

A woman with blonde hair, wearing a striped shirt and jeans, is captured mid-jump in a field. Her arms are raised, and she has a joyful expression. The background is a bright, hazy sunset or sunrise, with the sun low on the horizon, creating a warm, golden glow. The overall mood is one of freedom, energy, and happiness.

bellicon

COMPANION

bellicon+

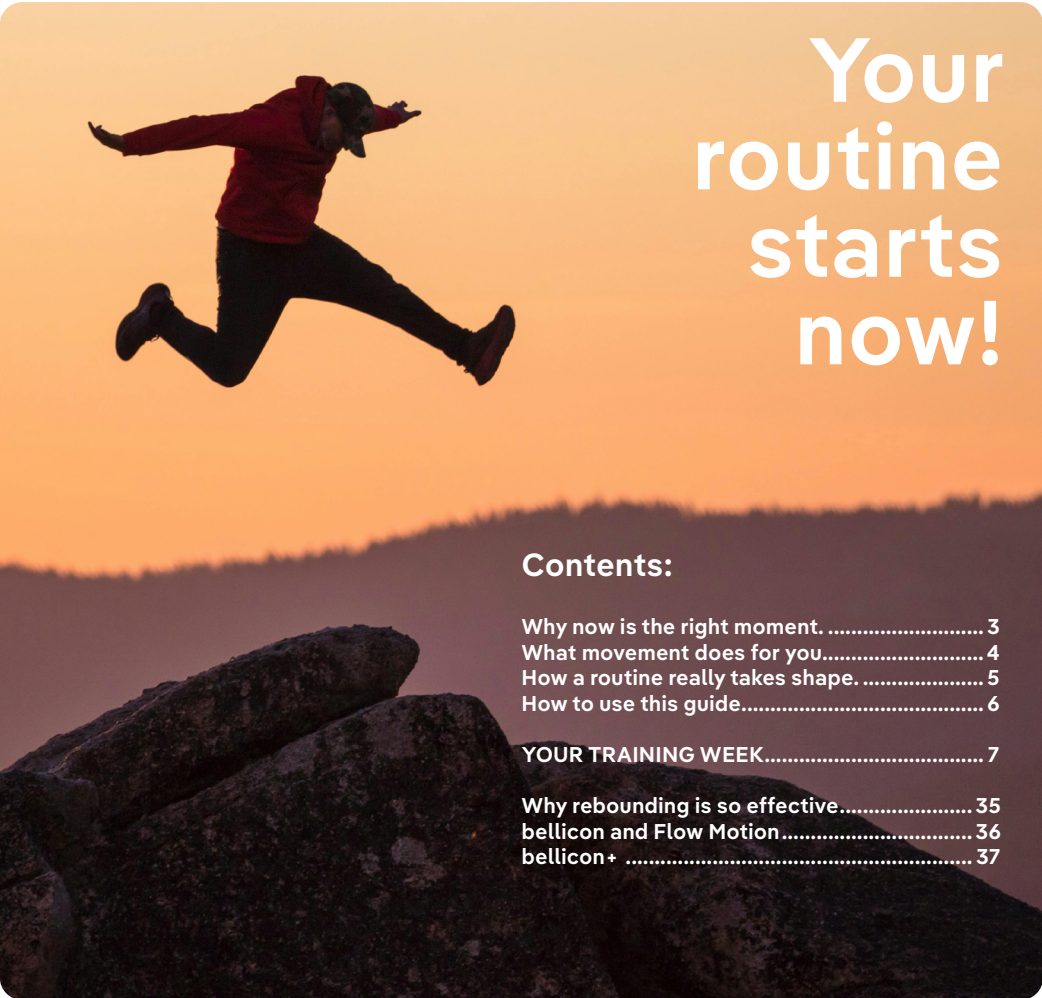
30 days
of free trial.

**YOUR 7-DAY-GUIDE
TO MORE VITALITY.**

For a routine that lasts.

