

THE DESK WORKERS

14 DAY DAMAGE REVERSAL PROTOCOL

A Targeted System to Unlock Tight Hips, Decompress
Your Spine, and Wake Up Your Posterior Chain



Designed specifically for Desk Workers
carrying the physical cost of prolonged sitting





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We've worked hard to create this series of programmes and appreciate your support in respecting our work and helping us continue to grow the RUK-X community.

If you'd like to recommend RUK-X to others, please send them to our website so they can start their own transformation journey!

www.ruk-x.com



Welcome to RUK-X

"If you spend 8 hours a day at a desk, your body is paying a high price you may not fully recognise yet. Compressed lumbar discs, Hip flexors locked in a shortened position, Glutes that have learned to switch off. A thoracic spine rounding forward under the weight of your own head.

This programme was built by our expert Team of S&C Coaches & former professional athletes to address exactly that — not with a gym, not with running, but walking with a loaded backpack (aka Rucking) and deliberate targeted mobilisation movements...

- **Zero Gym Required:** Just a standard backpack, some household items, and the pavement or trails outside your front door
- **Spinal Decompression:** Features a built-in mobility sequence designed to reverse computer slouch and open locked hips
- **Safe & Progressive:** Capped at an easy 8-10% of your body weight to protect your tendons from overuse.

This protocol is 100% FREE, because we are so positive it will work for you that you will want to continue with RUK-X going forward.

Charlie Quinn
CO-FOUNDER - RUK-X



WHY RUCKING WORKS

Rucking actively reverses desk damage because it introduces a concept known as "loaded extension."

When you sit all day, your body is trapped in flexion: your hips are bent, your shoulders roll forward, and your spine collapses into a "C" curve. Adding a weighted backpack (rucking) forces your body into the exact opposite position—axial extension—actively fighting the structural breakdown caused by your chair.

Rucking repairs your body through four mechanical and physiological shifts.

The Scientific Proof:

1. Forces Active Postural Correction

Sitting stretches out and weakens the muscles in your upper back and neck, leading to "text neck" and rounded shoulders. Wearing a loaded rucksack pulls your shoulders backward and downward. To keep from falling backward, your thoracic spine must stand up straight, your core must brace, and your neck must pull back into alignment. This acts as a continuous, dynamic postural brace.

2. Fires Up the Dormant Posterior Chain

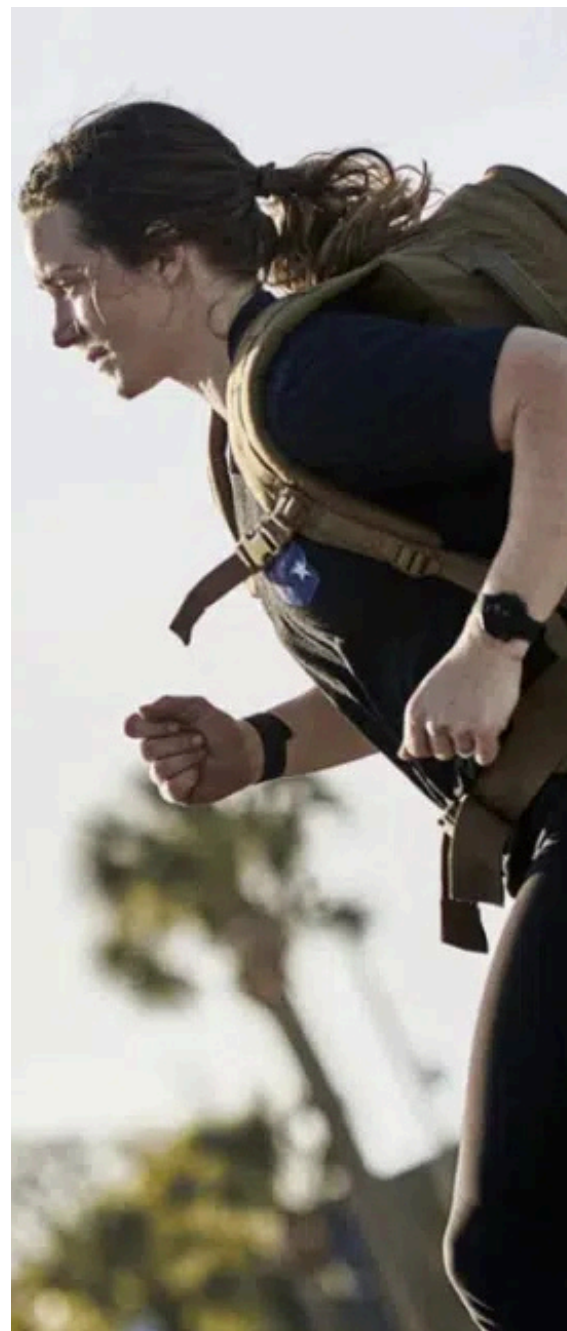
Prolonged sitting triggers "glute amnesia," leaving your rear muscle groups switched off. When you walk normally on flat ground, your glutes do relatively little work. However, when you add a load to your back, your nervous system is forced to recruit your glutes, hamstrings, and spinal erectors with every single stride to push the extra weight forward. This wakes up the muscles that fell asleep during your working hours.

3. Decompresses the Lumbar Spine

While it sounds counterintuitive to add weight to a compressed spine, rucking actually helps restore space in your lumbar discs. The weight of the backpack shifts your centre of gravity backward. To stay balanced, you must hinge slightly at the hips and engage your core. This gentle forward inclination, combined with the rhythmic, alternating impact of walking, pumps blood, oxygen, and nutrient-rich fluids back into your compressed spinal discs.

4. Overcomes the "Active Sedentary" Trap

Going to the gym for 60 minutes cannot erase 8 to 10 hours of completely static sitting. Rucking is a low-intensity, steady-state (LISS) activity that provides a high metabolic burn without overloading your central nervous system. The loaded carry creates sustained muscular tension over a longer period, which clears out the cellular stiffness and inflammatory markers that accumulate in your lower limbs from a day of stagnation.



SIMPLE BUT BRUTALLY EFFECTIVE:

LET'S GET STARTED

Your Gateway to Bulletproof Fitness



Safety First - Your Agreement to Success Medical Waiver & Safety Agreement

Please read carefully and acknowledge before proceeding

By participating in the 14 Day Reset program, you acknowledge:

Health Considerations:

- You are in good physical health with no medical conditions preventing safe exercise participation
- You have consulted a physician if you have any concerns about your ability to participate safely
- You understand rucking involves carrying weight while walking, placing demands on your cardiovascular system, joints, and muscles
- You will stop immediately if you experience chest pain, dizziness, severe shortness of breath, or concerning symptoms

Your Responsibility:

- You voluntarily assume all risks associated with this program
- You will use proper judgment regarding your physical limitations and environmental conditions
- You have the right and responsibility to modify any exercise based on your fitness level
- You will start with lighter weights and shorter durations if new to exercise

Safety Protocols:

- Inform someone of your planned route and expected return time
- Carry a mobile phone for emergency communication
- Ensure proper equipment fit and condition before each session

By participating, you confirm: You do so voluntarily and entirely at your own risk. You accept full responsibility for your health and safety. You release RuckFit UK Ltd (trading as RUK-X), its owners, authors, contributors, and affiliates from any liability for injury, illness, or loss.

