



Men'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 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
A1. <u>4-7-8 Deep Breathing</u>	5	-
A2. <u>Shoulder Circles</u>	30 forward, 30 reverse	-
A3. <u>Calf Stretch</u>	3 deep breaths	5 sec inhale 5 sec exhale
A4. <u>Ankle Circles</u>	20 each direction	-
A5. <u>Piriformis Stretch</u>	3 deep breaths	5 sec inhale 5 sec exhale
A6. <u>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 turn 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 me! 🦁

Exercise	Reps	Notes
A1. <u>Stationary Lunge</u>	5	SLOW (5 sec up, 5 sec down)
A2. <u>Stationary Lunge</u>	20	FAST with good form (1 sec up, 1 sec down)
A3. <u>Bodyweight Squat</u>	5	SLOW (5 sec up, 5 sec down)
A4. <u>Bodyweight Squat</u>	20	FAST with good form (1 sec up, 1 sec down)
A5. <u>Band Row- Elbows High</u>	20	(count down backwards)
A6. <u>Push- Ups</u>	5	SLOW (5 sec up, 5 sec down)
A7. <u>Push- Ups</u>	20	FAST with good form (1 sec up, 1 sec down)

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.**



I AM here to **SERVE** at my highest level!

YES!!!

Exercise	Reps	Notes
A1. <u>ST High Row</u>	5	SLOW 5 sec up, 5 sec down
A2. <u>ST Row</u>	15 FAST with good form	2 sec up, 1 sec down
A3. <u>Band Tricep Pushdown</u>	15	Smile to Train your brain to love this! :)
A4. <u>Band Upright Row</u>	15	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
A1. <u>Piriformis Stretch</u>	5 deep breaths	-
A2. <u>Hip Crossover Stretch</u>	5 deeps breaths	-
A3. <u>Child's Pose</u>	5 deep breaths	-
A4. <u>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
A1. <u>Calf Stretch</u>	3 deep breaths each side	-
A2. <u>Piriformis Stretch</u>	3 deep breaths each side	-
A3. <u>Hip Crossover Stretch</u>	3 deep breaths each side	-
A4. <u>Bent knee Hip Up</u>	15	-
A5. <u>Single Leg Toe Touch</u>	5 each side	-
A6. <u>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.

Exercise	Reps	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

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
A1. <u>Calf Stretch</u>	5 deep breaths	-
A2. <u>Ankle Circles</u>	20	-
A3. <u>Piriformis Stretch</u>	5 deep breaths	-
A4. <u>Hip Crossover Stretch</u>	5 deep breaths	-
A5. <u>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 🦁 **like a LION?**

Joyfully Crush the challenge before you!

You got this! 🦁💪🙏

Exercise	Reps	Notes
A1. <u>Shoulder Circles</u>	30 forward, 30 backward	-
A2. <u>ST Counter Stretch</u>	5 deep breaths	-
A3. <u>ST Back Stretch</u>	5 deep breaths	-
A4. <u>Down Dog</u>	5 deep breaths	-
A5. <u>Up Dog</u>	5 deep breaths	-
A6. <u>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
A1. <u>Band Skiers</u>	15	-
A2. <u>Band Row- Elbows High</u>	15	Great for a Powerful Posture!
A3. <u>Twisting Push-Ups</u>	3 each side	Reach out and keep all of your muscles engaged!
A4. <u>Walking Lunge with Pulse</u>	8 (2 pulses at bottom of each rep)	Focus on range of motion with control. Add weight only if you can go all the way to floor.

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.

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 — a PURPOSE.

I AM here to SERVE at my highest level!

YES!!! LET'S GO!!!

