

A GUIDE TO HELP YOU KEEP
YOUR WORD IN

2022

EVOLVE & REPEAT



EVOLVE NATION



At the beginning of every new year, which many see as a “fresh start,” millions of people promise themselves to change something about their lives. Although this can be a great time to reflect, reevaluate and set new target goals - it's important to note that this process is available to us all year round. At any moment, you can **decide** to create change. You don't need to wait for the calendar to roll over. Make the conscious decision to change because you want to, because **you** are ready for a lifestyle change. That is how you turn resolutions into real growth.



BE INTENTION

Going into 2022, I want us all to be intentional with our choices. People fail to keep their word because they fail to give proper time and thought to their goals to begin with. "I'm going to workout" isn't going to help you workout for the next 12 months. Similar to any process in life, there needs to be a deep desire and plan in place. To put this into real life perspective, imagine someone setting a resolution to "I'm going to buy a home". Ok, that's great, but why and how? To help you choose a resolution that will make a real difference to you, it helps to think about a few different areas of your life. Here are four common types of resolutions people often make, and some examples of each type.



HEALTH RESOLUTIONS

Taking better care of yourself by changing your eating, sleeping, exercise, or hygiene habits.

- Eat less sugar, processed foods, etc.
- Exercise regularly
- Get more sleep
- Floss regularly
- Eat more fruits & vegetables



RELATIONSHIP RESOLUTIONS

Improving the quality of your relationships with friends, family members, and other important people in your life.

- Spend more time with friends or family
- Be a better listener
- Stop gossiping
- Improve communication skills



PERSONAL GROWTH RESOLUTIONS

Expanding your horizons by practicing better habits, learning new things, or paying more attention when it matters.

- Watch less T.V. or fewer videos
- Read one new book per month
- Learn a new language, sport, craft, or hobby
- Spend less time on phone/devices



ACADEMIC RESOLUTIONS

Improving your studying and learning skills, earning higher grades, or just gaining more out of school.

- Be more present in class & take more notes
- Set up a homework & study routine
- Study for tests more effectively
- Keep a calendar of important dates



KNOW YOUR WHY

– WHEN SETTING GOALS –

BE CLEAR ABOUT IT

res•o•lu•tion

noun

“firm decision to do or not to do something.”

Resolving to do something good or quit something unhealthy is admirable, but a resolution is nothing without an actual goal.

goal

noun

"a specific target, or the aim or desired result"

We are driven by our desires (and fears). When setting **real goals**, add purpose and deep meaning to keep you going all year round.

A goal should be specific, realistic, and measurable. But just like a resolution without a goal, a goal without a plan is nothing. You must also be able to outline specific steps that will help you achieve your goal. Thankfully, this guide is part of your plan. In this guide, you will be focusing on personal and health resolutions. It is essential that your resolutions are genuinely important to you. They should come from your own heart/mind, not from outside pressures, like your parents or society. Brainstorm two personal resolutions or two health resolutions. Set a clear goal for each, and then outline the specific steps you will need to take to reach your goals.

Then, share your goals with people you trust - not people who will judge or make you feel insufficient or 'stupid' for lack of better terms. Our Evolve Community is the perfect place for us to share our goals in hopes of helping one another and remaining

HEALTH & PERSONAL GOALS



THINGS TO THINK ABOUT...

