

KAGE ♣ ROOT



ROOTED STRENGTH AUTUMN

MAINTAIN • MOVE • PREPARE



THE SEASON IS CHANGING.
YOUR TRAINING CAN TOO.



STAY ROOTED.

THE SEASONAL APPROACH

SEASONS CHANGE. SO DO YOU.

PROGRESS DOES NOT HAVE TO MEAN PUSHING HARDER ALL YEAR.

There are times to build, times to push, times to maintain and times to slow down. Rooted Strength follows that idea. Autumn is not about giving up what you built in summer. It is about keeping a strong base while your routine, daylight and energy may begin to change.

SAFETY FIRST

This guide gives general fitness information, not a personalised programme. Start gently, choose controlled, pain-free movements and adapt to your ability. Stop if you experience pain, dizziness, chest pain or unusual breathlessness. If you have an injury or health condition, are pregnant or are unsure, seek advice from a qualified healthcare professional.

AUTUMN MEANS

- Maintain the strength and movement you already have.
- Use shorter, repeatable sessions when life gets busier.
- Prepare your routine for darker, colder weeks.
- Keep a root in the ground rather than chasing perfection.

IT DOES NOT MEAN

- Everyone must train less in autumn.
- You cannot progress if you feel good and want to.
- Missing one session means you have failed.
- You need a gym or complicated programme.

SLOWING DOWN ISN'T STOPPING.

This is a seasonal framework, not a rule. Adjust the sessions to your ability, goals, health and recovery.

YOUR AUTUMN PLAN

2-3 STRENGTH SESSIONS EACH WEEK

20-30 MINUTES. FULL BODY. EASY TO REPEAT.

OPTION A - 2 DAYS

- Monday: Full Body A
- Thursday or Friday: Full Body B
- Walk and move normally between sessions.
- Use this if time, recovery or motivation is lower.

OPTION B - 3 DAYS

- Monday: Full Body A
- Wednesday: Short Roots session
- Friday or Saturday: Full Body B
- Keep at least one easier day when you need it.

THE AUTUMN RULE

Finish most sessions feeling as though you could have done a little more. Leave enough in the tank to come back again.

BEFORE EVERY SESSION

- 3-5 minutes of easy movement: marching, walking or gentle mobility.
- Choose exercise versions that feel controlled and pain-free.
- Start easier than you think on week one.
- See the Exercise Guide on pages 6-7 for movement pictures.

SESSION A

FULL BODY A

SQUAT - PUSH - HINGE - CORE

1. SQUAT PATTERN

- Beginner: Sit-to-stand from a chair - 2 x 6-10
- Standard: Bodyweight squat - 2-3 x 8-15
- Progress: Slow squat or loaded goblet squat - 3 x 8-12

2. PUSH PATTERN

- Beginner: Wall press-up - 2 x 6-10
- Standard: Incline press-up - 2-3 x 6-12
- Progress: Floor press-up - 3 x 6-15

3. HINGE PATTERN

- Beginner: Hip hinge to wall - 2 x 8-12
- Standard: Glute bridge - 2-3 x 10-15
- Progress: Backpack or kettlebell deadlift - 3 x 8-12

4. CORE

- Beginner: Standing brace - 3 x 15-20 sec
- Standard: Dead bug - 2-3 x 5-8 each side
- Progress: Plank - 2-3 x 20-40 sec

SESSION B

FULL BODY B

SPLIT STANCE - PULL - HIPS - CARRY

1. LEGS

- Beginner: Supported split squat - 2 x 5-8 each side
- Standard: Reverse lunge - 2-3 x 6-10 each side
- Progress: Loaded split squat - 3 x 6-10 each side

2. PULL

- No equipment: Prone W raises - 2 x 8-12
- Band: Standing band row - 2-3 x 8-15
- Equipment: Supported one-arm row - 3 x 8-12 each side

3. HIPS

- Beginner: Glute bridge - 2 x 10
- Standard: Single-leg bridge assisted - 2 x 6-10 each side
- Progress: Romanian deadlift with suitable load - 3 x 8-12

4. CARRY / CORE

- No equipment: Slow march with brace - 3 x 30 sec
- Equipment: Suitcase carry - 3 x 20-40 sec each side
- Keep ribs stacked and move under control.

EXERCISE GUIDE

CLEAR MOVEMENTS. REAL PROGRESS.

Use this guide for the exercises in Session A and Session B.
Focus on good form, controlled movement and quality reps, not speed.

1 SQUAT



- Feet shoulder width apart
- Keep chest up and core tight
- Sit back and push through heels
- Knees in line with toes
- Stand tall at the top



TARGETS

Quads
Glutes
Hamstrings
Core



TIP: Keep it controlled and go as low as feels comfortable.

2 PRESS-UP



TARGETS

Chest
Shoulders
Triceps
Core



TIP: Keep your core tight and don't let your hips drop.

3 HIP HINGE



- Feet hip width apart
- Soft knees
- Hinge at the hips (not the lower back)
- Keep back straight and core tight
- Push hips back
- Squeeze glutes to stand tall



TARGETS

Glutes
Hamstrings
Lower Back
Core



TIP: Think 'hips back', not 'squat down'.

4 GLUTE BRIDGE



TARGETS

Glutes
Hamstrings
Core



TIP: Squeeze your glutes hard at the top and pause for 1-2 seconds.

EXERCISE GUIDE

CLEAR MOVEMENTS. REAL PROGRESS.

5 REVERSE LUNGE



- Stand tall, core tight
- Step back and lower your rear knee
- Front knee in line with toes
- Keep chest up
- Push through front heel to stand
- Alternate legs



TARGETS

Quads
Glutes
Hamstrings
Core



TIP: Take a good step back and keep control throughout.

