



Women's September 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

ARISE Time to get your mind right... Today's Declaration

"I AM the Master of my thoughts, words, emotions and actions! I create my circumstance. I AM not a victim of it. I AM Unstoppable! I am not a lamb. I AM a LION! I AM made for this!" 💪🦁🙏

This circuit is designed to prepare your mind and muscles for extraordinary effort - your BEST effort! You got this!

Exercise	Reps	Notes
A1. <u>4-7-8 Deep Breathing</u>	5	-
A2. <u>Shoulder Circles</u>	30 forward, 30 reverse	-
A3. <u>Quad Stretch</u>	5 deep breaths each side	-
A4. <u>Counter Stretch</u>	5 deep breaths	-
A5. <u>ST Back Stretch</u>	5 deep breaths	-
A6. <u>ST Bicep Stretch</u>	5 deep breaths	-
A7. <u>ST Squat</u>	10	(Hold bottom stretch for 1 deep breaths)
A8. <u>Piriformis Stretch</u>	5 deep breaths each side	-
A9. <u>Hip Crossover Stretch</u>	5 deep breaths each side	-

Circuit 2: ATTACK | Rounds: 1

Set timer for 15 minutes.

Complete as many rounds as possible.

Mental Conditioning: The goal is to keep the mind focused on the outcome and enjoy every rep. Smile, laugh and decree

"I AM inexhaustible energy. I AM VICTORY! I AM made for this, and I love it! YES!!!"

Sounds like a strange thing to do yet neuroscientists tell us "What fires together, wires together".

This means we can associate joy, determination and strength with doing difficult things. That's the foundational principle of achieving self-mastery: "to enjoy everything." VICTORY 💪🦁🙏

Exercise	Reps	Notes
A1. <u>Twisting Push-Ups</u>	3 each side	-
A2. <u>Single Leg Glute Raises</u>	12 each side	-
A3. <u>Single Leg Bent Knee Hip Up</u>	12 each side	-
A4. <u>Straight Leg Hip Up</u>	12	-
A5. <u>Stationary Lunge</u>	12 each side	-
A6. <u>Bodyweight Squat</u>	12	-
A7. <u>Jump Squat</u>	6	-

Circuit 3: ATTACK | Rounds: AMAP

90 Second MAX Reps

Time to unleash the BEAST! 🦁💪🔥

This is how you compress a full workout in 90 seconds. The science is clear - Intensity trumps duration.

So, give it ALL you have! And enjoy it! Smile, laugh, speak only powerful words!

This will rewire your brain to overcome difficulties from your heart and not the ego.

Onward to VICTORY!!! Post your results.

Exercise	Reps	Notes
A1. <u>Banded Squat</u>	AMAP in 90 Sec	-

Circuit 4: PREPARE | Rounds: 1

PREPARE

Hold each posture for 5 deep breaths.

As you stretch and relax into each exercise, think only of gratitude and appreciation for your body and life.

As you finish, thank your body for serving you today and decide in advance how you will Win the day! You are a lion not a lamb. 🙏💪🦁

Exercise	Reps	Notes
A1. <u>ST Bicep Stretch</u>	5 deep breaths	-
A2. <u>ST Counter Stretch</u>	5 deep breaths	-
A3. <u>ST Back Stretch</u>	5 deeps breaths	-
A4. <u>Piriformis Stretch</u>	5 deep breaths	-
A5. <u>Hip Crossover Stretch</u>	5 deep breaths	-
A6. <u>Child's Pose</u>	5 deep breaths	-
A7. <u>Static Back</u>	2 minutes	Envision your day as you wish it to unfold

TUESDAY

Circuit 1: ARISE | Rounds: 1

ARISE Time to get your mind right... Today's Declaration

"I AM the Master of my thoughts, words, emotions and actions! I create my circumstance. I AM not a victim of it. I AM Unstoppable! I am not a lamb. I AM a LION! I AM made for this!" 💪🦁🙏

This circuit is designed to prepare your mind and muscles for extraordinary effort - your BEST effort! You got this!