**The secret of
getting ahead is
getting started.**

- Mark Twain

A person wearing a red jacket and dark pants is captured in mid-air, jumping over a large, dark rock. The background is a warm, orange sunset sky. The person's arms are outstretched, and their legs are in a dynamic jumping pose.

Your routine starts now!

Contents:

Why now is the right moment.....	3
What movement does for you.....	4
How a routine really takes shape.....	5
How to use this guide.....	6
YOUR TRAINING WEEK.....	7
Why rebounding is so effective.....	35
bellicon and Flow Motion.....	36
bellicon+	37

RESET. REFRESH. RESTART.

Why now is the right moment.



Look outside. The days are getting longer, the light softer, and nature is waking up. Trees are budding, birds are getting louder, and everything around us is starting fresh. That is no coincidence. Spring is biologically the most natural reset of the year.

Humans are no exception. Starting a new movement routine in spring means working with nature, not against it. The energy is there. The moment is now.

This guide supports you for 7 days with a short daily routine. Not because 7 days change everything, but because they can be the beginning of something that brings you lasting well-being. With our training platform *bellicon+*, you get a free 30-days trial with access to a wide range of videos to help you build a new routine step by step.

Simple. Daily. At your own pace.

STEP BY STEP

What movement does for you.

You know the feeling after a long day without movement: heavy, sluggish, somehow not quite yourself. And you probably know the opposite feeling too. After a walk, a short workout, or simply a moment of real movement, you feel clearer. Lighter. More like yourself.

That is no coincidence and no illusion. Regular movement is one of the most effective ways to bring body and mind into balance. It also supports heart health, metabolism, muscle and bone strength, and helps reduce the risk of a range of chronic conditions.

But what many people underestimate is the mental effect. Movement changes the chemistry in your brain. Studies consistently show that regular activity can reduce symptoms of depression and anxiety, lift mood, and buffer stress through measurable biological mechanisms.

And the best part: it does not take much. Even moderate, consistent movement is enough to make a noticeable difference. A little every day. Exactly what you are starting this week with this guide.



How a routine really takes shape.

If it has been hard for you to stick with a routine so far, it probably was not because of you. Not because of a lack of discipline or motivation. More often, it is simply because everyday life is stronger than good intentions. That is where the real difference is made: not in the big goal, but in the small moment.

Routines do not grow through pressure. They grow through repetition. By doing something again and again in a familiar setting until it starts to feel natural, and a quiet “I really should...” slowly turns into “I’m doing this now. It is part of me.”

That is exactly why fixed cues matter so much: a certain time, a certain place, a small sequence, and so on. They anchor your training in your everyday life. The more often you begin in the same moment, the less effort it takes to get started. At some point, it is no longer a decision. It is simply part of your routine.

And one more thing matters: it does not have to be big to create change. Quite the opposite. Small, simple sessions are much easier to fit into your day and much easier to repeat. That is how something lasting gradually begins to grow. That is why the sessions in this guide are short. That is where their strength lies. They make it easier for you to start, and even easier to come back again tomorrow.



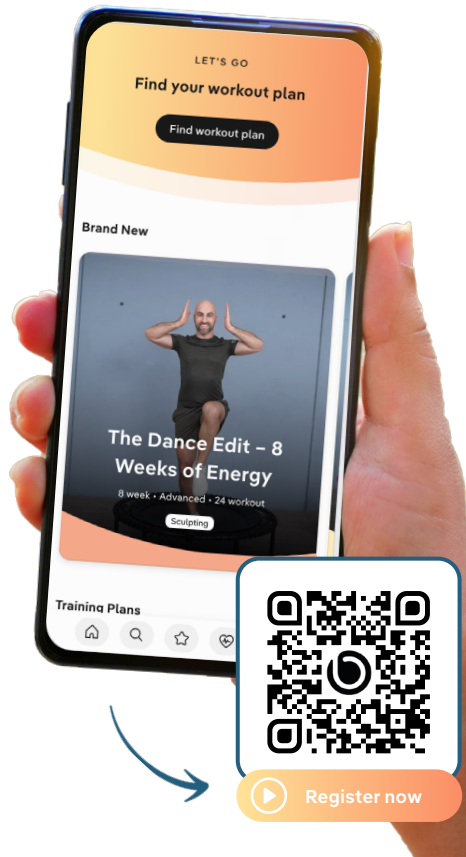
How to use this guide.

