



M.E.D.Fit Training Protocol #4 Women

Note:

You will need the following equipment for this Training Protocol:

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

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



MONDAY

Circuit 1: ARISE | Rounds: 1

Nasal Belly Breathing

Breathe 4 seconds in, 4 seconds out

12 breaths

Create Absolute Presence!

After completing 12 reps of nasal breathing, read this statement with focus and purpose...

“Discipline equals freedom.

I AM discipline.

I never hesitate.

I take action.

I am a lion... Not a lamb.

I am about to perform a 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!”

Mobility & Muscle Activation:

Continue to breathe only through your nose.

Although challenging at first, over time it increases energy and performance by producing higher levels of nitric oxide.

Exercise	Reps	Notes
A1. <u>Shoulder Circles</u>	20 forward, 20 backward	
A2. <u>Down Dog</u>	Hold for 5 deep nasal breaths	
A3. <u>Up Dog</u>	Hold for 5 deep nasal breaths	
A4. <u>Child’s Pose</u>	Hold for 5 deep nasal breaths	
A5. <u>Hip Crossover Stretch</u>	Hold for 5 deep nasal breaths	



Circuit 2: ATTACK | Rounds: AMAP

Set timer for 6 minutes.

Complete the assigned reps of each movement non-stop until time expires.

Refuse to allow a single limiting thought to enter your mind as you train. If a limiting thought sneaks by then immediately replace it with a powerful thought!

No lambs. Only Lions.

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

Circuit 3: ATTACK | Rounds: AMAP

Set timer for 6 minutes.

Complete the assigned reps of each movement non-stop until time expires.

Exercise	Reps	Notes
A1. <u>Band Overhead Tricep Extension</u>	20	
A2. <u>Band Skiers</u>	20	
A3. <u>Band Tricep Pushdown</u>	20	
A4. <u>Shoulder Circles</u>	20 backwards	



Circuit 4: ATTACK | Rounds: AMAP

Set timer for 6 minutes.

Complete the assigned reps of each movement non-stop until time expires.

concentrate fully on the Present moment KNOWING every rep brings you closer to Self-Mastery!
VICTORY!

Exercise	Reps	Notes
A1. <u>Band Face Pulls</u>	10	squeeze shoulder blades together and hold 2 seconds at outstretched arm position
A2. <u>ST Row</u>	10	
A3. <u>Shoulder Circles</u>	20 backwards	

Circuit 5: ATTACK | Rounds: 1

Set timer for 90 seconds. Complete as many reps as you can before time expires! 💪🔥🦁

Note your result and strive to surpass it next time!

Mental Conditioning 🧠💪🦁 Refuse to allow a single limiting thought to enter your mind as you train. If a limiting thought sneaks by, then immediately replace it with a powerful thought! No lambs. Only Lions.

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



Circuit 6: PREPARE | Rounds:1

Cool down:

Prepare to conquer your day!

Continue to breathe only through your nose.

Hold each stretch for at least 5 deep nasal breaths.

As you relax into each stretch fall into gratitude.

Repeat “Thank you” as you think of all the blessings in your life.

Make today your masterpiece! 💪🐾🙏

Exercise	Reps	Notes
A1. <u>Kneeling Hip Flexor Stretch</u>	5 deep nasal breaths	
A2. <u>Piriformis Stretch</u>	5 deep nasal breaths	
A3. <u>Hip Crossover Stretch</u>	5 deep nasal breaths	
A4. <u>Child’s Pose</u>	5 deep nasal breaths	
A5. <u>Static Back</u>	2 minutes	Visualize your goal



TUESDAY

Circuit 1: ARISE | Rounds: 1

Before you train, take a moment to become PRESENT.
Thank every part of your body for existing and serving you so well.
Remain absolutely PRESENT throughout the session.
This moving meditation enhances concentration and focus.
If your mind wanders, repeat "I AM Present.
I AM focused and I love it."