Exercise	Reps	Notes
A1. <u>4-7-8 Deep Breathing</u>	5	-
A2. <u>Ankle Circles</u>	20 each direction	-
A3. <u>Glute Stretch</u>	5 deep breaths each side	-
A4. <u>Piriformis Stretch</u>	5 deep breaths each side	-
A5. <u>Hip Crossover Stretch</u>	5 deep breaths each side	-

Circuit 2: ATTACK | Rounds: 1

Lower Body Muscle Activation and Mobility Mental Conditioning: Decree

"Discipline is Freedom" "I AM a Lion, not a lamb!" "VICTORY!!!" or any statements that get the juices flowing! Stay Present & Focused.

Refuse to allow a single negative thought. LION! 🦁💪🙏

Exercise	Reps	Notes
A1. <u>Band Side Walk</u>	20 each direction	-
A2. <u>Band Monster Walk</u>	20 forward, 20 backwards	-
A3. <u>ST Squat</u>	10	(Hold bottom stretch for 1 deep breath)
A4. <u>ST One Leg Squat</u>	5 each side	-
A5. <u>Butt Kickers</u>	10 each side	-

Circuit 3: ATTACK | Rounds: 10 (20 minutes total)

KILLIN & Chillin Interval Cardiovascular  Conditioning   

Once you feel that your body is warm and ready then alternate periods of high intensity (KILLIN) with periods of lower intensity or recovery (Chillin).

60 seconds High Intensity 60 seconds lower intensity Complete 10 rounds for a total of 20 minutes. When done properly, you will be out of breath and sweat!

If you do not experience this, then you need to exert greater effort.

Mental Conditioning: The goal is to keep the mind focused on the outcome and enjoy every rep. Smile, laugh and decree "I AM strength. I AM power and I love it!"

Sounds like a strange thing to do yet neuroscientists tell us "What fires together, wires together".

This means we can associate joy, determination and strength with doing difficult things. That's the foundational principle of achieving self-mastery: "to enjoy everything."

Your mission is to have fun pushing yourself Refuse to allow a single limiting thought. If one slips by then immediately replace it with a Powerful thought. "YES! VICTORY! I AM made for this! Discipline equals Freedom!" or whatever works for you. Let's do this!

Exercise	Duration	Notes
A1. Cardiovascular Conditioning	20 minutes total	-

Circuit 4: PREPARE | Rounds: 1

PREPARE for the rest of your day!

This is the time to transition. Hold each posture for 5 deep breaths, 4 seconds in 4 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	RELAX
A2. <u>Quad Stretch</u>	5 deep breaths	RELAX
A3. <u>Piriformis Stretch</u>	5 deep breaths	RELAX
A4. <u>Hip Crossover Stretch</u>	5 deep breaths	Let Go
A5. <u>Child's Pose</u>	5 deep breaths	Gratitude
A6. <u>Static Back</u>	3 minutes	Mentally Create Your Day

WEDNESDAY

Circuit 1: ARISE | Rounds: 1

ARISE Time to get your mind right... Today's Declaration

"I AM the Master of my thoughts, words, emotions and actions! I create my circumstance. I AM not a victim of it. I AM Unstoppable! I am not a lamb. I AM a LION! I AM made for this!"💪🦁🙏

This circuit is designed to prepare your mind and muscles for extraordinary effort - your BEST effort! These movements will activate dormant muscles and increase muscle fiber recruitment. 💪🔥🧠

You got this!

Exercise	Reps	Notes
A1. <u>4-7-8 Deep Breathing</u>	5	-
A2. <u>Calf Stretch</u>	5 deep breaths each side	-
A3. <u>Quad Stretch</u>	5 deep breaths each side	-
A4. <u>Shoulder Circles</u>	20 forward, 20 backwards	-
A5. <u>Counter Stretch</u>	5 deep breaths	-
A6. <u>Single Leg Toe Touch</u>	5 each side	-
A7. <u>Single Leg Glute Raises</u>	15 each side	-
A8. <u>ST Squat</u>	10	(Hold bottom of each rep for 1 deep breath)
A9. <u>ST One Leg Squat</u>	5 each side	-

Circuit 2: ATTACK | Rounds: 1

Set timer for 15 minutes.