Each day in this guide has a clear focus and gradually leads you through a specific training theme. For each day, you will get a matching workout video that you can easily start with your bellicon+ trial access via link or QR code.

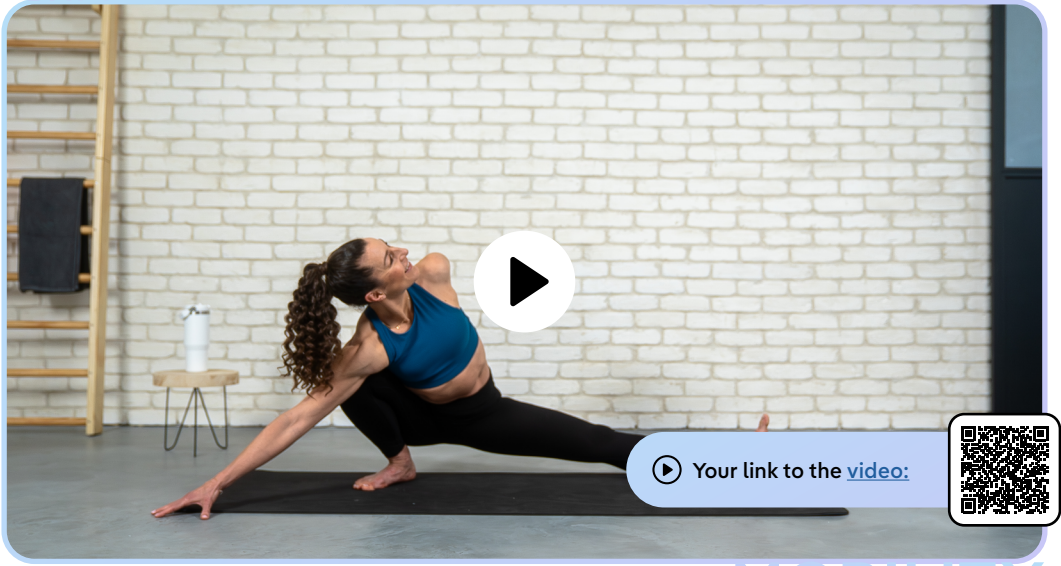
And so your day does not simply end after the workout, you will also find practical ideas for everyday life at the end, along with space to reflect in your personal journal.

By the way, you do not have to do everything. Check off what you did, skip what does not feel right for you. Only one thing matters: keep moving every day.

Sign up for this routine kickstart on bellicon+ and use your free trial access to get started.



DAY 1



MOBILITY

Daily Mobility for Strength & Flexibility.

Imagine waking up in the morning and your body simply feels light. No stiff shoulders, no tense back, no hesitant first step.

Mobility is the foundation for that. Not glamorous, not intense, but over time one of the biggest differences you will feel in your body. Today is your starting point for feeling more mobile and at ease in your body.

Quickfact:

▶ **Why mobility matters so much.**

Mobility is the foundation for everything else. A mobile body is less likely to get injured, recovers faster, and trains more efficiently.



🕒 Daily goals

What do I focus on today?

✅ To-Do List

What would I like to do today?



Notes

🕒 Schedule

01:00

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05:00

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Sleep duration

Sleep quality?



Steps

How was my day?



Achievements

What went especially well today?



Setbacks

What could be improved?



Emotion analysis

How did I feel today?



Insights

What did I learn today?



