



Men's April 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

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>	30 forward, 30 reverse	
A2. <u>Counter Stretch</u>	3 deep breaths	Be Present
A3. <u>Ankle Circles</u>	30 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>Single Leg Glute Raises</u>	25 each side	BE PRESENT — Muscle Activation
A7. <u>ST Squat</u>	Hold bottom stretch for 5 deep breaths	

Circuit 2: Attack | Rounds: AMAP

This type of training is often called **Escalating Density Training**. When you bring the right attitude and effort you condense an hour long Training Session in less than half the time. The key is to eliminate rest and keep moving.

- 12 Minute Timed Set** — Set a timer for 12 minutes and complete as many rounds as you can before time expires. Keep your form tight. Make sure you give it your all. Be sure to record your reps and strive to surpass them next session.

Mental Conditioning: 🧠🙏💪👊🙏

Refuse to allow a single limiting thought to enter your mind. If one sneaks by then immediately replace it with a powerful thought. Step into that part of you that is UNSTOPPABLE. Embody it as if you were a super hero. Train as this "alter ego". 🙏🙏🙏

You may want to repeat a powerful statement or word the entire time. For example, "I AM Strong! I AM Capable! I AM becoming more every rep! YES! VICTORY!" or whatever connects you to your True Self!

Don't neglect the Mental Conditioning. It is the key to Physical Mastery. You got this! 🙏🙏🙏

Exercise	Reps	Notes
A1. <u>Feet Elevated Push-Up</u>	12	If you get stuck, go to floor push up.
A2. <u>ST High Row</u>	12	Squeeze shoulder blades together each rep
A3. <u>DB Squat Press</u>	12	If no DBs, use gallon jugs water or a band or med ball. 1 gallon h2O= 8.3 lbs.
A4. <u>Bent Knee Leg Raises</u>	12	Keep abdominal muscles fully engaged entire time! No momentum

Circuit 3: Attack | Rounds: AMAP

- 8 Minute Timed Circuit — "The Gun Show!"** This is an advanced arm circuit! Set a timer for 8 minutes then complete as many rounds as you can before time expires.

You are greater than any challenge that stands before you! You are a Lion...not a lamb! Be PRESENT. Let go and enjoy the challenge!

🏆 Self-Mastery is the gateway to living greatly.

✅ As you challenge yourself, envision what it will be like when you have arrived! Feel it and embody it as if it were already done!

Exercise	Reps	Notes
A1. <u>ST Bicep Curl</u>	5	
A2. <u>ST Tricep Extension</u>	5	
A3. <u>ST Close Grip Tricep Push-Ups</u>	5	
A4. <u>Jump Rope</u>	33	If no rope, hop in place. Get heart rate up. This increases bone density and athleticism.

Circuit 4: Attack | Rounds: 1

The FINISHER! 🔥

✅ You get out of this what you put into this!

- 2 Minutes MAX REPS** — Set a timer for 2 minutes and knock out as many reps as you can with good form and a great attitude! Be sure to record your reps and strive to surpass them next session. Make it burn! 🔥🔥🔥🙏🙏🙏

Exercise	Reps	Notes
A1. <u>Band Bicep Curl (Palms Up)</u>	2 minutes MAX reps	

Circuit 5: Prepare | Rounds: 1

Mobility & Structural Balance

Congratulations on taking this time to be your best for yourself and the world around you! As the saying goes, in order to Serve at our Highest Level we must first fill our own cup and give what flows over.

Well done!

Now it is time to Let Go and consciously create your day.

Exercise	Reps	Notes
A1. <u>Quad 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>Child's Pose</u>	3 deep breaths	
A5. <u>Static Back</u>	3 minutes	Create Your Day as you wish it to unfold.

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: 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 to 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	Optional but recommended
A2. <u>Foam Roller: IT Band</u>	At least 5 deep breaths	Optional but recommended
A3. <u>Foam Roller: Piriformis</u>	At least 5 deep breaths	Optional but recommended
A4. <u>Single Leg Glute Raises</u>	20 each side	
A5. <u>Side Leg Raises</u>	20 each side	
A6. <u>Side Adductor Raise</u>	20 each side	
A7. <u>The Matrix Lunge</u>	3 each position	Focus on range of motion

Circuit 3: Attack | Rounds: 1

The purpose of the next 30 minutes is to **FLOW**.

Do the "Body Checklist". Starting with your toes, acknowledge and thank them for serving you even when you don't ask. Then move your way all the way up to the top of your head and your finger tips.

Be sure to stand tall and breathe. Play some great music and enjoy this.

