



Fitness Routine for Personal and Professional Development

Move at your own pace, starting with the least challenging, gradually increasing to your recommended and tolerable pace.

ALIGNMENT

- Static Back Release: 5 Minutes
- Supine Groin Release: 5 Minutes Each Side
- Hip Figure-Four Hold Foot on Knee: 1-2 Minutes
- Hip Extension Release: 1-5 Minutes
- Bridge: 1 Minute or 10 Reps
- Sumo Resting Squat: 2 Minutes
- Windmills: 10 Reps, 1-2 Sets
- Torso Twists: 10 Reps
- Body Taps: 1-3 Minutes
- Sensory Massage (Nose, Ears, Eyes, Mouth): 10 Reps Each
- Two Limbs Get Down and Up: 5-10 Reps

INCLUDES:
Two Guided
Meditations



FUNCTIONALITY

- Static Back
- Static Back Hamstrings Hit: 30sec-1 Minute Hold
- Wall Clock: 1Minute
- Windmills
- Overhead Reach: 1 Minute

While at Desk:

- Tennis Ball Massage on Feet: 1-5 Minutes Total
- Yoga Block Hold Between Knees: 1-2 Minutes
- Yoga Block (Squeeze Reps) Between Knees: 10-20 Reps, 1-2 Sets
- Yoga Block Squeeze Between Ankles: 10-20 Reps, 1-2 Sets
- Standing Ankle Circles: 10 Reps Each Direction
- Torso Twists

STRENGTH

- Get Downs, Get Ups: 5 Reps
- Reverse Get Downs, Get Ups: 5 Reps
- In and Out Squat Hops: 10 Reps, 2 Sets
- Leg Lifts: 10 Reps, 1-2 Sets
- Plank on Elbows: 30 seconds- 1 Minute
- Bench Press (from floor): 10 Reps, 1-2 Sets
- Single Arm Bench Press (from floor) 10 Reps, 1-2 Sets
- Pushups: 10 Reps, 1-2 Sets. SEE OPTIONS

Inspirational

TIPS

- Water: consume half of body weight in ounces per day
- Windows: if exercising indoors, open windows and doors for better air circulation.
- Wait: pause, consider, and envision it all.
- Your kitchen is your hospital. Take care of yourself while you're in there.
- Take a Walk once a day
- Dance to one full song.
- Free Access to Mr. Love...No Ego Real Talk Channel
- Now Watch: Practice Living in The Now. That's the only place you can ever be. Get your Now Watch, Now!

