

Beginner Training Plan

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 of 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

30 Seconds KILLIN(All out!) alternated with 30 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	-	4 minutes total

Circuit 3: 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>Floor Jack Knife</u>	10	-
A2. <u>Band Tricep Pushdown</u>	20	-
A3. <u>Band Skiers</u>	20	-
A4. <u>Close-Grip Push-Ups</u>	10	-

Circuit 4: ATTACK | Rounds: AMAP

The Finisher! Set a timer for 90 seconds and complete as many reps as possible before time expires. 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.

Exercise	Reps	Notes
A1. <u>Bodyweight Squat</u>	AMAP	-

Circuit 5: 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 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>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>Single Leg Glute Raises</u>	20 each side	-
A7. <u>Band Side Walk</u>	20 each side	-
A8. <u>Band Monster Walk</u>	20 forward, 20 backwards	-

Circuit 2: ATTACK | Rounds: 2

Core conditioning circuit

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

Exercise	Reps	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 3: ATTACK | Rounds: 1

Choose any type of continuous movement. Complete 20 minutes of steady state “Flow” cardio. Focus on JOYFUL PRESENCE. Take this time to 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 of your choice	20 minutes total	-

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 up 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>	3 minutes	VISUALIZE your day as you wish 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. <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>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	-	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 Overhead Press</u>	15	-
A2. <u>Band Bicep Curl (Palms Up)</u>	15	-
A3. <u>Band Upright Row</u>	15	-
A4. <u>Reverse Lunge</u>	10 each side	-

Circuit 4: ATTACK | Rounds: 1

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. Note Your Result and be sure to surpass it next time.

Exercise	Reps	Notes
A1. <u>Push-Ups</u>	AMAP	-

Circuit 5: 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 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: 1

Choose any type of continuous movement. 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	Reps	Notes
A1. Cardiovascular Conditioning	20 min steady state	-

Circuit 3: 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>	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	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: 8

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

20 Seconds KILLIN(All out!) alternated with 10 seconds Chillin (Recovery). Complete 8 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	-	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>Twisting Push-Ups</u>	5 each side	-
A2. <u>Stationary Lunge</u>	10 each side	-
A3. <u>Mountain Climber</u>	15 each side	-
A4. <u>Bodyweight Squat</u>	20	-

Circuit 4: ATTACK | Rounds: AMAP

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. Note Your Result and be sure to surpass it next time. 🏆🦁🏆 You got this Lion!

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

Circuit 5: PREPARE | Rounds: 1

Cool down. Gratitude. Visualize Your Day. 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>Piriformis Stretch</u>	Hold until there is a letting go	-
A2. <u>Hip Crossover Stretch</u>	Hold until there is a letting go	-
A3. <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 deep breaths each side	-
A6. <u>Single Leg Toe Touch</u>	5 each side	-

Circuit 2: ATTACK | Rounds: 1

20 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	20 minutes total	-

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 Your Day as you wish it to unfold.