

WELCOME TO YOUR WINTER ARC

Winter isn't a time to pause — it's a time to build.
While the world quiets down, you rise. You train. You reconnect. This season is your edge — not your end.
The Winter Arc is about rebuilding strength at the roots. It's about showing up for yourself when the motivation isn't loud — and proving that discipline doesn't need noise.

This 3-day guide is designed for the days when your energy feels off, your focus drifts, or you're tempted to disappear into the couch. It's simple, effective, and powerful – just 10 minutes to reset your system and return to your center.

Pair your workouts with long hot baths, nourishing whole foods, good books, and restful nights. The goal isn't to survive winter. It's to emerge stronger from it — mentally, physically, and emotionally.

Your spring starts now.



Each workout is ~10 minutes.

No noise. No gear.

Just movement that builds quiet power.



Control, tone, and strength from fingertips to shoulder blades

Repeat 2x

- 1.Shoulder Taps (Slow & Controlled) 30 sec
- 2. Pike Push-Ups 8 to 10 reps
- 3.Kneeling Tricep Dips (on floor) 12 reps
- 4. Forearm Hover to Plank 6 per side
- 5.Superman Hold + Pull-Backs 30 sec hold + 10 reps
- 6. Neck Retractions (double chin stretch) 10 reps

Optional stretch: Thread-the-needle x 30 sec/side

DAY 2: LOWER BODY & BALANCE

Strong legs. Stable hips. Graceful strength.

Repeat 2x

- 1. Slow Step-Back Lunges 10 each leg
- 2. Single Leg Glute Bridge (hold at top) 8 each leg
- 3. Wall Sit or Static Lunge Hold 30 sec
- 4.Kneeling Squats (from floor to kneel) 10 reps
- 5.Standing Knee Drives (balance challenge) 10 each leg
- 6. Toes-Up Calf Raises 15 reps

Optional stretch: Pigeon pose + seated hamstring fold



Not just abs – deep core, breath, and spinal control

Repeat 2x

- 1.Dead Bug (slow with breath) 10 reps
- 2. Side Plank with Reach-Through 6 each side
- 3. Hollow Body Hold or Tuck Hold 30 sec
- 4. Tabletop Leg Lifts (knees over hips) 10 each leg
- 5. Bird Dog with Hold & Squeeze 8 reps each
- 6. Slow Flutter Kicks 20 total

Optional breathwork: Box breathing 4x4x4x4

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