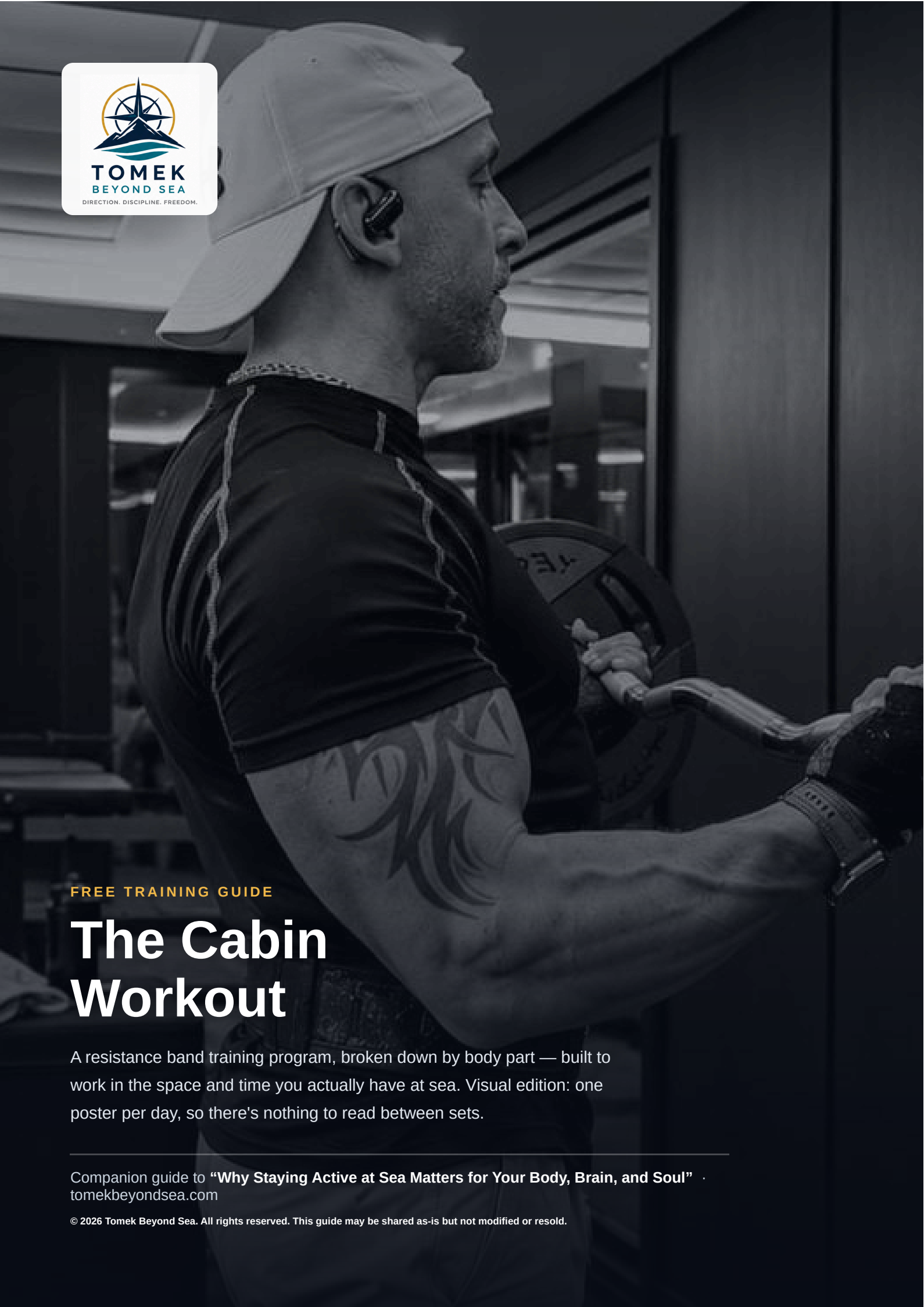


TOMEK
BEYOND SEA
DIRECTION. DISCIPLINE. FREEDOM.

FREE TRAINING GUIDE

The Cabin Workout

A resistance band training program, broken down by body part — built to work in the space and time you actually have at sea. Visual edition: one poster per day, so there's nothing to read between sets.

