

THE 30 DAY MOVEMENT CHALLENGE

Helping create foundations through
discipline and self-discovery



Jason Raymond, **CSCS**

INTRODUCTION

Hey! The following is an evolving 30-day (or 4 week/20 session) GPP (general physical preparedness) program intended to provide a foundation for a consistent movement practice. In this program you will improve strength, coordination, endurance, mobility, and learn how to use a band in a variety of ways.

This program WON'T get you jacked, but it can improve your body composition. It WON'T get you out of pain, but it may help move you better. It WON'T be something you can follow forever, but it will provide a solid foundation with which to build a practice.

This program was built from the map I used for newcomers within a clinical setting, but I hope it to be a resource for people of many different backgrounds and a variety of goals. The movements may be easy for some and the volume too much for others, but that is why it is a map - It provides a lot of movements we can use to piece together more specific interventions.

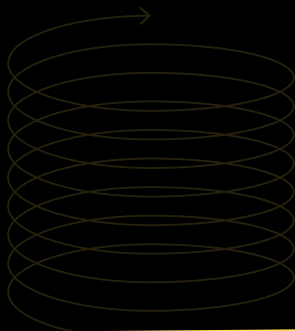
Individual volume and progressions WILL vary. Although the programming is built from my philosophy around fitness, this program is built for you. I am very open to critiques, suggestions, discussions, and recommendations. As a living document, this evolves with you. If you would like to comment, send me an email at jason@jasonosaj.me with the subject line "30 Day Challenge." I promise I will read it.

I have been working in the fitness space since 2009, with clients of all ages from a variety of backgrounds. Although I will concede there are better programs on the internet for more specific goals, this challenge is designed to educate and improve baseline capacity with nothing but a band and your body. In my experience, whether your goals be fitness, health, personal, or professional, consistency is the key to achieving whatever you desire. No matter your starting point, you CAN move towards your goals if you shift your habits and put in the work.

However, success takes discipline. There will be days you won't want to show up, but that is why it is so important to. It is my hope you stay disciplined to move through this program and develop the habit of routine body maintenance. Goals are individual and require individualized programming, but your body will pay you back dividends for the love you invest in yourself. We are made to move and the habit of checking in with yourself and doing the work will serve you for a lifetime.

The compound effect shares how small improvements over a long period create MASSIVE shifts and it is my hope to see you moving consistently the rest of your life. Where you choose to go is up to you, but it's always done step by step, one day at a time.

Yours in Fitness,
Jason



How To Use This Guide

As previously mentioned, this program is a map intended to get you going on a movement practice. It is a 4 week, 5 day/week program consisting of two resistance training sessions, a yoga session, an aerobic session, and my own personal variation of "power yoga" coined "Bro Flow Fridays."

Each page consists of one training session along with a small blurb. There are also YouTube videos demonstrating both the movements and sequences found within the program.

You can find the link to these YouTube videos at the links below:

YouTube Movement Tutorials - <https://bit.ly/30daytuts>

YouTube Sequence Demos - <https://bit.ly/30daymovement>

I would recommend keeping the order of the training sessions the way it is, moving from the Bend and Press → Yoga → Squat and Pull → Aerobic → Bro Flow, but one can insert rest days anywhere throughout the week. For instance, one could complete this program Monday - Friday, resting during the weekend OR something like Sun/Mon, rest Tuesday, Wed/Thurs/Fri, rest Saturday (or any combination of days). This order is to provide active recovery sessions between the two bouts of higher intensity resistance training with a moderate intensity "Bro Flow" to close the week. Find a recreational sport to play or go explore nature on the weekend. Play is an underutilized tool and improved fitness helps in making these things more fun.

Basically, this is a 3 day/week General Physical Preparedness program (MWF) with active rest in between (Tues/Thurs).

As mentioned, this program is intended to help you get started on your own movement journey. You are creating a new habit and thus need to reinforce it as much as possible. This is why I chose 5 days/week. Make the commitment to yourself. In the long run, success is more about your consistency of practice and I'm hoping by the end of 30 days it becomes something you enjoy investing in. One could probably benefit moving through this program a couple times, but I would encourage everyone to begin exploring other modalities and practices. Play a new game, watch a YouTube video, participate in a group class...Only by discovering all the things you like/don't like will you eventually discover the activities that ACTUALLY move you.

You will see columns with headings like "Exercise," "Reps," and "Sets" which is intended to tell you the recommended volume of a particular exercise for each session. For instance, one could find the "Diagonal Chop" video on the YouTube Channel which has a prescription of 12 reps/side for 3 sets. This means you would perform that exercise 12 times/side, 3 times for a total of 36 repetitions/side. I would also recommend trying to complete each sequence of exercises without resting in between exercises, taking a short 1-2 min break in between each sequence if needed.

For instance, in Day 2 Bend and Press, the FP sequence looks like with individual exercises being found in the tutorials section:

<u>Exercise</u>	<u>Reps</u>	<u>Sets</u>
1 Arm Punch	8/side	3
Speed Skater	10/side	3
Diagonal Chop	12/side	3
Quad Ped Hand Raise	8/side	3

I would recommend trying to move from one exercise to the next, doing all 4 before taking a small break. You would complete this sequence 3 times



There is an inverse relationship between output of volume and intensity. As volume goes up, intensity will go down and vice versa. Initially we need to find a level to both that is sustainable and we're able to progress from.

Also, different goals require different levels of both. There is a conversation here about energy systems, but that is for another space. For some, the initial movements may provide too much intensity while others may find the final progressions doable even at high volumes. As one progresses it becomes more important to balance this equation, but this is one of the benefits of having a coach (or guide) by your side. It is a lot easier to find the right progressions, volumes, and intensities when you have someone to bounce your experiences off of.

It is hard to find a 70% effort for a general population and thus you will most likely have to play around with the right volumes for YOU. This is a big motivation for why I offer a free consultation with this download. However, here are a few points that should ring true for most people's training:

1: Treat this time as PRACTICE. Pay attention to how you feel doing the movements and work on trying to perfect the technique as much as possible. Don't try and force a "workout." The "workout" will come from the practice. If you find the volume is too much to recover from, lessen it. If you find the progressions too difficult to complete in a controlled fashion, slow down and practice the regression.

