

Fundamental movement

12 WEEK PROGRAMME

12 weeks. From their first squat to a graded assessment and a training plan of their own.



Safety at home

Every session begins with a 90-second space check. Coaches confirm 2m × 2m of clear floor, 2.2m of ceiling clearance, nothing breakable within reach, and bare feet or grip socks, never plain socks on a hard floor.

Starting smaller

Try our 4-week Fundamental movement programme.