Exercise	Reps	Notes
A1. <u>4-7-8 Deep Breathing</u>	10	

Circuit 2: ATTACK | Rounds: 2

Core Conditioning Circuit

As you train your muscles around your waistline, it is important to fully engage all of your muscles. This protects your back from injury and produces greater results. 💪✅👊

Exercise	Reps	Notes
A1. <u>Plank</u>	60 sec	Contract Every Muscle In Your Body!
A2. <u>Side Plank</u>	30 sec each side	Contract Every Muscle In Your Body!
A3. <u>Bent Knee Leg Raises</u>	15	
A4. <u>Seated Twists</u>	15 each side	Rest 30 sec



Circuit 3: ARISE | Rounds: 1

The purpose of this circuit is to create greater range of motion by opening up any restrictions in the myofascial areas.

By doing so, you are making an investment in your future success. Over time, these myofascial restrictions can lead to nagging pains and injuries that zap your energy.

After the foam roller exercises to open up the body, then you will perform muscle activation movements to make certain your muscles are firing.

Foam rollers are great but alone they can sometimes inhibit or “turn off” some muscles. This can lead to injury unless followed by a muscle activation protocol.

Your goal is to be grateful for this opportunity. A state of gratitude leads the greater results. sounds crazy...try being a selfish jackass then compare the two. lol! Watch the videos for further instruction

Exercise	Reps	Notes
A1. <u>Foam Roller: Calf</u>	At least 5 deep breaths	
A2. <u>Foam Roller: Hamstring</u>	At least 5 deep breaths	
A3. <u>Foam Roller: IT Band</u>	At least 5 deep breaths	
A4. <u>Foam Roller: Piriformis</u>	At least 5 deep breaths	
A5. <u>Foam Roller: Lats & Back of Shoulder</u>	At least 5 deep breaths	
A6. <u>Single Leg Glute Raises</u>	20 each side	
A7. <u>Side Leg Raises</u>	20 each side	
A8. <u>Side Adductor Raise</u>	20 each side	



Circuit 4: ATTACK | Rounds: 1

Cardiovascular conditioning is any type of continuous movement that accelerates your heart rate. It challenges your heart and lungs and increases circulation.

You can run, walk quickly, rebound, run in place, jumping jacks, cycle, elliptical trainer, stepper, rower, swimming or even dance around. They are all equally effective. There is no magic fat burning exercise. It all depends on challenging your heart and lungs and finding something you will consistently do.

Bottomline:

The key is to increase heart rate and get slightly out of breath.

In today's workout you will alternate periods of higher intensity and periods of lesser intensity.

I call this KILLIN & Chillin.

Instructions:

1. **Begin with 3 minutes lower intensity (walking, jogging etc). gradually increase intensity.**
2. **Now increase intensity (KILLIN!) for 1 minute.**
3. **Next recover with lower intensity for 1 minute.**
4. **Continue until you complete 10 of each (20 total minutes of KILLIN & Chillin)**
5. **Finish with Chillin until heart rate recovers.** 🦵❤️

MENTAL Conditioning: 🧠🦵🐘

This is a perfect opportunity to install new beliefs.

You can choose your own or choose one of these:

Life always happens for me, not to me.

Everything happens for a reason and it serves me.

Life is easy when I AM connected to my True Self.

I AM a Lion...not a lamb.

Everyone is doing the best they can with what they got.

I refuse to criticize or blame anyone including myself.

I AM here to Serve.

I love my life!

I appreciate and I am blessed to have a capable mind and body that serves me.

Choose one and repeat again and again.

FEEL it as if you have become it.

Repetition and emotion complete the installation.

Exercise	Reps	Notes
A1. Cardiovascular Conditioning	20 minutes	See above



Circuit 5: PREPARE | Rounds: 1

This mobility circuit will improve flexibility and increase circulation - both of which can help Bulletproof your body from pain and injury.

the key is to put your body in a parasympathetic state (aka relax). Do not force it. Allow the body to let go.

Hold each stretch for at least 5 deep breaths.

A deep breath is defined by 5 second inhale followed by 5 second exhale.

