



M.E.D. Fit Training Protocol #3 Women

Note:

You will need the following equipment for this Training Protocol:

- [Resistance bands](#) with [door strap](#)
- [Mini Bands](#)
- [Suspension Trainer](#)

If you are missing equipment, check out the [Exercise Substitution Chart](#) [here](#).



MONDAY

Circuit 1: ARISE | Rounds: 1

“There is always time for what is most important!” - The Truth 🙏🐾

“Action is worry’s greatest enemy!”

Before you begin, take a moment to set your intention for today’s training session.

“TODAY I AM intending to give my best each and every moment!

I AM intending to keep my mind focused on gratitude, strength, energy, vitality and VICTORY!!!

And above all, to enjoy challenging my mind & body!

I AM intending to connect to the Best in me and carry it with me throughout the day!

I AM here to Serve!

I AM a Lion...not a lamb! 🐾🙏🙏

VICTORY!!!

Exercise	Reps	Notes
A1. <u>Shoulder Circles</u>	20 forward, 20 reverse	
A2. <u>Counter Stretch</u>	5 slow deep breaths	
A3. <u>Piriformis Stretch</u>	3 deep breaths each side	
A4. <u>Hip Crossover Stretch</u>	3 deep breaths each side	
A5. <u>Single Leg Glute Raises</u>	15 each side	Activate Glutes



Circuit 2: ATTACK | Rounds: 4

Cardiovascular Conditioning: Make this fun! Get CRAZY! This simple exercise begins to shift your perception and creates greater FREEDOM! Sounds crazy now but over time you will discover this for yourself! 😊😄😎

Choose any one of the following.

1. any type of cardio machine
2. run in place or outside
3. jumping jacks
4. jump rope
5. mountain climbers
6. burpees
7. shadow boxing
8. dancing like a lunatic

40 Seconds KILLIN(All out!) alternated with 20 seconds Chillin (Recovery). Complete 4 rounds.

The objective is to increase your heart rate and trigger mitochondrial growth and enjoy every moment!

😄😁😂 SMILE to Train Your Brain 🧠⚡💜

Exercise	Reps	Notes
A1. Cardiovascular Conditioning	-	-



Circuit 3: ATTACK | Rounds: AMAP

8 Minute Timed Circuit that targets the glutes.

The glutes are the largest and one of the most important muscle groups to strengthen and develop. When they weaken lower back pain is almost inevitable.

weak glutes = poor posture.

Strong Glutes = Powerful Presence & Posture

The great news is that every human becomes stronger through consistent and challenging resistance training like you are about to perform! 🙌🐯🙏

Set timer for 8 minutes and with absolute PRESENCE and Focus complete as many rounds as you can before time expires.

Refuse anything less than your best!

Challenge creates change!

MENTAL Conditioning: 😊 SMILE and focus every thought on what you desire to create!

Visualize and feel as if you have already mastered your body.

Imagine this body of yours pouring out gratitude, pride and inexhaustible energy!

Be Present. Don't neglect this. Every creation is first born in the theater of your mind. 🙏❤️🐯

Exercise	Reps	Notes
A1. <u>Banded Squat</u>	15	-
A2. <u>Banded Hip Abduction</u>	15	-
A3. <u>Banded Hip Up</u>	15	-
A4. <u>Band Side Walk</u>	15 each side	-

Circuit 4: ATTACK | Rounds: AMAP

Complete each movement with total focus.

8 Minute Timed Circuit.

Set timer for 8 minutes and with absolute PRESENCE and Focus complete as many rounds as you can before time expires.

This one will burn and develop and sculpt your arms and back! 🔥🙌🔥🙌🔥

Give it your all!

Exercise	Reps	Notes
A1. <u>Band Tricep Pushdown</u>	15	
A2. <u>Band Skiers</u>	15	
A3. <u>Band Row- Elbows High</u>	15	
A4. <u>Hands Elevated Push-Up</u>	15	



Circuit 5: ATTACK | Rounds: 1

The Finisher!

Set a timer for 90 seconds and complete as many reps as possible before time expires.

