



Women's July 2026 M.E.D.Fit Training Protocol

📋 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

Nasal Belly Breathing to increase nitric oxide levels to improve endurance and performance. Breathe 4 seconds in, 4 seconds out 7 reps

After completing 7 reps of nasal breathing, read this statement with focus and purpose...

"Discipline equals freedom. I AM discipline. I never hesitate. I act. I am a lion... Not a lamb. I am about to perform disciplined action. I vow to concentrate fully on the present moment. I will not allow my mind to wander. I will put forth full effort. I will not allow my mind to weaken or limit me. I understand and know in my heart and soul that disciplined action sets me free in every area of my life. I AM A LION! not a lamb" 🦁💪🙏

Exercise	Reps	Notes
<u>A1. 4-7-8 Deep Breathing</u>	5	-
<u>A2. Shoulder Circles</u>	30 forward, 30 reverse	-
<u>A3. Calf Stretch</u>	3 deep breaths	5 sec inhale 5 sec exhale
<u>A4. Ankle Circles</u>	20 each direction	-
<u>A5. Piriformis Stretch</u>	3 deep breaths	5 sec inhale 5 sec exhale
<u>A6. Hip Crossover Stretch</u>	3 deep breaths	5 sec inhale 5 sec exhale

Circuit 2: ATTACK | Rounds: AMAP

This is an 8 Minute Timed Circuit.

Set a timer and complete as many rounds as possible before time expires.

🔥 When combined with your best effort, this protocol burns and produces greater levels of growth hormone.

🔥 This helps burn fat, build lean muscle and turns back the clock!

🧠 Mental Conditioning: Embrace the Burn! Smile and keep your mind focused only on giving your full effort and enjoying it!

| **I AM greater than any obstacle that stands before me3**

Exercise	Reps	Notes
<u>A1. Stationary Lunge</u>	5	SLOW 5 sec up, 5 sec down
<u>A2. Stationary Lunge</u>	20 FAST with good form	1 sec up, 1 sec down
<u>A3. Bodyweight Squat</u>	5	-
<u>A4. Bodyweight Squat</u>	20 FAST with good form	1 sec up, 1 sec down
<u>A5. Band Row-Elbows High</u>	20	-

Circuit 3: ATTACK | Rounds: AMAP

This is an 8 Minute Timed Circuit. 🦁💪🙏

Set a timer and complete as many rounds as possible before time expires.

This circuit must be performed with super hero type posture. Keep your form tight!

As you train, visualize and move as if you are your Ultimate Best Self-The Lion! Embody it and unleash the BEAST! Refuse to allow a single limiting thought! If one sneaks in, sweep it away with a Powerful Statement.

**Discipline equals
Freedom.**

I AM Strong.

I AM Capable.

I AM inexhaustible energy!

**I AM here for a reason and a
purpose and I AM here to Serve at
my highest level! YES!!!**

Exercise	Reps	Notes
<u>A1. Band Tricep Pushdown</u>	15	Smile to Train your brain to love this! :)
<u>A2. Band Upright Row</u>	15	Smile to Train your brain to love this! :)
<u>A3. Bench Dip</u>	10	Smile to Train your brain to love this! :)
<u>A4. Seated Twists</u>	10 each side	Smile to Train your brain to love this! :)

Circuit 4: PREPARE | Rounds: 1

Relax into each stretch.

Breathe easy. Hold until there is a letting go. Create your day as you wish it to unfold. What is your main task for today? What emotional state must you embody for today to be fun and easy and productive?

How can I make it fun?

How can I be a Blessing today?

Who can I lift and light up today?💡💜🦁🙏

Exercise	Reps	Notes
<u>A1. Piriformis Stretch</u>	5 deep breaths	-
<u>A2. Hip Crossover Stretch</u>	5 deeps breaths	-
<u>A3. Child's Pose</u>	5 deep breaths	-
<u>A4. Static Back</u>	3 minutes	Use this time visualize your ideal day

TUESDAY

Circuit 1: ARISE | Rounds: 1

Today you will become even better than you were yesterday.

This training session combined with your best effort and full concentration will create RESULTS. Before you begin, do what great athletes do to optimize performance. Visualize a victorious workout. What does that look like? What does that feel like.? How will you respond when pain comes knocking? Like a lamb or a lion?