We want your 14 Day Reset to be powerful, positive, and above all — safe.

Train smart. Rest well. Ruck strong.

The great news is that you likely already possess most, if not all, of the equipment required for this program. So, there's no need to purchase any specialised gear.



A Backpack

What you need: Any hiking backpack or sturdy Rucksack will work to start with that fits snugly and won't shift during movement

Ideal features:

- Well-padded shoulder straps
- Adjustable fit to prevent weight shifting
- Comfortable against your back



Added Weight (Load)

Best option: Ruck plates (designed to fit backpacks perfectly)

Easy alternatives:

- Sand bags: simply fill plastic bags with sand or stones
- Wrapped dumbbell or weight plates (cushion with towel)
- 1L & 0.5L Filled Water Bottles
- **Pro tip:** Whatever you use, wrap it for cushioning & secure to prevent shifting.



Footwear

Good options:

- Quality athletic shoes with good support
- Lightweight hiking boots (better for heavier loads/rough terrain)
- Trail running shoes
- Don't forget: Moisture-wicking socks to prevent blisters



Hydration

Best choice: Hydration bladder (hands-free drinking, comfortable carry) **Alternative:** Water bottles (ensure easy access while moving)

Rule of thumb: Bring more water than you think you need



Heart Rate Monitor / GPS (OPTIONAL)

This programme enables you to choose between RPE or HR Zones as your primary method of exercise intensity prescription. So if you already use HRM / GPS technology, training zone guidance is included within each of the programme sessions.

In this Protocol we use two methods to prescribe exercise intensity. Use whichever works best for you:

Option 1:

RPE (Rate of Perceived Exertion)

Your rate of perceived exertion (RPE) refers to how hard you think you're pushing yourself during exercise. It's subjective, which means that you decide how hard you feel you're working during physical activity.

In Engine Builder We Use the Modified Borg CR10 RPE scale

The modified Borg CR10 RPE scale measures exertion on a scale of 0 (no exertion or resting) to 10 (pushing yourself to the max). You use your breathing rate or breathlessness to determine your RPE during exercise.

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

We'll detail RPE / HR Zone & Target Heart Rate (THR) for each session throughout the programme so you can train at the right intensity.

Option 2:

If you do wear a smartwatch or heart rate monitor and you know Your practical Maximum Heart Rate (MHR), you can monitor your heart rate in real-time to ensure you are staying within your target zone for the desired workout,

Understanding Your Maximum Heart Rate (MHR)

Using the simple formula: $220 - \text{your age} = \text{estimated MHR}$ is quick and easy, but it's also not particularly accurate, as it can be off by up to ± 12 beats per minute,

Better Formulas for Active Individuals

These updated equations tend to be more accurate:

- Tanaka Formula: $208 - (0.7 \times \text{age})$
- Gellish Formula: $211 - (0.64 \times \text{age})$

INTENSITY ZONES CLARIFIED

ZONE 2 (AEROBIC BASE):

- Conversational pace
- Nose breathing comfortable
- Target Heart Rate (THR): 60-70% max
- RPE: 3-4/10

ZONE 3 (TEMPO/THRESHOLD):

- Purposeful pace, uncomfortable but sustainable
- Short sentences possible, not paragraphs
- Heart Rate: 70-80% max
- RPE: 6-7/10

ZONE 4 (HIGH THRESHOLD/ VO_2):

- Hard pace, very uncomfortable
- Words only, no sentences
- Target Heart Rate (THR): 80-90% max
- RPE: 8-9/10

ZONE 5 (MAX EFFORT):

- Unsustainable, short bursts only
- No talking possible
- Target Heart Rate (THR): 90%+ max
- RPE: 10/10



Every RUK-X programme is designed by a team with 50+ years of combined coaching expertise.... We've lived it, tested it, and coached it — so you don't waste time guessing.

Our Expert Team:

- Experienced Fitness & Wellbeing Coaches
- Former Professional Athletes
- Ex Parachute Regiment & Emergency Service Instructors

We know what works — because we have already helped 100's of people achieve their fitness goals!

SO THAT'S WHY, THIS IS IMPORTANT;

Starting with a light load and progressing slowly in rucking is crucial to allow joints, tendons, and muscles to adapt to new stress.

Rucking, while low-impact, introduces a unique and repetitive burden that can cause injuries like shin splints, plantar fasciitis, knee pain, and lower back strain if the load is too heavy too soon.

Our programmes **DELIBERATELY** start light and progress gradually- Here's why

1. Protects Connective Tissues (Tendons and Ligaments)

While muscles can adapt to new demands relatively quickly, connective tissues like tendons and ligaments take longer to strengthen. Rushing to carry heavy weight can put excessive strain on these tissues, increasing the risk of overuse injuries and inflammation.

2. Develops Proper Technique and Form

Starting with a lighter, manageable weight allows rucking beginners to focus on maintaining an upright posture rather than compensating with bad form. If the weight is too heavy, the body tends to slouch, which can lead to injury.

3. Encourages Consistency and Long-Term Success

Starting with an 8% to 10% of body weight load for the first 2 weeks ensures that the workout is enjoyable rather than a miserable, painful experience, increasing the likelihood of sticking with the habit.

**TRUST THE PROCESS -
FOLLOW THE PLAN AND...
WE GUARANTEE YOUR SUCCESS!**

CHOOSE YOUR LOAD PROGRESSION

One Programme. Two Starting Loads.

This 14 Day rucking and strength protocol designed to meet you exactly where you are

Everyone completes all 14 Days. The only difference is the load you start with.

