

**Advanced**

**Training Plan**

**Male**

# 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 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	-
A5. <u>Hip Crossover Stretch</u>	3 deep breaths each side	-

## Circuit 2: ATTACK | Rounds: 4

### 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 of your choice	4 minutes total	40 killin 20 chillin

## 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>Reverse Lunge</u>	10 each side	-
A2. <u>Bodyweight Squat</u>	10	-
A3. <u>Twisting Push-ups</u>	5 each side	-
A4. <u>Floor Jack Knife</u>	10	-

## 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. This one will burn and develop and sculpt your arms and back! 🙌🙌🙌🙌🙌  
Give it your all!

Exercise	Reps	Notes
A1. <u>Band Tricep Pushdown</u>	20	-
A2. <u>Band Skiers</u>	20	-
A3. <u>ST Row</u>	10	-
A4. <u>Close-Grip Push-Ups</u>	10	-

## Circuit 5: ATTACK | Rounds: AMAP

### 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. 🎯 Post Your Result and be sure to surpass it next time

Exercise	Reps	Notes
A1. <u>Band Reverse Curl</u>	1 ½ Mins AMAP	-

## 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>	2 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 Circle</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 breaths each side	-
A6. <u>Side Leg Raises</u>	20 each side	-
A7. <u>Side Adductor Raise</u>	20 each side	-
A8. <u>Single Leg Glute Raises</u>	20 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	-
A3. <u>Straight Leg Raises</u>	8	-
A4. <u>DB Toe Touch Sit Up</u>	8	Hold weight or water jug or anything.
A5. <u>Seated Twists</u>	8 each side	-

## Circuit 3: ATTACK | Rounds: 20 mins

### 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	Duration	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>	3 deep breaths each side	-
A2. <u>Hip Crossover Stretch</u>	3 deep breaths each side	-
A3. <u>Calf Stretch</u>	3 deep breaths each side	-
A4. <u>Child's Pose</u>	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>	10	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: 4

**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 of your choice	4 minutes total	-

## 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>Band Row – Elbows High</u>	33	Great one for posture!
A2. <u>Banded Squat</u>	22	-
A3. <u>Feet Elevated Push-Up</u>	11	-

## 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>ST Leg Curl</u>	8	-
A2. <u>ST Jack Knife</u>	8	Could also use stability ball for this one.
A3. <u>Band Overhead Press</u>	24	-
A4. <u>Band Bicep Curl (Palms Up)</u>	24	-

## Circuit 5: ATTACK | Rounds: AMAP

### 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. Post Your Result and be sure to surpass it next time.

Exercise	Reps	Notes
A1. <u>Banded Squat</u>	MAX	Push knees outward against band.

## 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>	2 minutes	Count your blessings.

# 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 Circle</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 slow deep breaths each side	-
A6. <u>Side Leg Raises</u>	20 each side	-
A7. <u>Side Adductor Raise</u>	20 each side	-
A8. <u>Single Leg Glute Raises</u>	20 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	-
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!
A5. <u>Floor Jack Knife</u>	8	Fully contract abs entire time!

## Circuit 3: ATTACK | Rounds: 20 mins

### 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 of your choice	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>Calf Stretch</u>	0	-
A2. <u>Piriformis Stretch</u>	0	-
A3. <u>Hip Crossover Stretch</u>	0	-
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: 4

**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 of your choice	4 minutes total	-

## 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>DB Push Up Row</u>	7	-
A2. <u>Hands Elevated Push-Up</u>	21	-
A3. <u>Jump Squat</u>	7	-
A4. <u>Bodyweight Squat</u>	21	-

## 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 Reverse Curl</u>	7	(hold on top of each rep for 2 seconds and squeeze!)
A2. <u>Band Bicep Curl (Palms Up)</u>	21	-
A3. <u>Close-Grip Push-Ups</u>	7	(hold bottom of each rep for 2 seconds)
A4. <u>Band Tricep Pushdown</u>	21	-
A5. <u>Burpee</u>	3	(RISE UP in VICTORY each rep!)

## Circuit 5: ATTACK | Rounds: 1

### The Finisher!

How long can you hold a plank while fully contracting all of your muscles? Time to find out! Hold a plank for as long as you can. 🏆👊👤 Be sure to keep good form. Post Your Result and be sure to surpass it next time. 🏆👤🏆 You got this Lion!

Exercise	Reps	Notes
A1. <u>Plank</u>	-	-

## 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 slow deep breaths 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

### 30 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	Duration	Notes
A1. Cardiovascular Conditioning of your choice	30 minutes total	Flow cardio

## 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>	2 minutes	Design you day as you wish it to unfold.