

MINICISE

MOVE. KEEP SPINE IN ALIGNMENT. BREATHE DEEP. GET HEART RATE UP TO CLEAN INSIDES OUT.

30 MINUTE WORKOUTS

MOTIVATE YOURSELF

ABC456

Wake Up.
Visualize.
GO!



10 MIN WARM-UP
10 MIN MOVMENTS
10 MIN STRETCH

FROM PARENTS TO PRISONERS OR ANYONE SHORT ON TIME OR SPACE

THINK: Is it worth it?
Stop & breathe.
Help more, judge less.
Be open minded.
Be flexible. Be calm.
Meditations morning and
throughout day:
BPIV, ERASE, ELKKS.

Never let mind or body reach
exhaustion. Relax & listen.
Visualize. Have an anything is
possible, positive attitude, all
the time. Think before talking
LLTQC. Create goals for
Hobbies, Family, Health,
Work & Finances

Enjoy what you eat, do best to
AVOID processed foods,
sugar, & salt, eat small meals,
drink water, **STAY** hydrated

ACCEPT FEAR. THEN APPLY POSITIVE SELF TALK IN YOUR HEAD

A WARM UP
MEDITATIONS
YOGA 1 OR 2
ABS / SPINE
KICK / PUNCH
ROLLS

MINICISE FLOW

GOAL OF ACTIVITY
FOUR+ DAYS / WEEK

BORED OR EXTRA
TIME? RUN OR SETS
OF: JUMPS, PUSHUPS,
SQUATS & PULL UPS

MIND OVER MATTER. IF YOU DON'T MIND IT DOES NOT MATTER

| | B SPECIALTY | LEG | PUSH-UP |
|-------|-------------------------|--|--|
| WK 1. | | | |
| 1 | Pull-Ups | Forward Lunge Reverse Lunge | Regular Push-Ups One Hand Push-Ups |
| 2 | Burpees | Jumps Side Lunge | Tent Push-Ups Dwnwrld. Arch Push-Ups |
| 3 | Handstand - Push-Ups | Full Air Squat One Leg Squat | Diamond Push-Ups Reverse Hand Push-Ups |
| 4 | Pull-Ups | Bunny Hops Side Hops | Wide Hand Push-Ups Finger-Tip Push-Ups |
| WK 2. | | | |
| 1 | Burpees | Pistols Hamstring Bridge | Elbow to Knee Push-Ups Explosive Push-Ups |
| 2 | Handstand - Push-Ups | Jumping Lunges Side Leg Raises | Staggard Push-Ups Spider Push-Ups |
| 3 | Pull-Ups | Toe Raises Sumo Squat | Incline Push-Ups Decline Push-Ups |
| 4 | Burpees | Turning Circle of Jump Squats - L & R | Side to Side Push-Ups Wiper Push-Ups |

C STRETCH
< STRETCH >

ROUNDS & REPS

A // WARM UP

B // COMBINE
"SPECIALTY", "LEG" AND
"PUSH-UP" MOVEMENTS

C // STRETCH

4 // ROUNDS
5 // EXERCISES / ROUND
6+ // REPS / EXERCISE

EST. JUNE 2008



THE REGRET OF NOT TRYING WILL MAKE YOU SICK. EXPLORE, TRY, QUESTION & IMPROVE. WHEN YOU FAIL, RECOGNIZE IT BECAUSE IT WILL HAPPEN, THEN SUCK IT UP, EMBRACE IT, AND BOUNCE BACK BETTER.