Step 1: Choose Your Load Track

◆ BASE TRACK (BT)

Who this is for:

- You are currently not doing any form of regular exercise
- Returning after a break
- Anyone wanting a conservative, joint-friendly build

Always follow the Base Track prescribed weights in the programme

- Select your bodyweight group
- Follow the load listed for each session
- Loads are rounded to sensible real-world ruck increments
- If between bands, choose the lower load

◆ PROGRESSIVE TRACK (PT)

Who this is for:

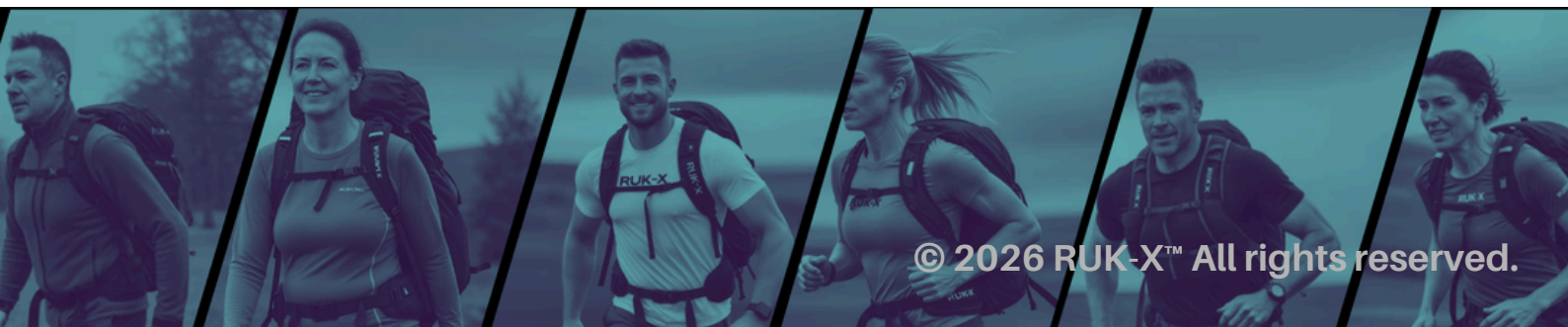
- You currently exercise regularly / go to the gym
- You have a base level of upper and lower body strength and stability

Follow the Progressive Track prescribed weights in the programme

- Select your bodyweight group
- Follow the load listed for each session
- If between bands, choose the lower load

Final Thoughts:

The prescribed loads are calculated for gradual strength and tissue resilience; muscles adapt quickly, while tendons need time. Patience, not ego, builds durability. Participants who follow the program injury-free will outperform those who rush. Trust the process, respect the loads, and fully commit to your chosen track. Discipline and patience are key to achieving the maximum results and preparing you for the full 12 week programme. **Now, let's get to work!**





YOUR 14 DAY PROGRAMME

WEEK 1: BASELINE TESTING & AEROBIC FOUNDATION

Goals:

- **Establish:** Baseline fitness through testing (20 minute ruck & Functional Fitness)
- **Build:** Initial aerobic foundation and training habit
- **Master:** Proper ruck positioning and basic movement patterns
- **Develop:** Confidence that you CAN do this
- **Total Volume:** 95 minutes
- **Intensity Focus:** Easy/Conversational (RPE 4-5/10, Zone 2)

“

*"How long are you going to wait before
you demand the best for yourself?" —
Epictetus*

Session: BASE LINE : 20 minute Loaded Ruck

FOCUS

Establish Baseline Rucking Capability



**BODYWEIGHT
&
LOAD**

BASE TRACK 8% of BW

- **50-60kg:** 4.5 kg / 10 lb
- **60-75kg:** 5.5 kg / 12lb
- **75-90kg:** 6.5 kg / 14lb
- **90kg+:** 7.5 kg / 17lb

PROGRESSIVE TRACK 10% of BW

- **50-60kg:** 5.5 kg / 12lb
- **60-75kg:** 7 kg / 15lb
- **75-90kg:** 8 kg/ 18lb
- **90kg+:** 9.5kg / 21lb

WARM UP

- **Warm Up**
- 5 minutes of light walking (no load)
- Dynamic mobility exercises (see guidance in Appendix)
- 3 minutes of walking with a pack for load familiarisation and fit adjustment

RUCK

- **Workout:** Ruck for 20 minutes
- **Intensity:** Comfortable but consistent (RPE 4-5/10, Zone 2)
- **Route:** Flat, out-and-back or loop course. *Avoid technical terrain / hills
- **Pacing Instructions:**
 - Start at a pace you believe you could hold for the entire ruck
 - Push harder in the final 5mins if you have more in the tank.
 - Goal is a steady, sustainable effort, DO NOT RUN

COOL DOWN

- **Standard Cool Down**
- Easy walking pace / Breathing normalisation
- Gradual reduction to Zone 1
- Post exercise mobility & stretching (see guidance in Appendix)
- Hydrate (aim for 500ml within 30 mins)

KEY COACHING POINTS

- Posture: Head up, shoulders back, core engaged
- Breathing: Through nose when possible, rhythmic pattern
- Stride: Natural length, land mid-foot
- Arms: Natural swing, avoid excessive movement

Now Log Your Results



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Training Log: Metrics - Record These:

01 Performance Data

Ruck Duration	
Distance Covered	
Load Carried	
RPE	

02 Technical Data

If using Heart Rate Monitoring Device / GPS

Average Pace	
Average HR	
Peak HR	
HR Drift (Start v Finish)	

03 Subjective Data

Breathing Difficulty 1-10	
Post Session Fatigue 1-10	

Session: Active Recovery Protocol

 FOCUS	Active Recovery	 LOAD	Use only 50% of Your Previous Ruck Load
OPTIONS	• What ever Option You choose below, ensure that you complete the full mobilisation routine contained within the Warm Up & Cool Down (in the appendix) • Option 1: Light Recovery Ruck - 15-20 minutes • Very easy pace / Flat terrain / Focus: Movement, blood flow, mental clarity • Every 5 minutes Complete 4 cycles of 'Box Breathing' • Option 2: Alternative Active Recovery Activities • Light walk (30-40 mins, no load) • Gentle yoga or Pilates (20-30 mins) • Swimming (low intensity) • Cycling (easy pace)		
BOX BREATHING	• Box breathing is a relaxation technique involving equal time for inhaling, holding, exhaling, and holding again, usually for four seconds each. • Repeat the following Steps for 4 Cycles: ◦ Inhale through the nose for four counts. ◦ Hold for four counts. ◦ Exhale slowly through the mouth for four counts. ◦ Hold for four counts. • Repeat.		
KEY COACHING POINTS	Why Active Recovery Works • Enhances blood flow and nutrient delivery • Reduces muscle soreness and stiffness • Maintains movement patterns • Provides mental reset • Success Marker: You prioritised recovery - that's advanced thinking! • Record how you feel physically and mentally today		

Session: BASE LINE Functional Fitness Test

 FOCUS	Establish Your Baseline Functional Strength and Endurance	 LOAD	Bodyweight Only /No Backpack
WARM UP	• Light movement: 5 minutes walking (no load) • Dynamic mobility:		
TEST	• 1 min Push up Test • (Full or On Knees to Scale) • 1 min Squat Test • Plank Hold Test • 1 Min Walking Lunge Test • Rest for 120 seconds between each test. ** See Baseline Test Guidance (below)		
COOL DOWN	• Post exercise mobility & stretching • Hydrate (aim for 500ml within 30 mins)		
KEY COACHING POINTS	• Posture: Head up, shoulders back, core engaged • Breathing: Through nose when possible, rhythmic pattern • Stride: Natural length, land mid-foot • Arms: Natural swing, avoid excessive movement		



Baseline Test Guidance

**Complete Exercise Technique Guidance is contained in Appendix*

01

1: 1-Minute Push-Up Test

What it tests: Upper body muscular endurance (chest, triceps, shoulders, core)

Instructions:

- Start in a full or scaled (on knees) push-up position.
- Lower chest to the floor and push up with full lockout.
- Count how many reps you can do in 1 minute with good form.