You got this! 🦁💪🙏

Exercise	Reps	Notes
<u>A1. Calf Stretch</u>	3 deep breaths each side	-
<u>A2. Piriformis Stretch</u>	3 deep breaths each side	-
<u>A3. Hip Crossover Stretch</u>	3 deep breaths each side	-
<u>A4. Bent knee Hip Up</u>	15	-
<u>A5. Single Leg Toe Touch</u>	5 each side	-
<u>A6. Twisting Push-ups</u>	3 each side	-

Circuit 2: ARISE | Rounds: 1

This circuit is designed to enhance mobility, recruit more muscle fibers and prepare you for greater intensity.

Remember you are an athlete, and you are here to perform.

Be Present. Stay focused on your goal. What you meditate upon grows and expands!

Exercise	Reps	Notes
<u>A1. Band Side Walk</u>	20 each direction	-
<u>A2. Band Monster Walk</u>	20 forward 20 backwards	-
<u>A3. Overhead Lockout Lunge with a Twist</u>	10 per leg	-

Circuit 3: ATTACK | Rounds: 1

ULTIMATE CARDIO

Choose any type of continuous movement.
For example, running, rebounder, shadow boxing, jump rope, jumping jacks, etc.

KILLIN Chillin Cardio KILLIN: High Intensity 15 seconds

Chillin: lower intensity 45 seconds

Complete 20 rounds.

For example, you could do jumping jacks for 15 seconds full force then jog in place 45 seconds. Knock out 20 rounds of that then cool it down! The goal is to sweat, accelerate your heart rate and let go of any stress and most importantly, enjoy every moment.

THAT is Mastery! Cultivate a beautiful state of gratitude, courage, determination. 🙏💜🦁🏆⚡🦅 This is a "moving meditation" that will prepare you beyond the workout. STAND TALL. Breathe. Continuously focus your attention on what you want, and it will be so. 🦁💪🙏

Exercise	Duration	Notes
A1. Cardiovascular Conditioning	-	-

Circuit 4: PREPARE | Rounds: 1

Now is the time to thank and honor your body for serving you so well.

As you breathe deeply, embody a deep appreciation for the gift 🎁 of your sound mind and body. Not everyone has been so blessed. 🙏💪😊 Now from this place of gratitude, mentally CREATE your day as you wish it to unfold.

Exercise	Reps	Notes
<u>A1. Calf Stretch</u>	5 deep breaths	-
<u>A2. Ankle Circles</u>	20	-
<u>A3. Piriformis Stretch</u>	5 deep breaths	-
<u>A4. Hip Crossover Stretch</u>	5 deep breaths	-
<u>A5. Static Back</u>	3 minutes	Mentally Create Your Day

WEDNESDAY

Circuit 1: ARISE | Rounds: 1

Time to Summon the Lion! 💪🦁🙏

Today you will become even better than you were yesterday. This training session combined with your best effort and full concentration will create RESULTS.

Before you begin, do what great athletes do to optimize performance.

Visualize a victorious workout.

What does that look like?

What does that feel like.?

How will you respond when pain comes knocking? Like a lamb or a lion?

Joyfully Crush the challenge before you!

You got this! 🦁💪🙏

Exercise	Reps	Notes
<u>A1. Shoulder Circles</u>	30 forward, 30 backwards	-
<u>A2. ST Counter Stretch</u>	5 deep breaths	-
<u>A3. ST Back Stretch</u>	5 deep breaths	-
<u>A4. Down Dog</u>	5 deep breaths	-
<u>A5. Up Dog</u>	5 deep breaths	-
<u>A6. Child ´s Pose</u>	5 deep breaths	-

Circuit 2: ATTACK | Rounds: AMAP

Set timer for 8 minutes.

Complete as many rounds as possible with good technique and a smile on your face.

Focus on enjoying every rep. This will program your subconscious to love to train and embrace all of life's challenges.

"I AM made for this! Stronger every rep!" 🦁💪🙏

Exercise	Reps	Notes
<u>A1. Band Face Pulls</u>	7	squeeze & hold shoulder blades together 1 sec bottom of rep
<u>A2. ST Row</u>	7	hold top for 1 full second!
<u>A3. Hands Elevated Push-Up</u>	7	pause at bottom for 1 sec then power up!
<u>A4. Jumping Jacks</u>	21	jumping strengthens muscles & builds bone density.

Circuit 3: ATTACK | Rounds: AMAP

8 minute Time Circuit

Complete as many rounds as possible with good form before time expires.

Strive to complete as much work as possible.

Be sure to post your results and do your best to surpass your previous best!

As you train, visualize and move as if you are your Ultimate Best Self-The Lion!

Embody it and unleash the BEAST! 🦁💪🙏🦁💪🙏

Refuse to allow a single limiting thought! If one sneaks in, sweep it away with a Powerful Statement.

