

HOW TO TRAIN WHEN YOU'RE FLAT



Movement cues for low-energy days.

1

Start with posture.

Stand tall. Shoulders back. Breathe. Even if you don't lift today, resetting your posture signals presence. It's the simplest way to reconnect with your body.



2

Walk for 5-10 minutes.

No pace goal. No step count.

Just move. Walking clears mental fog, warms up joints, and helps you decide what's next—without forcing it.



3

Stretch what feels tight.

Pick 2–3 areas. Hold for 30 seconds. You’re not trying to “fix” anything—just respond. Stretching helps you feel more mobile and less stuck.



4

One lift, one set.

Choose one movement: squat, push-up, row, or press.

Do one slow, controlled set.

If it feels good, do another. If not, you still showed up.



5

Repeat what feels familiar.

Low energy days aren't for experimenting.

Stick to movements you know well.

Familiar patterns reduce decision fatigue and help you stay consistent.



6

End with one question.

Ask: “Did I move with control today?”

Not intensity. Not perfection. Just control.

If the answer is yes, you trained.

If the answer is no, you still showed up—and that matters.