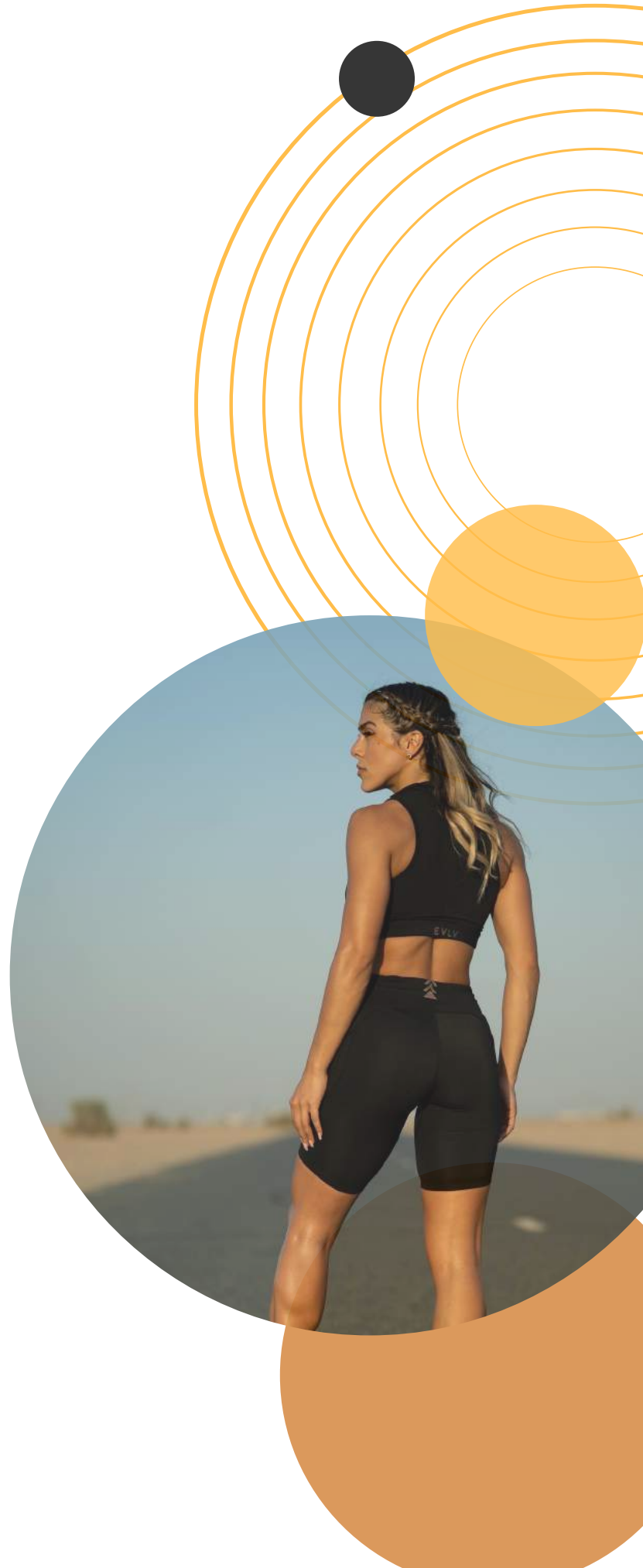
- **Your happiness:** What would make you happier?
What can you do to create more joy in your life?
- **Your health (mental & physical):** What would make you feel mentally stronger, balanced, and less-stressed? What would make you feel physically stronger and healthier?
- **Your mind & brain:** What do you want to learn or be able to do? What steps can you take to learn these new things?
- **Your relationships with others:** What would strengthen your relationships with others (family & friends)?
- **Your passions, interests, and hobbies:** What are your passions, and how can you make more time for them?
- **Your fears:** What's stopping you from doing things you want to do? How do you plan to break these fears?
- **Daily habits & routines:** Your daily habits and routines can make or break your goals. What would you like to change or improve about the way you go through life each day? (Examples: sleep, screen time, etc.)

YOUR MINDSET MATTERS

GROWTH MINDSET REFLECTION

RESOLUTION TO REALITY

Neuroscience and psychology proves that mindset has measurable effects on growth. Literally, the brain can be trained to GROW. We call this a “growth mindset,” as opposed to a “fixed mindset.” A growth mindset recognizes potential and understands that intelligence can be grown, whereas a fixed mindset assumes that intelligence is what it is...fixed. One simple way to internalize growth mindset is to start adding the word “yet” anytime you find yourself feeling defeated: “I don’t understand this...yet.” An important part of embracing growth mindset lies in your perception of failure. Those with growth mindset are resilient; they learn from their mistakes and see failure as a natural step in growth. Those with a fixed mindset are likely to give up from failure and see it as evidence of their flaws. In the next step, reflect upon a failure of last year. It can be health or personal related, big or small, a bad habit or a grave mistake. Briefly explain your failure, considering the cause of it. How can you learn from this failure? What can you do differently this year to prevent similar failures?



