



M.E.D. Fit Training Protocol #5 Men

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

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

"I AM committed to give my absolute best today. I refuse mediocrity. I will be absolutely PRESENT and I will challenge my body and savor every rep! I AM here to unleash the Lion within me - the REAL Me! I AM unstoppable in my Training and beyond! I AM no lamb. I AM a LION! VICTORY!!!"
The 4 Most Impactful Training Principles Ever.

These apply to all humans.

1. Stand the way you want to look. Like a superhero. Lion up!
2. Total Body Muscle Contraction. Command & Demand all of your muscles to work. Do not be passive. "move like a powerful machine."
3. Absolute Presence. Fully concentrate on the task at hand. See yourself crushing it. Savor every rep. Smile and enjoy every moment.
4. Challenge creates change. Go to the point where you cannot keep good form. This is the needed stimulus for the body to adapt and improve!

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	Be Present
A5. <u>Hip Crossover Stretch</u>	3 deep breaths each side	Be Present
A6. <u>The Matrix Lunge</u>	3 each position	Focus on mobility



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 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>Feet Elevated Push-Up</u>	5	pause for 1 sec. bottom of each rep
A2. <u>Push-Ups</u>	10	
A3. <u>Hands Elevated Push-Up</u>	15	
A4. <u>Band Row - Elbows High</u>	30	Stand Tall! Like a Super Hero!



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.

Make this one burn and you will develop and sculpt your arms and back and more 🔥💪🔥💪🔥

Give it your all!

Exercise	Reps	Notes
A1. <u>Band Upright Row</u>	20	
A2. <u>Band Bicep Curl (Palms Up)</u>	20	
A3. <u>ST High Low Row</u>	12	
A4. <u>Twisting Push-Ups</u>	3 each side	

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.

🎯 Keep track of your Result and be sure to surpass it next time.

Exercise	Reps	Notes
A1. <u>Band Tricep Pushdown</u>	All you got! Make it burn!	-



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>Counter 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>Static Back</u>	3 minutes	Count Your Blessings



TUESDAY

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
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 breath each side	
A6. <u>Side Leg Raises</u>	15 each side	
A7. <u>Side Adductor Raise</u>	15 each side	
A8. <u>Single Leg Glute Raises</u>	15 each side	
A9. <u>Overhead Lockout Lunge with a Twist</u>	8 each side	



Circuit 2: Attack| Rounds: AMAP

4 Minute Timed Core Conditioning Circuit

Set timer for 4 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>Reverse Crunches</u>	8	hold top 1 sec. No momentum
A2. <u>Straight Leg Raises</u>	8	hold top 1 sec and fully contract abs
A3. <u>DB Toe Touch Sit Up</u>	8	Hold weight or water jug or anything
A4. <u>Single Leg Twisting Crunches</u>	8 each side	
A5. <u>Bent Knee Hip Up</u>	2 (hold at top and squeeze for 2 sec)	Strengthens lower back, glutes



Circuit 3: Attack | Rounds: 1

Choose any type of continuous movement.

For the first 10 minutes alternate 60 seconds of KILLIN (higher intensity) with 60 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	20 minutes total	-

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 each for at least 3 deep breaths	
A2. <u>Hip Crossover Stretch</u>	Hold each for at least 3 deep breaths	
A3. <u>Calf Stretch</u>	Hold each for at least 3 deep breaths	
A4. <u>Child's Pose</u>	Hold each for at least 3 deep breaths	
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>	7	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: 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 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>Single Leg Bent Knee Hip Up</u>	6 each side	Hold top 1 sec
A2. <u>Bent Knee Leg Raises</u>	12	Hold top 1 sec
A3. <u>Stationary Lunge</u>	12 each side	
A4. <u>Lunge Jump</u>	3 each side (land like a cat)	If too challenging, perform reverse lunges with weight



Circuit 4: Attack | Rounds: AMAP

This is an advanced circuit.

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.

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.

Exercise	Reps	Notes
A1. <u>Single Leg Glute Raises</u>	12 each side	hold top and squeeze 1 full sec
A2. <u>Bodyweight Squat</u>	9	pause at bottom of each rep 2 sec
A3. <u>Jump Squat</u>	6 land softly, like a cat!	Increases muscle, strength, power and bone density!

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.

Keep track of Your Result and be sure to surpass it next time.