Exercise	Reps	Notes
Cardiovascular Conditioning	30 min steady state	—

Circuit 4: 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>Ankle Circles</u>	20 each direction	
A6. <u>Child ´s Pose</u>	5 deep breaths	
A7. <u>Static Back</u>	2 minutes	Create Your Day as you desire it to unfold

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. Shoulder Circles	30 forward, 30 reverse	
A2. Counter Stretch	3 deep breaths	Be Present
A3. Ankle Circles	30 clockwise each side	
A4. Piriformis Stretch	3 deep breaths each side	Be Present
A5. Hip Crossover Stretch	3 deep breaths each side	Be Present
A6. Single Leg Glute Raises	25 each side	BE PRESENT — Muscle Activation. Protects & strengthens lower back!

Circuit 2: Attack | Rounds: AMAP

This type of training is often called **Escalating Density Training**. When you bring the right attitude and effort you condense an hour long Training Session in less than half the time. The key is to eliminate rest and keep moving.

- 12 Minute Timed Set** — Set a timer for 12 minutes and complete as many rounds as you can before time expires. Keep your form tight. Make sure you give it your all. Be sure to record your reps and strive to surpass them next session.

Mental Conditioning: 🧠🙏👊🙏🔥 Refuse to allow a single limiting thought to enter your mind. If one sneaks by then immediately replace it with a powerful thought. Step into that part of you that is UNSTOPPABLE. Embody it as if you were a super hero. Train as this "alter ego". 🙏👊🙏

You may want to repeat a powerful statement or word the entire time. For example, "I AM Strong! I AM Capable! I AM becoming more every rep! YES! VICTORY!" or whatever connects you to your True Self! Don't neglect the Mental Conditioning. It is the key to Physical Mastery. You got this! 🙏👊🙏

Exercise	Reps	Notes
A1. ST High Low Row	10 total reps	
A2. Band Reverse Curl	15	Option: use Dumbbells
A3. Band Upright Row	15	Option: use Dumbbells
A4. Side Plank Up Downs	8 each side	
A5. DB Seated Twist	8 each side	If you can't keep form, then drop the weight

Circuit 3: Attack | Rounds: AMAP

- 8 Minute Timed Circuit** — This is a highly effective circuit to improve posture, bone density, athleticism and develop the muscles of the upper back! Set a timer for 8 minutes then complete as many rounds as you can before time expires.

You are greater than any challenge that stands before you! You are a Lion...not a lamb! Be PRESENT. Let go and enjoy the challenge! Self-Mastery is the gateway to living greatly.

"I AM a Lion! I AM made for this! I AM an Athlete that loves to challenge myself every day! VICTORY!!!!"

Exercise	Reps	Notes
A1. Band Overhead Tricep Extension	20	Option: use cable machine
A2. Band Tricep Pushdown	20	Option: use cable machine
A3. Band Skiers	20	Option: use cable machine
A4. Band Row- Elbows High	20	Option: use cable machine
A5. Jump Rope	33	If no rope, Just hop in place or do jumping jacks

Circuit 4: Attack | Rounds: 1

The FINISHER! 🏆

Time to Test Your Mental Fortitude. 🙏

"Every body wants to be a BEAST until it is time to do BEAST things"- My College Football Coach used to say this.

- 90 Seconds MAX REPS** — Set a timer for 90 seconds and knock out as many reps as you can with good form and a great attitude! Move as if you were a Panther 🐆 - agile, mobile, powerful flow! If you can manage to keep your mind focused on VICTORY and how you are improving every rep while you are doing this then that's Next Level! 🙏👊🔥 Be sure to record your reps and strive to surpass them next session.

Exercise	Reps	Notes
A1. Burpee	90 seconds	—

Circuit 5: Prepare | Rounds: 1

Mobility & Structural Balance

Congratulations on taking this time to be your best for yourself and the world around you! As the saying goes, in order to Serve at our Highest Level we must first fill our own cup and give what flows over. Well done! Now it is time to Let Go and consciously create your day.

Exercise	Reps	Notes
A1. Quad Stretch	3 deep breaths each side	
A2. Piriformis Stretch	3 deep breaths each side	
A3. Hip Crossover Stretch	3 deep breaths each side	
A4. Child's Pose	3 deep breaths	
A5. Static Back	3 minutes	Create Your Day as you wish it to unfold.

THURSDAY

Circuit 1: Arise | Rounds: 1

The focus of today's training session is **ABSOLUTE PRESENCE**.

