

MINICISE

30 MINUTE WORKOUTS

FROM PARENTS TO PRISONERS OR ANYONE SHORT ON TIME OR SPACE

MOTIVATE YOURSELF

ABC456

Wake Up. Visualize. GO!



10 MIN WARM-UP
10 MIN MOVMENTS
10 MIN STRETCH

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
THREE DAYS / WEEK
(ALWAYS 1 DAY REST IN BETWEEN ACTIVITIY DAYS)
FOCUS ON INTENSITY
MAX OUT # OF REPS / SET
THEN GO FOR A RUN
PRIORITIZE SPEED OVER DISTANCE...

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

B

SPECIALTY
1
2
3

LEG
1
2
3

PUSH-UP
1
2
3

C STRETCH

< STRETCH >

ROUNDS & REPS
A // WARM UP
B // COMBINE
 "SPECIALTY", "LEG" AND "PUSH-UP" MOVEMENTS

4 // ROUNDS (Ea. 2x)
 5 // EXERCISES / ROUND
 6+ // REPS / EXERCISE
(To Failure. Seek Last Rep)

C // STRETCH

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.