Improvement

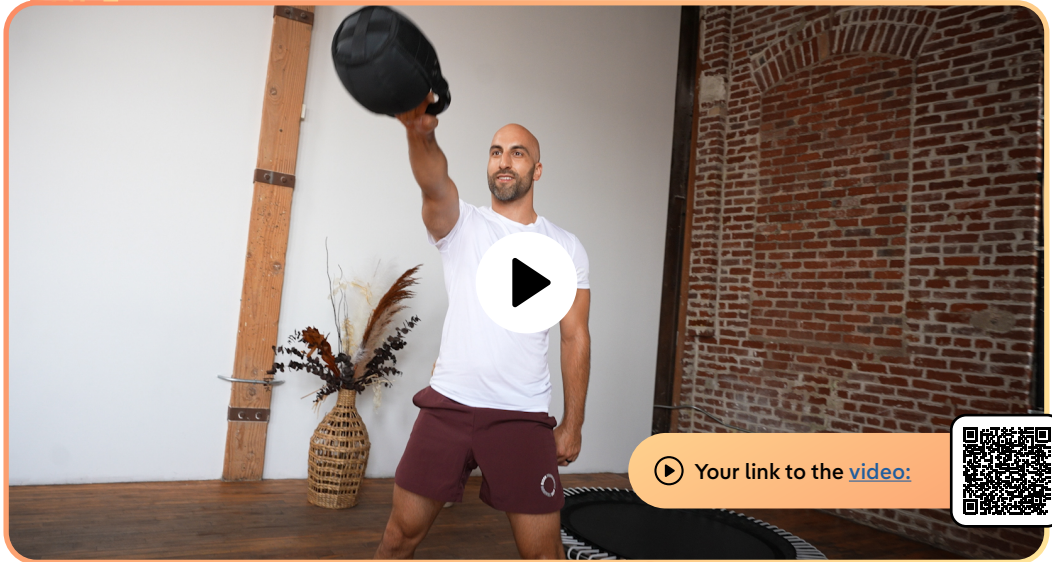
What can I do better tomorrow?



Outlook

What am I looking forward to tomorrow?

DAY 2



FUNCTIONAL STRENGTH

Max Strength Focus.

Strength you can feel in everyday life, not just during training. A bag that feels lighter. A posture that feels more upright. A body that supports you instead of hurting.

Functional strength is training for real life. You will notice it quickly: after just a few sessions, your body starts to feel different. More controlled. More stable. More like your own.

bellicon moment: Functional strength on the bellicon feels different. The unstable, springy surface automatically activates your deep muscles while protecting your joints. You train more muscles with less strain. That is not a claim, it is physics.

Quickfact:

▶ **Start on the mat.**

It not just improve your muscles, but also your neuromuscular system, meaning the connection between brain and muscle. That makes movement safer and more efficient.



Sleep duration

Sleep quality?



Steps

How was my day?



Achievements

What went especially well today?



Setbacks

What could be improved?



Emotion analysis

How did I feel today?



Insights

What did I learn today?



Improvement

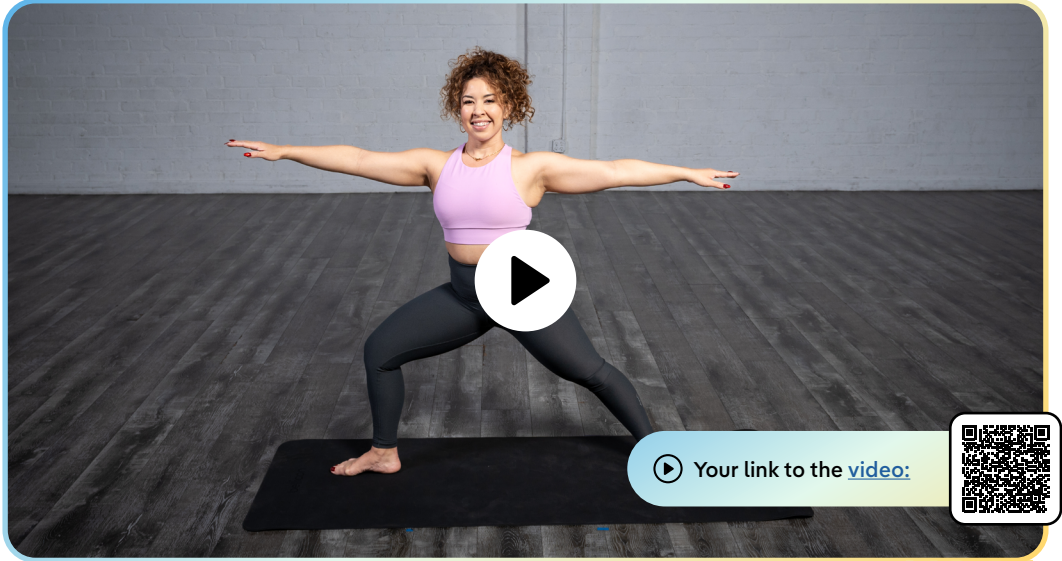
What can I do better tomorrow?