Companion guide to **“Why Staying Active at Sea Matters for Your Body, Brain, and Soul”** · tomekbeyondsea.com

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BEFORE YOU START

Your Gear

Two pieces of kit, five minutes to set up, weeks of use.

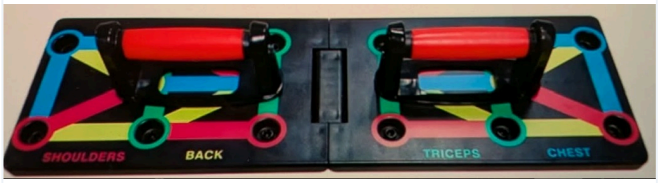
Everything in this guide runs on a resistance band set, plus an optional push-up board for the bonus circuit. Both pack flat and live permanently in a cabin drawer — no gym required to be open.



Resistance Bands

Your set includes handles, ankle straps, and a door anchor — a flat strap with a padded end. Loop the padded end over the top of a sturdy, inward-opening door, let the strap hang down the far side, and close the door firmly onto it so it's pinched between the door and the frame.

Clip your band into the loop on your side and give it a firm test pull before loading it properly — the pulling tension actually presses the door tighter into its frame, which is what keeps the anchor locked in place. Never anchor to a hollow, outward-opening, or sliding door.



Push-Up Board (Optional)

Not required for anything in this guide, but a comfortable option for push-ups if your wrists don't love being flat on the floor. Four color-coded handle positions target chest, shoulders, back and triceps at different angles.

Don't have one, and can't get hold of one? **See the Push-Up Variations page** — every move there works with just your hands on the floor, no board needed. You can also order one online any time you want it.

NEW TO TRAINING? START HERE

Choose a resistance you can control through the full range of motion on every rep — if you're shaking, arching your back, or swinging to finish, size down. Breathe out during the hardest part of each movement (the push, pull, or lift) and breathe in as you return to the start; never hold your breath through a set. Move with control in both directions, roughly two to three seconds each way, rather than snapping through reps. Rest a full 45–60 seconds between sets so the next one is done with good form, not fatigue. Muscle burn and mild fatigue are normal; sharp, sudden, or joint pain is not — stop, reset your form, and try again with less resistance.

DAY 1 · 20 MINUTES

RESISTANCE BAND

Chest — Smash Your Pecs

Push day starts here — let's build some pressing power.

The chest is one muscle, but the anchor height changes which fibers do the most work. Run all four angles below for full coverage, or pick two or three if you're short on time — a door anchor at shoulder height, chest height, or overhead covers upper, mid, and lower chest in one session.

UPPER CHEST

Incline Press (Resistance Band Behind Back)



Targets the upper chest (area above the mid chest).



1. Stand with your feet shoulder width apart and the band behind your back at about shoulder blade height.
2. Hold the handles with palms facing up and elbows slightly bent.
3. Press the handles forward and upward until your arms are almost straight.
4. Slowly return to the start and keep your core tight.

3 sets
10–15 reps

MID CHEST

Chest Press (Resistance Band Behind Back)



Targets the middle part of the chest.



1. Stand with your feet shoulder width apart and the band behind your back at chest height.
2. Hold the handles with palms facing forward.
3. Press the handles straight forward, keeping your elbows slightly bent.
4. Slowly return to the start and keep your core tight.

3 sets
10–15 reps

LOWER CHEST

Decline Press (Resistance Band Behind Back)



Targets the lower chest (area below the mid chest).



1. Stand with your feet shoulder width apart and the band behind your back at about upper chest height.
2. Hold the handles with palms facing down and elbows slightly bent.
3. Press the handles down and forward until your arms are almost straight.
4. Slowly return to the start and keep your core tight.

3 sets
10–15 reps

OVERALL CHEST

Standing Chest Fly (Resistance Band Behind Back)



Works the entire chest (upper, middle and lower) plus stabilisers.



1. Stand with your feet shoulder width apart and the band behind your back at mid back height.
2. Hold the handles with palms facing forward and a slight bend in your elbows.
3. Bring your hands together in front of your chest, squeezing your chest.
4. Slowly return to the start and maintain control.