This will strengthen and develop your chest, shoulders and triceps and even the core. Embrace the burn 🔥 it is an indicator of success!

First, set a goal in your mind.

Then hit timer 🕒 and with Enthusiasm, Joyfully CRUSH IT! ⚡🔥💪😁👍🔥⚡

Refuse negative and limiting thoughts!

Master Your Mind and Your Body Will ALWAYS Follow.

Be sure to keep good form.

🎯 Post Your Result and be sure to surpass it next time

Exercise	Reps	Notes
A1. <u>Bodyweight Squat</u>	-	-

Circuit 6: PREPARE | Rounds:1

Relax into each stretch.

Breathe easy.

Hold until there is a letting go (3-7 deep relaxing breaths)

As you relax into this repeat again and again two simple words that connect and heal yourself and others.

“Thank You, Thank You, Thank You....”

Exercise	Reps	Notes
A1. <u>ST Shoulder Stretch</u>	Hold until there is a letting go.	
A2. <u>ST Back Stretch</u>	Hold until there is a letting go.	
A3. <u>ST Counter Stretch</u>	Hold until there is a letting go.	
A4. <u>Piriformis Stretch</u>	Hold until there is a letting go.	
A5. <u>Hip Crossover Stretch</u>	Hold until there is a letting go.	
A6. <u>Static Back</u>	2 minutes	IMAGINE your IDEAL day!



TUESDAY

Circuit 1: ARISE | Rounds: 1

The focus of today's training session is JOYFUL & DETERMINED PRESENCE.
This means that "I AM 100% Focused on the PRESENT moment and I LOVE IT!"

No fear, doubt or worry!

Stay Absolutely PRESENT!

This is one of the most powerful skills a human can develop.

"I AM now declaring my absolute full effort and absolute PRESENCE.

Now Declare your intention for today:

I AM here to connect to the LION within me - My True Self - that part of me that is unstoppable and always finds the way!

I AM devoted to mastering my mind because I know that the untrained mind is my greatest enemy and the TRAINED Mind is my greatest ally!

I got this!

Let's go! YES!"

Exercise	Reps	Notes
A1. <u>Shoulder Circles</u>	20 forward, 20 reverse	
A2. <u>Counter Stretch</u>	5 slow deep breaths	
A3. <u>Quad Stretch</u>	5 slow deep breaths each side	
A4. <u>Single Leg Toe Touch</u>	5 each side	
A5. <u>Hip Crossover Stretch</u>	5 deep breaths on each side	
A6. <u>Side Leg Raises</u>	20 each side	
A7. <u>Side Adductor Raise</u>	20 each side	
A8. <u>Single Leg Glute Raises</u>	20 each side	
A9. <u>Overhead Lockout Lunge with a Twist</u>	8 each side	



Circuit 2: ATTACK | Rounds: AMAP

3 Minute Timed Core Conditioning Circuit

Set timer for 3 minutes and complete as many rounds as possible with good form before time expires. Here is a key to greater results: fully contract your “stomach muscles” as if you were bracing to be punched. COMMAND your muscles to work!

Mental Conditioning: In neuroscience, there is a principle called “what fires together wires together”. Simply put, whatever you focus upon while you do something determines whether it is pleasurable or painful.

For example, if you think “this sucks! ouch! how many more?!? I hate this! can’t wait until this is over!” then you program this belief with exercise. Eventually, you will quit.

However, we can also do the opposite.

👊😊 SMILE and focus on something positive. “I AM getting Stronger with every breath! I AM learning to LOVE this! I AM made for this! YES! I got this!” or whatever inspires you!

This may sound silly but this is research proven and the foundation for creating lasting change!

Let’s do this! 👊🐾🙏

Exercise	Reps	Notes
A1. <u>Side Plank Up Downs</u>	7 each side	-
A2. <u>Bent Knee Leg Raises</u>	7	keep abs contracted the entire time
A3. <u>Plank Up Downs</u>	7	keep abs contracted the entire time
A4. <u>Bent Knee Hip Up</u>	3	hold at top and squeeze for 2 sec

Circuit 3: ATTACK | Rounds: 1

Choose any type of continuous movement.