2: A certain level of effort is required to stimulate an adaptation response. While this moves around with training age and goal, I would encourage those with a young training age to play around with what 70% (or a 7/10) feels like. For most people this will facilitate a quality regenerative response at a relatively low risk level (think of maximizing risk/reward).



As you get more experienced, you will better be able to shift through gears, but begin to play with the idea of a low/easy gear, a medium/moderate effort gear, and a high effort gear. Your 7/10 will be a strong medium effort gear. Think hard, but doable. Create opportunities for yourself to be successful, but work for it

3: Don't push through pain. Unless you know how it happened, why it happened, and are working to fix it, don't. Find someone who can help you and get started on a GPP program when you are healthy.

4: Be patient and trust the process. Physiologically, beginners will not see muscular gains for the first 6- 10 weeks of training. Although one can improve strength, endurance, coordination, skill, and body composition, newbie gains are highly neurological and thus you may not see a drastic change in the size of muscles. Be patient and notice what IS improving. Creating a capable foundation will allow you the opportunity to train what you desire more effectively in the future.

As for the sequences (Yoga/Bro Flow), one can follow along with the associated video. Although I move through the sequence once, I would recommend moving through the sequence 3-5 times at a controlled pace. While you are free to improvise and/or do more/less, the goal for these sessions is to get ~15 - 30 min of movement.

Again, this program is not intended to get you jacked and you will not transcend moving through these vinyasas. These sequences are a way to learn quality movements while demonstrating ways to bridge movements and modalities.

Although this program is designed to be used with (a) resistance band(s), you will notice me using the cable machine for exercises. To be transparent, I originally did not think to film these with a band... As this evolves and the demand to refilm demonstrations rises, this might change, but the modifiable resistance makes a cable machine (ideally a free motion machine) better than a band for linear progression. Don't let that stop you. Bands come in a variety of different thicknesses/resistances and one can progress to a very, very high level using nothing but bands... It just requires a lot of bands which I'd encourage anyone to have in their possession for their routine body maintenance. There is also an interesting type of resistance bands create called accomodating resistance. As it stretches, tension increases. This is beyond the scope of this guide however.

While a resistance band anchor will provide the most versatility for your placement of a resistance band, one can also anchor their band on a stable post or door handle. Probably the most important safety concern is how you will anchor your band, ensuring it is secure, and making sure it won't snap in your face. Figure this out ahead of time. Maybe design a space with this in mind.



Every fourth day is an opportunity for us to train our aerobic system and this piece is grounded in a traditional "couch to 5k" program. The warm-up/cool-down will remain the same for each session, but the work sets will vary depending on the week. The work may be self-explanatory, but I wanted to quickly clarify what things mean...

Week 1 - Fartlet (Sweedish for Speed Play) training is continual running at variable speeds. 1:1 Work:Rest means running for "X" time and then walking for "X" time. Vary the speeds/intensities. What does 70% feel like. Try changing speeds at stop signs or landmarks.

Week 2 - LSD = Long, Slow Distance. Simply run for 20-30 minutes and see how far you went.

Week 3 - Fartlet training with a 2:1 Work:Rest ratio. Try running 1 min and resting 30 seconds varying the speed in each set. Play with an idea of a working gear and a recovery gear. Learn what hard feels like.

Week 4 - Try an LSD run for a 5k (3.1 miles or ~12 times around on a standard track)

In short:

This program is a guide to help a general population improve their general physical capacity. Individual variation will be necessary to get the most out of your training.

Consistency > Most other things

Form follows function and strength is a skill. Practice the practice, strive to improve skill, and play with the room in between.

For good or bad you will get out of your fitness programming what you put into it, but I'm not liable for any pain or injuries that develop working independently. This is a general guide for a general audience, but it is my hope you learn something new and gets you moving in your own direction. If you are new to training, it may be difficult to find the right progressions/modifications for YOU, but this is why I offer a free call with this download. Together, lets discover what this map looks like and get started on the journey of a lifetime.

Yours in Fitness

Jason Raymond, CSCS



~ Close eyes. Roll eyeball around corners of eye sockets, moving slowly through a full range of motion.

Day 1 (Bend and Press)

<u>Warm-Up</u>	<u>Reps</u>	<u>Sets</u>
Closed Eye Rotations ~	3 revs/side	2
Pelvic Tilts	5 revs/side	2
Step Back and Reach	5/side	2
Fundamentals	5	2
Inchworm	5	2

<u>Functional Patterns</u>	<u>Reps</u>	<u>Sets</u>
Standing Hollow Body	8 Breaths	3
Fundamentals	8	3
One Arm Row	12	3
Plank	10 Secs	3

<u>Strength</u>	<u>Reps</u>	<u>Sets</u>
Zero Gravity Pushup	5	5
Hero Squat	15	5

<u>Core on the Floor</u>	<u>Reps</u>	<u>Sets</u>
Beast Crawl	3x3x5	4
Beast Plank	8/side	4
Plank Jacks	15	4
Inchworm	5-8	4

What's the first thing you do when you wake up. Do you give yourself time to enjoy the morning or are you rushing out the door? Things like drinking a very tall glass of water or completing a five-minute stretching sequence can set direction and create momentum to better tackle the resistances of the day. Best of all, over time you will begin to habituate these behaviors and won't have to think about them. When you know what you're wearing and what you're eating for breakfast, you can use that mental energy for other things that help run your day better.

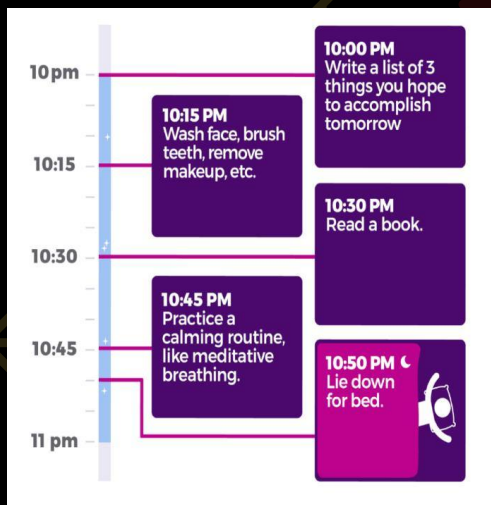
What are you hoping to accomplish today?