As you relax into these stretches, count your blessings. Gratitude unhinges the rust of the mind.

Exercise	Reps	Notes
A1. <u>Kneeling Hip Flexor Stretch</u>	5 deep breaths	
A2. <u>Piriformis Stretch</u>	5 deep breaths	
A3. <u>Hip Crossover Stretch</u>	5 deep breaths	
A4. <u>Ankles Circles</u>	20 each direction	
A5. <u>Child's Pose</u>	5 deep breaths	Visualize Your Ideal Day
A6. <u>Static Back</u>	3 minutes	IMAGINE what you wish to Create



WEDNESDAY

Circuit 1: ARISE | Rounds: 1

Nasal Belly Breathing

Breathe 4 seconds in, 4 seconds out

20 reps

After completing 20 reps of nasal breathing, read this statement with focus and purpose...

“Discipline equals freedom.

I AM discipline.

I never hesitate.

I take action.

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!”

Mobility & Muscle Activation:

Continue to breathe only through your nose.

Although challenging at first, over time it increases energy and performance by producing higher levels of nitric oxide.

Exercise	Reps	Notes
A1. <u>Shoulder Circles</u>	20 forward, 20 backward	
A2. <u>Down Dog</u>	Hold for 5 deep nasal breaths	
A3. <u>Up Dog</u>	Hold for 5 deep nasal breaths	
A4. <u>Child’s Pose</u>	Hold for 5 deep nasal breaths	
A5. <u>Hip Crossover Stretch</u>	Hold for 5 deep nasal breaths	



Circuit 2: ATTACK | Rounds: 2 rounds

Complete the assigned reps of each movement while fully contracting and squeezing your leg muscles with all you got!

✔ Be sure to complete 2 rounds.

When done with Presence and Focus, this simple Triplex recruits important muscle fibers that are often dormant at the beginning of training. This activation improves performance and drastically reduces risk of injury. 🤪👍🏆🐅

Exercise	Reps	Notes
A1. <u>Side Leg Raises</u>	30	-
A2. <u>Side Adductor Raise</u>	30	
A3. <u>Single Leg Glute Raises</u>	30 each side	

Circuit 3: ATTACK | Rounds: AMAP

This circuit is advanced and is incredible for increasing athleticism, strength and posture.

Be sure to keep your hips driven upward throughout the circuit especially leg curls.

You got this!

Set timer for 6 minutes. Complete the assigned reps of each movement non-stop until time expires.

Refuse to allow a single limiting thought to enter your mind as you train. If a limiting thought sneaks by then immediately replace it with a powerful thought! No lambs. Only Lions. 🤪

Exercise	Reps	Notes
A1. <u>ST Straight Leg Hip Up</u>	12	
A2. <u>ST Bent Knee Hip Up</u>	9	
A3. <u>ST Leg Curl</u>	6	



Circuit 4: ATTACK | Rounds: AMAP

Set timer for 7 minutes. Complete the assigned reps of each movement non-stop until time expires. Refuse to allow a single limiting thought to enter your mind as you train. If a limiting thought sneaks by then immediately replace it with a powerful thought! No lambs. Only Lions.

Exercise	Reps	Notes
A1. <u>Reverse Lunge</u>	10	Hold weights for greater challenge
A2. <u>DB Goblet Squat</u>	10	Hold DBs or medball or water jug or anything you can find
A3. <u>Bodyweight Squat</u>	10	If needed hold weights for greater challenge

Circuit 5: ATTACK | Rounds: 1

Set timer for 2 minutes. Complete as many reps as you can in 2 minutes. Stay low! Keep your form right. It will burn!! 🔥
Keep a VICTORIOUS mindset!

Exercise	Reps	Notes
A1. <u>Band Side Walk</u>	1 minutes each direction	Squat down for greater challenge!



Circuit 6: PREPARE | Rounds: 1

Cool down:

Prepare to conquer your day!

Continue to breathe only through your nose.

Hold each stretch for at least 5 deep nasal breaths.

