FREE FROM SHE RECLAIMS

Your First Week

Two workouts · five movements · one pair of dumbbells

You don't need to start over. You just need somewhere to land.

This is the actual first week of my membership — not a sample, not a teaser. Two workouts, the five movement patterns everything else is built on, and a video of me showing you each one.

If you do it and it works for you, the rest is waiting. If you do it and it isn't for you, you've still learned five movements you'll use for the rest of your life, and it cost you nothing.

WHAT THIS WEEK IS

Everything you do here is built on five patterns: squat, hinge, push, pull, and brace. Learn those five and you can walk into any gym, or stand in your own living room, and know what you're doing.

That's all this week is. Two workouts. No weight to speak of, nothing to write down, nothing to keep track of. Watch each video before you try the movement, then try it.

You do not need to be good at these yet. You need to know what they look like.

WHAT YOU NEED

> Your body, and one pair of light dumbbells.
>
> No bench. No rack. No machines. No app to download. Print these pages, or keep them open on your phone — either works.

THE FIVE PATTERNS

Learn These First

Read the card, watch the video, then try it

PUSH

Foundational Push-up

Setup: Hands slightly wider than your shoulders, body in a straight line from head to heels — knees or toes.

1. Brace your middle and squeeze your glutes so your hips don't sag.
2. Lower your chest toward the floor with your elbows at about 45 degrees from your body.
3. Stop when your chest is about a fist's height off the floor.
4. Press the floor away to a full lockout, holding that line.

KEY CUE Move as one solid plank.

WATCH FOR Hips sagging, or elbows flaring straight out to the sides.

Watch the demo →

PULL

Foundational Single-Arm Dumbbell Row

Setup: One hand and the same-side knee on a bench, dumbbell in the other hand, back flat.

1. Set your back flat and your shoulders square to the floor.
2. Start with the arm long, letting the shoulder blade stretch forward.
3. Pull the dumbbell to your hip, leading with your elbow.
4. Lower all the way back to a long arm.

KEY CUE Drive your elbow back past your ribs.

WATCH FOR Twisting your torso open to lift more weight.

Watch the demo →

SQUAT

Foundational Squat

Setup: Feet shoulder-width, toes turned slightly out, arms in front for balance.

1. Take a breath and brace your middle like someone's about to poke it.
2. Push your hips back and bend your knees at the same time.
3. Lower until your thighs are about parallel, chest staying tall.
4. Drive through your whole foot to stand, squeezing your glutes at the top.

KEY CUE Spread the floor apart with your feet.

WATCH FOR Knees caving in, or heels lifting off the ground.

Watch the demo →

HINGE

Foundational Glute Bridge

Setup: Lying on your back, knees bent, feet flat and hip-width, heels close to your glutes.

1. Press your low back lightly into the floor and brace your middle.
2. Push through your heels and lift your hips until knees, hips and shoulders line up.
3. Squeeze your glutes hard at the top for a full second.
4. Lower with control without letting your back arch.

KEY CUE Your glutes lift you, not your low back.

WATCH FOR Ribs flaring or over-arching at the top.

Watch the demo →

BRACE

Foundational Dead Bug

Setup: Lying on your back, arms straight up over your shoulders, knees and hips bent to 90 degrees.

1. Press your low back lightly into the floor and hold it there.
2. Lower your right arm overhead and your left leg toward the floor at the same time.
3. Go only as far as your back stays flat, then return to the start.
4. Switch to the other pair and keep alternating.

KEY CUE Your back stays glued to the floor for the entire set.

WATCH FOR Your low back lifting as the limbs get further out — shorten the range instead.

Watch the demo →

WEEK 1

The Workouts

Rest as long as you need. There are no assigned days.

Workout 1 — Meet the Patterns

M:W1|W1

No weight at all this session. Rest as long as you need between sets.