Complete as many rounds as possible.

Mental Conditioning: The goal is to keep the mind focused on the outcome and enjoy every rep. Smile, laugh and decree

"I AM inexhaustible energy. I AM VICTORY! I AM made for this, and I love it! YES!!!" Sounds like a strange thing to do yet neuroscientists tell us "What fires together, wires together". This means we can associate joy, determination and strength with doing difficult things. That's the foundational principle of achieving self-mastery: "to enjoy everything." VICTORY 🦁🙏

Exercise	Reps	Notes
A1. <u>Band Skiers</u>	15	-
A2. <u>Band Row – Elbows High</u>	15	-
A3. <u>Band Overhead Triceps Extension</u>	15	-
A4. <u>Band Triceps Pushdown</u>	15	-
A5. <u>Band Bicep Curl (Palms Up)</u>	15	-
A6. <u>Band Overhead Press</u>	15	-

Circuit 3: ATTACK | Rounds: AMAP

"Embrace The Pain "Tolerance Test.

90 Second Hold or if you possibly can! Maximum Effort. 🦁🦁🦁 the goal is to keep the mind focused on the outcome and enjoy every rep.

Smile, laugh and decree

"I AM a LION! I AM becoming Stronger with every breath I take! I love this!!!" Sounds like a strange thing to do yet neuroscientists tell us "What fires together, wires together".

This means we can associate joy, determination and strength with doing difficult things.

That's the foundational principle of achieving self-mastery: "to enjoy everything."

It's the little things done consistently and relentlessly that lead to massive RESULTS over time!

You got this!!! VICTORY!!!

Exercise	Reps	Notes
A1. <u>Plank</u>	90 seconds	Contract every muscle in your body to magnify results!

Circuit 4: PREPARE | Rounds: 1

PREPARE Hold each posture for 5 deep breaths.

As you stretch and relax into each exercise, think only of gratitude and appreciation for your body and life.

As you finish, thank your body for serving you today and decide in advance how you will Win the day! You are a lion not a lamb. 🙏💪🦁

Exercise	Reps	Notes
A1. <u>Glute 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	-
A5. <u>Static Back</u>	3 minutes	Mentally Create Your Day

THURSDAY

Circuit 1: ARISE | Rounds: 1

ARISE Time to get your mind right... Today's Declaration

"I AM the Master of my thoughts, words, emotions and actions! I create my circumstance. I AM not a victim of it. I AM Unstoppable! I am not a lamb. I AM a LION! I AM made for this!" 💪🦁🙏

This circuit is designed to prepare your mind and muscles for extraordinary effort - your BEST effort! You got this!

Exercise	Reps	Notes
A1. <u>4-7-8 Deep Breathing</u>	10	-
A2. <u>Quad Stretch</u>	5 deep breaths each side	-
A3. <u>Ankle Circles</u>	20 reps each direction	-
A4. <u>Foam Roller: Calf</u>	5 deep breaths each side	-
A5. <u>Foam Roller: IT Band</u>	5 deep breaths each side	-
A6. <u>Foam Roller: Piriformis</u>	5 deep breaths each side	-
A7. <u>Single Leg Glute Raises</u>	15 each side	-

Circuit 2: ATTACK | Rounds: 1

Lower Body Muscle Activation and Mobility

Mental Conditioning: Decree "Discipline is Freedom" "I AM a Lion, not a lamb!" "VICTORY!!!" or any statements that get the juices flowing!

Stay Present & Focused.

