

Intermediate Training Plan

Male

MONDAY

Circuit 1: ARISE | Rounds: 1

Prior to training set your vision and intention. Stand tall and declare. *"I am so happy and grateful to have this opportunity to improve my mind, body and connect to my Soul. This is an honor and privilege because I have an able mind and body. I refuse to take it for granted. My intention is to give my best effort, with complete focus and connect to my Best Self - The Lion! Let's do this!"*

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>	30 sec per side	-
A4. <u>Quad Stretch</u>	30 sec per side	-
A5. <u>Ankle Circles</u>	20 each direction	-
A6. <u>Piriformis Stretch</u>	30 sec per side	-
A7. <u>Hip Crossover Stretch</u>	30 sec per side	-
A8. <u>Down Dog</u>	30 sec	-
A9. <u>Up Dog</u>	30 sec	-

Circuit 2: ATTACK | Rounds: 1

This is a timed circuit that works your entire body. Your goal is to complete it as quickly as possible with proper form. Be sure to note your time. Instructions: Complete 2 reps of each movement then immediately complete 4 reps of each movement. With minimal rest, continue with 6 reps of each movement. Continue with 8 reps of each movement. Then 10 reps of each. Then 12 reps of each movement. and work your way down 10 of each, 8 of each, 6 of each movement then 4 and finish with 2 reps of each movement. Boom! Mark your Time!

Exercise	Reps	Notes
A1. <u>ST Row</u>	2, 4, 6, 8, 10, 12, 10, 8, 6, 4, 2	-
A2. <u>ST Chest Fly</u>	2, 4, 6, 8, 10, 12, 10, 8, 6, 4, 2	-
A3. <u>ST Push-Up</u>	2, 4, 6, 8, 10, 12, 10, 8, 6, 4, 2	-
A4. <u>Push-Ups</u>	2, 4, 6, 8, 10, 12, 10, 8, 6, 4, 2	-

Circuit 3: ATTACK | Rounds: 1

5,10,15,20,25,30 This one will burn when you give it your all! 🤖 🤖
 Begin with 5 reps of each movement. Then immediately knock out 10 reps of each. Keep strict form. Crush 15 more of each. Now 20 reps of each! It should be burning! Next 25 reps of each movement! Then finish with 30 reps of each! 🤖🤖🤖 You got this! Keep your eye on the prize! 🏆 🤖 🤖 Lion up!

Exercise	Reps	Notes
A1. <u>Band Skiers</u>	5, 10, 15, 20, 25, 30	-
A2. <u>Band Row – Elbows High</u>	5, 10, 15, 20, 25, 30	-
A3. <u>Band Row – Elbows In</u>	5, 10, 15, 20, 25, 30	-
A4. <u>Band Overhead Tricep Extension</u>	5, 10, 15, 20, 25, 30	-
A5. <u>Band Tricep Pushdown</u>	5, 10, 15, 20, 25, 30	-

Circuit 4: PREPARE | Rounds: 1

Cool down. Embody the state of Gratitude. Visualize Your Day. See it as you desire it to unfold. It's these small things that lead to massive results over time. 🙏🙌🙋

Exercise	Reps	Notes
A1. <u>Quad Stretch</u>	5 deep breaths	-
A2. <u>Piriformis Stretch</u>	5 deep breaths	-
A3. <u>Hip Crossover Stretch</u>	5 deeps breaths	-
A4. <u>Child's Pose</u>	5 deep breaths	-
A5. <u>Static Back</u>	3 minutes	Use this time visualize your ideal day

TUESDAY

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 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>Band Side Walk</u>	20 each side	-
A6. <u>Single Leg Glute Raises</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	Reps	Notes
A1. <u>Plank</u>	60 Sec	-
A2. <u>Plank Up Downs</u>	20	-
A3. <u>Side Plank Up Downs</u>	20	-
A4. <u>Side Plank</u>	30 Sec	-
A5. <u>Bent Knee Hip Up</u>	15	Top ½ motion only

Circuit 3: ATTACK | Rounds: 2

Core conditioning circuit #2

These movements train all the muscles located around your waistline including your lower back. Contract all the muscles in your midsection the entire time. This is important

Exercise	Duration	Notes
A1. <u>Bent Knee Leg Raises</u>	15	-
A2. <u>Bent Knee Crunch</u>	15	Hold top of each rep for 2 full sec
A3. <u>Seated Twists</u>	15 each side	-

Circuit 4: 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.*” (From Wallace D. Wattles, *The Science of Being Great!* 1908).

Exercise	Duration	Notes
A1. Cardiovascular Conditioning	20 min total	-

Circuit 5: 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>Calf Stretch</u>	Hold until there is a letting go	-
A2. <u>Glute Stretch</u>	Hold until there is a letting go	-
A3. <u>Piriformis Stretch</u>	Hold until there is a letting go	-
A4. <u>Hip Crossover Stretch</u>	Hold until there is a letting go	-
A5. <u>Static Back</u>	2 minutes	Visualize your day as you wish it to unfold.

WEDNESDAY

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 for 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 take action. 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 understand and 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>	30 sec per side	-
A4. <u>Quad Stretch</u>	30 sec per side	-
A5. <u>Ankle Circles</u>	20 each direction	-
A6. <u>Piriformis Stretch</u>	30 sec per side	-
A7. <u>Hip Crossover Stretch</u>	30 sec per side	-

Circuit 2: ATTACK | Rounds: AMAP

This is a 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 turns 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>Isometric Prisoner Squat</u>	30 seconds	count down backwards.

