motion mvmnt

MOVEMENT ANYWHERE

YOUR FREE

1-week training program.

Kettlebells, dumbbells and bodyweight only.

3 STRENGTH SESSIONS

2 FUNCTIONAL FITNESS SESSIONS

5 WORKOUTS · WARM-UPS INCLUDED
MINIMAL EQUIPMENT · SMALL-SPACE FRIENDLY

A FREE PROGRAM BY

MOVE WITH Jacinta

MOTIONMVMNT.COM

FULL PROGRAMS IN THE
MOTION MVMNT APP

WELCOME

A NOTE FROM JACINTA

Thanks for downloading your free training week.

I'm Jacinta, a Perth-born Personal Trainer, Mat and Reformer Pilates Instructor and Yoga Teacher with eight years of experience in the fitness industry.

Having worked across boutique fitness studios, corporate roles and as an onboard fitness instructor on superyachts, I understand how difficult it can be to maintain a consistent training routine around long working hours, travel, limited equipment and unpredictable schedules.

I created Motion Mvmnt to make structured, effective training accessible wherever life takes you.

You don't need a perfect routine, a fully equipped gym or a fixed location to make progress. You just need a starting point and a program that works around your life.

Jacinta Founder, Motion Mvmnt

ABOUT THIS PROGRAM

This free training week is designed for people who want to maintain or improve their fitness, regardless of location, schedule or access to equipment.

It suits beginner to intermediate training, with modifications for beginners and people returning to exercise. You do not need to complete all five workouts within seven days.

This is a sample week to get you started, not a complete program.

WHO IT'S FOR

- Yacht crew
- Travellers
- Rotational workers
- Shift workers
- Digital nomads
- Busy professionals
- Small spaces and limited equipment

5 WORKOUTS

Three strength sessions and two functional fitness sessions.

YOUR PACE

Spread the week out or take longer. Consistency matters most.

ANYWHERE

Kettlebells, dumbbells and bodyweight. Small-space friendly.

THE PLAN

YOUR WEEK

3 strength sessions and 2 functional fitness sessions. Times include the warm-up.

DAY 1 — **Lower Body**
Squat Day
STRENGTH
ABOUT 50–65 MIN · 19 WORKING SETS

DAY 2 — **Upper Body**
Push + Pull
STRENGTH
ABOUT 55–75 MIN · 20 WORKING SETS

DAY 3 — **Core + Full Body**
Core Stability
FUNCTIONAL
ABOUT 25–30 MIN · 20 WORKING SETS

DAY 4 — **Posterior Chain**
Hinge Day
STRENGTH
ABOUT 40–55 MIN · 16 WORKING SETS

DAY 5 — **Full Body Circuit**
Strength
FUNCTIONAL
ABOUT 25–30 MIN · 19 WORKING SETS

EXAMPLE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
DAY 1	DAY 2		DAY 3	DAY 4		DAY 5
Lower Body	Upper Body	Rest or mobility	Core + Full Body	Posterior Chain	Rest or mobility	Full Body Circuit

A SUGGESTION, NOT A RULE

"This is a suggested training schedule, not a requirement. Spread your sessions across your week according to your schedule, recovery and energy levels. You can complete the five workouts over a longer period if needed. Consistency matters more than completing every session within seven days."

◆ DAY 3 IS LIGHTER

Core + Full Body is a controlled session at a moderate effort, so you arrive at Day 4 feeling fresh.

◆ BEFORE YOU RESTART

Check in on your recovery before repeating the week, particularly after Day 5. If you feel run down, take an extra rest or mobility day first.

THE BASICS

HOW TO TRAIN

Read this once, then follow the details on each day page.

REPS IN RESERVE

Finish most strength sets feeling as though you could complete another two to three repetitions with good technique. Avoid training to failure during this introductory week.

WEIGHT SELECTION

Choose a resistance that allows you to complete the prescribed repetitions with control while maintaining good technique. Beginners should start lighter and increase resistance gradually.

TEMPO

Strength sessions use 3-0-1-0: three seconds lowering, no pause at the bottom, one second lifting, no pause at the top. Functional sessions use 2-0-1-0: two seconds lowering, then the same pattern. Tempo applies to the controlled resistance exercises that list it, not to timed holds, carries, marching or explosive movements.