Day 2 (Sun Salutation)

Mountain Pose
 Standing Forward Fold
 Inchworm
 Downward Dog
 High Plank
 Cobra
 Chair Pose
 Reverse Warrior Pose

to
 to
 to
 to
 to
 to
 to

Upward Salute
 Half Forward Fold/Chair
 Hip Climber w/ T-Spine Rotation
 Pigeon
 Beast Wave
 Zero Gravity Pushup --> Inchworm
 Warrior II



How did you wake up this morning? Did you spring out of bed or did you groggily turn off the alarm wishing for another hour of sleep? Our bodies follow what is called a circadian rhythm and by keeping a consistent night routine and sleep schedule, we can "teach" our bodies to sleep deeper, get better rest, and thus feel more motivated throughout the day.

There is research showing both children and adults benefit greatly from a consistent sleep time, assisting in everything from improved attention to higher "executive function," but don't worry about being a perfectionist. Simply by creating the habit of winding down at a certain time will shift how you prepare for sleep. You are probably doing pretty well if you are maintaining a relatively consistent sleep schedule, but may need some work if you notice a different pattern night to night.

How many hours of sleep do you sleep a night?

Day 3 (Squat and Pull)

~ position fingers next to head by ear where you can't see them and wag. Slowly move fingers forward until you can see them. move back and forth.

<u>Warm-Up</u>	<u>Reps</u>	<u>Sets</u>
Side Finger Wag ~	10	2
Side Hip Root	10/side	2
Calf Stretch	30 secs/side	2
Banded Heel Cord Posterior Bias	30 secs/side	2
Calf Raises	12	2

<u>Functional Patterns</u>	<u>Reps</u>	<u>Sets</u>
Lunge	8	3
Rot Row	12	3
Side Lunge	8/side	3
Transverse Hold	10 secs	3

<u>Strength</u>	<u>Reps</u>	<u>Sets</u>
Counterbalance Wall Squat	5	5
Horizontal Rows	15	5

<u>Core on the Floor</u>	<u>Reps</u>	<u>Sets</u>
Crab Limb Touches	15/side	4
Shinbox 90/90 Switch	6/side	4
Glute Bridge	15	4
Leg Lifts	15	4

**We are what we repeatedly
do. Excellence, then, is not an
act, but a habit.**

Will Durant

What daily habits do you engage in? Although there are some that could rattle off a checklist, it is very easy to let the law of entropy move us towards a reactionary approach to our day. With every (in)action we are making a decision about what is important and how we choose to live our lives. Do you schedule regular eating and sleeping times? Do you program time throughout your day to move or learn? Do you have limits around media consumption? Do you practice being creative? Use some time this week to look a little deeper at some of the choices you make and if continuing to move in that direction will move you where you want to go. There is no "one-size-fits-all" approach, but with some proper reflection, goal-setting, and follow-through, we can shift life in whatever direction we decide!

Day 4 (Aerobic)

Warm-Up

	<u>Reps</u>	<u>Sets</u>
Knee Drives and Glute Stretch	5/side	3
Calf Pulses	15	3
Sartorius Raise (Piriformis Stretch)	5/side	3
Leg Swings (front/side)	15	3
Jack Claps	15	3
Revere Lunge w/ Twist	8/side	3

Couch to 5K

	30-90 seconds	10
1:1 run/rest ratio (Fartlet)		

Cool-Down

Gastroc/Soleus Stretch	30 secs/side	2
Inchworm <> DWD <> Pigeon	1/side	2
Hip Climber to half kneel and rotate	3/side	2
Bridged Marches	10	2
Straddle Seated Reaching Stretch	30 secs	2
Rocking Figure 4 Get-Up	5/side	2

KEEP YOUR GOALS

S

SPECIFIC: State what you wish to achieve, answer: What, Why & How?

M

MEASURABLE: How will you track your progress or measure success?

A

ACHIEVABLE: Outline steps to be followed towards a realistic goal

R

RELEVANT: To you and your interests

T

TIME-BASED: When do you want to accomplish your goal?

SMART goals. I bet by now most of us have heard of them and why they are important. Why talk about them then? Your goals are a strong starting point when creating a routine because they assist in shaping a "why" around our day to day actions.

- Why should I do my morning stretch routine?

Because I feel better afterwards.

- Why do I want to feel better afterwards? Because I am in a better mood allowing me to move through my day better.

Eventually you will get in the habit of being a person who performs a morning stretch routine because they want to feel better. Start small. Try making your bed every day this week. With a consistent practice of setting, pursuing, and achieving goals we not only increase our self-efficacy, but hold ourselves accountable for failure. Goals can break down mountains into more easily scaled hills and show us even the most insignificant things build up over time.

Goals - (direct)-> Routine -(creating)-> Habits

Do you have any goals for the day? For the week? The month?

Day 5 (Bro Flow)

			<u>Reps</u>
Foundations	to	Half Forward Fold	5
High Plank	to	Mountain Climbers	15
Beast Crawl			3x3x8
90/90			8/side
Crab Limb Touches			15/side
Pilates Double Leg Stretch			8/side
Pilates Roll like a Ball	to	Figure 4 Get Up	5/side
Air Squat			12



Did you know more than 40% of our day is habitual. Although the number fluctuates with the source, it is interesting to think almost half of our day is autopilot. Have you ever been on your way to work to realize you just got to work? It's because many of us have created a routine around the way we get to work and have habituated the process. We no longer have to think about it like we used to allowing our mind to be free for other tasks. Clearly this can be both "good" or "bad," but habits often sneak up and capture us unknowingly. That is until we think about them again...

What routines can you discover in your day? Do those routines help in manifesting your goals? Compound these routines over 5 years. Are you happy with the return?

Perfection is the enemy of progress and although "good" habits are important, understand the skills to develop manageable goals and sustainable habits take a lifetime to master. Jumping to 8 cups of water/day might be a lot for someone drinking 0, but 3 might be a good place to start. Be easy on yourself, but also fair. Do your best, but do your best! Your future may depend on it.

* Roll eyeballs around corners of eye sockets. Move as slow as possible, spending extra time in areas you want to rush through.