As you relax into each stretch fall into gratitude.

Repeat "Thank you" as you think of all the blessings in your life.

Make today your masterpiece! 💪🐯🙏

Exercise	Reps	Notes
A1. <u>Kneeling Hip Flexor Stretch</u>	5 deep nasal breaths	
A2. <u>Glute Stretch</u>	5 deep nasal breaths	
A3. <u>Piriformis Stretch</u>	5 deep nasal breaths	
A4. <u>Hip Crossover Stretch</u>	5 deep nasal breaths	
A5. <u>Child's Pose</u>	5 deep nasal breaths	
A6. <u>Static Back</u>	2 minutes	Visualize your goal. Feel it!



THURSDAY

Circuit 1: ARISE | Rounds: 1

Before you train, take a moment to become PRESENT.
Thank every part of your body for existing and serving you so well.
Remain absolutely PRESENT throughout the session.
This moving meditation enhances concentration and focus.
If your mind wanders, repeat "I AM Present.
I AM focused and I love it."

Exercise	Reps	Notes
A1. <u>4-7-8 Deep Breathing</u>	10	

Circuit 2: ATTACK | Rounds: 2

Core Conditioning Circuit

As you train your muscles around your waistline, it is important to fully engage all of your muscles. This protects your back from injury and produces greater results.

Exercise	Reps	Notes
A1. <u>Plank</u>	60 sec	Contract Every Muscle In Your Body!
A2. <u>Side Plank</u>	30 sec each side	Contract Every Muscle In Your Body!
A3. <u>Bent Knee Leg Raises</u>	15	
A4. <u>Seated Twists</u>	15 each side	Rest 30 sec



Circuit 3: ARISE | Rounds: 1

(Optional but highly recommended)

The purpose of this circuit is to create greater range of motion by opening up any restrictions in the myofascial areas.

By doing so, you are making an investment in your future success. Over time, these myofascial restrictions can lead to nagging pains and injuries that zap your energy.

After the foam roller exercises to open up the body, then you will perform muscle activation movements to make certain your muscles are firing.

Foam rollers are great but alone they can sometimes inhibit or “turn off” some muscles. This can lead to injury unless followed by a muscle activation protocol.

Your goal is to be grateful for this opportunity.

A state of gratitude leads the greater results. Sounds crazy...try being a selfish jackass then compare the two. lol!

Watch the videos for further instruction.

Exercise	Reps	Notes
A1. <u>Foam Roller: Calf</u>	At least 5 deep breaths	
A2. <u>Foam Roller: Hamstring</u>	At least 5 deep breaths	
A3. <u>Foam Roller: IT Band</u>	At least 5 deep breaths	
A4. <u>Foam Roller: Piriformis</u>	At least 5 deep breaths	
A5. <u>Foam Roller: Lats & Back of Shoulder</u>	At least 5 deep breaths	
A6. <u>Single Leg Glute Raises</u>	20 each side	
A7. <u>Side Leg Raises</u>	20 each side	
A8. <u>Side Adductor Raise</u>	20 each side	



Circuit 4: ATTACK | Rounds: 1

Cardiovascular conditioning is any type of continuous movement that accelerates your heart rate. It challenges your heart and lungs and increases circulation. You can run, walk quickly, rebound, run in place, jumping jacks, cycle, elliptical trainer, stepper, rower, swimming or even dance around. They are all equally effective. There is no magic fat burning exercise. It all depends on challenging your heart and lungs and finding something you will consistently do.

Bottomline:

The key is to increase heart rate and get slightly out of breath. In today's workout you will alternate periods of higher intensity and periods of lesser intensity. I call this KILLIN & Chillin.

Instructions:

1. **Begin with 3 minutes lower intensity (walking, jogging etc). gradually increase intensity.**
2. **Now increase intensity (KILLIN!) for 30 seconds.**
3. **Next recover with lower intensity for 30 seconds.**
4. **Continue until you complete 20 of each (20 total minutes of KILLIN & Chillin)**
5. **Finish with Chillin until heart rate recovers.** 🙌❤️

MENTAL Conditioning: 🧠🙌🦁

This is a perfect opportunity to install new beliefs.