REST

Strength exercises: 90–120 seconds between sets, and up to two to three minutes on demanding compound lifts if you need it. Core rounds: 45 seconds. Carries and finishers: 60 seconds. Functional circuits: minimal rest between exercises, then about 60 seconds between rounds. Take extra rest whenever technique, breathing or fatigue calls for it.

PROGRESSIVE OVERLOAD

Once you can complete all prescribed sets at the upper end of the repetition range with good technique and two to three repetitions in reserve, increase the weight slightly in your next session. For fixed-repetition exercises, increase resistance once all prescribed repetitions are consistently completed with the intended effort and technique.

SETS, ROUNDS + SUPERSETS

Follow the repetitions or duration listed for each exercise. Sets (strength): complete all sets of one exercise before moving to the next, unless the page says otherwise. Rounds (circuits): complete each exercise in order, then rest and repeat. Supersets: complete two exercises back to back, then rest.

PRACTICE SETS

On strength days, do one or two lighter practice sets of your first lift after the warm-up, usually 6–8 repetitions. They prepare your movement and are separate from your working sets.

NEW TO TRAINING OR RETURNING?

Complete two sets or rounds instead of three, use lighter weights, reduce repetitions where necessary and take extra rest. Each day page lists easier options for the harder movements.

SET UP

BEFORE YOU START

Equipment, space and staying safe.

WHAT YOU NEED

KETTLEBELLS

One or two kettlebells, or suitable dumbbell alternatives.

DUMBBELLS

A pair of dumbbells or adjustable dumbbells. A range of weights is helpful.

FLOOR SPACE

A clear, stable floor space. An exercise mat is optional.

- No bench, pull-up bar, cable machine or other gym equipment is needed.
- A dumbbell held upright with both hands can replace a kettlebell for goblet squats and deadlifts. Use one or two dumbbells for carries.
- Small spaces: you need enough room to move safely, including overhead for presses. Every carry has a stationary option, and the marches and lunges are done on the spot.

KEY

- **KB** Kettlebell
- **DB** Dumbbell
- **BW** Bodyweight
- **RIR** Reps in reserve
- **sec** Seconds (timed exercises)
- **/ side** Reps or seconds on each side
- **3 × 10** Three sets of 10 repetitions
- **3-0-1-0** Lower, pause, lift, pause (seconds)

TRAIN SAFELY

This program provides general fitness information and is not personalised medical or exercise advice.

- If you have an injury, a medical condition or concerns about whether exercise suits you, seek appropriate professional guidance before you start.
- Work within your own abilities. Beginners can reduce resistance, repetitions, sets and rounds.
- Stop exercising if you feel sharp pain, dizziness, chest pain, faintness or unusual shortness of breath.
- Train in a safe, stable environment with appropriate equipment in good condition.

DAY 1 · STRENGTH

LOWER BODY

Squat Day · Quads + Glutes

ABOUT 50–65 MIN · 19 WORKING SETS

TEMPO 3-0-1-0 ON LISTED LIFTS · REST 90–120 SEC · 2–3 REPS IN RESERVE

WARM-UP · 5–8 MIN 2 min easy march or walk on the spot, then one smooth round of:

- Bodyweight Squats × 8
- Glute Bridges × 10
- Side Lunges × 5 / side
- Hip Openers × 8

PRACTICE SETS 1–2 lighter sets of Goblet Squat, 6–8 reps. Separate from your working sets.

PRIMARY LIFTS

REST 90–120 SEC · UP TO 3 MIN IF NEEDED

1	**Goblet Squat** (KB OR DB) Weight at your chest. Lower with control to a comfortable depth.	3 × 10–12 TEMPO 3-0-1-0
2	**DB Reverse Lunge** (DB) Step back and lower with control. Front foot stays flat, torso tall.	3 × 8–10 / side TEMPO 3-0-1-0
3	**Lateral Lunge** (KB OR DB) Step wide and sit your hips back over one leg. Both feet stay flat.	2 × 8 / side TEMPO 3-0-1-0