Exercise	Reps	Notes
A1. <u>Band Bicep Curl (Palms Up)</u>	15	-
A2. <u>Band Upright Row</u>	15	-
A3. <u>Band Tricep Pushdown</u>	15	-
A4. <u>Bench Dip</u>	10	-

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
A1. <u>ST Back Stretch</u>	5 deep breaths	-
A2. <u>Piriformis Stretch</u>	5 deep breaths	-
A3. <u>Hip Crossover Stretch</u>	5 deep breaths	-
A4. <u>Child's Pose</u>	5 deep breaths	-
A5. <u>Static Back</u>	3 minutes	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**.
- 💡 The untrained mind is my greatest enemy.
- 🏆 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>Single Leg Toe Touch</u>	5 each side	-
A4. <u>Hip Crossover Stretch</u>	5 deep breaths each side	-
A5. <u>Side Leg Raises</u>	20 each side	-
A6. <u>Side Adductor Raise</u>	20 each side	-
A7. <u>Single Leg Glute Raises</u>	20 each side	-
A8. <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	Duration	Notes
A1. <u>Side Plank Up Downs</u>	10 each side	-
A2. <u>Bent Knee Leg Raises</u>	10	(keep abs contracted the entire time)
A3. <u>Plank Up Downs</u>	10	(keep abs contracted the entire time)
A4. <u>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	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>	5 deep breaths	5 sec inhale 5 sec exhale
A2. <u>Piriformis Stretch</u>	5 deep breaths	5 sec inhale 5 sec exhale
A3. <u>Hip Crossover Stretch</u>	5 deep breaths	5 sec inhale 5 sec exhale
A4. <u>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
A1. <u>Bent Knee Hip Up</u>	10	-
A2. <u>Single Leg Bent Knee Hip Up</u>	5 each side	-
A3. <u>Band Side Walk</u>	20 each side	-
A4. <u>Band Monster Walk</u>	20 forward, 20 backward	-
A5. <u>Single Leg Toe Touch</u>	5 each side	-
A6. <u>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.

**SMILE** like someone who absolutely **loves Life's Challenges!**
 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
A1. <u>ST Straight Leg Hip Up</u>	6	hold top 1 sec to remove momentum & amplify results
A2. <u>ST Bent Knee Hip Up</u>	4	Hold top 1 full sec
A3. <u>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
A1. <u>Band Skiers</u>	12	-
A2. <u>Band Overhead Tricep Extension</u>	12	-
A3. <u>Band Tricep Pushdown</u>	12	-
A4. <u>Band Row- Elbows High</u>	12	-

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.

COMMAND & DEMAND your muscles to work!

Will your Vision into existence! 🙏🌟🦁

CRUSH IT! You got this! 🦁💪

Exercise	Reps	Notes
A1. <u>Band Bicep Curl (Palms Up)</u>	90 sec	-

Circuit 5: ATTACK | 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
A1. <u>Calf Stretch</u>	5 deep breaths	5 sec inhale 5 sec exhale
A2. <u>Piriformis Stretch</u>	5 deep breaths	Let Go
A3. <u>Hip Crossover Stretch</u>	5 deep breaths	Acknowledge Victory!
A4. <u>Static Back</u>	3 minutes	Create your day as you wish it to unfold. Count Your blessings

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

Circuit 2: ATTACK | Rounds: 1

Core conditioning circuit #1

These movements train all the muscles located around your waistline including your lower back. Keep all your muscles contracted! Squeeze them the entire time and smile!

✨ Focus on **JOYFUL PRESENCE** 🦁

Exercise	Duration	Notes
A1. <u>Plank</u>	60 sec	-
A2. <u>Plank Up Downs</u>	5	-
A3. <u>Side Plank Up Downs</u>	5 each side	-
A4. <u>Side Plank</u>	30 sec	-
A5. <u>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."

— *Wallace D. Wattles, The Science of Being Great! (1908)* 🦁

Exercise	Duration	Notes
A1. Cardiovascular Conditioning	-	-

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, 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
A1. <u>Calf Stretch</u>	5 deep breaths	5 sec inhale 5 sec exhale
A2. <u>Piriformis Stretch</u>	5 deep breaths	What are you grateful for in this moment?
A3. <u>Hip Crossover Stretch</u>	5 deep breaths	Be Present. Breathe
A4. <u>Static Back</u>	3 minutes	VISUALIZE your day as you wish it to. Congratulations on a Victorious week!