Circuit 3: ATTACK | Rounds: AMAP

This circuit must be performed with superhero 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, and I AM here to Serve at my highest level! YES!!!*"

Exercise	Reps	Notes
A1. <u>Walking Lunge with Pulse</u>	10 each side	2 pulses bottom of each rep
A2. <u>Band Side Walk</u>	30 each side	-
A3. <u>Band Monster Walk</u>	30 forward, 30 backward	-

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>Quad 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	Use this time visualize your ideal day

THURSDAY

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>Shoulder Circle</u>	30 backwards	-
A2. <u>Ankle Circles</u>	20	-
A3. <u>Bent knee Hip Up</u>	15	-
A4. <u>Single Leg Toe Touch</u>	5 each side	-
A5. <u>ST Squat</u>	5 reps	hold bottom for 3 deep breaths
A6. <u>Band Side Walk</u>	20 each direction	-
A7. <u>Band Monster Walk</u>	20 forward 20 backwards	-
A8. <u>Overhead Lockout Lunge with a twist</u>	10 per leg	-

Circuit 2: ATTACK | Rounds: 1

ULTIMATE CARDIO (Total Time 30 minutes)

This protocol is based off of a research study published in the journal *“Medicine & Science in Sports & Exercise”* Choose any type of continuous movement. For example, running, rebounder, shadow boxing, jump rope, jumping jacks, etc.

Phase 1: KILLIN Chillin Cardio

KILLIN: High Intensity 12 seconds

Chillin: lower intensity 48 seconds

Complete 15 rounds.

Phase 2: keep a steady pace for 15 minutes. For example, you could do jumping jacks or run-in place for 12 seconds full force then jog in place 48 seconds. Knock out 12 rounds of that then go for a jog or rebound for 12 minutes.

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 of your choice	30 minutes total	-

Circuit 3: 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>Child's Pose</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>	3 minutes	Mentally create your day.

FRIDAY

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 for 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 take action. 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 understand and know in my heart and soul that disciplined action sets me free in every area of my life. I AM A LION!”*

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>	30 sec per side	-
A4. <u>Quad Stretch</u>	30 sec per side	-
A5. <u>Ankle Circles</u>	20 each direction	-
A6. <u>Piriformis Stretch</u>	30 sec per side	-
A7. <u>Hip Crossover Stretch</u>	30 sec per side	-
A8. <u>Down Dog</u>	30 sec	-
A9. <u>Up Dog</u>	30 sec	-

Circuit 2: ATTACK | Rounds: 1

ABS of STEEL: Advanced Core Conditioning. This one is challenging.

I developed this for mixed martial artists. The key here is to fully contract and tighten all of your muscles especially your abdominals. 🏆 FULL EFFORT.

“3,6,9,12” Begin by completing 3 reps of each movement with minimal rest. Then continue by knocking out 6 reps of each. Then 9 reps of each. Finish by crushing 12 reps of each movement. or if this one is too challenging right now then do as many as you can with strict form. 🙌👍 This one will make your core muscles and back bulletproof. 🦋

Mental Conditioning: Invoke your inner BEAST aka The LION by concentrating fully on the PRESENT moment knowing you are getting stronger and more powerful with every rep! VICTORY!!!



Exercise	Reps	Notes
A1. <u>ST Jack Knife</u>	3, 6, 9, 12	-
A2. <u>ST Mountain Jumpers</u>	3, 6, 9, 12	-
A3. <u>ST Mountain Climbers</u>	3, 6, 9, 12	-
A4. <u>ST Sidewinder</u>	3, 6, 9, 12	-

Circuit 3: ATTACK | Rounds: 1

This is a 8 Minute Timed Circuit for Jacked Guns! 🙌👍⚡⚡

Set a timer and complete as many rounds as possible before time expires. If you have Dumbbells feel free to substitute for the bands. Both are effective though. When combined with your best effort, this protocol burns and produces greater levels of growth hormone. This helps burn fat, build lean muscle and turns 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>Band Bicep Curl (Palms Up)</u>	15	-
A2. <u>Band Upright Row</u>	15	-
A3. <u>Band Overhead Press</u>	15	-
A4. <u>Close-Grip Push-Ups</u>	15	-
A5. <u>Bench Dip</u>	15	-

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>Quad 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	Visualize your ideal day

SATURDAY

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>Shoulder Circles</u>	30 backwards	-
A2. <u>Ankle Circles</u>	20	-
A3. <u>Bent knee Hip Up</u>	15	-
A4. <u>Single Leg Toe Touch</u>	5 each side	-
A5. <u>ST Squat</u>	5 reps	hold bottom for 3 deep breaths
A6. <u>Band Side Walk</u>	20 each direction	-
A7. <u>Band Monster Walk</u>	20 forward, 20 backwards	-
A8. <u>Overhead Lockout Lunge with a twist</u>	10 per leg	-

Circuit 2: ATTACK | Rounds: 1

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Exercise	Duration	Notes
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Circuit 3: PREPARE | Rounds: 1

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Exercise	Reps	Notes
A1. <u>Calf Stretch</u>	5 deep breaths	-
A2. <u>Child's Pose</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>	3 minutes	Mentally Create Your day!