Day 6 (Bend and Press)

<u>Warm-Up</u>	<u>Reps</u>	<u>Sets</u>
Open Eye Rotations *	3 revs/side	2
Neck Rotation <> Neck Glide	8/side	2
T-Spine Glides	5/side	2
OH Distraction with Ext Rotation	30 secs/side	2
Pec Stretch Pulse	10	2

<u>Functional Patterns</u>	<u>Reps</u>	<u>Sets</u>
1 Arm Punch	8/side	3
Speed Skater	10/side	3
Diagonal Chop	12/side	3
Quad Ped Hand Raise	8/side	3

<u>Strength</u>	<u>Reps</u>	<u>Sets</u>
Pushup	5	5
Suitcase Deadlift	15	5

<u>Core on the Floor</u>	<u>Reps</u>	<u>Sets</u>
Bird Dog <> Hip Climber	12/side	4
Fire Hydrant	12/side	4
Side Kick Through	15/side	4
Traveling Ape	3x3x5	4

Did you have any goals you were trying to accomplish this week? Did you succeed? Did you fail? Was it easier than anticipated? Harder? Did achieving your goal satisfy you how you expected? Is there a better/easier/more efficient way to accomplish your goal next week? Do you even want to try?

Remember that this is not something we do just once or twice. Interrupting our destructive habits and awakening our heart is the work of a lifetime.

Pema Chodron

Although a goal is a defined destination, the journey towards our goals is a process. In the beginning and with little experience, goals may look general and abstract. "I want to lose weight." However, with time and practice comes self-understanding we can use to refine and personalize them. "I want to hike a state park with my grandchildren." The value of these goals is neither better or worse than the other, but we can better understand our values as we experience what is required to meet our goals. I like this...I don't like that. This feels good...this doesn't. This motivates me...this doesn't. These understandings move us closer to those things we *actually* want and motivate us to pursue our new goals with even more heart and enthusiasm. Although there are many benefits that come from setting/accomplishing goals, it is just as important to analyze/interpret the results you are achieving. It is hard work going over routines and reconstructing habits so be sure your work is paying dividends! Are your routines sustainable? Are you moving closer to where you want to be? Can you optimize further? What areas in life are you working to improve and are there resources available to help? What promises or boundaries can you make to give yourself a better chance at success?

Day 7 (Crawl Flow)

Frog Rocks
Half Kneel w/Backwards Reach
Thread Needle
Cobra
Camel Pose

to Cat/Cow
to Hip Climber
to Low Lunge Contralateral Overhead Stretch
to OH Lat Reach
to Locust

Who has heard someone share how “good” their workout was based on how tired or sore it made them? Maybe you have been this person...I know I was when I first started exercising. Sure, that workout made you sweat a bunch, got you really tired, and made you really sore, but that doesn’t mean it was effective. Go do 60 min of burpees and get back at me.

A sculptor attempting to carve their masterpiece isn’t going to thoughtlessly exert a lot of effort pounding away at stone. They are more likely going to see a vision in their mind about what the sculpture will look like and create a strategy on how to achieve it. You are no different. We were talking about creating sustainable habits and continually being sore and tired is not sustainable. Instead, you can use some of that energy to create a more effective strategy using the resources around you. Work smarter, not harder and get in the HABIT of training INTENTIONALLY.

- What are your goals?
- Be honest with yourself about how much time you want to/can commit to those goals.
- To maximize time, what are the best practices or efficient ways to train for those goals? This is where a guide like myself can be a lot of help.
- Be present in your practice and FOLLOW THROUGH on your action plan.

With enough consistent practice you will begin to achieve measurable results you can use to guide future action.

Day 8 (Squat and Pull)

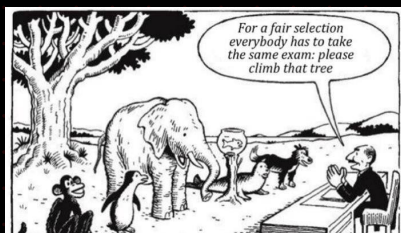
*position finger to side of head so it is barely in periphery. Trace a half circle around head following with eyes. Keep head still.

<u>Warm-Up</u>	<u>Reps</u>	<u>Sets</u>
Finger Halos *	3 rot/side	2
Walking Hamstring Stretch	5 pulses/side	2
Step Back Hip CARS	8/side	2
Posterior Chain Floss	30 secs/side	2
Pilates Heel Kick	12/side	2

<u>Functional Patterns</u>	<u>Reps</u>	<u>Sets</u>
Pendulum Lunge	8/side	3
Squat to Toes	10	3
Step to Row	8/side	3
Transverse Twist	8/side	3

<u>Strength</u>	<u>Reps</u>	<u>Sets</u>
Banded Goblet Squat	8	5
Lawnmower Pull	8	5
Vertical Rows	12	5

<u>Core on the Floor</u>	<u>Reps</u>	<u>Sets</u>
Marching Single Leg Bridge	15/side	3
Pilates Seal Claps	12	3
Pilates Side Kick Single Leg L ift	12	3
Donkey Kick Back	15/side	3



What metrics are you using to monitor your goals?

To continue with the example from earlier, although many people measure their goals with metrics like body fat %, these same people might measure individual workouts based on how sore it made them. Not only does this create inaccurate connections mentally and emotionally about exercise, but we cannot accurately predict using two variables that aren't related.

Correlation is NOT causation and although there is a lot of benefit to being able to physically persevere through external resistance, the subjective experience of soreness is NOT an accurate way to objectively measure how many calories we used in a workout or how effective that strength/muscle building signal will be. Instead, try to create a small list of measurements you can check regularly that help monitor your progress. Metrics like grip strength or the 30-second sit-to-stand test are clinical tests because they are objective and relate to many aspects of physical performance. Although these are tests we wouldn't specifically train for, most effective physical training is going to create improvements in these tests. Quality metrics should be OBJECTIVE and tie to your goals. They should answer a question (like is our training effective) and be easy to understand and compare. Metrics should change our behavior, hopefully for the better, so that we can make EFFECTIVE decisions about our routines. Are our metrics improving at a rate we're happy with? Good! Keep on keeping on. Otherwise, we can use this specifically chosen piece of information to make a decision on how to change things up.

