

Chaotic Life Strong Flows:

The Stratagem's Archive Edition:



Quick Intro Flow (10-15 min)

Equipment

- Body weight
 - Small resistance (optional)
 - Kettlebell or sandbag (optional)
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Warm-up (3-4 minutes)

- **Cat-cow flow** — 3-5 rounds
 - **Bird-Dog** — 3 reps per side
 - **Dynamic leg swings/ arm circles** — 5-10 reps each
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Mini Circuit (2 rounds, ~6-8 min)

Lower Body/ Core:

- **Cossack Squat** — 4 reps per side
- **Frogged Crawl Forward and back** — 3-5 meters (or as far as you can go and back)

Upper Body/ Grip

- **Push-ups** (floor or elevated) — 5-8 reps
- **Band Pull-Apart or Band Rows** — 5-8 reps

Functional/ Play

- **Bear crawl/ crab walk** — 3-5 meters back and forth (or as far as you can go and back)

Note: Move smoothly from one exercise to the next with minimal rest. Focus on control and exploration than rushing through it to get through it.

Quick Skill/ Balance (1-2 min)

- **Wrestler's Get-Up** (modified) — 2-3 reps per side
 - **Single-Leg Balance/ Heel-to-Toe Walk** — 30 seconds per leg
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Cool Down/ Reset (1-2 min)

- **Child's Pose** — 20-30 seconds
 - **Spinal Twist/ Shoulder Stretch** — 20-30 seconds per side
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Chaotic Life Functional Flow (20-30 min)

Equipment

- Body weight
 - Small resistance band
 - Kettlebell or Sandbag (optional)
 - Open space to move safely
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Warm-Up (5 min)

- **Cat-Cow flow** — 5-8 rounds
- **Bird-Dog** — 5 reps per side
- **Upwards/Downward Dog + Monkey flow** — 5-8 rounds
- **Dynamic leg swings** — 10 per leg side-to-side or forward-and-backward

Note: mobility, spinal activation, wrist/shoulder prep

Movement Circuit (2-3 rounds, ~12-15 min)

Lower Body/ Core

- **Cossack squats** — 5-8 reps per side (body weight or light KB)
- **Frogged Crawl Forward and Back** — 5 meters each way (or as far as you can go and back)

- **Body weight Bridge or Sandbag Bridge** — 8-12 reps
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Upper Body/ Grip

- **Push-ups (elevated or floor)** — 5-10 reps, slow and controlled
 - **Band Pull-Apart or Band Rows** — 8-12 reps
 - **High Dip Bar Body Weight Row/ Australian Pull-up** — 5-8 reps
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Functional/ Play

- **Bear Crawl/ Crab Walk** — 5 meters forward and back (or as far as you can go and back)
 - **Kettlebell/ Sandbag Suitcase Carry** — 10-15 meters per side (or as far as you can go)
 - **Optional: Juggling 2-3 (golf) balls** — 1-2 min to stimulate coordination
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Skill/ Exploration (5 min)

- **Wrestler's Get-Up (or modified)** — 3-5 per side
 - **Balance Challenge** — stand on one leg, reach, or heel-to-toe walk
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Cool Down/ Mobility (3-5 min)

- **Child's Pose** — 30-60 seconds
 - **Seated or Lying Hamstring Stretch** — 30 seconds per leg
 - **Spinal Twist** — 30 seconds per side
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Note:

If you end up trying this, you're welcome to leave a note—even just "used this today."