You can choose your own or choose one of these:

Life always happens for me, not to me.

Everything happens for a reason and it serves me.

Life is easy when I AM connected to my True Self.

I AM a Lion...not a lamb.

Everyone is doing the best they can with what they got.

I refuse to criticize or blame anyone including myself.

I AM here to Serve.

I love my life!

I appreciate and I am blessed to have a capable mind and body that serves me.

Choose one and repeat again and again.

FEEL it as if you have become it.

Repetition and emotion complete the installation.

Exercise	Reps	Notes
A1. Cardiovascular Conditioning	20 minutes	-



Circuit 5: PREPARE | Rounds: 1

This mobility circuit will improve flexibility and increase circulation - both of which can help Bulletproof your body from pain and injury.

the key is to put your body in a parasympathetic state (aka relax). Do not force it. Allow the body to let go.

Hold each stretch for at least 5 deep breaths.

A deep breath is defined by 5 second inhale followed by 5 second exhale.

As you relax into these stretches, count your blessings. Gratitude unhinges the rust of the mind.

Exercise	Reps	Notes
A1. <u>Kneeling Hip Flexor Stretch</u>	5 deep breaths	
A2. <u>Glute Stretch</u>	5 deep breaths	
A3. <u>Piriformis Stretch</u>	5 deep breaths	
A4. <u>Hip Crossover Stretch</u>	5 deep breaths	
A5. <u>Child's Pose</u>	5 deep breaths	Visualize Your Ideal Day
A6. <u>Static Back</u>	2 minutes	IMAGINE what you wish to Create



FRIDAY

Circuit 1: ARISE | Rounds: 1

Nasal Belly Breathing to increase Nitric Oxide.

Breathe 4 seconds in, 4 seconds out

20 reps

After completing 20 reps of nasal breathing, read this statement with focus and purpose...

“Discipline equals freedom.

I AM discipline.

I never hesitate.

I take action.

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!”

Mobility & Muscle Activation:

Continue to breathe only through your nose.

Although challenging at first, over time it increases energy and performance by producing higher levels of nitric oxide.

Exercise	Reps	Notes
A1. <u>Shoulder Circles</u>	20 forward, 20 backward	
A2. <u>Down Dog</u>	Hold for 5 deep nasal breaths	
A3. <u>Up Dog</u>	Hold for 5 deep nasal breaths	
A4. <u>Child’s Pose</u>	Hold for 5 deep nasal breaths	
A5. <u>Hip Crossover Stretch</u>	Hold for 5 deep nasal breaths	



Circuit 2: ATTACK | Rounds: AMAP

Set timer for 6 minutes. Complete the assigned reps of each movement non-stop until time expires. Refuse to allow a single limiting thought to enter your mind as you train. If a limiting thought sneaks by then immediately replace it with a powerful thought! No lambs. Only Lions.

Exercise	Reps	Notes
A1. <u>Band Tricep Pushdown</u>	15	
A2. <u>Band Skiers</u>	15	
A3. <u>Bench Dip</u>	15	
A4. <u>Jumping Jacks</u>	15	

Circuit 3: ATTACK | Rounds: AMAP

Set timer for 6 minutes. Complete the assigned reps of each movement non-stop until time expires. Refuse to allow a single limiting thought to enter your mind as you train. If a limiting thought sneaks by then immediately replace it with a powerful thought! No lambs. Only Lions.

Exercise	Reps	Notes
A1. <u>Band Lateral Raises</u>	10	
A2. <u>Band Upright Row</u>	10	
A3. <u>Band Bicep Curl (Palms Up)</u>	10	



Circuit 4: ATTACK | Rounds: AMAP

Set timer for 6 minutes. Complete the assigned reps of each movement non-stop until time expires.