Growth Mindset Reflection

DATE _____

[illegible]

SET YOUR GOAL

EXAMPLE

If your resolution is to exercise more, make your goal specific: exercise 3-5 days a week. This gives you a target, but also some wiggle room. Some specific steps for this goal may be:

1. Create a weekly workout plan
2. Start a workout log/journal to keep track of your activity
3. Interact with support community daily
4. Block off workout time
5. Set a specific target: run/walk 5k, do a set number of pushups, etc.

Okay, so you have chosen a resolution, an area where you want to make improvements. Now let's change our terms a little bit. Instead of just making a general "resolution," turn it into a specific goal, something you can actually measure over time.

For example, if your resolution is to stretch regularly, you can turn that into a measurable goal by stretching every night before bed. That would be a Daily Goal. Here are some other examples of daily goals:

Resolution: Be more organized

Goal: Spend at least 20 minutes per day organizing drawers, decluttering room or cleaning work space.

Resolution: Eat healthier.

Goal: Eat at least 5 servings of fruit or vegetables per day.

Since we're focusing on daily goals, you will need to use a Daily Record to keep track of how you do. Some days you may not meet your goal, but that doesn't mean you should give up—if one day doesn't go as planned, just recommit the next day. You don't have to do this for the rest of your life, however, when trying to develop a new habit or change behavior, you need a tracker that supports your reward system. Drawing a check mark next to your achievements does more neurologically than you know. Get that dopamine hit! In the next few pages, I've added a variety of trackers.

PERSONAL DEVELOPMENT GOAL

GOAL ONE

RESOLUTION: _____

GOAL: _____

SPECIFIC STEPS:

☐ _____

☐ _____

☐ _____

GOAL TWO

RESOLUTION: _____

GOAL: _____

SPECIFIC STEPS:

☐ _____

☐ _____

☐ _____



HEALTH GOAL

GOAL ONE

RESOLUTION: _____

GOAL: _____

SPECIFIC STEPS:

☐ _____

☐ _____

☐ _____

GOAL TWO

RESOLUTION: _____

GOAL: _____

SPECIFIC STEPS:

☐ _____

☐ _____

☐ _____

EXAMPLE

HABITS TRACKER

JANUARY
2022

HABITS	M	T	W	T	F	S	S
EN WORKOUT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DRINK 5 BOTTLES OF WATER DAILY	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
JOURNAL	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRETCH 10 MIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MEDITATE 5 MIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
READ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES :

MOOD



DATE

HABITS TRACKER

	M	T	W	T	F	S	S
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NOTES :

MOOD

☐

☐

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DAILY FOOD TRACKER

Date:

BREAKFAST	SNACKS	LUNCH	DINNER

TODAY'S WORKOUT

WATER INTAKE

NOTES

DAILY PLANNER

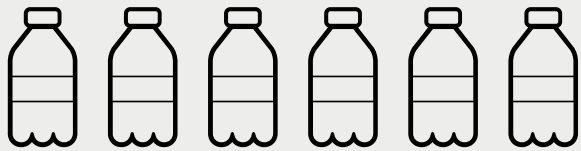
TOP PRIORITIES

M T W T F S S

MEALS

WORKOUT

Water Tracker



Things To Do

Priorities

Notes

Plans For Today

Date:

Daily Food Planner

Date: _____

M	T	W	T	F	S	S
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Breakfast:

Lunch:

Dinner:

Snacks:

Water Intake:













Food I Should Try:

Food I Should Avoid:

Notes:

To Do List

today

TODAY'S GOALS

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IMPORTANT

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LESS IMPORTANT

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NOTES

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WHAT'S YOUR
WORD?



