FORRESTING THE SOUL · SOMATIC & 5 F'S COACHING RESOURCE

28-DAY MORNING CALISTHENICS & STRENGTH

Grounded Strength, Fascia Elasticity & Nervous-System Resilience · Zero Wrist or Shoulder Strain

DAILY COMMITMENT
15 Minutes
At Home

1. **FOOD:** Drink water + morning supplements at the sink
2. **FEELINGS:** 5 min morning light + 3 slow exhales
3. **FASCIA:** 15-min Flow below (or gym, Spin, or walk!)
4. **FOCUS:** Check your box before opening any inbox

First 2 Minutes (Fascia Wake-Up): 30s Doorway Chest Opener + 30s Overhead Rib Reach & Side Bend + 60s Hip Circles & Deep Squat.

Final 2 Minutes (Vagus Nerve Cooldown): Lie flat or put legs up the couch for 6 slow nasal breaths (inhale 4s, exhale 6s) + 1 glass of water.

MON & THU · 3 ROUNDS (11 MIN)

FLOW A: Legs, Glutes & Posture

1. Tempo Bodyweight Squats: 12 reps
3 seconds down, drive through heels.
Wakes up legs & morning metabolism.

2. Glute Bridges (2s Hold): 15 reps
On your back, press through heels.
Opens hip flexors & protects low back.

3. Reverse Lunges (or Split): 8/leg
Step back gently (use a doorframe or sturdy chair for balance if needed).

4. Standing Wall Angels: 10 slow reps
Back and arms glide along the wall.
Opens chest fascia & fires mid-back.

TUE & FRI · 3 ROUNDS (11 MIN)

FLOW B: Back, Posture & Core

1. Prone Y-T-W Back Lifts: 10 slow reps
Lie face-down (or towel pull-aparts).
Reverses daily forward shoulder posture.

2. Good Morning Hinges: 12 reps
Hands behind head, hinge hips back.
Lengthens hamstrings & supports spine.

3. Dead Bugs (Wrists Free): 10/side
On your back, lower opposite arm & leg.
Deep core armor with zero wrist load.

4. Calf Pumps & Balance: 15 + 20s
15 slow heel raises, then 20s single-leg balance per side for ankle & foot fascia.

WED & SAT · 3 ROUNDS (11 MIN)

FLOW C: Hips, Obliques & Flow

1. Sumo Squat + Heel Lift: 12 reps
Wide stance, toes out, lift heels at bottom. Inner thighs & pelvic floor.

2. Kickstand Hip Hinge: 10/side
Front foot flat, back toes kickstand.
Builds hip & hamstring stability.

3. Cross-Body Knee Marches: 20 slow
Or Forearm Side Plank (25s per side).
Fires obliques & waist without wrists.

4. Open-Book Rib Windmill: 6/side
Lie on side, sweep top arm open with a long exhale. Unwinds thoracic spine.

28-DAY PRINTABLE PRACTICE TRACKER

No-Shame Rule: Any Gym Session, Class, or Brisk Walk Counts as Your Box for That Day!

WEEK 1: WAKE UP 2 to 3 easy rounds Focus on breath & range	☐ Day 1 Mon · Flow A Felt: _____	☐ Day 2 Tue · Flow B Felt: _____	☐ Day 3 Wed · Flow C Felt: _____	☐ Day 4 Thu · Flow A Felt: _____	☐ Day 5 Fri · Flow B Felt: _____	☐ Day 6 Sat · Flow C Felt: _____	☐ Day 7 Sun · Unwind Felt: _____
WEEK 2: STEADY PACE 3 full rounds · Add a 2-sec pause at bottom	☐ Day 8 Mon · Flow A Felt: _____	☐ Day 9 Tue · Flow B Felt: _____	☐ Day 10 Wed · Flow C Felt: _____	☐ Day 11 Thu · Flow A Felt: _____	☐ Day 12 Fri · Flow B Felt: _____	☐ Day 13 Sat · Flow C Felt: _____	☐ Day 14 Sun · Unwind Felt: _____
WEEK 3: BUILD FIRE 3 to 4 rounds · Shorter rest (or light weights)	☐ Day 15 Mon · Flow A Felt: _____	☐ Day 16 Tue · Flow B Felt: _____	☐ Day 17 Wed · Flow C Felt: _____	☐ Day 18 Thu · Flow A Felt: _____	☐ Day 19 Fri · Flow B Felt: _____	☐ Day 20 Sat · Flow C Felt: _____	☐ Day 21 Sun · Unwind Felt: _____
WEEK 4: SOVEREIGN 4 crisp rounds · Notice how strong posture feels	☐ Day 22 Mon · Flow A Felt: _____	☐ Day 23 Tue · Flow B Felt: _____	☐ Day 24 Wed · Flow C Felt: _____	☐ Day 25 Thu · Flow A Felt: _____	☐ Day 26 Fri · Flow B Felt: _____	☐ Day 27 Sat · Flow C Felt: _____	☐ Day 28 Sun · Unwind Felt: _____

Sunday Active Unwind: 15-min outdoor walk, gentle fascia floor roll, or restorative stretch.

ForResting the Soul · Christy Claybaker, LMT · Somatic Awareness, Fascia Release & Systems Coaching

Start Date: _____ | **Day 28 Finish Date:** _____

Free Guides, Tools & Coaching
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forrestingthesoul.com