3 sets
10–15 reps

General tips:

- Use a band with enough reistance for your fitness level.
- Focus on the muscle you are working.
- Keep good form and controlled movement.
- Rest 45 to 60 seconds between sets.

Stronger Every Day

BEFORE EVERY SET

Choose a band you can control with good form through every rep — size down if you're shaking or arching to finish. Exhale on the hard part of the move, inhale on the way back. Move with control, not momentum, and rest 45–60 seconds between sets. Muscle burn is normal; sharp or joint pain is not — stop and reset if you feel it.

DAY 2 · 35 MINUTES

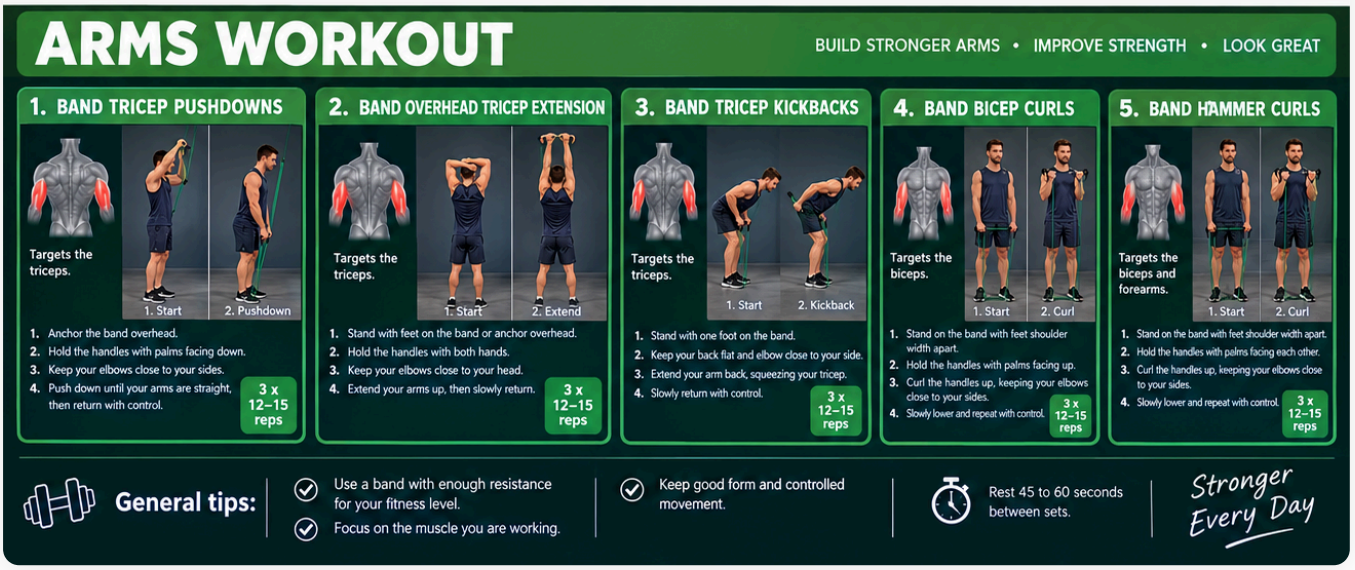
RESISTANCE BAND

Back & Arms — Wings Out, Arms Loaded

Pull day. Strong back, strong posture, stronger arms to match.

Back and arms pair naturally — one set of pulling and pressing movements, one anchor point. Work through the five back exercises first while you're fresh, then finish with the five arm moves below them. Ten exercises total, but every one only needs your band and somewhere to anchor it.





BEFORE EVERY SET

Choose a band you can control with good form through every rep — size down if you're shaking or arching to finish. Exhale on the hard part of the move, inhale on the way back. Move with control, not momentum, and rest 45–60 seconds between sets. Muscle burn is normal; sharp or joint pain is not — stop and reset if you feel it.

DAY 3 · 20 MINUTES

Shoulders — Build the Armor

RESISTANCE BAND

Build the frame that holds everything else together.

Shoulders take a beating from reaching, lifting, and bracing against the ship's motion all day, so they're worth training on purpose. Stand on the band for every exercise below — moving your feet closer together or further apart is the easiest way to adjust the resistance mid-set.

FRONT RAISES

Shoulder Front Raise (Resistance Band)



Targets the front deltoids (area at the front of your shoulders).