Day 9 (Aerobic)

Warm-Up

	<u>Reps</u>	<u>Sets</u>
Knee Drives and Glute Stretch	5/side	3
Calf Pulses	15	3
Sartorius Raise (Piriformis Stretch)	5/side	3
Leg Swings (front/side)	15	3
Jack Claps	15	3
Revere Lunge w/ Twist	8/side	3

Couch to 5K

LSD Run/Walk	20-30 min	1
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Cool-Down

Gastroc/Soleus Stretch	30 secs/side	2
Inchworm <> DWD <> Pigeon	1/side	2
Hip Climber to half kneel and rotate	3/side	2
Bridged Marches	10	2
Straddle Seated Reaching Stretch	30 secs	2
Rocking Figure 4 Get-Up	5/side	2

" IF YOU CHANGE
THE WAY YOU
LOOK AT THINGS,
THE THINGS
YOU LOOK
AT CHANGE. "

Wayne Dyer

Attitude is everything. It can motivate us or imprison us in a bubble of self-doubt and shame. Like glasses that frame our life's events, it can be the difference between feeling victimized BY life or a co-creator WITH life. It is not hard to do most things. Most things can be accomplished in a step by step process that has already been outlined by someone else. It's the SHIFTING OF OUR HABITS that is hard and a process made A LOT harder with the wrong attitude.

Someone grateful for the opportunity to practice a skill, who's motivated to work hard, will invariably achieve more than someone nervous about exploring their potential. Although taking positive action is one of the best things to do when feeling negative, it's understandably not always that easy.

Willpower and motivation are not sustainable, which is why we need to shift our perspective. We need to shift our beliefs about circumstances around us to feel motivated instead of letting our fears and negative self-talk push us from the things we want.

Day 10(Bro Flow)

Curtsey Squat	to	Walking Lunge	Reps 12/side
Elephant Planks	w/	Tripod Lift	8
Beast Planks			15/side
Hip Climber	to	Half Kneel Diagnol Stretch	5/side
Side Kick Through	w/	limb lift	12/side
DWD	to	Bear Squat	5
Cobra	w/	Rotation	3/side
Zero Gravity Pushups			12
Mountain Climber			15/side
Burpee			15



"Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny."

- Mahatma Gandhi -

Many people are willing to do work they believe in. Work that is interesting almost pulls you to it, but have you ever wondered what motivates that behavior? It could be any behavior really...What drives our attitude and behavior at a basic level? Many would say it is our beliefs and values. Beliefs are things we hold to be true regardless of objective truth. They can be developed from personal experience or inherited from the world around us. Large and small, we can hold beliefs about ourselves, others, and about life/the world in general. Phrases like "life sucks" or "I got this" (un)consciously filter the world through that lens to inspire action. This is why it is important to create realistic goals you believe you can succeed at. Most won't put in the needed effort if they don't believe they can achieve it. Values on the other hand act like a compass for our beliefs. They shape what we believe is "right" and "wrong" and are deeply personal. Some, like "health," can be easier to understand while others, like "success," may be more challenging. Both positive and negative, we balance these every day and can be seen in places like a political candidate's platform or the way we structure our day. For instance, someone who believes they can lose weight and values consistency will be more likely to follow through on their exercise routine than someone who doesn't. What are some of your values? Can you define your core values? It's clear that defining your values can be a worthwhile exercise, but it can be difficult to know where to start. Try this 5-step structure to help you define your core values.

- 1) Prepare for some deep work
- 2) Brainstorm and explore options (google some examples of "core values" for ideas)
- 3) Select 4-5 values that are most important
- 4) Prioritize in order of importance
- 5) Save to refer to later. It can be interesting to see how they change over a lifetime.

* Roll eyeballs around corners of eye sockets. Move as slow as possible, spending extra time in areas you want to rush through.

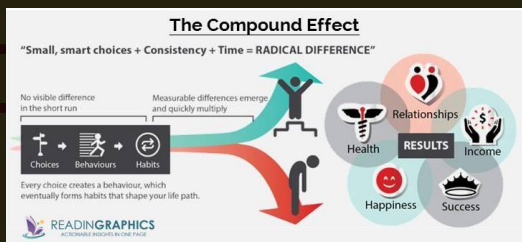
Day 11 (Bend and Press)

<u>Warm-Up</u>	<u>Reps</u>	<u>Sets</u>
Closed Eye Rotations ~	3 revs/side	2
Pelvic Circles	5 revs/side	2
Hip Climber w/ T-Spine Rotation	5/side	2
Banded Lateral Opener	30 secs/side	2
Egyptian	5/side	2

<u>Functional Patterns</u>	<u>Reps</u>	<u>Sets</u>
Sumo Punch	5/side	3
Split Squat Jump	5/side	3
Band Pull Through	12	3
Renegade Row	12	3

<u>Strength</u>	<u>Reps</u>	<u>Sets</u>
Diamond Pushup	5	5
Sumo Deadlift	15	5

<u>Core on the Floor</u>	<u>Reps</u>	<u>Sets</u>
Pilates Single Leg Stretch	3/side	4
Pilates Straddle Lower Back Stretch	1 min	4
Pilates Single Leg Kick	15/side	4
Pilates Corkscrew	5/side	4



Many people attempt to master a habit out of the gate and become frustrated when their efforts inevitably fall short. Often setting the bar too high, too early, with little understanding about "why" they are doing all this new stuff, it becomes easy to become unmotivated, or worse, convince ourselves we don't want what we want. Although the path to success may be clear, underlying beliefs and values may influence us to act in destructive or less productive ways. However, by better identifying our beliefs and values, we can shift our attitudes to empower ourselves to act more readily.

Instead of trying to accomplish all of your goals today, recognize you are a work in progress and simply aim for better. Aim for just 1-4% better and let time and the compound effect work to your advantage. With consistent effort, a little bit of space, and understanding, habits will eventually begin to form themselves!

Day 12 (Inverted Crawl Flow)

Prone Knee to Chest

Back Rocks

90/90

Wide Legged Forward Bend

Runners Lunge

Forward Kick Through

to Prone Knee to Chest

to Back Rocks

to 90/90

to Wide Legged Forward Bend

to Runners Lunge

to Forward Kick Through

Now that we have our list of values we can begin to create plans that honor those values. Do you value family? You will probably work better in a scenario providing positive work-life balance. Do you value teamwork? You will probably act differently than someone who values independence. Unlike a goal that is specific and measurable, values are aspirational and more of what you would like to embody. They are not something to check off, but a process and journey you pursue with your time on Earth.