For the first 10 minutes alternate 30 seconds of KILLIN (higher intensity) with 30 seconds of Chillin (lower intensity).

After 10 minutes, continue for another 10 minutes at a steady pace.

For example, Killin could be Running, Chillin could be a fast walk. The steady state could be a slow run or fast walk.

The goal is to elevate your heart rate, sweat and focus completely on what you want to create today. “Keep All Out of Mind Except The Vision You Want”

With Practice This Becomes Automatic and forms the foundation of a life of no regrets.

Exercise	Reps	Notes
A1. Cardiovascular Conditioning	-	-



Circuit 4: Prepare| Rounds: 1

"Be the change you wish to see in the world." -Gandhi

Congratulations on investing your time and effort into being your BEST SELF for yourself and to SERVE others! You are a LION! 🦁👊🙏

Now Relax into each stretch.

Breathe easy. Hold each for at least 3 deep breaths.

Hold until there is a letting go.

As you stretch, imagine what you wish to create this day.

Imagine how you will fuel your body.

Who will you light up today?

How can you be a blessing?

How can you enjoy every moment?

Exercise	Reps	Notes
A1. <u>Piriformis Stretch</u>	Hold until there is a letting go.	
A2. <u>Hip Crossover Stretch</u>	Hold until there is a letting go.	
A3. <u>Calf Stretch</u>	Hold until there is a letting go.	
A4. <u>Child's Pose</u>	Hold until there is a letting go.	
A5. <u>Static Back</u>	2 minutes	Visualize Your Ideal Day



WEDNESDAY

Circuit 1: ARISE | Rounds: 1

Before you crush today's Training Session read the following decree with conviction. ⚡⚡⚡

"I, (your full name) am about to perform disciplined action. I am intending to give my FULL EFFORT and be totally PRESENT. 🙌

I am grateful for this opportunity and feel blessed to have an able mind and this magnificent miracle of a body. 🙌

I am committed to living greatly in every aspect of my life - mind, body and soul!

Therefore, I Train Hard for I know that only Challenge Creates Change! ⚡🙌😁🙌🙌

I know that Training and Mental Conditioning are the gateway to my best life. For the untrained mind is my greatest enemy and the Trained Mind is my greatest ally. 🙌🙌🙌

I refuse to allow a single limiting thought. If one does slip by, I promise myself to instantly replace it with a Powerful thought.

Discipline Equals Freedom.

I AM a LION...not a lamb. 🙌

I got this! YES!!! VICTORY!!!"

Exercise	Reps	Notes
A1. <u>Shoulder Circles</u>	20 forward, 20 reverse	
A2. <u>Counter Stretch</u>	5 slow deep breaths	
A3. <u>Ankle Circles</u>	20 clockwise each side	
A4. <u>Piriformis Stretch</u>	3 deep breaths each side	
A5. <u>Hip Crossover Stretch</u>	3 deep breaths each side	
A6. <u>ST Squat</u>	10	hold stretch at bottom of each rep for 2 sec
A7. <u>Overhead Lockout Lunge with a Twist</u>	10 each side	



Circuit 2: ATTACK | Rounds: 4 rounds

Cardiovascular Conditioning:

Choose any one of the following.

1. any type of cardio machine
2. run in place or outside
3. jumping jacks
4. jump rope
5. mountain climbers
6. burpees
7. shadow boxing
8. dancing like a lunatic

40 Seconds KILLIN(All out!) alternated with 20 seconds Chillin (Recovery). Complete 4 rounds.

The objective is to increase your heart rate and trigger mitochondrial growth and enjoy every moment!

SMILE to Train Your Brain 🧠 ⚡ 💜

Exercise	Reps	Notes
A1. Cardiovascular Conditioning	-	-

Circuit 3: ATTACK | Rounds: AMAP

8 Minute Timed Full Body Metabolic Circuit.

Set timer for 8 minutes and with absolute PRESENCE and Focus complete as many rounds as you can before time expires.

Refuse anything less than your best!

Challenge creates change!

MENTAL Conditioning: 😊 SMILE and focus every thought on what you desire to create!

Visualize and feel as if you have already mastered your body.