02

2: 1 Minute Squat Test

What it tests: Lower body muscular endurance (quads, glutes, hamstrings)

Instructions:

- Stand shoulder-width apart.
- Drop into a squat to at least parallel ground and return to standing.
- Count total squats in 1 minute.

03

3: Plank Hold Test

What it tests: Core strength and endurance

Instructions:

- Hold a forearm plank position — straight line from head to heels, braced core, no sagging or arching.
- Time how long you can hold it before you drop
- Record total time held.

04

4: 1-Minute Walking Lunge Test

What it tests: Balance, coordination, lower-body muscular endurance

Instructions:

- Step forward into a lunge, alternating legs each step.
- Knees should lower to just above the floor (don't bang them!).
- Count how many total lunges (1 rep = 1 lunge on each leg) you complete in 1 minute.

Training Log: Metrics - Record These:

01 Performance Data

Push Up Test (Total reps)	
Full Push Ups or On Knees	
Squat Test (Total Reps)	
Plank Hold Test (Duration)	
Lunge Test (Total Reps)	

02 Technical Data

If using Heart Rate Monitoring Device / GPS

Average HR	
Peak HR	
HR Drift (Start v Finish)	

03 Subjective Data

Breathing Difficulty 1-10	
Post Session Fatigue 1-10	

Session: Active Recovery

 FOCUS	Active Recovery	 LOAD	Use only 50% of Your Previous Ruck Load
OPTIONS	• What ever Option You choose below, ensure that you complete the full mobilisation routine contained within the Warm Up & Cool Down (in the appendix) • Option 1: Light Recovery Ruck - 15-20 minutes • Very easy pace / Flat terrain / Focus: Movement, blood flow, mental clarity • Every 5 minutes Complete 4 cycles of 'Box Breathing' • Option 2: Alternative Active Recovery Activities • Light walk (30-40 mins, no load) • Gentle yoga or Pilates (20-30 mins) • Swimming (low intensity) • Cycling (easy pace)		
BOX BREATHING	• Box breathing is a relaxation technique involving equal time for inhaling, holding, exhaling, and holding again, usually for four seconds each. • Repeat the following Steps for 4 Cycles: ◦ Inhale through the nose for four counts. ◦ Hold for four counts. ◦ Exhale slowly through the mouth for four counts. ◦ Hold for four counts. • Repeat.		
KEY COACHING POINTS	Active recovery is crucial when starting a rucking program because it accelerates the healing of micro-tears in muscles and connective tissues without the stiffness associated with passive rest. For beginners, it relieves Delayed Onset Muscle Soreness (DOMS) by promoting blood flow to flush out metabolic waste and deliver vital nutrients to fatigued areas		

Session 3: Steady-State Ruck

FOCUS

Sustainable Pacing



BASE TRACK 8% of BW

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PROGRESSIVE TRACK 10% of BW

- **50-60kg:** 5.5 kg / 12lb
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WARM UP

- Standard Warm Up

RUCK

- **Workout:** 25-30 minutes OR 2.5-3km
- **Intensity:** Conversational (RPE 4-5/10, Zone 2)
- *You should be able to talk in full sentences
- **Terrain:** Flat, even surface (footpath, trail, quiet road)
- **Pace:** Continuous/ steady
- **Focus:** Steady consistent pace, proper ruck positioning, upright posture

COOL DOWN

- Standard Cool Down

KEY COACHING POINTS

- **Execution Guidelines:**
- First 5 minutes: Settle into pace, find rhythm
- Minutes 6-22: Maintain consistent RPE 4-5/10, Zone 2 heart rate
- Final 8 minutes: Can slightly increase pace if feeling good

Now Log Your Results



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Training Log: Metrics - Record These:

01 Performance Data

Ruck Duration	
Distance Covered	
Load Carried	
RPE	

02 Technical Data

If using Heart Rate Monitoring Device / GPS

Average Pace	
Average HR	
Peak HR	
HR Drift (Start v Finish)	

03 Subjective Data

Breathing Difficulty 1-10	
Post Session Fatigue 1-10	



Days 6 & 7 - Recover

With 2 rucks, 1 strength session, and 2 active recovery days already scheduled, you should use the weekend for full rest and active recovery/mobility. Avoid adding another ruck so your body has time to adapt. For example, you can take Saturday as a full rest day and Sunday for light mobility.

Your balanced 7-day structure looks like this:

- Monday: Ruck
- Tuesday: Active Recovery (Light walk, stretching, or yoga)
- Wednesday: Functional Strength Session
- Thursday: Active Recovery (Similar to Tuesday)
- Friday: Ruck (Slightly longer distance)
- Saturday: Full Rest Day (No weight, let muscles rebuild)
- Sunday: Active Recovery/Mobility (Unweighted leisure walk, foam rolling, yoga]

How to Spend Your Weekend:

1. Saturday (Rest): Prioritize sleep, hydration, and proper nutrition to repair muscles and restore energy for the upcoming week.
2. Sunday (Active Recovery): Keep the blood flowing without taxing the nervous system. Focus on a 20-30 minute casual stroll, light stretching, or using a foam roller on your legs to relieve soreness and stiffness.

WEEK 2: PROGRESSIVE ADAPTATION & VOLUME INCREASE

Goals:

- **Progress:** Training volume
- **Refine:** Movement quality and breathing rhythm
- **Establish:** 3x per week training consistency
- **Adapt:** Body to new training stimulus
- **Total Volume:** 120 minutes
- **Intensity Focus:** Easy/Moderate (RPE 4-6/10, Zone 2-3)

“

"It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult."