Outlook

What am I looking forward to tomorrow?

DAY 3



YOGA

Energy Flow.

There is a moment after a good yoga session when everything feels calmer. Your mind is quieter, your breath deeper, your body softer. Not because the world has changed, but because you gave yourself a moment to listen inward.

That feeling is your goal today. Not the perfect pose, not the deepest stretch, just that one calm moment afterward.

Quickfact:

Yoga activates the parasympathetic nervous system, the counterpart to the body's stress response. Just 20 minutes can measurably lower cortisol levels.



🕒 Daily goals

What do I focus on today?

✅ To-Do List

What would I like to do today?



Notes

🕒 Schedule

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Sleep duration

Sleep quality?



Steps

How was my day?



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Emotion analysis

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Improvement

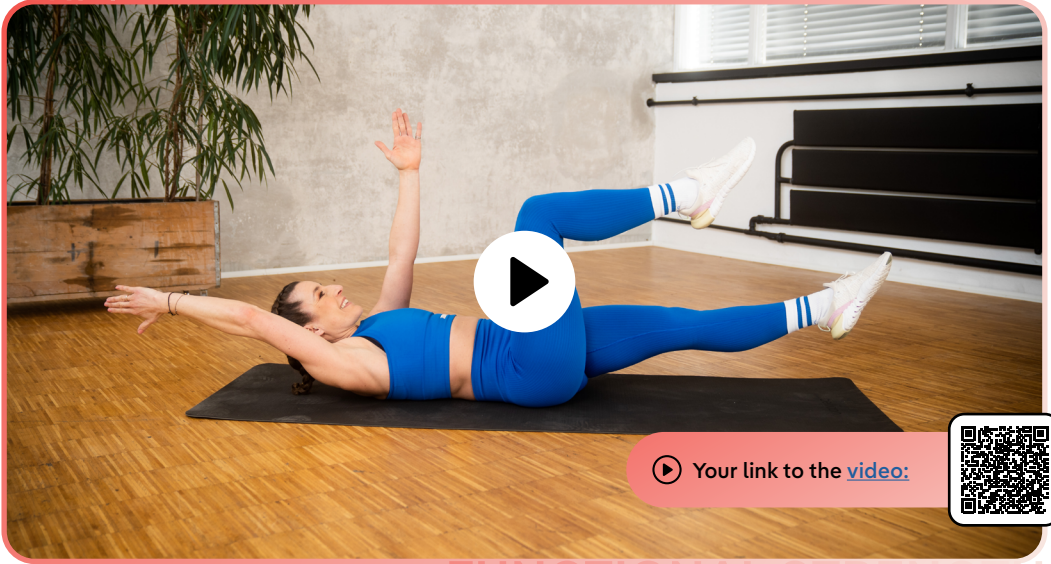
What can I do better tomorrow?



Outlook

What am I looking forward to tomorrow?

DAY 4



▶ Your link to the [video](#):



FUNCTIONAL STRENGTH

Control & Mobility.

You already know these exercises. And that is exactly what makes today special: it is no longer new, it is familiar.