A lot of people are willing to do work once they understand why they are doing work and our values can be a very good place to start. Think about what excites you and begin to identify more as the kind of person who does that. "I AM healthy." "I AM capable." With this new identity we can more easily decide what actions to choose and, recognizing these are lifetime aspirations, more easily forgive ourselves when we inevitably mess up. Goals are helpful in the creation of productive habits, but our beliefs and values influence how we approach necessary action. In my experience, one of the biggest ways people sabotage their goals is all-or-nothing thinking. Feeling like you always have to do something can create anxiety and depression, but remember not everything can be done today. Real, sustainable change takes time and remembering we are a work in progress allows us the opportunity to remember why we are creating change to begin with - to more fully enjoy and engage with life

Day 13(Squat and Pull)

~ position fingers next to head by ear where you can't see them and wag. Slowly move fingers forward until you can see them. move back and forth.

Warm-Up

	<u>Reps</u>	<u>Sets</u>
Side Finger Wag ~	10	2
Full Hip Circle	10 rotations/side	2
Lateral Leg Lift	12/side	2
Long Lever Hip Climber	30 secs/side	2
Sumo Squat Hold/ Horse Stance	30 secs	2

Functional Patterns

	<u>Reps</u>	<u>Sets</u>
Jump Landings	5	3
Squat Jump Row	8/side	3
Runner Squat	12/side	3

Strength

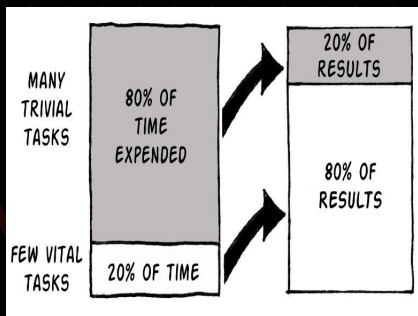
	<u>Reps</u>	<u>Sets</u>
Banded Rear Foot Elevated Split Squat	8	5
Archer Rows	12	5
Tabletop	10	5

Core on the Floor

	<u>Reps</u>	<u>Sets</u>
Bridge w/Leg Extension	10/side	4
Leg Thread	5/side	4
Side Plank (w/Abduction)	10	4
Side Leg Circles	10/side	4

A powerful example of a mental model anybody can use is the "Pareto Principle," also known as the 80/20 rule. Able to be applied to any field, the Pareto Principle states that, for many events, roughly 80% of the effects come from 20% of the causes. If we can identify the best producing 20% and learn to use it effectively, we can dramatically increase our results. Although not a mathematical law, it can be a good rule to follow to prioritize our finite time and energy.

For example, a student may want to identify which sections of a textbook will be most helpful for an upcoming test. A weightlifter may want to identify specific areas of weakness to get the most of their potential. An investor may want to know where they are receiving the highest return on investment. Not to imply a student should ignore other parts of their textbook - just like the athlete shouldn't ignore the other parts of their body or the investor their other investments - simply that we can achieve the best results in prioritizing the top 20% of factors



Day 14 (Aerobic)

Warm-Up

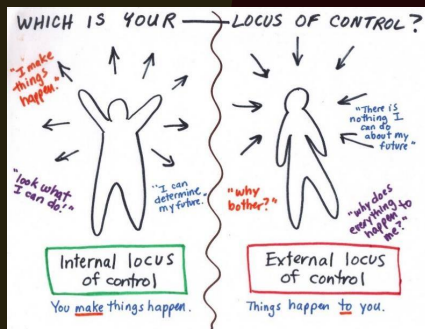
	<u>Reps</u>	<u>Sets</u>
Knee Drives and Glute Stretch	5/side	3
Calf Pulses	15	3
Sartorius Raise (Piriformis Stretch)	5/side	3
Leg Swings (front/side)	15	3
Jack Claps	15	3
Revere Lunge w/ Twist	8/side	3

Couch to 5K

2:1 Run/Rest Ratio (Fartlet)	2 min	5-8
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Cool-Down

Gastroc/Soleus Stretch	30 secs/side	2
Inchworm <> DWD <> Pigeon	1/side	2
Hip Climber to half kneel and rotate	3/side	2
Bridged Marches	10	2
Straddle Seated Reaching Stretch	30 secs	2
Rocking Figure 4 Get-Up	5/side	2



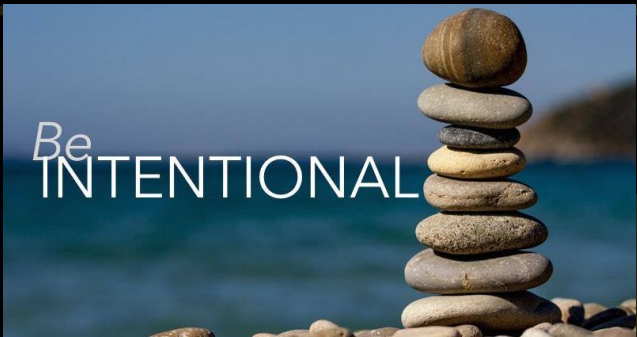
What's your excuse? You know, that one you use as the reason you can't achieve your desires. We all have them... "I don't have time...I'm too tired...I don't know how to progress," but is that the whole story? Although life's life-ness can sometimes throw a wrench in our plans, problems arise when we make a habit of creating excuses or shifting the blame onto others. Not only does it take away opportunities for us to empower ourselves and take responsibility for our beliefs and actions, but the natural tendency is for these traits to worsen when not addressed. To be a more integrated member of society, we must learn to take ownership of our feelings and our life!

Although it can feel challenging, consistent practice not only builds habit, but character and self-respect. Over time the orientation of our "locus of control" shifts from an EXTERNAL frame of reference where outside forces shape our life to an INTERNAL frame of reference where we do. People with an internal locus of control are more likely to take responsibility for their actions and usually have a stronger sense of self-efficacy - both important factors in the creation and pursuit of goals. Rather than seeing yourself as a passive bystander, think about what actions you CAN take and what outcome that creates.