— Seneca

Session: Steady-State Ruck

FOCUS

Continued Adaptation to Loaded Rucking



**BODYWEIGHT
&
LOAD**

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WARM UP

- Prescribed Warm Up & Dynamic Mobilisation

RUCK

- **Workout:** 30-35 minutes OR 3-3.5km
- **Intensity:** Easy/Moderate (RPE 4-5/10, Zone 2)
- **Terrain:** Flat to gentle rolling
- **Pace:** Continuous/ steady
- **Focus:** Progressive duration, maintain consistent pace

COOL DOWN

- Standard Cool Down

KEY COACHING POINTS

- **Execution Guidelines:**
- First 5 minutes: Settle into pace, find rhythm
- Minutes 6-25: Maintain consistent pace @ RPE 4-5 / Zone 2 heart rate
- Final 5/10 minutes: Can slightly increase pace if feeling good

Now Log Your Results



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Training Log: Metrics - Record These:

01 Performance Data

Ruck Duration	
Distance Covered	
Load Carried	
RPE	

02 Technical Data

If using Heart Rate Monitoring Device / GPS

Average Pace	
Average HR	
Peak HR	
HR Drift (Start v Finish)	

03 Subjective Data

Breathing Difficulty 1-10	
Post Session Fatigue 1-10	

Session: Active Recovery

 FOCUS	Active Recovery	 LOAD	Use only 50% of Your Previous Ruck Load
OPTIONS	• What ever Option You choose below, ensure that you complete the full mobilisation routine contained within the Warm Up & Cool Down (in the appendix) • Option 1: Light Recovery Ruck - 15-20 minutes • Very easy pace / Flat terrain / Focus: Movement, blood flow, mental clarity • Every 5 minutes Complete 4 cycles of 'Box Breathing' • Option 2: Alternative Active Recovery Activities • Light walk (30-40 mins, no load) • Gentle yoga or Pilates (20-30 mins) • Swimming (low intensity) • Cycling (easy pace)		
BOX BREATHING	• Box breathing is a relaxation technique involving equal time for inhaling, holding, exhaling, and holding again, usually for four seconds each. • Repeat the following Steps for 4 Cycles: ◦ Inhale through the nose for four counts. ◦ Hold for four counts. ◦ Exhale slowly through the mouth for four counts. ◦ Hold for four counts. • Repeat.		
KEY COACHING POINTS	Skipping active recovery when starting a Rucking programme could stall your progress and increase the risk of injury. Use these days inbetween your sessions to focus on mobility to reset Deask Damage posture and complete one of the recommended light movement options to flush out lactic acid and maintain joint mobility, ready for your next session.		

Session: Functional Strength / Straight Sets



Maintain Perfect Form Throughout
(Refer to exercise guidance sheets in appendix)



Bodyweight Only /No Backpack

WARM UP

- Light movement: 5 minutes walking (no load)
- Dynamic mobility:

WORK OUT

Workout Format: Complete 2 rounds, 60 secs rest between sets

1. Bodyweight Squats: 2 sets × 12 reps, 60 sec rest Btwn sets

- Focus: Full range of motion, controlled tempo

2. Push-Ups:

- (full or on knees) 2 sets × 12 reps, 60 sec rest Btwn sets
- Focus: Maintain form throughout all reps

3. Plank Hold: 2 sets × 30-40 seconds, 60 sec rest

- Focus: Hold position without sagging or piking

4. Lunges: 3 sets × 12 reps per leg, 60 sec rest Btwn sets

- Focus: Balance and control

- **Total Time: ~30-35 minutes**

COOL DOWN

- Post exercise mobility & stretching
- Hydrate (aim for 500ml within 30 mins)

KEY COACHING POINTS

- Perform each set in order, resting for 60 seconds between each set
- Use strict form over speed or quantity

Training Log: Metrics - Record These:

01 Performance Data

Squats (Total reps)	
Push Ups (Total Reps)	
Plank Hold Test (Duration)	
Lunge Test (Total Reps)	

02 Technical Data

If using Heart Rate Monitoring Device / GPS

Average HR	
Peak HR	
HR Drift (Start v Finish)	

03 Subjective Data

Breathing Difficulty 1-10	
Post Session Fatigue 1-10	

"Active Recovery. Is a vital part of your training program." —

Session: Steady-State Ruck (longest yet)

FOCUS

Adapting to Increased Duration / Distance



BASE TRACK 8% of BW

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PROGRESSIVE TRACK 10% of BW

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- **60-75kg:** 7 kg / 15lb
- **75-90kg:** 8 kg / 18lb
- **90kg+:** 9.5kg / 21lb

WARM UP

- Complete the recommend warm up and Mobility Routine

RUCK

- **Workout:** 35-40 minutes OR 3.5-4km
- **Intensity:** Easy/Moderate (RPE 4-5/10, Zone 2)
- **Terrain:** Flat to gentle rolling
- **Pace:** Continuous/ steady
- **Focus:** Progressive duration , maintain consistent pace and form

COOL DOWN

- Standard Cool Down

KEY COACHING POINTS

You've taken a significant step in your fitness journey and proactively reversing the damage that prolonged sitting each day does to your body,

Notice how the weight on your back feels comfortable, a testament to your growing strength. The distance seems shorter now, a sign of your improved endurance. Your breathing is easier, reflecting your enhanced stamina and your posture is beginning to reset.

Most importantly, you feel confident and stronger, ready to tackle new challenges. So with just one more Ruck to complete it's time to safely increase the load and remember that this is just the beginning of your incredible journey. You've got this!

Now Log Your Results



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Training Log: Metrics - Record These:

01 Performance Data

Ruck Duration	
Distance Covered	
Load Carried	
RPE	

02 Technical Data

If using Heart Rate Monitoring Device / GPS

Average Pace	
Average HR	
Peak HR	
HR Drift (Start v Finish)	

03 Subjective Data

Breathing Difficulty 1-10	
Post Session Fatigue 1-10	

- Day 14 is Your Final Ruck Session and we will be increasing the load so, today take a complete rest day or do active recovery to allow your muscles and spine to recover.
- Tomorrow: Ensure you are well-hydrated and adequately fueled.

SESSION: FINAL RUCK - YOU DID IT!

FOCUS

Adapting to Increased Load



**BODYWEIGHT
&
LOAD**

BASE TRACK 10% of BW

- **50-60kg:** 5.5 kg / 12lb
- **60-75kg:** 7 kg / 15lb
- **75-90kg:** 8 kg / 18lb
- **90kg+:** 9.5kg / 21lb

PROGRESSIVE TRACK 12% of BW

- **50-60kg:** 6.5 kg / 14 lb
- **60-75kg:** 8 kg / 18 lb
- **75-90kg:** 10 kg / 22 lb
- **90kg+:** 11 kg / 24 lb

WARM UP

- 5 minutes of light walking (no load)
- Dynamic mobility exercises

RUCK

- **Workout:** 35-40 minutes OR 3.5-4km
- **Intensity:** Easy/Moderate (RPE 4-5/10, Zone 2)
- **Terrain:** Flat to gentle rolling
- **Pace:** Continuous/ steady
- **Focus:** Progressive LOAD , maintain consistent pace and form

COOL DOWN

- Easy walking pace / Breathing normalisation
- Gradual reduction to Zone 1
- Post exercise mobility & stretching
- Hydrate (aim for 500ml within 30 mins)

KEY COACHING POINTS

Great job! You embraced this 14 DAY PROTOCOL and completed the journey. Reflect on what you've achieved. Keep up the fantastic work and continue to enjoy the path you're on! You are now ready to take on the Full 12 WEEK FOUNDATION BUILDER PROGRAMME

Now Log Your Results



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CONGRATULATIONS- YOU DID IT!

