

# Fitness For Chaotic Human Lives

*A Flexible Training Framework For Overworked Bodies*

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## Disclaimer: Why This PDF Exists

This PDF exists as an extension of my Chaotic Life Strong Workout Flows PDF.

The first version captured pieces of how I train, but not the full reality behind it.

Over the past 5 years, I've trained using whatever I could access at the time—machines, free weights, kettlebells, sandbags, resistance bands, battle ropes, and body weight.

I borrowed ideas from bodybuilding, wrestling and BJJ conditioning, minimalist training, and movement practices I found through books, forum, and free online resources.

I tested a lot.

I discarded most of it.

I kept what worked for my life right now.

I didn't arrive at this system through coaching or certification—but through necessity.

I don't thrive in gym culture.

I struggle in crowded environments.

I don't respond well to rigid instruction or training styles that discourage experimentation.

So I trained alone.

What you're reading isn't a program built from theory or performance goals.

## **It's documentation.**

A record of how I maintained and gradually expanded strength, mobility, and physical confidence under real constraints—limited space, inconsistent energy, fluctuating work schedules, injuries, and mental overload.

This isn't a promise of results.

This isn't a prescription.

And this isn't meant to replace professional guidance.

It's simply one person's long-term experiment in staying capable while life stayed chaotic.

You're free to adapt what's here.

You're free to take pieces and leave the rest.

You're free to decide whether it's useful at all.

If you've ever felt disconnected from fitness culture—or unsure where your body fits within it—this is an invitation to explore what your version of strength might look like.

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## **Before Continuing, Take a Moment**

This isn't a program to “start strong” or “go all in.”

It's an invitation to notice where you are—honestly, without judgment.

The next page isn't about fixing anything. It's about understanding your current terrain.

What your days look like.

What your body carries.

What your energy allows.

You don't need perfect answers. You don't need to complete it in one sitting.

This questionnaire exists so the rest of this PDF can meet you where you already are—especially on the days when life feels too loud, too heavy, or too

unpredictable.

If you're curious where this work continues over time, there's a small archive on my Ko-fi. No expectations—just a place where the process lives.

## Quiet Continuation

When you're ready, turn the page.

# The “Chaotic Life Strong” Questionnaire:

## Section 1 – Reality Check (Environment + Logistics)

1. Where do you train most often?
    - Home/Gym/Work/Outside?
  2. What space do you actually have to train in?
    - Size of room?
    - Neighbors below or above?
    - Noise limitations?
    - Floors (concrete, hardwood, carpet?)
  3. What equipment do you actually have access to consistently?
    - Body weight?
    - Bands?
    - Kettlebells?
    - Dumbbells?
    - Sandbags?
    - Backpacks and books?
    - Dip bars?
    - A couch/chair?
    - 1-5 gallon water bottles?
    - No equipment? (That’s okay. Creativity is everything here!)
  4. On average, how many days per week can you potentially train if things go well?
    - 1/2/3/4+
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## Section 2 – Body History (Injuries + Limits + Pain Awareness)

1. What injuries have you had in the past? (Joints, surgeries, chronic pain, sports injuries, etc.)
2. What movements currently feel limited or painful?
  - Squatting
  - Lunging
  - Pushing
  - Pulling

- Bending/hinging
  - Carrying
  - Twisting
3. What movements feel good or natural for your body?
  4. When does your body usually feel its best?
    - Morning/Afternoon/Night
    - Weekdays/Weekends
  5. Are there “yellow flag” areas you have to monitor? (Lower back, knees, shoulders, hip, neck, etc.)
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## **Section 3 — Energy, Workload, and Life Constraints**

1. Describe your weekly work schedule.
    - High physical load?
    - Sedentary?
    - Shift changes?
  2. When during the week are you usually tired or energized?
  3. How many hours of sleep do you get on average?
    - 3-5?
    - 5-6?
    - 6-7?
    - 7+?
  4. How would you rate your energy most days?
    - Low
    - Medium
    - High
    - Fluctuates wildly
  5. Do you tend to get mentally drained or physically drained faster?
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## **Section 4 — Food, Fuel, and Reality (No Perfection Required)**

1. Are you a picky eater?
2. Do you have reliable access to food?
3. Do you prefer salty, sweet, savory, or simple meals?
4. Do you have time to cook regularly?
5. Do you struggle with appetite or eating enough?
6. How often do you eat high-protein meals?
7. Do you take supplements? If yes, why?