#KEEPYOURWORD

Pick ONE word to describe your goals, dreams, and hopes for this year.

JUST. ONE. WORD.

This should be a word that you want to keep in your mind throughout the year, a word that can serve as a simple reminder for your purpose and your goals. Make sure it is a word that holds unique meaning to YOU, not a word that conveys something that others/society want from you. Deliberately choose your word for the year; then, write and visually represent it on a sheet of blank paper -OR- use one of the provided templates. You may use words/phrases, images, etc. Make it meaningful to YOU. It doesn't matter if its decipherable to anyone else, but you should be able to explain it. You should place this visual representation somewhere where you can see it every single day. Even if you do not keep all of your resolutions, you can at least make an attempt to live by your word each day. Some examples are below, but try your best to think of your own word!

honest

brave

evolve

grateful

intentional

positive

growth

balance

unstoppable

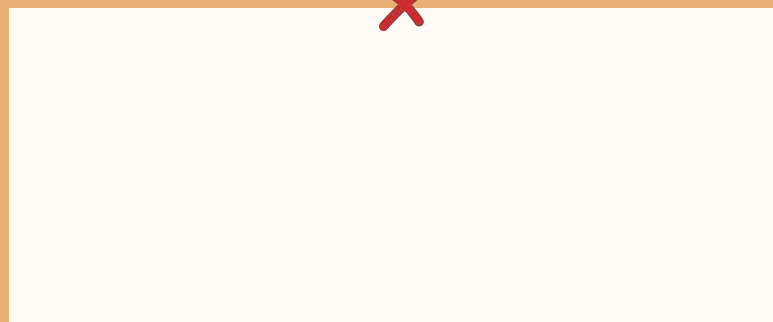
A great way to actually KEEP YOUR WORD is to stay reminded of it!
Share a story/post on IG at least once a week sharing your word, or things
you're doing to keep it. Hashtag #keepyourword #evolvenation & tag me
so I can support your journey!

I'm so excited to see your WORD.
I'll be sharing mine too!





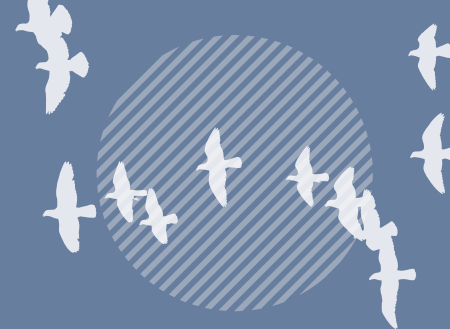
MY WORD



@evolve.nation

2022

EVOLVER 2022 CALENDAR



monthly mix

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 LEGS (GLUTES FOCUSED)	4 PUSHING THE LIMITS (CHEST & TRI'S)	5 COC + 20 MIN CORE SHRED	6 PULL DAY + COC	7 HITTIN LEGS	8 LISS COC + CORE BUILD
9 RECOVERY DAY	10 LEGS (GLUTES FOCUSED)	11 PUSHING THE LIMITS (CHEST & TRI'S)	12 COC + 20 MIN CORE SHRED	13 PULL DAY + COC	14 HITTIN LEGS	15 LISS COC + CORE BUILD
16 RECOVERY DAY	17 LEGS (GLUTES FOCUSED)	18 PUSHING THE LIMITS (CHEST & TRI'S)	19 COC + 20 MIN CORE SHRED	20 PULL DAY + COC	21 HITTIN LEGS	22 LISS COC + CORE BUILD
23 RECOVERY DAY	24 LEGS (GLUTES FOCUSED)	25 PUSHING THE LIMITS (CHEST & TRI'S)	26 COC + 20 MIN CORE SHRED	27 PULL DAY + COC	28 HITTIN LEGS	29 LISS COC + CORE BUILD
30 RECOVERY DAY	31 LEGS (GLUTES FOCUSED)	1	2	3	4	5