1. Stand on the band with your feet shoulder width apart.
2. Hold the handles with palms facing down or towards each other.
3. Raise your arms in front of you to shoulder height, keeping a slight bend in your elbows.
4. Slowly lower and repeat with control.

3 sets
10–15 reps

LATERAL RAISES

Shoulder Lateral Raise (Resistance Band)



Targets the side deltoids (area on the sides of your shoulders).



1. Stand on the band with your feet shoulder width apart.
2. Hold the handles with palms facing down or slightly in.
3. Raise your arms out to the sides to shoulder height, keeping a slight bend in your elbows.
4. Slowly lower and repeat with control.

3 sets
10–15 reps

REAR DELT ROW

Shoulder Back Row (Resistance Band)



Targets the rear deltoids (area at the back of your shoulders).



1. Stand on the band with your feet shoulder width apart.
2. Hold the handles with palms facing each other.
3. Keep your back straight and hinge slightly at the hips.
4. Pull the handles towards your ribs, squeezing your shoulder blades together.
5. Slowly return to the start and repeat with control.

3 sets
10–15 reps

UPPER ROW

Upright Row (Resistance Band)



Targets the upper traps and shoulders (especially the side and rear delts).



1. Stand on the band with your feet shoulder width apart.
2. Hold the handles with palms facing down or slightly in.
3. Pull the handles up along your body, leading with your elbows.
4. Stop at chest or shoulder height, then slowly lower with control.

3 sets
10–15 reps

General tips:

- Use a band with enough resistance for your fitness level.
- Focus on the muscle you are working.
- Keep good form and controlled movement.
- Rest 45 to 60 seconds between sets.

Stronger Every Day

BEFORE EVERY SET

Choose a band you can control with good form through every rep — size down if you're shaking or arching to finish. Exhale on the hard part of the move, inhale on the way back. Move with control, not momentum, and rest 45–60 seconds between sets. Muscle burn is normal; sharp or joint pain is not — stop and reset if you feel it.

DAY 4 · 25 MINUTES

RESISTANCE BAND

Legs — Don't Skip Leg Day

Don't skip leg day — literally everything else depends on it.

Legs are the easiest muscle group to neglect with just a band, but this session covers the whole lower body: quads, hamstrings, glutes and calves. Most of these need the band under your feet or looped around your legs, so a flat patch of floor is the only extra space you need.



BEFORE EVERY SET

Choose a band you can control with good form through every rep — size down if you're shaking or arching to finish. Exhale on the hard part of the move, inhale on the way back. Move with control, not momentum, and rest 45–60 seconds between sets. Muscle burn is normal; sharp or joint pain is not — stop and reset if you feel it.

DAY 5 · 15 MINUTES

Core — Carve That Core

Fifteen minutes, no equipment, no excuses.

FLOOR SPACE ONLY

Your core is what keeps every other exercise safe and controlled, and this is the one session that needs nothing but floor space. Move slowly through each exercise below — core work is about control, not speed.



BEFORE EVERY SET

Move slowly and with control — core exercises are about holding good form, not rushing through reps. Breathe steadily throughout each hold rather than tensing up and holding your breath. Keep your lower back pressed toward the floor on any lying exercise so your hip flexors don't take over. Rest 45–60 seconds between sets. Sharp or pinching pain in the lower back means stop and reset your position.