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## Section 5 — Capabilities + Curiosities

1. What life tasks do you want to get better at?
  - Lifting heavy objects
  - Carrying awkward loads
  - Climbing
  - Crawling
  - Running
  - Mobility/flexibility
  - Endurance
  - Self-defense/grappling
  - Playing with kids/moving around more easily
  - Being able to move furniture
  - Aging gracefully
2. What skills are you curious about trying?
  - Boxing
  - BJJ
  - Parkour
  - Handstands
  - Juggling
  - Dance/movement flow
  - Calisthenics
  - Hiking
  - Rucking
  - Weapon flow/martial arts
3. What movements do you genuinely enjoy?
4. What movements do you dislike — and why?
5. Do you prefer structured workouts or doing things on the fly?

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## Section 6 — Personality + Motivation Without Bullshit

1. Are you internally or externally motivated?
  2. Do you prefer variety of routine?
  3. Do you get bored easily with repetition?
  4. How do you handle setbacks?
  5. Do you train better alone or around others?
  6. What makes you feel accomplished after a workout?
  7. What do you want your strength to feel like in 10, 20, or 40 years?
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## Section 7 — “Two Day” Plan Builder

**A.** Choose 2 days you can always train. These can be adjustable week to week when time and energy allow.

**Days:** \_\_\_\_ + \_\_\_\_

**B.** Pick 1 movement for each category (you pick the exercises)

- Hinge/pull
- Squat/Leg strength
- Push
- Carry/core
- Mobility flow

**C.** Pick 1-3 optional “bonus day” movements you enjoy:

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**D.** List your “Do Not Aggravate” zones:

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**E.** List your “If I only do one thing today, it’s this” movement:

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## Section 8 — Longevity Vision

1. What kind of physical capabilities do you want at age 40?
  2. At age 60?
  3. At age 80?
  4. What does “**strong enough for life**” mean to you?
  5. What would future-you be proud you trained for today?
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Now that you’ve reflected on your environment, energy, and capabilities, here are some exercise options you can explore—pick what fits your life, start where you are, and adapt as needed.

# Chaotic Life Strong — Exercise Options

**Pick What Fits Your Life. Adapt What You Need. Start Where You Are.**

The following exercises are examples from my own training. They're options, not requirements. You don't need every piece of equipment, space, or prior experience I have. Choosing an easier variation is not a failure—it's your starting point.

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## Warm-Up/Mobility/Prep

Dynamic and static movements to prepare your body for movement and strength work:

- Cat-cow
  - Upwards & Downwards Dog
  - Bird-Dog
  - Wrist, arm, elbow, knee, and ankle circles
  - Frankenstein kicks (forward leg swings)
  - Dynamic side-to-side single leg swings
  - Body twists/spinal rotation holds
  - Reverse prayers (hands behind back held in prayer)
  - Overhead tricep stretch with S-grip
  - Cossack Squats/middle split progressions
  - Butterfly stretch
  - Foam rolling
  - Glute bridges
  - Animal flows: monkey walk, Crab (Tabletop) walk, Quadrupedal walk
  - Alternatives: march in place, step through lunge sequences, or low crawl
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## Strength/Conditioning Movements

## Upper Body

- Body weight push-ups (weighted vest, backpack, or wall push-ups)
  - Pike push-ups
  - Australian pull-ups/body weight rows (use table or doorframe if no bars)
  - Band pull-apart/band rows
  - Bottom-up kettlebell or dumbbell presses
  - Bicep curl (dumbbells, sandbag, kettlebell, bottles)
  - Overhead presses (weights or body weight raises)
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## Lower Body