GLUTES + CALVES

REST 90–120 SEC

4	**Weighted Glute Bridge** (DB OR KB) Weight on your hips. Drive through your heels without arching your lower back.	3 × 12–15 TEMPO 3-0-1-0
5	**Calf Raise** (BW OR DB) Rise onto the balls of your feet, then lower slowly. Light hand support is fine.	2 × 15 TEMPO 3-0-1-0

CORE

2 ROUNDS · REST 45 SEC BETWEEN ROUNDS

6	**Dead Bug** (BW) Brace your core and move slowly. Avoid arching your lower back.	8 / side
7	**Plank** (BW) Hold a straight line from head to heels. Breathe steadily. **Easier: knees down.**	30 sec

CARRY FINISHER

REST 60 SEC

8	**Farmer's Carry** (KB OR DB) Stand tall, breathe steadily and take smooth steps. Keep your torso still. **Small space: farmer's march or stationary hold.**	2 × 40 sec

COACH NOTE

Control the lowering phase of each repetition to maintain tension, improve technique and develop strength. Choose a weight that allows you to finish each set with two to three quality repetitions in reserve.

SHORT ON TIME? 2 sets or rounds of each exercise, and skip the finisher: about 45 min.

CONTINUE YOUR PROGRESSION IN THE MOTION MVMNT APP.
Explore the full training programs.

DAY 2 · STRENGTH

UPPER BODY

Push + Pull · Chest, Back + Shoulders

ABOUT 55–75 MIN · 20 WORKING SETS

TEMPO 3-0-1-0 ON LISTED LIFTS · REST 90–120 SEC · 2–3 REPS IN RESERVE

WARM-UP · 5–8 MIN 2 min easy march or walk on the spot, then one smooth round of:

- **Arm Circles** × 10 / direction
- **Push-Ups** × 5 (knees fine)
- **Cat-Cows** × 6
- **Hip Hinge Drill** × 8

PRACTICE SETS 1–2 lighter sets of Floor Press, 6–8 reps. Separate from your working sets.

PUSH

REST 90–120 SEC

1	**DB Floor Press** (DB) Lower until your upper arms touch the floor, then press up over your chest.	3 × 10–12 TEMPO 3-0-1-0
2	**DB Shoulder Press** (DB) Ribs down, glutes tight. Press overhead without arching your lower back.	2 × 10–12 TEMPO 3-0-1-0
3	**Push-Up** (BW) Hands under shoulders, body in one line. Lower with control. **Easier: wall or knee push-ups. Harder: 1 sec pause at the bottom or a 4 sec lowering.**	2 × 8–12 TEMPO 3-0-1-0

PULL + SHOULDERS

REST 90–120 SEC

4	**Single-Arm DB Row** (DB) Neutral spine, free hand on your thigh. Pull your elbow back without twisting.	3 × 10 / side TEMPO 3-0-1-0
5	**DB Reverse Fly** (DB) Hinge forward with soft elbows. Raise the weights out to the sides with control.	2 × 12–15 TEMPO 3-0-1-0
6	**Lateral Raise** (DB) Raise to shoulder height with soft elbows. Keep your shoulders relaxed.	2 × 12–15 TEMPO 3-0-1-0

ARMS · OPTIONAL SUPERSET

2 ROUNDS · BACK TO BACK, THEN REST 60–90 SEC

7	**Hammer Curl** (DB) Elbows stay by your sides. Curl with your palms facing in.	12 TEMPO 3-0-1-0
8	**Overhead Triceps Extension** (DB OR KB) Elbows point forward and stay close to your head. Ribs down.	12 TEMPO 3-0-1-0

CORE

2 ROUNDS · REST 45 SEC BETWEEN ROUNDS

9	**Bird Dog** (BW) Reach long through the opposite arm and leg. Keep your hips level.	8 / side

COACH NOTE

Keep your ribs down on every press and move your elbows with control on the rows. Stop each set with two to three quality repetitions in reserve. Prefer straight sets for the arms? Do all sets of one exercise, then the other.

SHORT ON TIME? 2 sets or rounds of each exercise: about 60 min.

YOUR NEXT TRAINING WEEK IS WAITING.
Explore the full training programs.