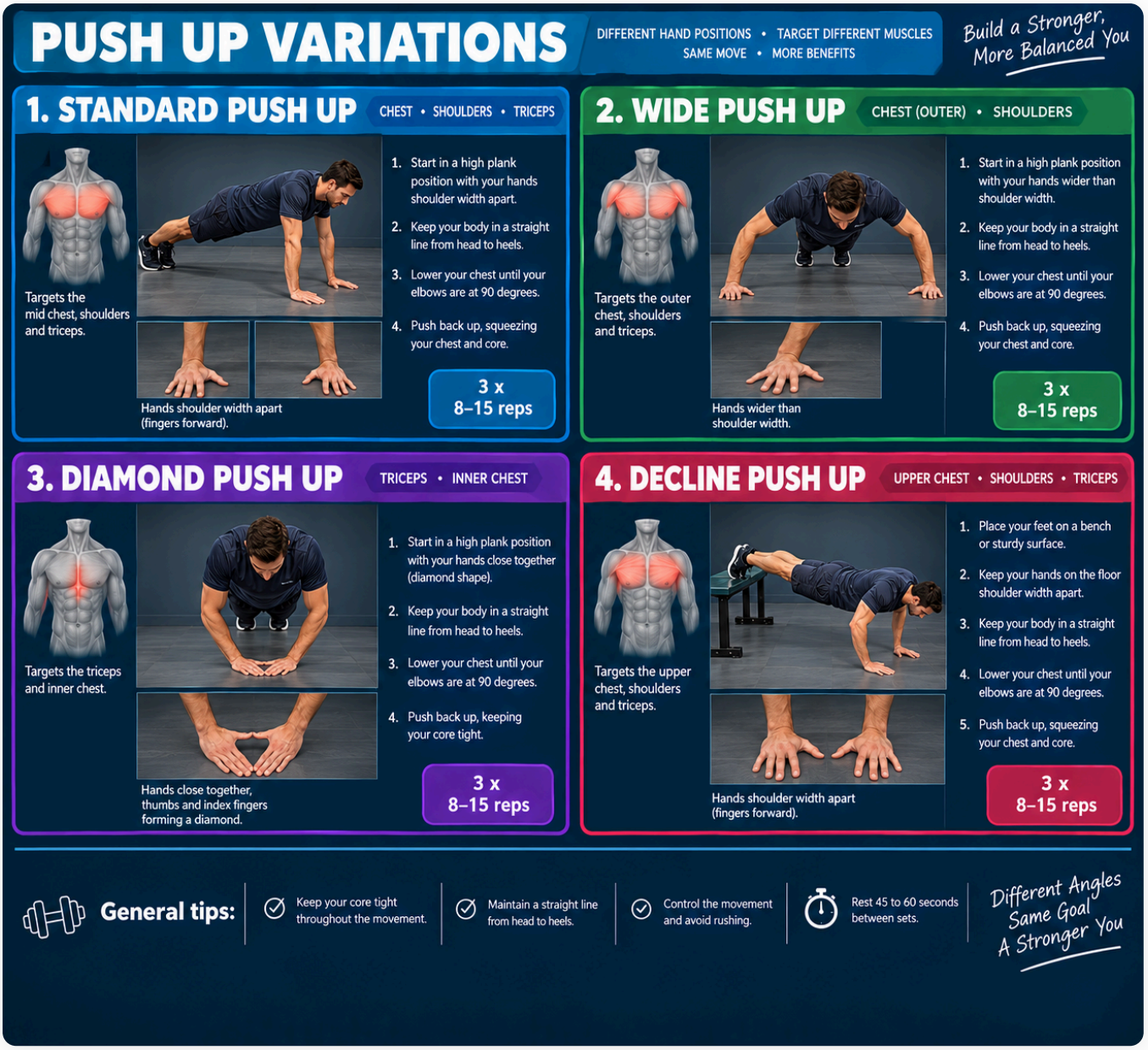
BONUS · 10 MINUTES

Push-Up Variations — Earn Your Stripes

BODYWEIGHT ONLY

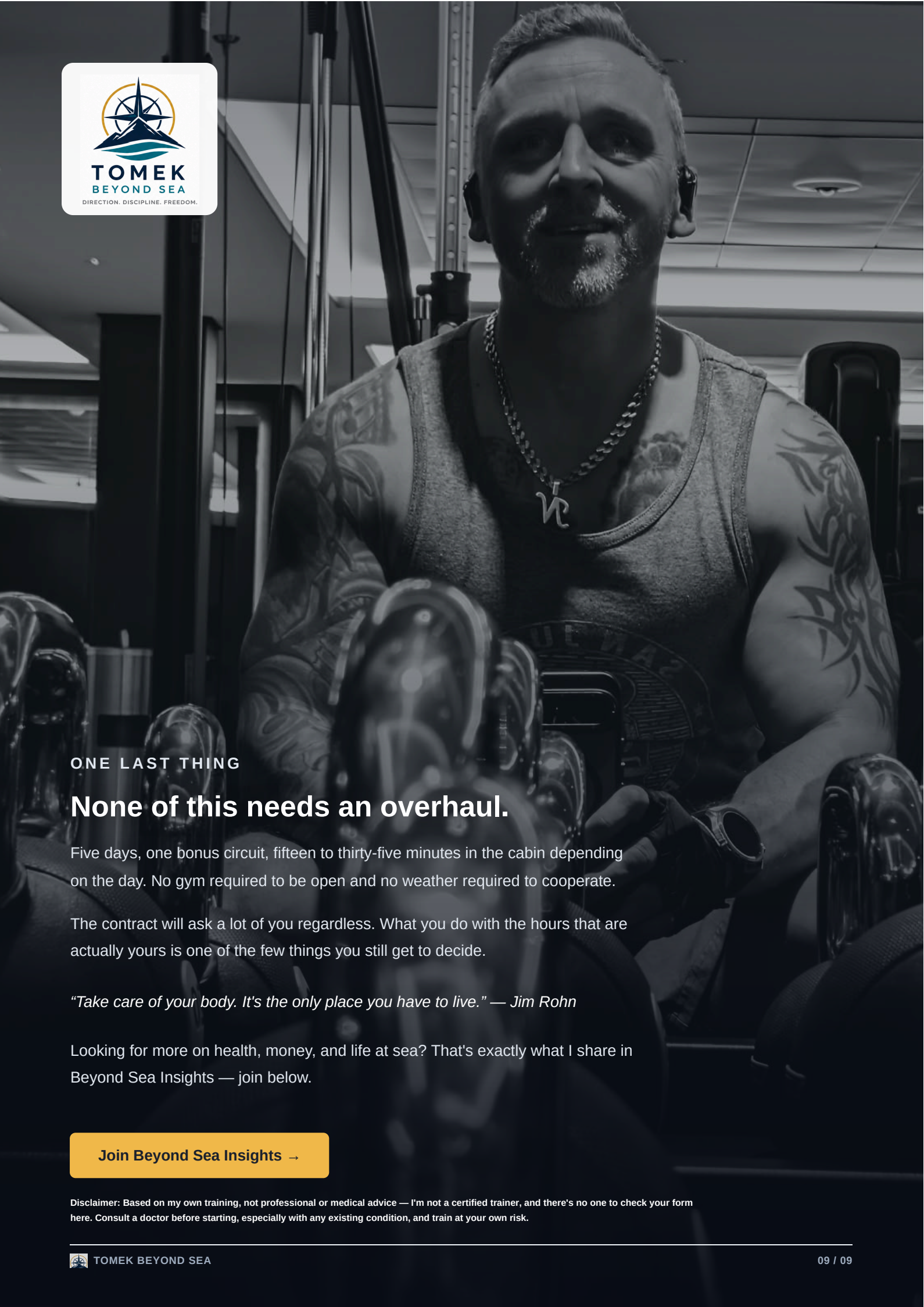
No band, no board, no excuse — just you and the floor.

All four variations below use nothing but your own bodyweight and hand placement — no push-up board required. Changing where your hands go changes which muscles do the most work, the same idea as the board's color-coded handles. Want the board anyway, for comfort or quick switching between sets? See the Your Gear page — it's optional, not required.



BEFORE EVERY SET

Keep a straight line from head to heels throughout — no sagging or piking at the hips. Lower until your elbows reach about 90 degrees, then press back up, exhaling as you push. If a full push-up is too much right now, drop to your knees and keep the same hand positions — same muscles, less load. Rest 45–60 seconds between sets.



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ONE LAST THING

None of this needs an overhaul.

Five days, one bonus circuit, fifteen to thirty-five minutes in the cabin depending on the day. No gym required to be open and no weather required to cooperate.

The contract will ask a lot of you regardless. What you do with the hours that are actually yours is one of the few things you still get to decide.

“Take care of your body. It's the only place you have to live.” — Jim Rohn

Looking for more on health, money, and life at sea? That's exactly what I share in Beyond Sea Insights — join below.

Join Beyond Sea Insights →

Disclaimer: Based on my own training, not professional or medical advice — I'm not a certified trainer, and there's no one to check your form here. Consult a doctor before starting, especially with any existing condition, and train at your own risk.