Refuse to allow a single negative thought. LION! 🦁💪🙏

Exercise	Duration	Notes
A1. <u>Band Side Walk</u>	20 each side	-
A2. <u>Band Monster Walk</u>	20 forward, 20 backwards	-
A3. <u>Butt Kickers</u>	20 each side	-
A4. <u>Walking Lunge With Pulse</u>	10 each side	(1 pulse per lunge)

Circuit 3: ATTACK | Rounds: 20 (20 minutes total)

KILLIN & Chillin Interval Cardiovascular  Conditioning   

Once you feel that your body is warm and ready then alternate periods of high intensity (KILLIN) with periods of lower intensity or recovery (Chillin).

30 seconds High Intensity 30 seconds lower intensity Complete 20 rounds for a total of 20 minutes. When done properly, you will be out of breath and sweat!

If you do not experience this, then you need to exert greater effort.

Mental Conditioning: The goal is to keep the mind focused on the outcome and enjoy every rep. Smile, laugh and decree

"I AM strength. I AM power and I love it!" Sounds like a strange thing to do yet neuroscientists tell us "What fires together, wires together".

This means we can associate joy, determination and strength with doing difficult things. That's the foundational principle of achieving self-mastery: "to enjoy everything."

Your mission is to have fun pushing yourself Refuse to allow a single limiting thought.

If one slips by then immediately replace it with a Powerful thought. '

"YES! VICTORY! I AM made for this! Discipline equals Freedom!" or whatever works for you.

Let's do this!

Exercise	Duration	Notes
A1. Cardiovascular Conditioning	20 minutes total	-

Circuit 4: PREPARE | Rounds: 1

Grateful - Great Fuel As you perform these stretches, ask yourself,

"What am I grateful for in my life? What is "great fuel" in my life?

The Trained Mind is your greatest ally.

The Untrained Mind is your worst enemy.

You are a Lion...not a lamb.

Exercise	Reps	Notes
A1. <u>Glute Stretch</u>	5 deep breaths each side	GRATITUDE
A2. <u>Piriformis Stretch</u>	5 deep breaths each side	APPRECIATION
A3. <u>Hip Crossover Stretch</u>	5 deep breaths each side	GRATITUDE
A4. <u>Child's Pose</u>	5 deep breaths	Count Your Blessings
A5. <u>Static Back</u>	3 minutes	Create Your Ideal Day!

FRIDAY

Circuit 1: ARISE | Rounds: 1

ARISE Time to get your mind right... Today's Declaration

"I AM the Master of my thoughts, words, emotions and actions! I create my circumstance. I AM not a victim of it. I AM Unstoppable! I am not a lamb. I AM a LION! I AM made for this!" 💪🦁🙏

This circuit is designed to prepare your mind and muscles for extraordinary effort - your BEST effort! You got this!

Exercise	Reps	Notes
A1. <u>4-7-8 Deep Breathing</u>	5	-
A2. <u>Shoulder Circles</u>	30 forward, 30 reverse	-
A3. <u>ST Back Stretch</u>	5 deep breaths	-
A4. <u>ST Squat</u>	10	(Hold bottom of each rep for 1 deep breath)
A5. <u>Twisting Push-Ups</u>	10	(5 each side)
A6. <u>Child's Pose</u>	5 deep breaths	(VISUALIZE yourself joyfully crushing today's training)

Circuit 2: ATTACK | Rounds: AMAP

Advanced Core Conditioning

Important: To maximize RESULTS completely contract all your muscles the entire time.

Squeeze your abdominal muscles with all you got!

Exercise	Reps	Notes
A1. <u>Plank</u>	60 seconds	-
A2. <u>Plank Up Downs</u>	10 each side	-
A3. <u>Side Plank</u>	30 secs per side	-
A4. <u>Side Plank Up Downs</u>	10 each side	-
A5. <u>Bent Knee Hip Up</u>	20	-

Circuit 3: ATTACK | Rounds: AMAP

"The Appetizer 2.0" aka Mental Conditioning.

The goal here is to master your mind while giving your full effort.

This goes far beyond the way you look.

This expands who you really are and channels into every area of your life.

These 3 movements strengthen all the major groups just like the original Appetizer except push-ups are upgraded to a more challenging option - burpees 💪💪💪

This is timed for completion.