Imagine this body of yours pouring out gratitude, pride and inexhaustible energy!

Be Present. Don't neglect this. Every creation is first born in the theater of your mind.

Exercise	Reps	Notes
A1. <u>Stationary Lunge</u>	8 each side	Hold DBs or water jugs or sand bags for greater challenge
A2. <u>Jump Squat</u>	8	Land like a cat. Softly. Agile & mobile!
A3. <u>Bodyweight Squat</u>	8	



Circuit 4: ATTACK | Rounds: AMAP

This is an advanced circuit designed to strengthen and bulletproof your all of the muscles that stabilize your hips and spine. By strengthening these muscles overall body strength and longevity are boosted.

It is important to keep good form and fully contract all of your muscles during every rep. Do not loosen.

Stay tight! Keep all of your muscles (especially your glutes) fully engaged throughout.

Complete each movement with total focus.

Rest only as needed to maintain form.

6 Minute Timed Circuit. 🔥🔥🔥

Set timer for 6 minutes and with absolute PRESENCE and Focus complete as many rounds as you can before time expires.

Exercise	Reps	Notes
A1. <u>ST Straight Leg Hip Up</u>	6	
A2. <u>ST Bent Knee Hip Up</u>	6	
A3. <u>ST Leg Curl</u>	6	
A4. <u>ST Jack Knife</u>	6	

Circuit 5: ATTACK | Rounds: 1

The Finisher!

2 Minutes MAX Reps

First, set a goal in your mind.

Then hit timer 🕒 and with Enthusiasm, Joyfully CRUSH IT! ⚡🔥💪😁👍🔥⚡

Refuse negative and limiting thoughts!

Master Your Mind and Your Body Will ALWAYS Follow.

Be sure to check out the video & keep good form.

Post Your Result and be sure to surpass it next time.

Exercise	Reps	Notes
A1. <u>DB Pulsing Lunge - 1 to 10</u>	2 minutes	-



Circuit 6: PREPARE | Rounds: 1

Relax into each stretch.

Breathe easy.

Hold until there is a letting go.

As you relax into this repeat again and again two simple words that connect and heal yourself and others.

“Thank You, Thank You, Thank You....”Relax into each stretch.

Exercise	Reps	Notes
A1. <u>ST Shoulder Stretch</u>	Hold until there is a letting go.	
A2. <u>ST Back Stretch</u>	Hold until there is a letting go.	
A3. <u>ST Counter Stretch</u>	Hold until there is a letting go.	
A4. <u>Piriformis Stretch</u>	Hold until there is a letting go.	
A5. <u>Hip Crossover Stretch</u>	Hold until there is a letting go.	
A6. <u>Static Back</u>	2 minutes	Count Your Blessings



THURSDAY

Circuit 1: ARISE | Rounds: 1

“If you don’t dig it then you won’t keep doing it.” These words were spoken to me by Juan Carlos Santana and they are true for everything in life.

This does not mean you avoid the things you don’t enjoy.

It means you devote yourself to mastering your mind and body so that you learn to enjoy everything life throws your way.

This is the great gift of Training the way we do here.

Today decide how you are going to show up!

Then “BE” that no matter what.

Provide no other options and it will be so.

It is not complicated but it is not easy...at first.

Over time and with consistent and relentless daily Training it becomes natural and instinctive.

Training can be something you have to do so that you don’t hate yourself or it can be a Spiritual Process that connects you to Source...to your Best Self. You can be the victim of life or the creator of it. The choice is yours.

You are a LION...not a lamb. Let’s go! 🔥💪🐯🙏

Exercise	Reps	Notes
A1. <u>Shoulder Circles</u>	20 forward, 20 reverse	
A2. <u>Counter Stretch</u>	5 slow deep breaths	
A3. <u>Quad Stretch</u>	5 slow deep breaths each side	
A4. <u>Single Leg Toe Touch</u>	5 each side	
A5. <u>Hip Crossover Stretch</u>	5 deep breaths each side	
A6. <u>Side Leg Raises</u>	20 each side	
A7. <u>Side Adductor Raise</u>	20 each side	
A8. <u>Single Leg Glute Raises</u>	20 each side	
A9. <u>Overhead Lockout Lunge with a Twist</u>	8 each side	



Circuit 2: ATTACK | Rounds: AMAP

3 Minute Timed Core Conditioning Circuit

Set timer for 3 minutes and complete as many rounds as possible with good form before time expires. Here is a key to greater results: fully contract your “stomach muscles” as if you were bracing to be punched. COMMAND your muscles to work!