Discipline equals Freedom.

I AM Strong.

I AM Capable.

I AM inexhaustible energy!

I AM here for a reason and a purpose and I AM here to Serve at my highest level! YES!!!

Exercise	Reps	Notes
<u>A1. Band Bicep Curl (Palms Up)</u>	15	-
<u>A2. Band Upright Row</u>	15	-
<u>A3. Band Tricep Pushdown</u>	15	-
<u>A4. Bench Dip</u>	15	-

Circuit 4: PREPARE | Rounds: 1

Congratulations on investing this time to improve every aspect of your life. 🦁💪🙏

Now it is time to cool down, let go and CREATE your day as you wish it to unfold.

Hold each for 5 deep relaxing breaths.

Exercise	Reps	Notes
<u>A1. ST Back Stretch</u>	5 deep breaths	-
<u>A2. Piriformis Stretch</u>	5 deep breaths	-
<u>A3. Hip Crossover Stretch</u>	5 deep breaths	-
<u>A4. Child's Pose</u>	5 deep breaths	-
<u>A5. Static Back</u>	3 minutes or hold until you have mentally CREATED your day	-

THURSDAY

Circuit 1: ARISE | Rounds: 1

The focus of today's training session is PRESENCE.

This means stay I AM 100% Focused on the PRESENT moment. This is one of the most powerful skills a human can develop.

"I AM now declaring my absolute full effort and absolute PRESENCE. 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
<u>A1. Shoulder Circles</u>	20 forward, 20 reverse	-
<u>A2. Counter Stretch</u>	5 slow deep breaths	-
<u>A3. Single Leg Toe Touch</u>	5 each side	-
<u>A4. Hip Crossover Stretch</u>	5 deep breaths each side	-
<u>A5. Side Leg Raises</u>	20 each side	-
<u>A6. Side Adductor Raise</u>	20 each side	-
<u>A7. Single Leg Glute Raises</u>	20 each side	-
<u>A8. 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	Duration	Notes
<u>A1. Side Plank Up Downs</u>	10 each side	-
<u>A2. Bent Knee Leg Raises</u>	10	(keep abs contracted the entire time)
<u>A3. Plank Up Downs</u>	10	(keep abs contracted the entire time)
<u>A4. Bent Knee Hip Up</u>	10	(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	Duration	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
<u>A1. Calf Stretch</u>	5 deep breaths	5 sec inhale 5 sec exhale
<u>A2. Piriformis Stretch</u>	5 deep breaths	5 sec inhale 5 sec exhale
<u>A3. Hip Crossover Stretch</u>	5 deep breaths	5 sec inhale 5 sec exhale
<u>A4. Static Back</u>	3 minutes	Visualize Your Ideal Day. And feel a deep sense of Gratitude

FRIDAY

Circuit 1: ARISE | Rounds: 1

Today you will become even better than you were yesterday.

This training session combined with your best effort and full concentration will create RESULTS. Before you begin, do what great athletes do to optimize performance. Visualize a victorious workout. What does that look like? What does that feel like.? How will you respond when pain comes knocking? Like a lamb or a lion? You got this! 🦁💪🙏

Exercise	Reps	Notes
<u>A1. Bent Knee Hip Up</u>	10	-
<u>A2. Single Leg Bent Knee Hip Up</u>	5 each side	-
<u>A3. Bande Side Walk</u>	20 each side	-
<u>A4. Band Monster Walk</u>	20 forward, 20 backwards	-
<u>A5. Single Leg Toe Touch</u>	5 each side	-
<u>A6. ST Squat</u>	5	Hold bottom for 3 deep breaths

Circuit 2: ATTACK | Rounds: AMAP

This is a highly effective circuit that strengthens the "posterior chain" a group of muscles that improve posture, prevents back pain and improves all sport performance.

The prime movers are the glutes, hamstrings and low back.

5 Minute Timed Circuit

- ✓ Complete as many rounds as possible before time expires.
- ✓ Stay focused on keep good form and refuse to allow a limiting thought.
- ✓ Instead SMILE your ass off like an insane person who loves Life's Challenges and knows that Life is always happening for you, never to you. 💪😁👍🦁

The Untrained Mind is your greatest enemy; the Trained Mind is your most Powerful Ally.

Exercise	Reps	Notes
<u>A1. ST Straight Leg Hip Up</u>	6	hold top 1 sec to remove momentum & amplify results
<u>A2. ST Bent Knee Hip Up</u>	4	Hold top 1 full sec
<u>A3. ST Leg Curl</u>	2	Hold top 1 full sec

Circuit 3: ATTACK | Rounds: AMAP

Set timer for 8 minutes.

