THE NO-BEND HOME

THE NO-BEND HOME SYSTEM

A Room-by-Room Plan to Keep Your Home Clean Without Kneeling, Bending, Heavy Lifting, or Endless Scrubbing

Simple routines. Smarter tools. Less strain.



By Ruth

A clean home without getting down to it.

START HERE

If you don't want to read this whole guide before getting started, do these five things today. Each one takes away a bend, a carry or a trip you'd otherwise make every week. Check off each box as you go.

☐ 1. Move your everyday supplies to a comfortable height

Look under your kitchen and bathroom sinks. Anything you use every week (dish soap, a spray cleaner, cloths) comes up to a shelf between your knees and your shoulders. The floor-level cabinet is for spares and things you use twice a year. See Your No-Bend Cleaning Zone (page 14) for how to set this up.

☐ 2. Build one lightweight caddy

Choose one small carrier with a handle and put in only what you use most: one spray, a few cloths, a small brush, a pair of gloves. Keep it light enough to carry in one hand without strain. It saves the back-and-forth trips that wear you out before the cleaning even starts. See The Grab-and-Go Caddy (page 17).

☐ 3. Get one long-handled floor tool

A flat mop with a long handle and a washable pad lets you clean floors standing upright, with no bucket on the floor and no kneeling. If you already own a long-handled sponge mop or even a broom, start with that. See Ruth's No-Bend Cleaning Kit (page 19) for what to look for.

☐ 4. Stop carrying full buckets

A full bucket is heavy, it sloshes, and it has to be lifted in and out of the sink. Use a spray bottle and a damp mop pad instead, or fill a bucket only partway where it already stands. See Stop Cleaning the Hard Way (page 10) for more on the hidden costs of carrying.

☐ 5. Choose one five-minute daily reset

Pick one small job you'll do every day, such as wiping the kitchen counters after supper or a quick swipe of the bathroom sink after you brush your teeth. Five minutes a day keeps the big, tiring clean-ups away. The 15-Minute Home Reset (page 97) builds on this when you're ready.

HERE'S SOMETHING WORTH KNOWING

The effort of a chore often depends more on where your supplies live and how you hold the tool than on how dirty the room is. A slightly grubby bathroom cleaned from a standing position with the right brush is far less tiring than a nearly clean one cleaned on your knees.

STOP DOING THIS

- Kneeling on hard floors to reach the base of the tub or toilet.
- Wringing out cloths and mop heads by hand, over and over.
- Scrubbing hard at a mark you haven't let soak first.
- Walking back to the kitchen for the one thing you forgot.

The Five No-Bend Rules

Everything in this guide comes back to five rules. Learn them once, and you'll start spotting easier ways to do chores I never mention.

THE FIVE NO-BEND RULES

1. **Bring the tool to the dirt, not your body.**
2. **Let the product work before your arms do.**
3. **Keep everyday supplies between knee and shoulder.**
4. **Reach with a handle, not with your back.**
5. **Maintain a little so you rarely have to rescue a lot.**

The Five No-Bend Rules: keep these somewhere you'll see them while you clean.

⇄ NO-BEND SWAP

✕ INSTEAD OF:	✓ TRY:
kneeling on the bathroom floor beside the toilet with a brush and a bucket.	cleaner under the rim, a wand inside, a sprayed cloth on the outside working top down, and a flat mop or a cloth on a reacher around the base. All of it standing.

The No-Kneel Tub Routine

Cleaning a tub is the hardest bend in the house: kneeling on a hard floor, leaning over the edge and reaching down to the far side. This routine replaces all of that with a long-handled brush and standing still.

Two rules come first, and they don't bend:

- **Stand outside the tub, on a dry, non-slip surface.** The bath mat, flat and grippy, with your feet on it.
- **Never step into a wet tub to clean it, and never stand on the tub edge.** Not for the far corner, not for the shower head, not for the curtain rod.

THE NO-KNEEL TUB ROUTINE

1. Open the window or turn on the fan if the label asks for ventilation.
2. Standing outside the tub, spray the tub floor, the sides and the lower walls. Start at the far end and work toward yourself.
3. Leave it for the contact time on the label. This is what does the scrubbing for you.
4. With a long-handled scrub brush, scrub the far side first, then the bottom, then the near side. Let the brush do the reaching. Keep your back straight and your feet on the mat.
5. Rinse. If you have a handheld shower head, rinse from outside, aiming down and away from you. If not, wipe the tub with a clean, damp microfiber pad on a long handle, rinsing the pad in the sink as you go.
6. **Rinse until no product is left on the tub floor.** Residue is slippery for the next person who steps in, and that may be you.
7. Dry the floor around the tub before you walk away. Drop a towel and move it with your foot.

PRINTABLE · PUT IT ON THE FRIDGE

THE NO-BEND HOME SYSTEM AT A GLANCE

The seven words

- **SET UP:** Put supplies where you use them.
- **REACH:** Extend the tool, not your body.
- **WAIT:** Let products work before you scrub.
- **MAINTAIN:** Small resets prevent exhausting deep cleans.
- **PRIORITIZE:** Clean what matters most first.
- **SCALE:** Match the routine to your energy today.
- **DELEGATE:** Don’t risk yourself for a chore.

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The week

Mon Kitchen · Tue Bathroom · Wed Floors · Thu Laundry · Fri Dust and surfaces · Sat Catch-up (optional) · Sun Rest

Today’s energy

- **Green:** Do the full routine for the day.
- **Yellow:** High-impact surfaces plus the hygiene basics, then stop.
- **Red:** Trash, dishes, obvious spills. Stop.

The house works for you. You do not work for the house.

FREE SAMPLE · THE NO-BEND HOME

THAT WAS A SMALL TASTE.

The full No-Bend Home System takes these ideas into every room of the house:

- 22 chapters, 133 pages, with photographs of each method
- Kitchen, bathroom, floors, bedroom, living room, laundry and dusting
- 31 No-Bend Swaps and a "Good Enough for Today" list in every room
- Weekly, monthly and seasonal routines
- Five bonuses: planner, tool guide, room checklists, Stop Doing This guide, 15-minute resets

Get the full system at nobendhome.com

30-day money-back guarantee through Gumroad.

Be gentle with yourself.

Ruth