DAY 3 · FUNCTIONAL

CORE + FULL BODY

Core Stability · Light Full Body Circuit

ABOUT 25–30 MIN · 20 WORKING SETS

TEMPO 2-0-1-0 ON LISTED MOVES · 15 SEC BETWEEN MOVES · 60 SEC BETWEEN ROUNDS

WARM-UP · 5–8 MIN 2 min easy march or walk on the spot, then one smooth round of:

- Cat-Cows × 6
- Bodyweight Squats × 8
- Glute Bridges × 10
- Arm Circles × 10 / direction

CORE

2 ROUNDS · OPTIONAL 3RD · 15 SEC BETWEEN MOVES · 45 SEC BETWEEN ROUNDS

1 Plank (BW) — 30 sec
Hold a straight line from head to heels. Breathe steadily.
Easier: knees down.

2 Side Plank (BW) — 20 sec / side
Keep your hips stacked and lifted in one line.
Easier: bend your bottom knee.

3 Dead Bug (BW) — 8 / side
Brace your core and move slowly. Avoid arching your lower back.

4 Reverse Crunch (BW) — 10
Tilt your pelvis back to lift your hips slightly. Lower slowly.

FULL BODY CIRCUIT

3 ROUNDS · 15 SEC BETWEEN MOVES · 60 SEC BETWEEN ROUNDS

5 Goblet Squat (KB OR DB) — 10 — TEMPO 2-0-1-0
Weight at your chest. Lower with control to a comfortable depth.

6 Push-Up (BW) — 8–10 — TEMPO 2-0-1-0
Hands under shoulders, body in one line. Lower with control.
Easier: wall or knee push-ups.

7 Single-Arm DB Row (DB) — 8 / side — TEMPO 2-0-1-0
Neutral spine, free hand on your thigh. Keep it light and smooth.

8 High-Knee March (BW) — 40 sec
March on the spot, lifting your knees to a comfortable height. No jumping.

COACH NOTE

Keep this session light and controlled. Choose lighter weights, work at a moderate effort and leave plenty in reserve so you arrive at Day 4 feeling fresh. Experienced participants can add a third core round.

TRAIN ANYWHERE. KEEP PROGRESSING.
Explore the full training programs.

DAY 4 · STRENGTH

POSTERIOR CHAIN

Hinge Day · Hamstrings + Glutes

ABOUT 40–55 MIN · 16 WORKING SETS

TEMPO 3-0-1-0 ON LISTED LIFTS · REST 90–120 SEC · 2–3 REPS IN RESERVE

WARM-UP · 5–8 MIN 2 min easy march or walk on the spot, then one smooth round of:

- **Hip Hinge Drill** × 10
- **Hip Openers** × 8
- **Glute Bridges** × 10 (2 sec hold)
- **Bridge Walkouts** × 4 (short steps)

PRACTICE SETS 1–2 lighter sets of KB Deadlift, 6–8 reps. Separate from your working sets.

HINGE LIFTS

REST 90–120 SEC · UP TO 3 MIN AFTER DEADLIFTS

1 KB Deadlift (KB) — 3 × 8–10, TEMPO 3-0-1-0
Kettlebell between your feet. Neutral spine, push the floor away to stand.

2 DB Romanian Deadlift (DB) — 2 × 10–12, TEMPO 3-0-1-0
Weights close to your legs. Push your hips back, neutral spine.

GLUTES + HAMSTRINGS

REST 90–120 SEC

3 Weighted Glute Bridge (DB OR KB) — 3 × 12–15, TEMPO 3-0-1-0
Weight on your hips. Drive through your heels without arching your lower back.

4 Hamstring Walkout (BW) — 2 × 6
Lie in a bridge, heels down. Walk your feet out slowly, then back in.
Easier: take fewer steps out, or return to a bridge between reps.

CORE

2 ROUNDS · REST 45 SEC BETWEEN ROUNDS

5 Reverse Crunch (BW) — 10
Tilt your pelvis back to lift your hips slightly. Lower slowly.

6 Side Plank (BW) — 20 sec / side
Keep your hips stacked and lifted in one line.
Easier: bend your bottom knee.

CARRY FINISHER

REST 60 SEC

7 Suitcase Carry (KB OR DB) — 2 × 30 sec / side
One weight at your side. Stay upright and avoid leaning.
Small space: suitcase march or stationary hold.