Mental Conditioning: In neuroscience, there is a principle called “what fires together wires together”. Simply put, whatever you focus upon while you do something determines whether it is pleasurable or painful.

For example, if you think “this sucks! ouch! how many more?!? I hate this! can’t wait until this is over!” then you program this belief with exercise. Eventually, you will quit.

However, we can also do the opposite.

👉😊 SMILE and focus on something positive. “I AM getting Stronger with every breath! I AM learning to LOVE this! I AM made for this! YES! I got this!” or whatever inspires you!

This may sound silly but this is research proven and the foundation for creating lasting change!

Let’s do this! 👉

Exercise	Reps	Notes
A1. <u>Bent Knee Hip Up</u>	4 (hold at top and squeeze for 2 sec)	Activates muscles of lower back and hips
A2. <u>Bent Knee Leg Raises</u>	8	fully contract abs entire time!
A3. <u>Bent Knee Crunch</u>	8	fully contract abs entire time!
A4. <u>Floor Jack Knife</u>	8	fully contract abs entire time!
A5. <u>Seated Twists</u>	8 each side	-

Circuit 3: ATTACK | Rounds: 1

Choose any type of continuous movement.

For the first 10 minutes alternate 30 seconds of KILLIN (higher intensity) with 30 seconds of Chillin (lower intensity).

After 10 minutes, continue for another 10 minutes at a steady pace.

For example, Killin could be Running, Chillin could be a fast walk. The steady state could be a slow run or fast walk.

The goal is to elevate your heart rate, sweat and focus completely on what you want to create today. “Keep All Out of Mind Except The Vision You Want”

With Practice This Becomes Automatic and forms the foundation of a life of no regrets.

Exercise	Reps	Notes
A1. Cardiovascular Conditioning	-	-



Circuit 4: PREPARE | Rounds: 1

“Be the change you wish to see in the world.” -Gandhi

Congratulations on investing your time and effort into being your BEST SELF for yourself and to SERVE others! You are a LION! 🦁🐯🙏

Now Relax into each stretch.

Breathe easy. Hold each for at least 3 deep breaths.

Hold until there is a letting go.

As you stretch, imagine what you wish to create this day.

Imagine how you will fuel your body.

Who will you light up today?

How can you be a blessing?

How can you enjoy every moment?

Exercise	Reps	Notes
A1. <u>Calf Stretch</u>	Hold until there is a letting go.	
A2. <u>Piriformis Stretch</u>	Hold until there is a letting go.	
A3. <u>Hip Crossover Stretch</u>	Hold until there is a letting go.	
A4. <u>Child's Pose</u>	Hold until there is a letting go.	
A4. <u>Static Back</u>	2 minutes	Visualize Your Ideal Day



FRIDAY

Circuit 1: ARISE | Rounds: 1

Before you begin, take a moment to set your intention for today's training session.

For example:

TODAY I AM intending to give my best each and every moment!

I am intending to keep my mind focused on gratitude, strength, energy, vitality and VICTORY!

And above all, to enjoy challenging my body!

I am intending to connect to the Best in me and carry it with me throughout the day!

I AM a Lion...not a lamb! 🦁 🏆 🏆

Exercise	Reps	Notes
A1. <u>Shoulder Circles</u>	20 forward, 20 reverse	
A2. <u>Counter Stretch</u>	5 slow deep breaths	
A3. <u>Ankle Circles</u>	20 clockwise each side	
A4. <u>Piriformis Stretch</u>	3 deep breaths each side	
A5. <u>Hip Crossover Stretch</u>	3 deep breaths each side	



Circuit 2: ATTACK | Rounds: 1

Cardiovascular Conditioning:

Choose any one of the following.