- Body weight squats (Goblet squats with weight optional)
  - Cossack squats
  - Lunges/split squats
  - Bulgarian split squats (weight optional)
  - Sandbag/backpack/bottle front squats
  - Bottom-up carries/suitcase carries/farmer's carries (bags, jugs, weights)
  - Glute bridges
  - Wall pushups/isometric horse stance (weighted or body weight)
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## Core/Balance/Stability

- Single-leg balance/heel-to-toe walk
  - Knee tucks
  - Bear crawl/Crab walk
  - Monkey walk
  - Balance challenges (stand on one leg, reach slowly; use wall for support if needed)
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## Functional/Play/Skill Movements

- Frogged crawl forward & back
- Wrestler's get up (modified: slow, controlled floor-to-stand movements)
- Shadow boxing/kicking practice
- Grappling drills/folk style wrestling (or partner free flows: level changes, shots, sprawling, pummeling, wizards, etc)
- Dowel or sledgehammer shaft (or broomstick, stick, or towel)
- Juggling 2-3 golf balls (or start with 1 ball, toss gently)

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## Dynamic Finishers

- Animal flows circuits
- Shadow boxing/martial arts drills
- Grappling or wrestling sequences
- Dowel or sticks for flow & coordination

Alternative: Low-impact movement circuits (marching in place, step-ups, body weight movements)

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## Cool Down/Static Stretching

- Child's pose
  - Spinal twist holds
  - Seated or lying hamstring stretch
  - Butterfly stretch
  - Foam rolling or gentle self-massage
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## Equipment/Improvised Options

- Kettlebells: 8-30 pounds (or backpack, water jugs)
  - Sandbag: 8-25 pounds (or bag of rice, backpack)
  - Dumbbells: 8-30 pounds (or water bottles, books)
  - Weighted vest: 8 pounds (or backpack)
  - Resistance bands (or towel for pulling)
  - Wooden dowel/sledgehammer shaft (or broomstick/stick)
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## Remember:

Start where you are.

Lighter weight, shorter movement or range-of-motion, simpler variations—they all count as progress.

These exercises are flexible.

Your body, space, time and energy define how you use them.

# When Training Slows—and When Life Changes

There will be periods where training doesn't look the way you planned.

You'll miss days.

Sometimes weeks.

Sometimes longer than you'd like.

That doesn't mean you failed or lost progress.

Life doesn't pause so you can stay consistent—work schedules shift, stress accumulates, sleep suffers, energy disappears. Training has to live inside that reality, not compete with it.

Some weeks, movement looks like:

- A short mobility flow
- One or two sets of an exercise
- Stretching before bed
- Or doing nothing at all

That still counts.

Not because it's "better than nothing," but because it respects your capacity at the time.

This system isn't built on perfection.

It's built on returning.

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## **This System is Allowed to Change**

### **What Works For You Now May Not Work Later**

Your goals will change.

Your interests will change.

Your body will change.

You're allowed to:

- Remove exercises
- Replace movements
- Simplify everything
- Return to basics
- Rebuild slowly

Rigidity can be helpful—if it's sustainable.

Adaptability can be helpful—if it keeps you training at all.

Neither is superior on its own.

The right approach is the one that fits your current life, not the one that looks best on paper.

This isn't about staying on track forever.

It's about building something you're willing to come back to—again and again—even when life becomes chaotic.

# A Closing Note

This PDF isn't meant to be a finished system.

It's a snapshot—a moment in time—of how I've trained while living a chaotic, constrained life. What you take from it is yours to keep, adapt, or discard.

If you're curious, I keep an archive outside of this document.

It's a quiet space where I collect reflections, experiments, sketches, and writings as I build things slowly—one page, one idea, one attempt at a time. Some of it is fitness-related. Some of it isn't. All of it exists because I wanted to see what would happen if I kept creating without waiting for permission.

There's no expectation to support, follow, or engage.

You're simply welcome to visit the archive if it helps you feel a little less alone in your own process.

The door is open—whenever you feel like stepping through.

**Quiet Continuation**

An archive of thoughts, experiments, and creations built at a human pace.