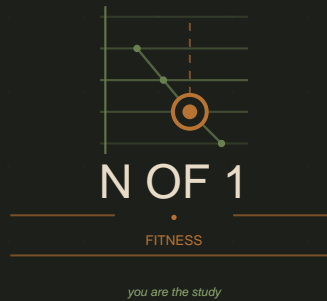


N OF 1 FITNESS · FREE GUIDE



The "I Don't Feel Like It" System

Stay consistent — even on your hardest days.

A beginner-friendly, bodyweight framework for when motivation isn't enough.

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THE CORE IDEA

Most fitness systems are built for your best days. This one is built for every other day.

Consistency isn't about doing the most — it's about never fully stopping. Even the smallest action keeps the momentum going.

This system gives you three access modes based on how you feel today — so there's always something you can do, no matter what.

THE THREE ACCESS MODES

MODE	WHEN TO USE IT	WHAT IT FEELS LIKE
Full Capacity	You feel ready, energized, or just normal	A real workout — you showed up
Low Energy	You're tired, stressed, or unmotivated but functional	Shorter, simpler — still meaningful
Bare Minimum	You can barely think about it	The smallest thing that counts

Ask yourself one question.

Can I do 5 minutes?

If YES

Start with Bare Minimum. You'll often do more once you begin moving.

If NO

Do Bare Minimum anyway. Five minutes is enough. It always counts.

The goal is never to skip. The goal is to find your level for today.

THE THREE WORKOUTS

Every exercise is bodyweight, beginner-friendly, and can be done at home — no equipment needed.

FULL CAPACITY · 20–30 MIN

Wall push-ups or incline push-ups	3 sets of 10–12 reps
Bodyweight squats	3 sets of 12–15 reps
Glute bridges	3 sets of 12–15 reps
Standing or seated marching	2 minutes continuous
Dead bugs	2 sets of 8 reps each side
Standing calf raises	2 sets of 15 reps

LOW ENERGY · 10–15 MIN

Wall push-ups	2 sets of 8 reps
Bodyweight squats	2 sets of 10 reps
Glute bridges	2 sets of 10 reps
Standing march	1 minute continuous

BARE MINIMUM · 5 MIN OR LESS

10 wall push-ups

10 bodyweight squats

10 glute bridges

Done. That counted.

BEHAVIORAL MOMENTUM

Doing less consistently beats doing more inconsistently. Every time.

If you do Bare Minimum for three days in a row — or three weeks in a row — you are still more consistent than you were before.

Behavioral momentum is building. Small repeated actions lower the resistance to future actions. The more times you do the small thing, the easier it becomes to do the slightly bigger thing.

You are not falling behind. There is no behind. The only direction is forward, even when forward is tiny.

The pattern matters more than the performance. Your nervous system is learning that this is something you do — regardless of how much.

For when you've missed days — or weeks.

You are not starting over. You are continuing.

01 Do not restart.
You are not starting over. You are continuing.

02 Drop to Bare Minimum.
Regardless of how long you've been away.

03 Do not make up missed sessions.
One session. Today. That's it.

04 Stay at Bare Minimum as long as you need.
Move up only when it feels natural.

05 Ask the one question.
"Can I do 5 minutes?" → Yes → Go.

This system will keep you in motion. What it won't do is build a progressive program around your specific body, your specific goals, and your specific life. If you find yourself stuck in Bare Minimum for weeks and can't seem to move up — that's not a willpower problem. That's a signal that you need a system built specifically for you. That's exactly what N of 1 coaching is for.



See coaching options:
<https://nof1fitness.org/coaching>

Click the link above or scan the QR code.