MMBC

MMBC WORKOUT AT HOME WITH EVERYDAY OBJECTS

Ordinary Tools. Earned Strength.

PROGRAM FORMAT

6 training days + 1 recovery day | 25-45 minutes | Controlled strength + conditioning

Start with the low end of each rep range. Stop with 1-3 technically sound repetitions in reserve. Scale down when form breaks.

WEEKLY OVERVIEW

DAY	FOCUS	SESSION
MONDAY	Household strength	Full-body objects circuit
TUESDAY	Cardio + mobility	No-impact conditioning
WEDNESDAY	Legs + core	Chair and floor training
THURSDAY	Upper body	Backpack and broom mobility
FRIDAY	Work capacity	Timed household circuit
SATURDAY	Endurance	Long low-impact session
SUNDAY	Recovery	Gentle movement and stretching

BEFORE YOU START

Equipment: Sturdy chair, lightweight broomstick, secure backpack with soft contents, and open floor space. Bricks/cinder blocks are intentionally excluded from loaded movements due to sharp edges and unpredictable grip.

Warm up before training. Use a clear, non-slip area. Stop for sharp pain, dizziness, or unusual shortness of breath. Beginners can start with 3-4 training days weekly and build gradually.

Track completed rounds, repetitions and effort. Choose easier variations whenever needed.

MONDAY - HOUSEHOLD STRENGTH

FOCUS: Build foundational strength with everyday objects.

WARM-UP: March 3 min; 10 easy squats; 10 arm circles.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Chair sit-to-stand	3	10-15	45 sec
Backpack bent-over row	3	10-15	45 sec
Wall or counter push-up	3	8-15	45 sec
Backpack front carry	3	30-45 sec	45 sec
Floor glute bridge	3	15	30 sec

FINISHER: 3 min brisk march.

COACHING NOTE: Load backpack with soft items; zip it shut. Use only a sturdy, non-rolling chair.

TUESDAY - CARDIO + MOBILITY

FOCUS: Develop conditioning without impact.

WARM-UP: March 4 min and rotate shoulders/hips.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Fast march	5	60 sec	30 sec
Step jack	4	45 sec	30 sec
Shadow boxing	4	60 sec	30 sec
Broomstick shoulder pass-through (wide grip)	2	8 slow	30 sec
Dead bug	3	10 / side	30 sec

FINISHER: 5 min comfortable walking.

COACHING NOTE: Use a lightweight broom handle for mobility only; do not add weight or force shoulder range.

WEDNESDAY - LEGS + CORE

FOCUS: Train legs and trunk stability.

WARM-UP: March 3 min; 10 shallow squats.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Chair sit-to-stand	4	12-18	45 sec
Reverse lunge (chair nearby for balance)	3	8-12 / side	45 sec
Glute bridge	4	12-20	30 sec
Standing calf raise	3	20	30 sec
Forearm plank	3	20-40 sec	40 sec

FINISHER: 4 rounds: 30 sec marching / 30 sec easy.

COACHING NOTE: Never stand on a chair, brick, or cinder block. Chair is for sitting or light balance support only.

THURSDAY - UPPER BODY

FOCUS: Train pushing, pulling, and shoulder control.

WARM-UP: Arm circles; 5 easy wall push-ups.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Counter push-up	4	8-15	45 sec
Backpack row	4	10-15	45 sec
Backpack floor press (two hands)	3	10-12	45 sec
Broomstick shoulder mobility	3	8 slow	30 sec
Prone Y-T-W raise	3	6 each	30 sec

FINISHER: 3 min shadow boxing.

COACHING NOTE: Keep loads light and controlled; do not use loose bricks or cinder blocks as handheld weights.

FRIDAY - EVERYDAY OBJECTS CIRCUIT

FOCUS: Practice steady quality rounds.

WARM-UP: March 4 min and rehearse each move.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Chair sit-to-stand	4 rounds	12	15 sec
Backpack row	4 rounds	12	15 sec
Wall push-up	4 rounds	12	15 sec
Backpack suitcase hold (switch sides)	4 rounds	20 sec / side	15 sec
Mountain climber (slow)	4 rounds	20 sec	60 sec / round

FINISHER: 5 min easy march.

COACHING NOTE: Use a soft, secure backpack load. Keep shoulders level on suitcase holds.

SATURDAY - LONG CONDITIONING

FOCUS: Build easy endurance and mobility.

WARM-UP: Start slow for first 5 min.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Walk or march in place	1	20 min	Continuous
Step jack	4	60 sec	30 sec
Shadow boxing	4	90 sec	30 sec
Broomstick hip hinge practice	3	10	30 sec
Bird dog	3	10 / side	30 sec

FINISHER: 5 min gentle stretching.

COACHING NOTE: A broomstick is a movement cue, not a loaded barbell.

SUNDAY - RECOVERY

FOCUS: Reduce fatigue and prepare for next week.

WARM-UP: No formal warm-up needed.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Easy walk	1	15-30 min	Continuous
Hip-flexor stretch	2	30 sec / side	15 sec
Hamstring stretch	2	30 sec / side	15 sec
Chest stretch	2	30 sec / side	15 sec
Slow breathing	1	5 min	-

FINISHER: Finish feeling better than you started.

COACHING NOTE: No heavy lifting or hard intervals today.

MMBC PROGRESSION SYSTEM

- Week 1: Learn movements and complete the low end of each range.
- Week 2: Add 1-2 reps per set or 5 seconds per timed effort.
- Week 3: Add one set to one or two exercises if recovery is good.
- Week 4: Reduce volume by roughly one-third and refine technique.
- Change only one variable at a time; quality comes before speed.

EXERCISE SUBSTITUTIONS

IF THIS IS TOO HARD / UNSAFE	USE THIS INSTEAD
Backpack too heavy	Remove items or perform the motion unloaded
Chair sit-to-stand too hard	Use a higher, sturdy seat and reduce depth
Counter push-up too hard	Use wall push-up
Reverse lunge too hard	Shallow supported split squat
Broomstick mobility uncomfortable	Use arm circles without a broom

RECOVERY STANDARDS

Sleep consistently, eat enough to support your goals, and hydrate. Schedule extra recovery when soreness or fatigue accumulates. Never train with cracked, sharp, shifting, or unstable improvised equipment.

IMPORTANT: General fitness education, not medical advice. Consult a qualified professional when appropriate, especially with health concerns or after prolonged inactivity.