1. any type of cardio machine
2. run in place or outside
3. jumping jacks
4. jump rope
5. mountain climbers
6. burpees
7. shadow boxing
8. dancing like a lunatic

40 Seconds KILLIN(All out!) alternated with 20 seconds Chillin (Recovery). Complete 4 rounds.

The objective is to increase your heart rate and trigger mitochondrial growth and enjoy every moment!

SMILE to Train Your Brain 🧠 ⚡ ❤️

Exercise	Reps	Notes
A1. Cardiovascular Conditioning	-	-

Circuit 3: ATTACK | Rounds: AMAP

8 Minute Timed Full Body Agility & Mobility Circuit.

Set timer for 8 minutes and with absolute PRESENCE and Focus complete as many rounds as you can before time expires.

Refuse anything less than your best!

Challenge creates change!

MENTAL Conditioning: 😊 SMILE and focus every thought on what you desire to create!

Visualize and feel as if you have already mastered your body.

Imagine this body of yours pouring out gratitude, pride and inexhaustible energy!

Be Present. Don't neglect this. Every creation is first born in the theater of your mind. 🙏

Exercise	Reps	Notes
A1. <u>Overhead Lockout Lunge with a Twist</u>	8 (4 each side) Move like a panther	(Focus on mobility and athleticism!)
A2. <u>Twisting Push-Ups</u>	8 (4 each side) Reach for the sky!	You were made to move
A3. <u>Mountain Climber</u>	8 each side	
A4. <u>Jumping Jacks</u>	33	get heart rate up! Joyfully Flow!



Circuit 4: ATTACK | Rounds: AMAP

Complete each movement with total focus 🧘

7 Minute Timed Circuit.

Set timer for 7 minutes and with absolute PRESENCE and Focus complete as many rounds as you can before time expires.

✅ Begin with 1 rep of each movement. Then knock out 2 reps of each movement. Keep this pattern going by joyfully crushing 3 reps for f each movement! keep adding 1 more rep every round!

When time expires post how far you made it! Then next time strive to surpass it!

CHALLENGE creates CHANGE! 🍌🍌🍌

This circuit of 3 critical movements train nearly every muscle in your awesome and miraculous body!

Be fully PRESENT! Think only on the Present moment as you concentrate upon each rep...every breath moves you towards greater energy, strength and vitality!

Give it your ALL. Embrace and enjoy every rep!!! 🔥🍌🐱

Exercise	Reps	Notes
A1. <u>ST Row</u>	-	-
A2. <u>Bodyweight Squat</u>	-	-
A3. <u>Hands Elevated Push-Up</u>	-	-



Circuit 5: ATTACK | Rounds: 1

The Finisher! This one may be the Ultimate Mental Conditioning Exercise!

90 seconds MAX Reps of Burpees.

To be able to get up off the ground and RISE up is one of the most important movements a human can do. This makes burpees a highly effective exercise for a higher quality of life.

🐯 Most people hate burpees. The world will tell you that it is easy to dismiss and hate but to embrace it ALL is something higher.

It requires COURAGE and a Higher More Forgiving and Loving Perspective.

This is a common trait of the most happy and fulfilled humans to ever live. Definitely worth giving it a go! The trademark of a Master is to learn to love what was once despised. In essence, to enjoy everything...even the surprises you don't want.

As the saying goes, "turn lemons 🍋 into lemonade!"

First, set a goal in your mind. How many reps will you complete?

What emotional state will you embody as you perform? strength, determination, joy, power, energy, vitality, victory? Then hit timer 🕒 and with Enthusiasm, Joyfully CRUSH IT! ⚡🔥💪😁👍🔥⚡

Refuse negative and limiting thoughts!

Master Your Mind and Your Body Will ALWAYS Follow.

Be sure to keep good form. Post Your Result and be sure to surpass it next time.

Exercise	Reps	Notes
A1. <u>Burpee</u>	90 sec max reps	RISE in VICTORY with every rep! This is Mental Conditioning at its finest! (If you cannot keep form then place hands on elevated surface to lessen load)



Circuit 6: PREPARE | Rounds: 1

Relax into each stretch.

Breathe easy.