Your body remembers. That is an important feeling and the beginning of something that will become more and more natural over time. One day, you will train without even thinking about it. Today, you are one step closer.

bellicon moment: The bellicon turns this session into a full-body workout without requiring any extra effort. The suspension keeps your body constantly stabilizing, so muscles that are barely activated in classic exercises are working too. Less time, more impact.

Quickfact:

▶ **Training plan with bellicon.**

Repetition is at the heart of every routine. Every time you train today, you strengthen the neural connection that turns movement into a habit.



Sleep duration

Sleep quality?



Steps

How was my day?



Achievements

What went especially well today?



Setbacks

What could be improved?



Emotion analysis

How did I feel today?



Insights

What did I learn today?



Improvement

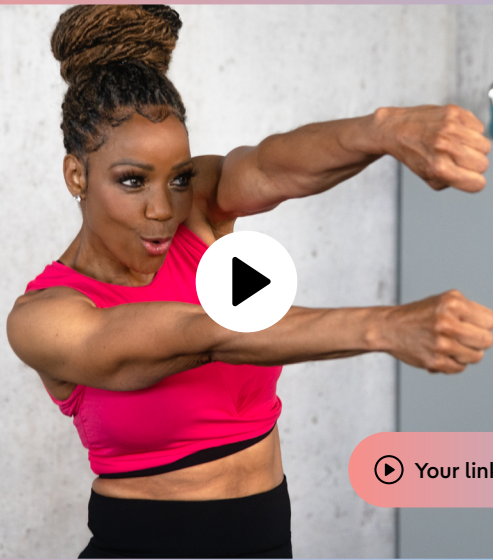
What can I do better tomorrow?



Outlook

What am I looking forward to tomorrow?

DAY 5



▶ Your link to the [video](#):



STRETCHING

10 Min Mobility Work.

Imagine how you will feel in four weeks when taking intentional time for your body has become second nature. No drama, no big effort, just a steady part of your day. Today is one of those moments. No intense workout, just you and your body, receiving exactly what it deserves right now.

Quickfact:

▶ **Fitfood.**

Regular stretching does not just improve mobility. It also supports blood flow through the tissue and can significantly reduce muscle soreness after training.



🕒 Daily goals

What do I focus on today?

✅ To-Do List

What would I like to do today?



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🕒 Schedule

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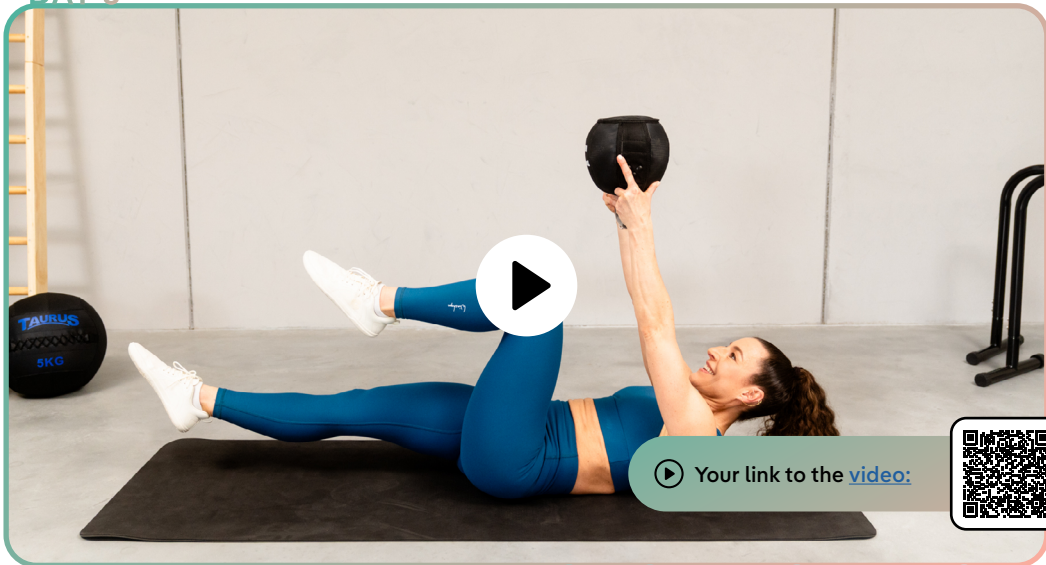
What can I do better tomorrow?