6 ROW

(KETTLEBELL / BAND / DUMBBELL)



- Hinge at the hips
- Keep back straight
- Pull weight towards your hip
- Squeeze shoulder blade back
- Lower with control
- Keep core tight



TARGETS

Upper Back
Biceps
Shoulders
Core



TIP: Focus on squeezing your shoulder blade at the top.

7 DEAD BUG

(CORE)



- Lie on your back
- Arms to ceiling
- Bend hips and knees to 90°
- Lower opposite arm and leg
- Keep lower back on the floor
- Move slowly and with control



TARGETS

Core
Lower Abs
Stability



TIP: Keep your lower back on the floor at all times.

8 FARMER CARRY



- Stand tall, core tight
- Hold a weight in each hand
- Walk forward with control
- Keep shoulders down and back
- Don't lean to one side
- Breathe and keep good posture



TARGETS

Full Body
Grip Strength
Core
Posture



TIP: Walk with purpose. Keep your core tight and shoulders back.

SHORT ROOTS

THE 12-MINUTE SESSION

FOR THE DAYS WHEN SOMETHING BEATS NOTHING.

THREE ROUNDS - MOVE STEADILY

- 8-12 sit-to-stands or squats
- 6-12 wall, incline or floor press-ups
- 10 glute bridges
- 20-30 seconds marching with a strong brace
- Rest as needed, then repeat.

TWELVE MINUTES STILL COUNTS.

Do not turn the short session into a punishment for missing a longer one. It exists so you can keep the habit alive when work, family, weather or energy changes.

MAKE IT EASIER

- Do one or two rounds instead of three.
- Use the easiest exercise version.
- Take longer rests.
- Go for a walk instead if that is what your body needs that day.

PROGRESS

MAINTAIN FIRST. PROGRESS WHEN READY.

SMALL CHANGES BEAT RANDOM HARD SESSIONS.

IF IT FEELS RIGHT

- Add 1-2 reps while keeping good form.
- Add one set to one or two exercises.
- Choose a slightly harder variation.
- Add a small amount of load if you have suitable equipment.

IF LIFE GETS HEAVY

- Drop from 3 sessions to 2.
- Use the 12-minute session.
- Reduce sets or choose easier variations.
- Keep walking and everyday movement where possible.

THE TEST

Can you recover from this and reasonably do it again next week? If yes, you are probably building something sustainable.

TRACK ONLY WHAT HELPS

- Date and session completed.
- Exercise version used.
- Reps or time if you want them.
- One word for how the session felt: easy, steady or hard.
- You do not need to turn your life into a spreadsheet.

OUTSIDE THE WORKOUT

MOVEMENT STILL COUNTS

STRENGTH IS ONE PART OF THE WEEK.

EVERYDAY ROOTS

- Walk when you can.
- Take the stairs when practical.
- Carry shopping and do normal physical jobs.
- Get outside during daylight when possible.
- Break up long periods of sitting.

RECOVERY ROOTS

- Eat enough to support your activity.
- Include useful protein sources across the day.
- Drink enough fluid.
- Protect your sleep routine.
- Take easier days without feeling guilty.

YOU DON'T HAVE TO EARN REST.

Rest is part of training. A good programme leaves room for work, family, hobbies and life rather than fighting against all of them.

AUTUMN CHALLENGE

KEEP THE ROOT ALIVE

FOUR WEEKS. SIMPLE TARGET.

YOUR FOUR-WEEK TARGET

- Complete at least 2 strength sessions each week.
- Take one purposeful walk or outdoor movement session each week.
- Use the 12-minute session when a full workout genuinely does not fit.
- At the end of each week ask: What helped me keep moving? What got in the way?
- Do not restart because one day went wrong. Continue from where you are.

8 STRENGTH SESSIONS IN 4 WEEKS.

That may not look dramatic on social media. Repeated over months, simple work builds a foundation.

YOUR AUTUMN WIN

- Not perfection.
- Not exhaustion.
- A routine you can carry into winter.

THE YEAR

TRAIN WITH THE SEASON YOU'RE IN

BUILD - MOVE - MAINTAIN - RECOVER.

SPRING - BUILD UP

- Rebuild consistency.
- Gradually add movement, reps or sessions.
- Use the extra daylight if it helps.

SUMMER - MOVE & PERFORM

- Enjoy activity and outdoor training.
- Build fitness if that suits your goals.
- Still recover.

AUTUMN - MAINTAIN

- Keep the strength you built.
- Use repeatable sessions.
- Prepare for darker weeks.

WINTER - SLOW DOWN

- Reduce pressure or volume if needed.
- Keep basic strength and movement.
- Slowing down is not stopping.

THE SEASONS CHANGE. YOUR TRAINING CAN TOO.

Your real life comes first. Use the seasonal idea as permission to adapt - not another rule to fail.

STAY ROOTED

KEEP A ROOT IN THE GROUND

YOU DO NOT HAVE TO BE AT YOUR BEST ALL YEAR.

Some seasons are for building. Some are for maintaining. Some are for recovering. What matters is learning to adjust without convincing yourself that a slower season means you have stopped moving forward.

MAINTAIN.

MOVE.

PREPARE.

STAY ROOTED.

ONE SEED. ONE ROOT. ONE DAY AT A TIME.

General fitness information only. Choose movements appropriate to your ability. If you have an injury, medical condition or symptoms that make exercise unsafe or uncertain, seek individual advice from an appropriate healthcare or exercise professional.