Exercise	Reps	Notes
A1. <u>Walking Lunge with Pulse</u>	-	Hold DBs or other weight for greater challenge



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>Counter Stretch</u>	3 deep relaxing breaths	
A2. <u>Piriformis Stretch</u>	At least 3 deep relaxing breaths	
A3. <u>Hip Crossover Stretch</u>	3 deep relaxing breaths or more	
A4. <u>Static Back</u>	3 minutes. Count Your Blessings	Cultivate a state of gratitude



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 breath each side	
A6. <u>Side Leg Raises</u>	15 each side	
A7. <u>Side Adductor Raise</u>	15 each side	
A8. <u>Single Leg Glute Raises</u>	15 each side	
A9. <u>Overhead Lockout Lunge with a Twist</u>	8 each side	



Circuit 2: Attack | Rounds: AMAP

4 Minute Timed Core Conditioning Circuit

Set timer for 4 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>	2	hold at top and squeeze for 2 sec
A2. <u>Reverse Crunches</u>	8	Relax into it.
A3. <u>Bent Knee Leg Raises</u>	8	fully contract abs entire time!
A4. <u>Bent Knee Crunch</u>	8	fully contract abs entire time!

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	20 minutes	-



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>	3 deep breaths	Expand Rib Cage
A2. <u>Piriformis Stretch</u>	3 deep breaths	
A3. <u>Hip Crossover Stretch</u>	3 deep breaths	
A4. <u>Static Back</u>	2 minutes	Visualize Your Ideal Day



FRIDAY

Circuit 1: Arise | Rounds: 1

Before you unleash the beast make this declaration

The Way of the Lion. 🦁🙏🔥⚡

"I, (your name) refuse to blame anyone or anything in my life.

I know that everything happens for my benefit.

It is either a lesson that I must learn or a launching pad to victory.

I accept 100% full responsibility for my life.

I know that success is never a straight line.

I embrace the challenges as they propel me to be more and to grow beyond my comfort level.

I don't allow my emotions to dictate my actions as I am the creator of my emotions. I am not a fearful

lamb...I AM a LION 🦁🙏❤️🦋.

I AM here to Serve! And I AM made for this! 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	



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 Metabolic Circuit.

This one is called "The Appetizer" and works all of the major muscle groups in the body!

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

This is an Ascending Ladder Circuit: ☐ 🦵 🐯

Begin with 1 rep of each movement then complete 2 reps of each exercise, Next knock out 3 reps of all three exercises...continue on adding 1 rep every round until time expires.

Post how far you get and strive to surpass it next time!

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>Bodyweight Squat</u>	1, 2, 3, 4, 5, 6, 7...	
A2. <u>Push-Ups</u>	1, 2, 3, 4, 5, 6, 7...	
A3. <u>ST Row</u>	1, 2, 3, 4, 5, 6, 7...	



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.

This circuit requires you to move like a machine. like a robot 🤖 ...with precision form. slowly and deliberately squeeze and fully contract your muscles. Do not swing your arms around like a one-winged bird trying to take flight.

This combination of movements when combined with the proper intensity & right nutrition will build and develop your entire shoulder girdle and biceps and forearms.

Give it your ALL. Embrace and enjoy the burn! 🔥💪🦁

Exercise	Reps	Notes
A1. <u>Band Tricep Pushdown</u>	15	
A2. <u>Band Overhead Tricep Extension</u>	15	
A3. <u>Bear Crawls</u>	15 forward 15 reverse	Great core training! Stay focused

Circuit 5: Attack | Rounds: 1

The Finisher!

Set a timer for 90 seconds and complete as many reps as you can with good form!

Stand tall and bring the thunder!

Challenge creates change!

Keep track of Your Result and be sure to surpass it next time. 🏆🦁🏆

You got this Lion!

Exercise	Reps	Notes
A1. <u>Band Bicep Curl (Palms Up)</u>	All you got! Stand Tall & Deliver!	



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 Glute Raises</u>	20 each side	
A5. <u>Hip Crossover Stretch</u>	5 deep breath each side	
A6. <u>Single Leg Toe Touch</u>	5 each side	
A7. <u>Band Side Walk</u>	20 each side	
A8. <u>Band Monster Walk</u>	20 forward, 20 backward	



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	Reps	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>	3 minutes	Design Your Day as you wish it to unfold