Outlook

What am I looking forward to tomorrow?

DAY 6



▶ Your link to the [video](#):



FUNCTIONAL STRENGTH

Strength Boost: Upper Body & Core.

Six days. Six conscious decisions to bring more movement into your life. What you are doing right now is not something to take for granted. You stuck with it, and we are genuinely so happy for you. Today, you may be feeling it for the first time: that sense that a habit is beginning to take shape. That feeling of having followed through. That feeling is the start of your new feel-good routine.

bellicon moment: If, after this week, you can feel how good regular functional training feels, the bellicon is the next step toward a whole new training experience.

Quickfact: ▶ **Why train with bellicon?**

After around 66 days of repetition in the same context, people often report that a behavior starts to feel automatic. You are well on your way there.



🕒 Daily goals

What do I focus on today?

✅ To-Do List

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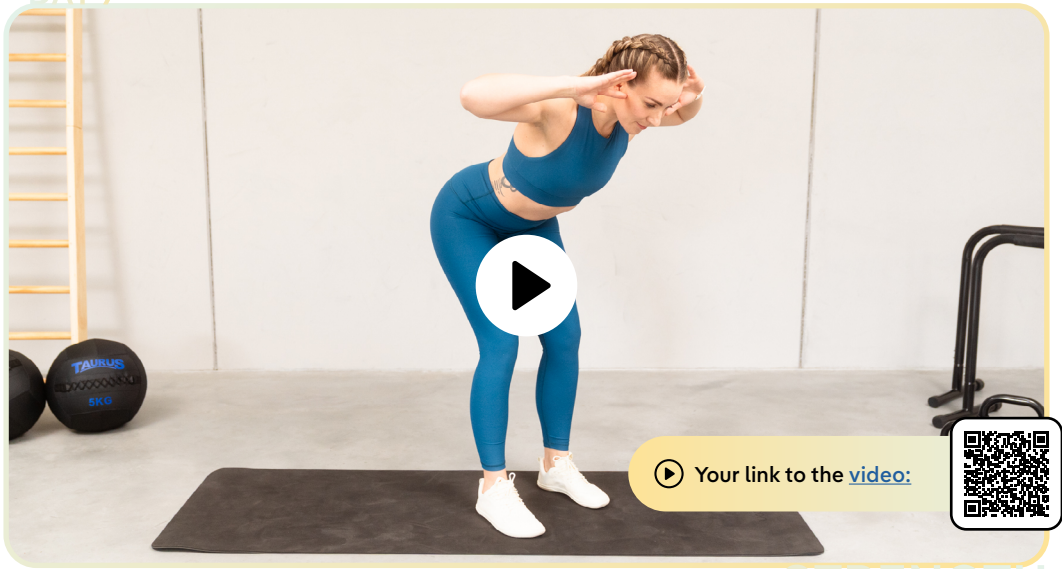
What can I do better tomorrow?



Outlook

What am I looking forward to tomorrow?

DAY 7



Daily Mobility Boost – 15 min Flex & Stretch.

Today is the last day of this week and at the same time the first day of something much bigger. If you keep going, and we truly hope you do, there will come a point in the next few weeks when movement no longer feels like discipline, but like a part of who you are. So let's place the final stone in that foundation today.

Quickfact:

Research shows that the best way to start a new habit is to define a fixed time and place. Not sometime, but always at that time and in that place.



🕒 Daily goals

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✅ To-Do List

What would I like to do today?