How much time do you have? Can you practice paying attention to your breath? Can you ask a question to assist your progress? Getting started with anything is difficult, but accepting we have the keys to health in our own hands can be a great first step in making the necessary changes to improve our quality of life.

Day 15 (Bro Flow)

		<u>Reps</u>
90/90 Switch	w/ Hip Extension	8/side
Hip Climber	to Glute Kick Back	10/side
Loaded Beast	to Beast Reach	5/side
Prone Leg Curls	Low Cobra	3
Traveling Ape		15
Duck Walk		3x3x8
Pivot Runners Squat		12/side



We live today and sometimes a better body in a few months or improved health conditions over a lifetime isn't a strong lure to exercise. We're all busy and have to choose to exercise today if we want to start a lasting habit - a task made more difficult without a clear understanding of why we are doing what we are doing. Instead of doing what you think you should be doing or exercising to make amends for what you've done, try viewing exercise as an opportunity to celebrate your body and get to know yourself. For many, this can be the best and most available opportunity in our day to dig deep and cultivate a self-efficacious mentality.

"Train intentionally, not habitually." It is a mentality I try to teach my clients and creates an opportunity for them to evaluate their own reasons for starting a movement practice. There are unlimited ways to express ourselves, but only by engaging with our journey do we have the opportunity to travel down our path. Take ownership of your training and accept the journey to become the person you want to be! What are the goals you are working towards and what do you currently think about those goals? Are they attainable? Do you find them difficult? Are you asking for advice and acting on what's been shared? Why or why not? Are you analyzing and interpreting your results? Are you being objective and honest with yourself? What are your next action steps?

* Roll eyeballs around corners of eye sockets. Move as slow as possible, spending extra time in areas you want to rush through.

Day 16 (Bend and Press)

Warm-Up

Open Eye Rotations *
Standing Bird Dog Hold
Triple Bully Ext Bias
Face Pull

Reps
3 revs/side
5 breaths/side
30 secs/side
15

Sets
2
2
2
2
2

Functional Patterns

Contralateral Step Press
Wood Chop
Plank

Reps
8/side
12/side
10 secs

Sets
3
3
3

Strength

Pike Pushup
Good Morning

Reps
5
15

Sets
5
5

Core on the Floor

Mtn Climber
Plank Rotations
DWD Reaches
Scorpion Holds <> Beast Reach

Reps
15/side
8/side
5/side
3/side

Sets
4
4
4
4



It's easy to take health for granted until news from our doctor of a chronic disease. However, our chronic health over time is created from the daily choices we make (or sometimes choose not to make). We have all heard about the benefits of eating healthy, exercising regularly, and brushing our teeth, but how many of us are acting on it? Although it can be convenient to make our doctor the gatekeeper of health, there are many ways we can take ownership and make the most of our time between visits. According to H.H. Mitchell, Journal of Biological Chemistry 158, ~70% of our bodies are water (80% in our muscles, 79% in our digestive track, and 73% in our brain) where it is

necessary to digest and absorb nutrients, carry away waste, and lubricate our joints. With many self-reporting being under-hydrated, along with the prevalence of diuretic drinks in the Standard American Diet, it's not a mystery why many suffer from fatigue, joint pain, and headaches. Try to create a hydration goal for the day and work at it until success becomes second nature. Common strategies include drinking a tall glass in the morning upon waking and having one before every meal, but try to drink between 0.5-1.0 ounces of water for every pound you weigh. Your body (and doctor) will thank you.

Day 17 (Animal Flow)

Static Crab	to	Underswitch to Side Kick Through
Crab Reach	to	Ape Reach
Traveling Ape	to	Stand to Squat
Inchworm	to	Loaded Beast
Beast Reach	to	Scorpion
Crab Reach	to	Underswitch
Loaded Beast	to	Beast Wave
Cobra Rotation		

ALLOW
YOURSELF TO
BE A BEGINNER.
NO ONE
STARTS OFF
BEING
EXCELLENT.



Think back to when you were young or watch how young ones learn. They are full of questions - some obvious, some profound, and others that have you wondering. Their imagination runs wild and, unburdened with preconceptions or prejudice, see a world with more wonder and excitement than your typical adult. A perspective often referred to as "Beginners Mind." "Beginners Mind" is exactly what it sounds like. It is a perspective where things are fresh, and the person is full of curiosity, free of preconceptions or expectations. Although knowledge and experience help us navigate life easier, it can also create expectations about what is. Not that we shouldn't build skill and expertise, but that our tendency to compare what we want/expect to what IS often holds us back. Without preconceptions or assumptions, we can't be upset or disappointed about an event. We won't worry about the difficulty of

something or lose the freshness in a relationship or experience. We are free to be here, more mindfully, with a lighter, more wonder-full disposition. A daily meditation practice can be an excellent place to develop this skill. As most of meditation is learning to be in the present moment, we can use this time to pay attention to now and practice letting go of preconceived ideas. Simply move into a comfortable position and focus on your breath. Pay attention to the sensations occurring around and within you, but don't wander away from now. As things come in, let them go and return back to your breath. It's not as much about having no thought as it is letting them go. Just try to observe. Repeat this for as long, or short, as you like, but you're not limited to meditation. Try it with the next activity you do or the next conversation you're involved in. Drop your ideas about what things should or could be like and try to be grateful for the opportunity in front of you now. That's the practice.

It's time to do that thing you wanted to do - especially if you're bad at it. Although the confusion, embarrassment, or uncertainty you feel may be uncomfortable, the fresh eyes and new perspective may create new connections and fresh insights

Day 18 (Squat and Pull)

*position finger to side of head so it is barely in periphery. Trace a half circle around head following with eyes. Keep head still.

