECOVER. RESET. COME BACK STRONGER.

FRIDAY



STRENGTH + ENDURANCE

Build power. Build stamina.

1



REVERSE LUNGE

10–12 REPS

- Step back and lower with control.
- Front knee over ankle.
- Push through front heel.

2



INCLINE PUSH-UP

8–12 REPS

- Hands on chair or sturdy surface.
- Body straight.
- Lower and press back up.

3



MOUNTAIN CLIMBERS

30–45 SECONDS

- Drive knees alternating.
- Core tight.
- Move with control.



MIND



WEEKLY REFLECTION

2 MINUTES

Ask yourself:

- What went well?
- What can improve?
- What am I grateful for?



TOTAL TIME: UP TO 20 MINUTES

Move at your pace. Take rest as needed.

Finish strong. Feel proud.

WEEKEND



RECOVER. RESET. RECHARGE.

Recovery is growth.



1. COMFORTABLE WALK

15–30 MINUTES

- Go outside if you can.
- Easy pace. Breathe.
- Enjoy the fresh air.



2. STRETCH & MOBILITY

5–10 MINUTES

- Focus on areas that feel tight.
- Move slowly.
- Improve flexibility and reduce tension.



3. RECOVER & RESET

Rest. Sleep. Hydrate.

- Drink water.
- Eat clean, simple meals.
- Aim for quality sleep.
- Let your body rebuild.



NO HARD WORKOUTS ON SATURDAY OR SUNDAY.

Recovery is not a break — it's part of the plan.

Come back Monday stronger and ready.

WEEK AT A GLANCE



MONDAY

Full Body
Foundation
+ Mind



TUESDAY

Mobility & Core
+ Posture
+ Mind



WEDNESDAY

Full Body
Strength B
+ Mind



THURSDAY

Movement &
Conditioning
+ Mind



FRIDAY

Strength &
Endurance
+ Mind



WEEKEND

Recover.
Reset.
Recharge.

REMEMBER

- ✓ Consistency over intensity.
- ✓ Small daily actions create big results.
- ✓ You are building a stronger you.
- ✓ One week at a time.
- ✓ You've got this!



STAY CONSISTENT. TRUST THE PROCESS. BUILD THE LIFE YOU WANT.



MAKE EVERY MOVEMENT FIT YOU

Every exercise has options.

Choose what fits you today. Progress when you're ready.

	EASIER Start here. Build confidence.	→ STANDARD The main version.	→ LATER For more challenge.
1  SIT-TO-STAND Build lower body strength.	 Use a chair. Stand up and sit down with control.	 Bodyweight squat. Sit back, keep chest up, knees over feet.	 Slow + deep squat. Go lower and add a 2–3 second hold.
2  PUSH-UP Build upper body strength.	 Wall push-up. Step back or closer to adjust.	 Knee or full push-up. Keep body straight from head to knees.	 Full push-up. Lower chest to the floor with control.
3  GLUTE BRIDGE Strengthen glutes and lower back.	 Easy bridge. Lift hips gently. Squeeze glutes.	 Glute bridge. Lift hips, hold 1–2 seconds, lower down.	 Single-leg bridge. One leg up. Keep hips level and stable.
4  LUNGE Build strength and balance.	 Supported lunge. Hold a chair if needed. Shorter step.	 Forward lunge. Step forward, lower with control.	 Reverse or long lunge. Step back or take a longer step.
5  PLANK Build core stability.	 Knee plank. Elbows under shoulders. Engage core.	 Forearm plank. Body in a straight line. Hold steady.	 Longer plank. Increase time or add small movements.
6 MOUNTAIN CLIMBERS Improve cardio and core.	 Slow climbers. Drive knees one at a time.	 Mountain climbers. Keep a steady pace. Core tight.	 Fast climbers. Increase speed while maintaining control.

HOW TO USE THIS GUIDE



START WHERE YOU ARE

Choose the easier version if you're new or need it.



IMPROVE GRADUALLY

Move to the standard version when it feels good.



LEVEL UP LATER

Try the later version when you want more challenge.





HERCULES HUB

9/12

EXERCISE FORM BASICS

♦ MOVE BETTER. GET BETTER. STAY INJURY-FREE. ♦

Good form isn't about being perfect. It's about being safe, strong, and consistent.

THE 6 FORM PRINCIPLES



1. POSTURE

Keep your spine neutral and your chest lifted.



2. CORE ENGAGED

Brace your core to protect your lower back.



3. CONTROL

Use controlled movements. No bouncing.



4. FULL RANGE

Move through a full range with purpose.



5. BREATHE

Breathe naturally. Exhale on effort, inhale on reset.



6. CONSISTENCY

Good form repeated daily creates results.

COMMON MOVEMENT PATTERNS

SQUAT PATTERN

Sit back, knees follow toes, chest up, core engaged.



✓ GOOD FORM

✗ BAD FORM

Rounded back, knees collapse in.

HINGE PATTERN

Push hips back, soft knees, flat back, long spine.



✓ GOOD FORM

✗ BAD FORM

Rounding back, lifting with lower back.

PUSH PATTERN

Hands slightly wider than shoulders, elbows at 45 degrees.



✓ GOOD FORM

✗ BAD FORM

Elbows flared, chest drops.

PULL PATTERN

Pull with your back, not your arms. Elbows move back.



✓ GOOD FORM

✗ BAD FORM

Rounding shoulders, using arms only.

LUNGE PATTERN

Step, lower straight down, front knee over ankle.



✓ GOOD FORM

✗ BAD FORM

Knee past toes, torso leaning.

CORE BRACING

Tighten your core like someone is about to punch you.



✓ GOOD FORM

✗ BAD FORM

Hips sagging, low back stressed.