Hold until there is a letting go.

As you relax into this repeat again and again two simple words that connect and heal yourself and others.

“Thank You, Thank You, Thank You....”

Exercise	Reps	Notes
A1. <u>ST Shoulder Stretch</u>	Hold until there is a letting go.	
A2. <u>ST Back Stretch</u>	Hold until there is a letting go.	
A3. <u>ST Counter Stretch</u>	Hold until there is a letting go.	
A4. <u>Piriformis Stretch</u>	Hold until there is a letting go.	
A5. <u>Hip Crossover Stretch</u>	Hold until there is a letting go.	
A6. <u>Static Back</u>	2 minutes	Count Your Blessings



SATURDAY

Circuit 1: ARISE | Rounds: 1

“If you don’t dig it then you won’t keep doing it.” These words were spoken to me by Juan Carlos Santana and they are true for everything in life.

This does not mean you avoid the things you don’t enjoy.

It means you devote yourself to mastering your mind and body so that you learn to enjoy everything life throws your way.

This is the great gift of Training the way we do here.

Today decide how you are going to show up!

Then “BE” that no matter what.

Provide no other options and it will be so.

It is not complicated but it is not easy...at first.

Over time and with consistent and relentless daily Training it becomes natural and instinctive.

Training can be something you have to do so that you don’t hate yourself or it can be a Spiritual Process that connects you to Source...to your Best Self. You can be the victim of life or the creator of it. The choice is yours.

You are a LION...not a lamb. Let’s go! 🔥💪🐯🙏

Exercise	Reps	Notes
A1. <u>Shoulder Circles</u>	20 forward, 20 reverse	
A2. <u>Counter Stretch</u>	5 slow deep breaths	
A3. <u>Quad Stretch</u>	5 slow deep breaths each side	
A4. <u>Single Leg Toe Touch</u>	5 each side	
A5. <u>Band Side Walk</u>	20 each side	
A6. <u>Single Leg Glute Raises</u>	20 each side	activates largest muscles in body



Circuit 2: ATTACK | Rounds: 1

33 minutes of FLOW Cardio 🙏🏻👤👤

Choose any type of continuous movement. Make it fun! If possible, go outside. ☀️

👤👤👤 **MENTAL Conditioning:**

Your mission is to joyfully get out of breath, sweat and have the time of your life doing it!

I'm dead serious. 😏👍

Work up a sweat and enjoy every breath!

Focus on being PRESENT. All stress/fear is created when we worry about what might happen in the future or about something that is in the past.

Now is the time to practice being who you want to be. Who you are designed to be. Refuse any limiting thoughts and replace them with a smile, laugh and empowering language.

We are the creators of our lives - whether you know it or not. Take charge of your thoughts and you will take charge of your body and create life on your terms.

No lambs. Only Lions. 🐾👤🙏🏻

Exercise	Duration	Notes
A1. Cardiovascular Conditioning	-	-



Circuit 3: PREPARE | Rounds: 1

VICTORY!!!

Congratulations!

Now it is time to shift gears.

Relax into each stretch.

Breathe easy. Hold each for at least 3 deep breaths.

Hold until there is a letting go.

As you stretch, imagine what you wish to create this day.

Imagine how you will fuel your body.

Who will you light up today?

How can you be a blessing?

How can you enjoy every moment including the challenges that come before you?

Decide now and it will be so.

Thank you for showing up and giving your best! I really appreciate it. -BB3

Exercise	Reps	Notes
A1. <u>Calf Stretch</u>	3 deep breaths each side	
A2. <u>Kneeling Hip Flexor Stretch</u>	3 deep breaths each side	
A3. <u>Glute Stretch</u>	3 deep breaths each side	
A4. <u>Piriformis Stretch</u>	3 deep breaths each side	
A5. <u>Hip Crossover Stretch</u>	3 deep breaths each side	
A6. <u>Static Back</u>	2 minutes	Design Your Day as you wish it to unfold



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You should always consult your physician or other qualified healthcare professional on any matters regarding your health, engagement in physical activity, and/or diet before starting any fitness program or meal plan to determine if it is suitable for your needs.