- ✓ Complete as many rounds as possible with good technique and a smile on your face.
- ✓ Focus on enjoying every rep. This will program your subconscious to love to train and embrace all of life's challenges.

Exercise	Reps	Notes
<u>A1. Stationary Lunge</u>	12 each side	Add DBs or other weight if greater challenge is needed
<u>A2. ST Row</u>	12	Great for a Powerful Posture!
<u>A3. Seated Twists</u>	12 each side	Add weight if greater challenge is needed

Circuit 4: ATTACK | Rounds: 1

The Finisher! 90 second Max Reps!

Set timer for 90 seconds. Then complete as many reps as you can with good technique.

CRUSH IT! You got this! 🦁💪

NOTE: If you have Knee pain then opt for Isometric Prisoner Squat.

If you are more advanced and feel strong then go for the Jump Squat.

The goal is to challenge the body to stimulus positive change so choose wisely. 💪🙏🦁

Exercise	Reps	Notes
<u>A1. Bodyweight Squat</u>	AMAP	-
<u>A2. Isometric Prisoner Squat</u>	AMAP	-

Circuit 5: PREPARE | Rounds: 1

Hold each stretch for 5 deep breaths,

Deep breath = 5 seconds in 5 seconds out. Relax. Let go.

As you finish thank your body for serving you today and envision the rest of your day as you wish it to unfold.

You are a lion not a lamb. 🦁💪🙏.

Exercise	Reps	Notes
<u>A1. Calf Stretch</u>	5 deep breaths	5 sec inhale 5 sec exhale
<u>A2. Piriformis Stretch</u>	5 deep breaths	Let go
<u>A3. Hip Crossover Stretch</u>	5 deep breaths	Acknowledge Victory!
<u>A4. Static Back</u>	3 minutes	CREATE your day as you wish it to unfold

SATURDAY

Circuit 1: ARISE | Rounds: 1

The focus of today's training session is JOYFUL PRESENCE. This means stay 100% Focused on the PRESENT moment and ENJOY. This is one of the most powerful skills a human can develop. This is a source of ENERGY most never master.

When you embody JOYFUL PRESENCE, you are in the state of "FLOW". Be aware of your thoughts. Stay focused on the present moment. If your mind wanders bring it back.

You are a JOYFUL and PRESENT Lion...not a fearful and distracted lamb. 😄🦁💪🙏

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

Circuit 2: ATTACK | Rounds: 1

Core conditioning circuit

These movements train all the muscles located around your waistline including your lower back.

Keep all of your muscles contracted! Squeeze them the entire time and smile! Focus on JOYFUL PRESENCE.

Exercise	Duration	Notes
<u>A1. Plank</u>	60 sec	-
<u>A2. Plank Up Downs</u>	5	-
<u>A3. Side Plank Up Downs</u>	5	-
<u>A4. Side Plank</u>	30 sec	-
<u>A5. Bent Knee Hip Up</u>	15	Top ½ of motion only

Circuit 3: ATTACK | Rounds: 1

Choose any type of continuous movement. 🦁💪🙏

Complete 20 minutes of steady state "Flow" cardio. Work up a sweat! Focus on JOYFUL PRESENCE. Take this time program your mind and install empowering beliefs.

Some examples: Life is always happening for me, not to me! Everything happens for a reason and a purpose, and it serves me. It may not be obvious now but there is a greater future benefit. Life is easy when I am being me.

"Every day in every way, I am getting better and better."

(From Wallace D. Wattles, The Science of Being Great! 1908).

Exercise	Duration	Notes
A1. Cardiovascular Conditioning	-	-

Circuit 4: PREPARE | Rounds: 1

Relax into each stretch. Breath easy. Hold until there is a letting go. Create your day as you wish it to unfold. What is your main task for today? What emotional state must you embody for today to be fun and easy and productive? How can I make it fun? How can I be a Blessing today? Who can I lift up and light up today?

Exercise	Reps	Notes
<u>A1. Calf Stretch</u>	5 deep breaths	5 sec inhale 5 sec exhale
<u>A2. Piriformis Stretch</u>	5 deep breaths	What are you grateful for in this moment?
<u>A3. Hip Crossover Stretch</u>	5 deep breaths	Be Present. Breathe.
<u>A4. Static Back</u>	3 minutes	VISUALIZE your day as you wish it to unfold