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

First state your intention:

"I AM intending to be **100%** PRESENT as I joyfully challenge myself! I refuse to be distracted! I AM in COMMAND of my FOCUS and I DEMAND Absolute Presence! This daily practice improves every aspect of my life for what I focus upon expands and grows!"

Today, you will perform a complete Core Conditioning protocol. Here is a key to success and greater results: fully contract your "stomach muscles" as if you were bracing to be punched. **COMMAND your muscles to work!**

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>Band Side Walk</u>	20 each side	
A6. <u>Single Leg Glute Raises</u>	20 each side	

Circuit 2: Attack | Rounds: AMAP

Core Conditioning Circuit #1

- IMPORTANT:** To amplify results, Fully Contract, Squeeze and flex all of your muscles in your core/waistline. Do not be passive! Give your ALL! Command & Demand your muscles to fire! 🔥 You are far Stronger than you realize!

Exercise	Reps	Notes
A1. <u>Plank</u>	60 sec	
A2. <u>Side Plank</u>	30 sec	
A3. <u>Bent Knee Crunch</u>	25	
A4. <u>Bent Knee Hip Up</u>	5	Hold at top and squeeze for 2 sec

Circuit 3: Attack | Rounds: 1

Core Conditioning Circuit #2

Remember to Command & Demand all of your muscles to be fully engaged throughout every rep!

Mental Conditioning: "what fires together wires together" so smile and embody strength and determination as you train. Program your nervous system to OWN this! You are an ATHLETE!

Exercise	Reps	Notes
A1. <u>Band Pallof Press</u>	15 each side	—
A2. <u>Band Standing Twist</u>	15 each side	Perform slowly while fully contracting core. Do not force it! No momentum. 🤝
A3. <u>Seated Twists</u>	15 each side	

Circuit 4: Attack | Rounds: 1

Cardiovascular Conditioning

Choose any type of continuous movement. Make it fun! 😄😄😄 Seriously SMILE your face off and laugh your ass off! This will Rewire your brain and nervous system to LOVE doing difficult things! Your Life will never be the same my friend!

- Alternate 1 minute of Higher Intensity (KILLIN) with 1 minute of lower intensity. Complete 10 rounds for a total of 20 minutes. OPTIONAL: If you want to and have the time then feel free to add another 20 minutes of movement afterwards. Simply walk or move in any way. Work up a sweat and enjoy every breath!

🏆 **MENTAL Conditioning: This is a "Moving Meditation"** — Be aware of your thoughts. Do not judge them. Simply notice them. Be curious. Be aware. We can only transform what we are aware of. Be Present. Enjoy.

Exercise	Reps	Notes
A1. Cardiovascular Conditioning	—	—

Circuit 5: Prepare | Rounds: 1

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 I enjoy every moment?

Exercise	Reps	Notes
A1. <u>Calf Stretch</u>	3 deep breaths each side	
A2. <u>Glute Stretch</u>	3 deep breaths each side	
A3. <u>Piriformis Stretch</u>	3 deep breaths each side	
A4. <u>Hip Crossover Stretch</u>	3 deep breaths each side	
A5. <u>Static Back</u>	2 minutes	Design Your Day as you wish it to unfold.

FRIDAY

Circuit 1: Arise | Rounds: 1

Before you begin, declare your purpose and intention. This is a ritual that all of the Great Ones I have been blessed to coach and know always do!

✔️ Why are you Training?

✔️ Why is it important to you?

✔️ What will happen if I fail to follow through?

For example:

"I AM here to honor this miraculous machine that is the human body! I will challenge it so that it is a reflection of the Real Me! I create my circumstance by my thoughts, words and deeds! Therefore, I refuse to blame, complain or criticize myself or others! Instead I only see myself and all others through the eyes of the Creator! I AM here to grow and expand and to SERVE! I Love this Life! I AM a Lion...not a lamb! Let's go!" 🏆🦁🏆

Contemplate what drives you as you perform the following circuit.

Exercise	Reps	Notes
A1. Shoulder Circles	30 forward, 30 reverse	
A2. Counter Stretch	3 deep breaths	Be Present
A3. Ankle Circles	30 clockwise each side	
A4. Piriformis Stretch	3 deep breaths each side	Be Present
A5. Hip Crossover Stretch	3 deep breaths each side	Be Present
A6. Single Leg Glute Raises	25 each side	BE PRESENT — Muscle Activation
A7. ST Squat	Hold bottom stretch for 5 deep breaths	

Circuit 2: Attack | Rounds: AMAP

This type of training is often called **Escalating Density Training**. When you bring the right attitude and effort you condense an hour long Training Session in less than half the time. The key is to eliminate rest and keep moving.

