Train at Home

A four-week starter practice using a chair, a wall and optional light weights.

READ. PLAN. RECORD.

An original resource for independent learning. No calls, personal assessment or ongoing coaching are included.

Before you begin

For adults seeking general fitness education. This resource is not medical advice, rehabilitation or an individualized exercise prescription. Choose activity suitable for your circumstances. If you have a health condition, injury or uncertainty about exercise, seek advice from a qualified healthcare professional.

Your copy

Personal use only. Print copies for yourself or annotate the PDF in a compatible reader. Do not resell or redistribute. Product support: hello@nexylevel.com. Published 10 November 2026.

Use the guide well

A short orientation before you plan any sessions.

Who this is for

Adults new to structured training who can exercise independently. This is not a specialist program for pregnancy, rehabilitation, competitive sport or a diagnosed condition. A general guide cannot decide whether an exercise is appropriate for you.

Equipment and setup

Use a clear, non-slip space, a sturdy chair without wheels, a stable wall and comfortable clothing. Some options use light handheld weights. Check equipment before use; avoid unstable furniture and improvised anchors.

Start below your limit

Choose a comfortable movement range and a level you can control. Breathe normally. Finish a set before movement quality deteriorates; you should not need to strain or hold your breath. Rest as long as needed to feel ready.

When to stop

Stop if you feel pain, dizziness or unwell. Seek urgent medical help for concerning symptoms such as chest pain, fainting or severe unusual breathlessness. Do not use this guide to diagnose symptoms or train through an injury.

How to read the pages

A repetition is one controlled movement. A set is a group of repetitions. The example schedules are starting frameworks, not targets you must meet. Record what you actually did and adjust to your circumstances.

Four weeks, a steady start

Two short practice days each week, separated by a rest day.

Week	Session A	Session B	Focus
1	One comfortable round	Repeat the same round	Learn the setup
2	Repeat; note effort	Add a few reps only if easy	Keep control
3	Repeat or add a second round	Keep the same manageable dose	Rest between rounds
4	Repeat a comfortable session	Review your records	Choose the next routine

A round means one set of each selected exercise. Repeating week 1 for longer is a valid choice. No week requires an increase. This starter practice is not a complete long-term training plan.

Between practice days

Choose comfortable daily movement that suits you. Keep enough recovery time between strength sessions. If you feel unwell or have not recovered, postpone the session rather than trying to catch up.