Complete 10 reps of each movement.

Then with minimal rest, complete 9 reps of each movement.

Then knock out 8 reps of each movement.

Continue in this manner until you get to 1 rep of each movement.

Done!

Keep your form & CRUSH it! 💪🦁🙏

Exercise	Reps	Notes
A1. <u>ST Row</u>	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	-
A2. <u>Bodyweight Squat</u>	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	-
A3. <u>Burpee</u>	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	-

Circuit 4: PREPARE | Rounds: 1

PREPARE

Hold each posture for 5 deep breaths.

As you stretch and relax into each exercise, think only of gratitude and appreciation for your body and life.

As you finish, thank your body for serving you today and decide in advance how you will Win the day! You are a lion not a lamb. 🙏💪🦁

Exercise	Reps	Notes
A1. <u>ST Counter Stretch</u>	5 deep breaths	-
A2. <u>ST Back Stretch</u>	5 deep breaths	-
A3. <u>Glute Stretch</u>	5 deep breaths each side	-
A4. <u>Piriformis Stretch</u>	5 deep breaths each side	-
A5. <u>Hip Crossover Stretch</u>	5 deep breaths each side	-
A5. <u>Child's Pose</u>	5 deep breaths	Embody gratitude
A6. <u>Static Back</u>	2 minutes	Envision your day as you wish it to unfold

SATURDAY

Circuit 1: ARISE | Rounds: 1

ARISE

Time to get your mind right... Today's Declaration

"I AM the Master of my thoughts, words, emotions and actions! I create my circumstance. I AM not a victim of it. I AM Unstoppable! I am not a lamb. I AM a LION! I AM made for this!" 💪🦁🙏

This circuit is designed to prepare your mind and muscles for extraordinary effort - your BEST effort! You got this!

Exercise	Reps	Notes
A1. <u>4-7-8 Deep Breathing</u>	5	-
A2. <u>Ankle Circles</u>	20 each direction	-
A3. <u>Glute Stretch</u>	5 deep breaths each side	-
A4. <u>Piriformis Stretch</u>	5 deep breaths each side	-
A5. <u>Hip Crossover Stretch</u>	5 deep breaths each side	-

Circuit 2: ATTACK | Rounds: 2

Lower Body Muscle Activation and Mobility

Mental Conditioning: Smile, laugh and decree

"I AM inexhaustible strength! I AM extraordinary health, energy & Vitality Now! YES! I LOVE it!" Sounds like a strange thing to do yet neuroscientists tell us "What fires together, wires together".

This means we can associate joy, determination and strength with doing difficult things.

That's the foundational principle of achieving self-mastery: "to enjoy everything & have no limits."

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

30 minutes steady state cardio.

Your goal is to enjoy every moment of this.

Cultivate a beautiful state of being gratitude, courage, strength, determination.

This is a moving meditation that will prepare you beyond the workout.

This is Self-Mastery.

"Today I choose to give my best. Today I choose to live in my heart not my head. Today I choose to live as my High Self, My True Self, The LION! Today I choose..."

Refuse to allow a single limiting thought. Be sure to stand tall. Breathe.

Continuously focus your attention on what you want.

You are a LION, not a lamb.

Exercise	Duration	Notes
A1. Cardiovascular Conditioning	30-minute steady state	-

Circuit 4: PREPARE | Rounds: 1

VICTORY!!!

PREPARE for the rest of your day!

As you stretch and relax into each exercise, think only of gratitude and appreciation for your body and life. As you finish, thank your body for serving you today and decide in advance how you will Win the day!

Mentally create your ideal day as you wish it to unfold. and it will be so.

You are a lion not a lamb. 🙏💪🦁

Exercise	Reps	Notes
A1. <u>Piriformis Stretch</u>	5 deep breaths	-
A2. <u>Hip Crossover Stretch</u>	5 deep breaths	-
A3. <u>Child's Pose</u>	5 deep breaths	-
A4. <u>Static Back</u>	3 min	Visualize Your Ideal Day!