COACH NOTE

Kettlebell deadlift: each rep starts from the floor, so reset your set-up every time. Romanian deadlift: Push your hips back, maintain a neutral spine and keep the weights close to your legs. Lower until you feel tension through your hamstrings without losing your position. Your range of motion will depend on your mobility and control.

SHORT ON TIME? 2 sets or rounds of each exercise, and skip the finisher: about 35 min.

KEEP BUILDING, WEEK BY WEEK.
Explore the full training programs.

DAY 5 · FUNCTIONAL

FULL BODY CIRCUIT

Strength · Low Impact Conditioning

ABOUT 25–30 MIN · 19 WORKING SETS

TEMPO 2-0-1-0 ON LISTED MOVES · 15 SEC BETWEEN MOVES · 60 SEC BETWEEN ROUNDS

WARM-UP · 5–8 MIN 2 min easy march or walk on the spot, then one smooth round of:

- **Reverse Lunges** × 6 / side (on the spot)
- **Bodyweight Squats** × 8
- **Hip Hinge Drill** × 8
- **Arm Circles** × 10 / direction

FULL BODY CIRCUIT

3 ROUNDS · 15 SEC BETWEEN MOVES · 60 SEC BETWEEN ROUNDS

1	**DB Reverse Lunge** (DB) Step back and lower with control. Front foot stays flat, torso tall.	8 / side TEMPO 2-0-1-0
2	**DB Floor Press** (DB) Lower until your upper arms touch the floor, then press up over your chest.	10 TEMPO 2-0-1-0
3	**KB Deadlift** (KB) Lighter than Day 4. Neutral spine, push the floor away to stand.	10 TEMPO 2-0-1-0
4	**DB Squat to Press** (DB) Weights at your shoulders. Squat, stand and press overhead. Ribs down. **Easier: lighter weights, and pause standing before each press.**	8 TEMPO 2-0-1-0
5	**High-Knee March** (BW) March on the spot, lifting your knees to a comfortable height. No jumping.	40 sec

FINISHER

2 ROUNDS · REST 60 SEC BETWEEN ROUNDS

6	**Farmer's Carry** (KB OR DB) Stand tall, breathe steadily and take smooth steps. Keep your torso still. **Small space: farmer's march or stationary hold.**	40 sec
7	**Plank** (BW) Hold a straight line from head to heels. Breathe steadily. **Easier: knees down.**	30 sec

COACH NOTE

Work at a pace you can sustain across every round. If your technique slips, rest and reset. Use a lighter weight than Day 4 for the deadlift.

SHORT ON TIME? 2 sets or rounds of each exercise, and skip the finisher: about 15 min.

CONTINUE YOUR PROGRESSION IN THE MOTION MVMNT APP.
Explore the full training programs.

KEEP GOING

YOUR FIRST WEEK IS JUST THE BEGINNING.

Build strength, improve your fitness and stay consistent, wherever life takes you.

Access progressive training programs, coaching cues, built-in timers, progress tracking and recovery sessions, all designed to fit around your lifestyle.

No perfect routine. No fully equipped gym. No fixed location. Just movement, anywhere.

INSIDE THE MOTION MVMNT APP

◆ **SIX TRAINING PROGRAMS**
Back on Track, Build Strength, Functional Fitness, Lean & Strong, Advanced and Maintenance.

◆ **WEEK-BY-WEEK PROGRESSION**
Sets, reps, rest and tempo build over the weeks.

◆ **TRAIN YOUR WAY**
Equipment and environment-based training options.

◆ **BUILT-IN TIMERS**
Exercise, tempo and rest timers.

◆ **COACHING CUES**
Short, clear cues on every exercise.

◆ **PROGRESS TRACKING**
Log your weights and reps and watch them build.

◆ **TRAINING HISTORY**
See your sessions and streaks at a glance.

◆ **RECOVERY + MOBILITY**
Recovery and mobility sessions for the days between.

◆ **BUILT FOR LIFE ON THE MOVE**
Training designed for people on the move.

START YOUR 7-DAY FREE TRIAL

Download Motion Mvmnt on the App Store.

SCAN TO DOWNLOAD

This 1-week program is free. The Motion Mvmnt app is a subscription, with a 7-day free trial to start.

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MOVEMENT ANYWHERE

motionmvmnt.com

General fitness information only, not personalised advice. See Train Safely on page 5.