Warm-Up

	<u>Reps</u>	<u>Sets</u>
Finger Halos *	3 rot/side	2
Olympic Squat Hold	1 min	2
Foot Rollover	8/side	2
Step Forward Knee Pull	5/side	2
Sumo Knee Drop	5/side	2

Functional Patterns

	<u>Reps</u>	<u>Sets</u>
Contraststep Pull	5/side	3
Squat to Toes	12	3
Pivot<->Runners Squat	10/side	3

Strength

	<u>Reps</u>	<u>Sets</u>
Pistol/1 Leg Squat	5	5
Reverse Pushups	8	5
Floor Pullup	10	5

Core on the Floor

	<u>Reps</u>	<u>Sets</u>
Crab Reach	5/side	3
Shinbox Tripod OH Reach	5/side	3
Pilates Open Leg Rocker Prep	10	3
Figure 4 Get Up	5/side	3



Research in educational psychology suggests a mastery-motivational climate improves enjoyment, competence, and intrinsic motivation in children. Focusing on skill mastery instead of performance measures, a mastery-motivational climate supports learning by emphasizing cooperation, effort, and self-referenced improvement. The results of Marc Theeboom et al, Journal of Sport and Exercise Psychology 17(3) provide empirical evidence that a mastery-oriented climate can result in positive experiences in young athletes learning new skills. Results showed that children in a mastery-oriented group reported significantly higher levels of enjoyment and exhibited better motor skills than those in a performance oriented group. This means those that pursued personal mastery had more fun and better results than the group only measuring performance.

Even better, the results of Ellen Martin et al, Journal of Physical Education and Sport Pedagogy 14(3) shows that even in young children (kindergarteners), a mastery-motivational climate can improve motor skills in a self-directed population. Simply stated, we learn well when it's something we want to learn.

What do you want to learn? Can you act on it today? Sure you might feel awkward and uncomfortable, but everybody is when they start something new. Try not to be concerned with how things "should be" and instead work to become curious about your topic. The research here suggests we learn better and have more fun when we engage in the mastery process and high performance develops with consistent practice. Although it may take months or years to achieve what you want, the time is going to pass anyway. Why not make the most of it?

Day 19 (Aerobic)

Warm-Up

	<u>Reps</u>	<u>Sets</u>
Knee Drives and Glute Stretch	5/side	3
Calf Pulses	15	3
Sartorius Raise (Piriformis Stretch)	5/side	3
Leg Swings (front/side)	15	3
Jack Claps	15	3
Revere Lunge w/ Twist	8/side	3

Couch to 5K

Distance Run	5k!	1
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Cool-Down

Gastroc/Soleus Stretch	30 secs/side	2
Inchworm <> DWD <> Pigeon	1/side	2
Hip Climber to half kneel and rotate	3/side	2
Bridged Marches	10	2
Straddle Seated Reaching Stretch	30 secs	2
Rocking Figure 4 Get-Up	5/side	2

If you want something done, it's helpful to be able to do it yourself. However, there are only two ways to get yourself going - motivation and discipline. What's the difference? Motivation acts on an assumption a specific mental/emotional state is necessary to complete a task. In contrast, discipline develops over time by consistently acting even if the mental/emotional state isn't there. If our actions are reliant on our feelings, waiting around for the right mood to show up can get frustrating. Instead, by disciplining ourselves to regularly complete tasks, the inner state procrastinators and those seeking motivation are looking for naturally begins to develop within.

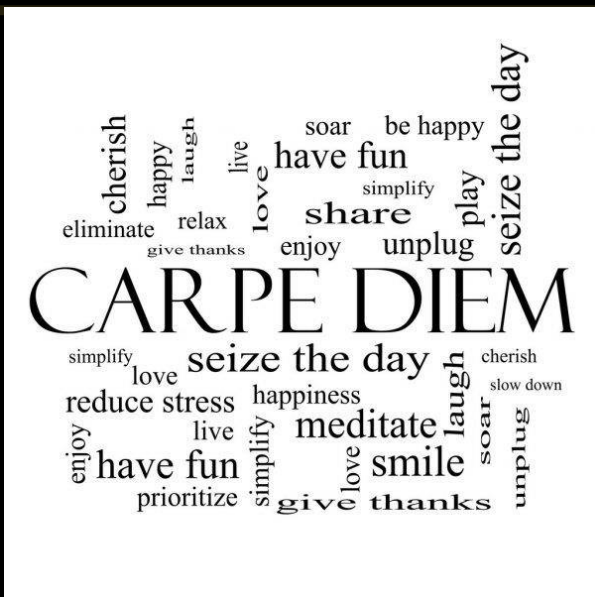
Discipline creates freedom and although getting on the path can be challenging, it can also be life changing. Do you want financial freedom? Learn to be more disciplined with your financial habits. Do you desire time freedom? Learn the discipline to follow a better schedule. What about the freedom to move and express yourself how you want?

You have to first discipline yourself to practice your body on a regular basis. Although it can be uncomfortable to shift our mindset and address weakness, transformation will not happen by itself. Change requires change and we need to put in the time to train ourselves to be more disciplined. We can begin to cultivate discipline by building habits into our day. Big or small, the momentum developed from regular action eventually compounds into bigger opportunities and a stronger feedback loop. Although a goal may be to sleep six hours a night, we may begin to prioritize sleep more over time and thus reap the benefits of feeling well rested. It wouldn't be surprising to see this person eventually getting eight hours of sleep and approaching other challenges in life with more enthusiasm. When was the last time you tried something new? Why not start today? Although the motivation may not be there now, we must learn to act if we ever want the freedom to do what we want. Don't sit around waiting to get motivated. Discipline yourself to act and create more opportunities to do the things you love.



Day 20 (Bro Flow)

		<u>Reps</u>
Elephant Walk	to	8
DWD		3/side
Scorpion		12
Pike Pushup		5/side
Crab Reach		8/side
Forward Kick Through		3/side
Long Lever Hip Climber	w/	8/side
Side Plank Rotations		10
Crow Practice		time



Every day yields another opportunity to get up and start again. To pick up where we left off. To start something new. Some opportunities may be good. Others not so much. However, every opportunity gives us a chance. A chance to grow. A chance to become. A chance to work towards the life we want - mind, body, spirit, and emotion. Motivation is temporary, but discipline lasts. Our habits and discipline will get us moving while those seeking motivation are stuck on YouTube looking for the right video. Give yourself the opportunity to have an opportunity! It's only your life we're talking about.

Tutorials



Videos Include

- (M/W) Functional Patterns Exercises
- (M/W) Strength Exercises

Sequences



Videos Include

- (M/W) Warm up/Core on Floor
- (Tues) Yoga
- (Thurs) Running Warm Up/Cool Down
- (Fri) Bro Flow