The Reality: You've not just completed an 'Introductory' programme—you've proven that RUCKING WORKS:

- ✓ This isn't the end of your journey. This is where it really begins.

What You've Achieved in 14 Days

Physical Achievements:

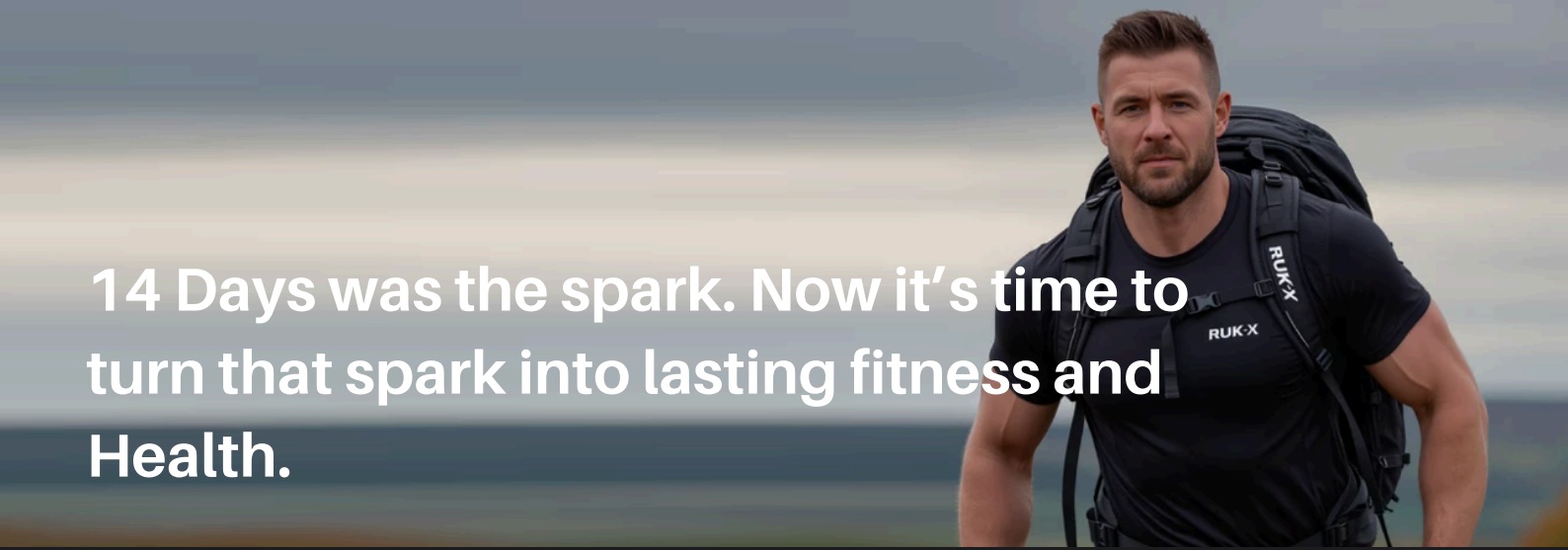
- Your posture has improved
- You have more energy for daily activities
- That pack feels lighter now than it did on Day 1
- You can walk further with less effort
- Your sleep quality has likely improved

Mental Victories:

- You've built unshakeable proof that you can commit
- Exercise no longer feels overwhelming or complicated
- You have a training method that actually fits your life
- You've experienced the mental toughness that comes with rucking
- Most importantly: You now understand how Rucking and targeted mobility can reverse the damage of sitting at a desk all day

"IF 14 DAYS TAUGHT YOU THIS MUCH ABOUT THE BENEFITS OF THIS PROGRAMME, IMAGINE WHAT YOU COULD ACHIEVE IF YOU KEEP GOING?"





14 Days was the spark. Now it's time to turn that spark into lasting fitness and Health.

You've already proven something powerful: rucking works — and it works for you.

The only question now: how far will you take it?

RUK-X Foundation Builder 12-Week Total Transformation Programme

“Totally Transform Your Body, Your Health, — and your Life”

- **12 Weeks of Rucking Workouts** — that burn fat, boost cardio & build endurance.
- **12 Weeks of Strength Training** — for lean muscle & functional fitness.
- **Baseline Testing & Final Challenge** — track your transformation with real, measurable results.
- **Complete Exercise Manual** — simple instructions with zero guesswork.
- **Effective Nutrition Guide** — no fad diets, just clear habits to fuel your progress.
- **Workout Trackers** — stay consistent, accountable, and motivated.
- **Ongoing Support: Direct DM & Email access to RUK-X coaches**
- **Every Programming question answered**
- **Access to Private 'Foundation' Community** for support, guidance and motivation

Yes, I want find out what I am truly capable of

[**GET PROGRAMME >>**](#)

REAL STORIES FROM FOUNDATION BUILDER GRADUATES



"Finally Something That Works For Me" — Michelle S. 42 - Accountant

"I've tried every app and gym plan out there—but none of them stuck. What made RUK-X different? It actually fitted into my real life. After the 14-day reset, I knew I needed more structure to continue my journey. The Foundation Builder 2.0 kept me focused, and I lost 7 lbs without ever feeling like fitness was a chore'. Four months later I have now completed the 90 Day Transformation Programme and I'm fitter and happier than I've been in a decade."



Built Strength Without Breaking My Body" — James R., 56 - Project Manager

"At my age, I needed something effective but safe. The 14-day reset got me started, but progressing straight onto the Foundation Builder Programme really did 'transform' me. The 12 week progression helped me build real strength and cardio fitness. My posture's better, my energy's up, and I've dropped two belt sizes. Most importantly, I have a system I can now use for life"



"It's Given Me My Motivation Back" — Callum W., 35 - Teacher

"I was stuck. I'd gained weight, lost confidence, and nothing I tried gave me that spark to keep going. The RUK-X 14 Day Reset reset showed me rucking worked for me, but the FOUNDATION BUILDER 12 Week programme changed everything. Having a clear plan laid out week by week gave me something to aim for. Now I'm fitter than I've been in 10 years, and for once—I actually thoroughly enjoyed the process."



START YOUR TRANSFORMATION TODAY!

INVESTMENT IN YOUR FUTURE SELF :

12 WEEKS £54



That's Just £4.50 Per Week

Less than cost of two coffees



For The Results You Want:

If you want real results without gimmicks, gym memberships or fluff RUK-X Programmes are your clear, expert-designed roadmap to achieving serious fitness and fat loss — built around the proven power of rucking (walking with weight), functional strength training, targeted mobility and mental resilience.