WARM-UP

Arm Circles	**10 forward, 10 back**
Arm Swings	**10 each way**
Boot Strapper	**5 slow**

THE WORKOUT

MOVEMENT	SETS × REPS
Foundational Squat *Sit back, not down. A chair behind you is a good idea.*	**2 x 8**
Foundational Push-up *Hands on the counter or a wall is a push-up. Do that version.*	**2 x 6**
Foundational Glute Bridge *Squeeze at the top, count to two.*	**2 x 10**
Foundational Dead Bug *Low back stays flat on the floor. That's the whole exercise.*	**2 x 8 each side**

COOL-DOWN

Butterfly Stretch	**60 seconds**
Down Dog into Pigeon	**30 seconds each side**
Tricep Stretch	**20 seconds each arm**

Workout 2 — All Five

M:W1|W2

One light dumbbell for the row. Everything else is bodyweight.

WARM-UP

Arm Circles	**10 forward, 10 back**
Samson Stretch into Hamstring Stretch	**3 each side**
Boot Strapper	**5 slow**

THE WORKOUT

MOVEMENT	SETS × REPS
Foundational Squat	**2 x 10**
Foundational Single-Arm Dumbbell Row *Elbow goes to your hip, not out to the side.*	**2 x 8 each arm**
Foundational Glute Bridge	**2 x 12**
Foundational Push-up *Same height you used in Workout 1.*	**2 x 6**
Foundational Dead Bug	**2 x 8 each side**

COOL-DOWN

Butterfly Stretch	**60 seconds**
Down Dog into Pigeon	**30 seconds each side**
Tricep Stretch	**20 seconds each arm**

WHILE YOU'RE AT IT

One Change at the Table

Optional, and it isn't a meal plan

One thing to eat differently this week. Not a meal plan — one change.

Put a real protein in your first meal of the day.

Not a target, not an app, not math. An anchor food: eggs, Greek yogurt, cottage cheese, leftover chicken, a scoop of protein in your coffee. One of those, every morning, before anything else.

Here's why this one first. Most women I work with eat almost no protein until dinner, and then wonder why they're starving at four in the afternoon and why training isn't showing up on their body. Front-loading protein fixes the afternoon, and it gives the muscle you're building something to build with.

That's the whole instruction. Breakfast. Protein. Every day this week.

I am not going to give you a meal plan. Meal plans fail because life doesn't run on a schedule, and you've probably already been handed several. One change you actually make beats a plan you follow for nine days.

AND SOMETHING TO COOK · SLOW COOKER SHREDDED CHICKEN

The Sunday thing that makes four weekday meals easy.

Makes: About 8 servings **Protein:** Roughly 30g protein per serving

Ingredients

- 3 lbs boneless skinless chicken breasts or thighs
- 1 cup chicken broth
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1/2 tsp black pepper

Directions

1. Put the chicken in the slow cooker in one layer.
2. Mix the broth and all the seasonings, pour it over the top.
3. Cover. Low 4-5 hours, or high 2-3 hours, until it pulls apart with a fork.
4. Shred it right in the pot so it soaks the liquid back up. Don't drain it.
5. Cool, then divide into containers.

Leftover ideas

- Over a bagged salad with whatever dressing you like
- In a tortilla with cheese, crisped in a dry pan
- Stirred into jarred marinara over pasta
- On top of a baked potato with a spoon of Greek yogurt

Nutrition figures are approximate and shift with the brands and cuts you use.

AFTER THIS WEEK

Where It Goes

The rest of the year, if you want it

If this felt good, Week 2 is where the weight starts and where you begin writing your numbers down. That's inside the She Reclaims Membership.

Thirteen phases. A full year of training. Three sessions a week — two strength workouts and one short session called The Quickie — with no assigned days, so you pick what fits your actual week.

Every week is a printable PDF like this one, with space to write down what you lifted. Every movement links to a video of me demonstrating it. Sixty-eight of them, with written cues.

Nothing to log. Nothing sent back to me. You print it, you train, you write your numbers in the boxes.

Your first month is $15.

shereclaims.net/member

And whatever you decide — you didn't go back to zero. You're starting again from where you are, not from nothing.

— Jami