Fully contract every muscle! This will burn! 🔥

“Discipline equals Freedom!” 💪🐯🙏🏆

Exercise	Reps	Notes
A1. <u>ST Row</u>	8	-
A2. <u>DB Alternating Overhead Press</u>	8 each side	Option: use band if no DBs available
A3. <u>Seated Twists</u>	8 each side	-

Circuit 5: ATTACK | Rounds: 1

Set timer for 90 seconds.

Complete as many reps as you can before time expires. 🔥

Note your result and do your best to surpass it next time!

Make it burn!!! 🔥

Challenge creates change! 💪

Exercise	Reps	Notes
A1. <u>Band Row- Elbows High</u>		



Circuit 6: PREPARE | Rounds: 1

Cool down:

Prepare to conquer your day!

Continue to breathe only through your nose.

Hold each stretch for at least 5 deep nasal breaths.

As you relax into each stretch fall into gratitude.

Repeat "Thank you" as you think of all the blessings in your life.

Make today your masterpiece! 💪🐯

Exercise	Reps	Notes
A1. <u>Kneeling Hip Flexor Stretch</u>	5 deep nasal breaths	
A2. <u>Piriformis Stretch</u>	5 deep nasal breaths	
A3. <u>Hip Crossover Stretch</u>	5 deep nasal breaths	
A4. <u>Child's Pose</u>	5 deep nasal breaths	
A5. <u>Static Back</u>	2 minutes	Visualize your goal



SATURDAY

Circuit 1: ARISE | Rounds: 1

When the world is full of fear and uncertainty, it requires you to rise up above it all.

Declaration of the Day!

“I AM intending to increase my energy, my vitality and immunity both physically and mentally! I know that I grow stronger with each repetition and every positive thought and word! I AM committed to giving my best today! I AM committed to conquering fear and leading by example! I am not a lamb. I AM a LION! 💪 🦁 🙏 ❤️”

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?

Exercise	Reps	Notes
A1. <u>4-7-8 Deep Breathing</u>	5	
A2. <u>Ankle Circles</u>	20 each direction	
A3. <u>Piriformis Stretch</u>	5 deep breaths each side	
A4. <u>Hip Crossover Stretch</u>	5 deep breaths each side	



Circuit 2: ATTACK | Rounds: 1

Lower Body Muscle Activation and Mobility

Refuse to allow a single limiting thought to enter your mind as you train. If a limiting thought sneaks by then immediately replace it with a powerful thought! No lambs. Only Lions.

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

Circuit 3: ATTACK | Rounds: 1

Steady state cardio 30 minutes

target heart rate range 120-140 bpm.

As you train use this time as a “moving meditation”.

Focus on complete and absolute control of your thoughts.

The goal is to be in a beautiful state.

To be completely Present.

If your mind wanders then focus again by taking a deep breath, stand tall and count your blessings.

Recall extraordinary and blessed moments from your life. Recall some from the past and envision new ones as you wish them to be.

At first, this can be tedious because of its difficulty; however, if you stick it out it will become a ritual that you cherish.

Exercise	Duration	Notes
A1. Cardiovascular Conditioning	30 min	-



Circuit 4: PREPARE | Rounds: 1

Cool down:

Prepare to conquer your day!

Continue to breathe only through your nose.

Hold each stretch for at least 5 deep nasal breaths.

As you relax into each stretch fall into gratitude.

Repeat "Thank you" as you think of all the blessings in your life.

Make today your masterpiece! 💪🐯🙏

Exercise	Reps	Notes
A1. <u>Kneeling Hip Flexor Stretch</u>	5 deep nasal breaths each side	
A2. <u>Piriformis Stretch</u>	5 deep nasal breaths each side	
A3. <u>Hip Crossover Stretch</u>	5 deep nasal breaths each side	
A4. <u>Child's Pose</u>	5 deep nasal breaths each side	
A5. <u>Static Back</u>	2 minutes	Visualize your goal. Feel it.



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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.

"It's the little things...the small daily actions that when done consistently & relentlessly that lead to MASSIVE RESULTS over time. Stay the course & you will be rewarded." - BB3