QUICK FORM CHECKLIST



SPINE NEUTRAL?
No rounding or over-arching.



CORE TIGHT?
Braced and engaged.



JOINTS SAFE?
Knees track, wrists neutral.



FULL RANGE?
Move through the full motion.



CONTROLLED?
Quality over speed.



BREATHING?
Steady and natural.



NO PAIN?
Sharp pain is not normal.



**FORM FIRST,
RESULTS
FOLLOW.**



START LIGHT

Master the movement before adding load or intensity.



FOCUS DAILY

Small improvements in form lead to big results.



BUILD STRONG

Good form today protects your body tomorrow.





HERCULES HUB

TRACK YOUR WEEK

You don't need to be perfect.
You just need to show up.
Track your actions, celebrate the wins,
and keep moving forward.



PRINT THIS PAGE



DAILY ACTION TRACKER

DAY	MOVEMENT (Did your workout) 	NUTRITION (Ate real, balanced meals) 	HYDRATION (Drink enough water) 	SLEEP (7–9 hours) 	HOW I FEEL (Energy & Mood)
DAY 1	☐	☐	☐	☐	1 2 3 4 5
DAY 2	☐	☐	☐	☐	1 2 3 4 5
DAY 3	☐	☐	☐	☐	1 2 3 4 5
DAY 4	☐	☐	☐	☐	1 2 3 4 5
DAY 5	☐	☐	☐	☐	1 2 3 4 5
DAY 6	☐	☐	☐	☐	1 2 3 4 5
DAY 7	☐	☐	☐	☐	1 2 3 4 5

WEEKLY SCORE



/28

0–14: Keep building.
15–21: You're on the right path.
22–28: Excellent week!



WHAT WENT WELL?



WHAT WAS CHALLENGING?

PROGRESS CHECK



WEIGHT (if tracking) _____ kg / lb



WAIST (optional) _____ cm / in



PHOTOS (optional)
Take a front, side, and back photo.
Not for anyone else. Just for you.



NOTES
How do my clothes fit?
How is my energy?
Any changes in strength or endurance?

REMEMBER



Progress isn't always visible day to day,
but it's always happening.



Small daily actions lead to
big long-term results.



Track the process,
trust the process.



You're not just starting a week.
You're building a new standard.



CONSISTENCY TODAY. TRANSFORMATION TOMORROW.



“

YOU CAN'T IMPROVE
WHAT YOU DON'T MEASURE.
TRACK IT. OWN IT. IMPROVE IT.



WEEK 4: COMPARE + SHARE

Screenshot your Week 1 vs Week 4 evolution card
and tag @hub.hercules.

>>



HERCULES HUB
A SYSTEM THAT WORKS FOR YOU.



START SMALL
STAY CONSISTENT



BUILD CONFIDENCE
GET STRONGER



ONE STEP TODAY.
A STRONGER YOU TOMORROW.

YOUR NEXT STEP

PRINT PAGE 10 – 4X FILL UP FOR A MONTH

Track your daily actions, stay consistent, and build momentum every single day.

One month. 4 pages.
Stronger body. Stronger mind.



PRINT

Print page 10
4 times.



FILL UP

Track every day
for a month.



SEE PROGRESS

Small daily actions
lead to big results.



BE PROUD

Celebrate wins
and keep going.



POST AND TAG US

Share progress. Inspire others. Help build the Hercules community.

SHOW WHAT CONSISTENCY
CAN BUILD.

@hub.hercules

TRACK ALL 4 WEEKS

Use the digital Week 1-4 tracker. Progress saves automatically on this device, so every return continues where the last session stopped.

WEEK 1 → WEEK 4
SEE THE PROGRESS.

SHARE YOUR EVOLUTION

On Week 4, compare Week 1 and Week 4. Screenshot the evolution card, tag @hub.hercules, and share the progress.

SCREENSHOT + TAG
BUILD THE COMMUNITY.

FOUR WEEKS. YOUR PROGRESS. YOUR EVOLUTION.

HERCULES START STAYS FREE.

HOW IT WORKS

- Open the digital tracker.
- Use Week 1, 2, 3 and 4.
- Track actions and how each week feels.
- Return anytime - progress stays saved.

WEEK 1 vs WEEK 4

Week 4 puts the first and fourth week side by side so the evolution is easy to see, easy to screenshot, and easy to share.

SEE THE DIFFERENCE.
OWN THE PROGRESS.

BUILD THE COMMUNITY

Share the screenshot and tag @hub.hercules. Follow the project for more free material and help build the Hercules community.

TAG @hub.hercules
SHARE YOUR EVOLUTION.



HERCULES HUB
A SYSTEM THAT WORKS FOR YOU.



START SMALL
STAY CONSISTENT



BUILD CONFIDENCE
GET STRONGER



ONE STEP TODAY.
A STRONGER YOU TOMORROW.



HERCULES HUB

12/12

THANK YOU FOR STARTING.

One week can start the habit. Four weeks can show your evolution.

1

TRACK ALL 4 WEEKS

Use the digital tracker to record daily actions, notes, and how each week feels.

2

COMPARE WEEK 1 + WEEK 4

See the first week beside the fourth week so progress and consistency are easy to recognize.

3

SHARE YOUR EVOLUTION

Screenshot the Week 1 vs Week 4 card and tag @hub.hercules. Help build the community.



Doing the 4-week TRACK challenge?
Page 11 shows how your tracking
can help Hercules shape what comes next.



Share your progress.
Tag @hub.hercules.
Follow for more free material.
Join the build.

FOLLOW + TAG @HUB.HERCULES

SHARE YOUR EVOLUTION • JOIN THE BUILD

BUILD A SYSTEM THAT WORKS FOR YOU.

HERCULES HUB

A system that works for you