No gym. No ego. No BS. Just a backpack, a plan — and a body you're proud of.



Transform Your Health:

This isn't a fitness trend. This is real transformation — built for real life. Continue your RUK-X journey today and see what you're truly capable of.

One-time purchase. Lifetime access. No subscriptions.



FINAL THOUGHTS

14 days ago, you took a leap of faith.

You admitted you needed to change your posture, your health, your life. You downloaded something new. You committed to the 14 Day Protocol when your schedule was already packed. You followed through when it got challenging.

Today, that leap of faith has been validated.

You know rucking works. You know it's the fitness solution you've been missing. You've proven it can work for you!

The person who started Day 1 and the person finishing Day 14 aren't the same

So Keep Going! Grab Your Next Programme Now!

SECURE YOUR SPOT TODAY

**12 Week Foundation Builder
Total Transformation Programme
Just £54**

START NOW



UPGRADE YOUR RUCK



RX-1 BACKPACK

Our meticulously designed packs are purpose built for rucking with an elevated pocket designed for Ruck Plates, extra padded straps and multiple handles to make it a versatile functional training tool.

The RX-1 is a rugged and lightweight backpack constructed from high-quality, military-grade 1000D CORDURA®. with external MOLLE to enable customised attachments.

This pack is specifically built to withstand heavy loads, supporting up to 60kg,

~~RRP. £119.99~~

£85.99

SHOP NOW

SALE
NOW JUST

🔥 Special Offer – Limited Stock Remaining!
★ Once They're Gone, They're Gone!



FINAL THOUGHTS

14 days ago, you took a leap of faith. You downloaded something new and committed to trying it.

Today, you've proven that leap was worth it. The question isn't whether you're capable of more—you've already proven you are.

The question is: What are you going to do with that knowledge?

Success is a journey, not a destination. Every journey begins with a single step.

You've taken yours. What's your next one?

**SUCCESS IS A JOURNEY,
NOT A DESTINATION.
EVERY JOURNEY BEGINS
WITH A SINGLE STEP.**



Welcome to the RUK-X Community. Your transformation continues...



APPENDIX - COACHING & GUIDANCE

A: Equipment Guide

You don't need much, but what you have matters.

The Ruck

What to look for:

- 20-30L capacity for this programme
- Padded shoulder straps
- Hip belt (essential for heavy loads)
- Internal frame or padding
- Durable construction

Budget Options:

- Military surplus pack or similar
- Quality hiking daypacks with hip belts
- £30-60 range

Premium Made Specifically for Rucking Option

- RUK-X RX1 (On Sale Now: £85.99. RRP £119.99)

[BUY NOW](#) >>

Weight

Options:

- Ruck plates (purpose-built, best option)
- Weightlifting plates wrapped in towels/foam
- Sandbags or sand-filled bags
- Heavy books in plastic bags (budget option)
- Water bottles (adjustable weight)

What to avoid:

- Loose items that shift
- Anything uncomfortable against your back
- Irregular shapes that create pressure points

Footwear

Requirements:

- Supportive (not flat, flexible minimalist shoes)
- Well-cushioned for load bearing
- Broken in before programme starts
- Water-resistant helpful but not essential

Good Options:

- Trail running shoes (if you have strong feet)
- Light hiking boots
- Military boots (if broken in)
- Supportive trainers

Avoid:

- Brand new footwear
- Flat, unsupportive shoes
- Heavy, stiff boots (unless military trained)

Clothing

Essentials:

- Moisture-wicking base layer
- Never cotton (holds moisture, causes chafing)
- Synthetic or merino wool
- Weather-appropriate outer layer

Socks:

- Two pairs: thin liner sock + thicker outer sock
- Marino Wool or synthetic blend
- Never cotton
- Replace worn socks (no holes)

Optional but Helpful:

- Gloves for cold weather or heavy pack
- Hat for sun protection
- Sunglasses
- Reflective gear if training in dark

Optimal Rucking Posture

Optimal rucking posture requires an upright, "proud" chest, shoulders pulled back and down, and a neutral, engaged core to protect your spine.

Maintain a slight forward lean from the hips—never the waist—to offset weight, keeping your head up, eyes forward, and using short, quick strides to minimize joint impact.

Key Components of Proper Rucking Form:

Head and Neck:

Keep your head up and looking forward, not down at your feet, to maintain a neutral neck alignment.

Shoulders and Chest:

Keep shoulders relaxed, rolled slightly back, and your chest open (proud) to facilitate breathing and stability.

Spine and Core:

Maintain a neutral, straight spine. Engage your core muscles actively to support your lower back and prevent slouching.

Lean:

Lean slightly forward from the hips to counterbalance the weight of the pack.

Stride:

Use short, quick steps (a shuffle-like motion) rather than long strides to reduce impact on joints, often referred to as the "Airborne Shuffle".

Foot Strike: Aim for a midfoot to forefoot strike rather than a hard heel strike.

Pack & Load Positioning

Packing a rucksack for fitness requires keeping the weight high and close to your back (centered between shoulder blades) to maximize stability, comfort, and, ultimately, performance.

Place load against the inner back frame, fill gaps with soft clothing or gear, and tighten all straps securely to prevent shifting.

Key Packing Principles:

Weight Position:

- 70% of the weight should be at the top of the rucksack.
- Stability: Pack everything tightly to prevent shifting.
- Weight Selection: Use rucking plates, sandbags, or flat weight plates rather than uneven items- like dumbbells / kettlebells etc

Packing Sequence:

- Bottom: Light, bulky items (e.g. extra clothes).
- Middle/Top: Heavy, dense items (weights, water) positioned against the back.
- Outer: Filler items to secure the weight.

Essential Tips:

- **Protect Your Back:** Use soft clothing or a towel to create a barrier between hard weights and your back.
- **Secure All Straps:** Tighten compression straps to keep the load stable.
- **Use Proper Gear:** Choose a dedicated rucksack with sturdy straps, or a high-quality hiking pack.

Before each of the sessions in this programme you will complete a 5-10 minute warm-up and mobility routine specifically designed for rucking, focusing on activating key muscles, improving mobility, and priming the body for carrying a loaded backpack and for your strength sessions

1: General Warm-Up (2-3 minutes)

This phase increases heart rate, warms up muscles, and prepares the joints.

March in Place

Start with light jogging or marching in place with exaggerated arm swings to increase blood flow.



Arm Circles

Perform large arm circles forward and backward. 30 secs each direction



Shoulder Rotations

Add shoulder rotations, Raise your elbows until your triceps are parallel to the floor, rotate at shoulders so palms face forward.



Hip Circles (30 seconds per direction):

With feet shoulder-width apart, perform large circles with your hips, moving slowly and controlled in each direction.