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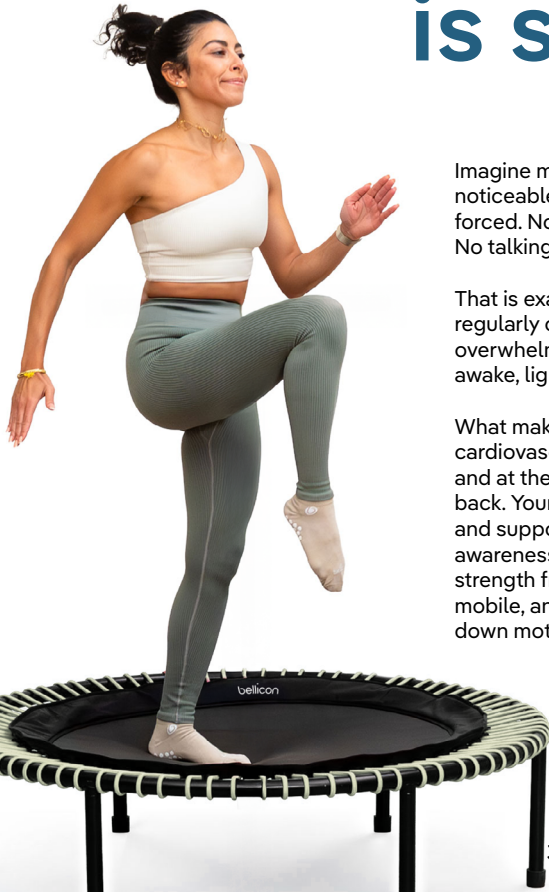
What can I do better tomorrow?



Outlook

What am I looking forward to tomorrow?

Why rebounding is so effective.



Imagine moving your body every day. Gentle on your joints, noticeable for your body, and in a way that does not feel forced. No inner sigh beforehand. No constant postponing. No talking yourself into it. You simply begin.

That is exactly how many people describe it when they train regularly on a rebounder. It feels good, challenges you without overwhelming you, and gives you that feeling afterward: more awake, lighter, more like yourself.

What makes it so special is the combination. You get your cardiovascular system moving, build endurance and stability, and at the same time reduce strain on your joints, knees, and back. Your whole body is working, but in a way that feels soft and supported. Over time, you begin to notice how your body awareness changes: more balance, more coordination, more strength from your core. Your body becomes more stable, more mobile, and more resilient. And through the rhythmic up-and-down motion, a lot starts to flow on the inside too.

But perhaps the most important thing is something else entirely: it is fun. And that is often what makes the difference. Because movement that feels good is not something you do just once. It is far more likely to become a lasting part of your everyday life.

bellicon



The bellicon stands for a flowing training experience that feels gentle while still actively challenging your body. That is exactly what can help keep motivation high and make movement a more natural part of your everyday life. Thanks to its unique Flow Motion Technology, the bellicon gives you a new kind of movement experience that supports you, relieves strain, and keeps you inspired.

Conventional rebounders, whether they use metal springs or standard rubber suspension, return energy abruptly. You can feel that in your joints, your back, and throughout your whole body. bellicon bungees work differently. Their elastic polymer core stretches to up to three times its original length and returns the stored energy to the body in a controlled and even way, without abrupt peaks of force. The result is a soft, three-dimensional movement that protects the joints, activates the deep muscles, and feels incredibly light at the same time. At the same time, the elastic mat distributes impact evenly in all directions instead of throwing it straight back.

Up to 48 bungees adapt individually to your body weight and create a harmonious, dynamic movement that feels personal and always just right.

The rhythmic motion on the bellicon creates more than movement alone. It supports the delivery of nutrients to the cells, stimulates lymphatic flow, and triggers the release of endorphins, serotonin, and dopamine.

The result is a feeling of lightness after training, both physically and mentally, that bellicon users describe again and again. Once you have trained on a bellicon, you understand why it feels so unique.

bellicon+

STICKING WITH IT PAYS OFF

Your 30-day free trial!



Research on routines shows that when a new habit is repeated in a stable context, it takes at least 60 days before it starts to feel natural. Over the past 7 days, you have built a strong foundation. Keep going.

Your plan for the next few weeks is simple: same time, same routine. Feel a little more at home in your body every day. Our bellicon+ trainer team is here to support you along the way.



Get started



Become
your best
self.

bellicon

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