📌 **12 Minute Timed Set** — Set a timer for 12 minutes and complete as many rounds as you can before time expires. Keep your form tight. Make sure you give it your all. Be sure to record your reps and strive to surpass them next session.

Mental Conditioning: 🧠💪💖🦁🙌

- ✔️ Refuse to allow a single limiting thought to enter your mind.
- ✔️ If one sneaks by then immediately replace it with a powerful thought.
- ✔️ Step into that part of you that is UNSTOPPABLE.
- ✔️ Embody it as if you were a super hero. Train as this "alter ego". 🦁💪🙌

You may want to repeat a powerful statement or word the entire time. For example, "I AM Strong! I AM Capable! I AM becoming more every rep! YES! VICTORY!" or whatever connects you to your True Self! 🦁 Don't neglect the Mental Conditioning. It is the key to Physical Mastery. You got this! 🦁🙌💪

Exercise	Reps	Notes
A1. Twisting Push-Ups	4 each side	Reach out and look at hand to improve mobility and core strength
A2. Single Leg Bent Knee Hip Up	7	
A3. Bodyweight Squat	7	For greater challenge hold DBs
A4. Jump Squat	3	Land softly like a cat! Agile, mobile! Jumping has been shown to build bone density and total body strength

Circuit 3: Attack | Rounds: AMAP

📌 **8 Minute Timed Circuit** — Set a timer for 8 minutes then complete as many rounds as you can before time expires. You are greater than any challenge that stands before you! You are a Lion...not a lamb! BE PRESENT. Let go and enjoy the challenge! Self-Mastery is the gateway to living greatly.

Exercise	Reps	Notes
A1. Stationary Lunge	12 each side	Add weight if needed. Hold DBs
A2. DB Side Lunge	12 each side	If it's your first time, don't add weight
A3. Band Monster Walk	20 forward, 20 backward	
A4. Band Side Walk	20 each side	
A5. Push-Up Rows	6	Push up, row left, row right = 1 rep

Circuit 4: Attack | Rounds: 1

The FINISHER!

📌 **2 Minutes MAX REPS** — Set a timer for 2 minutes and knock out as many reps as you can with good form and a great attitude! Be sure to record your reps and strive to surpass them next session.

Exercise	Reps	Notes
A1. Walking Lunge with Pulse	2 minutes MAX reps	Hold weight if needed for greater challenge

Circuit 5: Prepare | Rounds: 1

Mobility & Structural Balance

Congratulations on taking this time to be your best for yourself and the world around you! As the saying goes, in order to Serve at our Highest Level we must first fill our own cup and give what flows over. Well done! Now it is time to Let Go and consciously create your day.

Exercise	Reps	Notes
A1. Quad Stretch	3 deep breaths each side	
A2. Piriformis Stretch	3 deep breaths each side	
A3. Hip Crossover Stretch	3 deep breaths each side	
A4. Child's Pose	3 deep breaths	
A5. Static Back	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 **PRESENCE**. This means stay 100% Focused on the PRESENT moment. This is one of the most powerful skills a human can develop.

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>Band Side Walk</u>	20 each side	
A6. <u>Single Leg Glute Raises</u>	20 each side	

Circuit 2: Attack | Rounds: 1

Cardiovascular Conditioning

Choose any type of continuous movement. Make it fun! Complete 20 minutes of steady state "Flow" cardio. Work up a sweat and enjoy every breath!

- MENTAL Conditioning: This is a "Moving Meditation"** — Be aware of your thoughts. Do not judge them. Simply notice them. Be curious. Be aware. We can only transform what we are aware of. Be Present. Stand Tall. Smile and Enjoy. 🙏
💪😁 Life is too short to be serious.

Exercise	Reps	Notes
A1. Cardiovascular Conditioning	20 minutes	

Circuit 3: Prepare | Rounds: 1

Congratulations on taking this time to connect to your True Self so you can live life on your terms...a life of no regrets. Relax into each stretch. Breathe easy. Hold until there is a letting go. 🙏😁💜 Remember who you really are in the eyes of God.

Exercise	Reps	Notes
A1. <u>Calf 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>Static Back</u>	2 minutes	VISUALIZE your day as you wish it to unfold

Disclaimer

Disclaimer (legal stuff):

The content provided in this PDF is for informational and educational purposes only.

The contents of this document are not intended to diagnose, treat, cure, or prevent any health conditions, nor are they intended to replace a physician, dietitian, nutritionist, or other qualified healthcare professional's advice.

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