Dynamic Leg Swings

Forward and Backward Swings: Swing one leg forward and backward. Side-to-Side Swings: swing the leg laterally across the body



Jumping Jacks (30 secs):

Start: Feet together and arms by your sides. Jump out: Jump your legs apart to a wider-than-shoulder-width stance and raise your arms overhead & repeat



2. Mobility (2-3 minutes)

This phase focuses on improving joint mobility, particularly in the hips, ankles, and shoulders, which are essential for maintaining proper posture and movement during rucking and strength sessions

World's Greatest Stretch (1 minute):

Start in a lunge position with the right foot forward. Place the left hand on the ground while rotating the torso, reaching the right hand toward the sky. Hold for a moment, then switch sides.



Ankle Mobility Drill

Get into a half-kneeling position with one knee on the ground and the other foot forward. Rock your weight forward, driving the front knee over the toes without letting the heel lift off the ground.



Glute Bridges

Lie on your back with your knees bent and feet flat on the floor. Drive your hips toward the ceiling by squeezing your glutes.

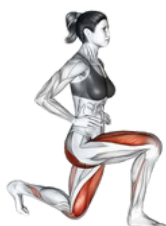


3. Dynamic (2-3 minutes)

This phase focuses on improving joint mobility, particularly in the hips, ankles, and shoulders, which are essential for maintaining proper posture and movement during rucking and strength sessions

Walking Lunges with Torso Twist

As you step forward into a lunge, twist your torso toward the front leg. Alternate legs as you move forward.



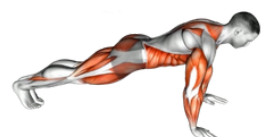
Bodyweight Squats

Stand with feet shoulder-width apart. Squat down while keeping the chest upright and knees tracking over your toes. Return to standing.



Inch Worms

Stand shoulder-width apart. Take a deep breath. Bend until hands are on the floor then Walk hands forward to shoulder level. Pause. Walk hands back to feet.



Following each of the sessions in this programme you will complete a 5-10 minute cool-down focusing on gradually lowering your heart rate and blood pressure, preventing dizziness or fainting, and promoting muscle recovery and flexibility. It includes walking at a slower pace, followed by static stretches targeting major muscle groups like hamstrings, hip flexors, quadriceps and back.

Walk: Slow Down and Continue Moving:

Continue walking at a slower pace for 5-10 minutes to help your heart rate and breathing return to normal.



Hamstring Stretch:

Sit on the floor with legs extended and toes pointing up. Hinge forward at the hips, bringing your chest towards your thighs and hands towards your feet. Keep legs straight and maintain a neutral spine. Hold for 10-20 seconds



Quadriceps Stretch:

Stand tall, hold onto something for balance. Bend one knee, grab the foot, and pull it towards your buttocks, keeping your knees together and hips forward. Holding for 20-seconds.



Hip Flexor Stretch:

Kneel on one knee with the opposite foot forward at a 90-degree angle. Keep your back straight and chest up. Gently push your hips forward until you feel a stretch in the front of the kneeling hip and thigh. Hold for 20 seconds, maintaining a straight back. Repeat on the other side.



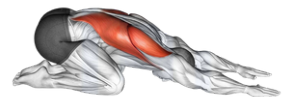
Standing Calf Stretch:

Stand with one leg slightly in front of the other. Keeping the back heel on the ground and the back knee straight, then lean forward until you feel a stretch in your calf, holding for 20 seconds.



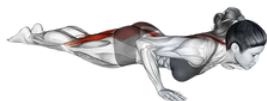
Kneeling Back Stretch:

Begin on your hands and knees, then gently rock forward, rounding your back and dropping your head toward the floor. Hold for a few seconds, then rock back, sitting on your heels and extending your arms forward. Repeat this motion several times to stretch your lower back muscles.



Cobra Stretch:

Lie flat on your stomach with legs extended and hands next to shoulders. Inhale, press hands into the ground, and lift chest and head, keeping elbows close. Relax shoulders and gaze forward or slightly upward. Hold for a few breaths, then exhale and lower down. Repeat for several rounds, focusing on spine lengthening and chest opening.



RESPECT YOUR RECOVERY

THE COOLDOWN ISN'T OPTIONAL; IT'S A VITAL PART OF THE ENTIRE FITNESS JOURNEY, PREVENTING INJURY AND SORENESS.

RUK-X Strength Programmes offer a comprehensive whole-body strength regimen based on six core movement patterns: vertical push, horizontal push, pull, squat, hip hinge, and core. The 12-Day reset includes two bodyweight targeting key muscle groups like legs, core, and upper body. Exercises such as squats, lunges, planks, and push-ups enhance strength and endurance. Guidelines for maintaining proper form are provided to prevent injuries and maximize results.

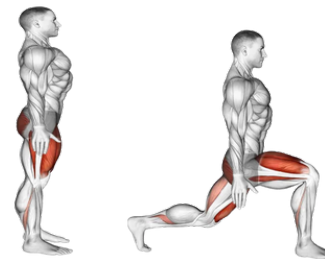
SQUAT

- Stand with feet shoulder-width apart.
- Extend arms straight out for balance.
- Lower your butt by bending your knees as if sitting.
- Keep shoulders aligned and lower back slightly arched.
- Stop when thighs are parallel to the floor.
- Stand back up by extending knees and straightening your body.



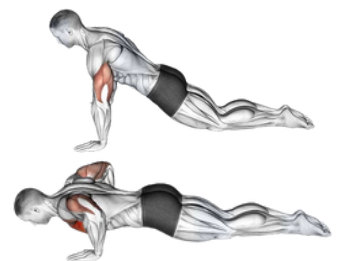
LUNGES

- Stand with feet hip-width apart, hands on hips or sides.
- Step forward, keeping your knee above your ankle.
- Bend both knees until your thigh is parallel to the floor.
- Keep an upright posture with a lifted chest and engaged core.
- Push through your heel to return to the start.
- Alternate legs for desired sets or reps.



KNEELING PRESS UP

- Begin on hands and knees, hands shoulder-width apart, knees hip-width apart.
- Extend legs into a plank position, maintaining a straight line from head to heels.
- Lower your body by bending elbows while keeping the body straight.
- Push back up to the starting position by straightening your arms.
- Repeat for the desired repetitions.



FULL PUSH UP

- Start in a high plank with hands wider than shoulder-width and feet together.
- Keep your body in a straight line from head to heels, engaging your core.
- Lower your body by bending elbows close to your torso while maintaining alignment.
- Lower until your chest nearly touches the ground.
- Push back up to the starting position by straightening your arms.
- Repeat for the desired number of repetitions, ensuring proper form.



PLANK

- Lie face down, elbows at sides, head forward, palms flat.
- Engage core and glutes, lift body on forearms and toes, keeping a straight line.
- Hold plank position as specified, maintaining form, then return to start slowly and controlled.