QUOTE OF THE MONTH

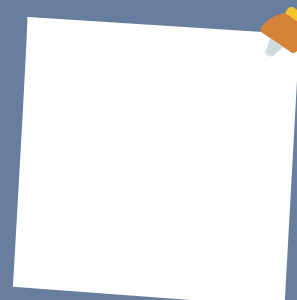
This year will give you
exactly what you give it

LIVE CALENDAR



CHECK YOUR PORTAL EVERY
THURSDAY FOR MY LIVE
TIME/DATE UPDATE

MY WORD



START THE YEAR RIGHT

Whether you're just getting started or rolling over from last month's plan, the goal remains the same for everyone. Show up and be consistent. Results don't happen overnight. But everyday that you show up, you're creating a positive shift from within. A shift you cannot physically see. Trust the process!

SHOW UP EVERYDAY

You are in a state of empowerment when you simply feel **good** in your skin. Achieving a simple 10-30 min of COC (Choice Of Cardio) will improve your self-worth and boost your confidence. Don't skip a day, go for that walk!

COC [CHOICE OF CARDIO]

Every body is different, focus on your starting point. Whichever cardio method you choose, make sure you log your time and distance completed, this will be a true measure of progress.

LISS [LOW INTENSITY STEADY STATE]

So low intensity adds a very nice variation to your workout regimen. It adds some change that will keep things fresh. It's also a great option for those days when you're not at your best, and we all have those days!

STRENGTH TRAINING

Building muscle, losing weight or seeing any type of progress requires TIME. Specifically when it comes to strength training. This month will focus on strength training, you can use resistance bands, free weights or gym equipment. Modify, adapt and keep **evolving**.

strength training

TERMINOLOGY

SS= superset means the two exercises are done back to back, with no break in between

TS= tripliset means the three exercises are done back to back, with no break in between

DB= Dumbbell

BB= Barbell

KB= Kettlebell

E/S= Each side

WEIGHTS

How light or heavy the weight you use relies on your goals.

To bulk or put on mass: focus on 8-12 reps with a heavier load you start to feel by the 4th rep. You'll get a good gauge on this as the weeks go on and you monitor how sore you were from the workouts. When it comes to lower body, you can push much heavier weight (especially if it's on machines). Before you increase your weight, make sure you are following the proper form and have good control over the weight. This means if you can slow down your tempo and still complete all the reps with more in your tank, then an increase in weight is appropriate.

To lean out/maintain mass: focus on 15-20 reps with a moderate load you start to feel challenged by on the 7th rep.

REST PERIODS

For heavier lifts, take 60-90 seconds of rest between sets.

For lighter lifts, take 30-60 seconds of rest between sets.

I added a "NOTES" section on each workout page, in the case you wanted to print them and keep track of the weight you lifted and how you felt. Rating the workout difficulty from 1-10 could be a good idea too.

CHOICE OF CARDIO [COC]

HERE ARE SOME CARDIO OPTIONS TO CHOOSE FROM, CRUSH IT!

BEGINNER

- **OPTION 1 (LOW IMPACT)** : 2 MILE INCLINE WALK – speed walk 2 min, moderate speed 2 min)
- **OPTION 2:** 1 MILE RUN (aim to finish the mile without stopping – jog or walk but don't stop)
- **OPTION 3:** CYCLE 5 MILES

INTERMEDIATE

- **OPTION 1 (LOW IMPACT):** Select workout 'Hitting The Bikes' in your portal.
- **OPTION 2:** Complete 100 floors on stairmaster.
- **OPTION 3:** Run 2 miles (run or jog – no walking)



ADVANCED

CARDIO OPTION 1

STARE-MASTER | 20 Minutes

First 5 minutes:

- Warm up at a moderate pace (not slow but not sprinting)

Next, repeat this circuit 3x:

- 1 minute double steps
- 30 seconds lateral steps (right side)
- 30 seconds lateral steps (left side)
- 1 minute backward steps

Next, repeat for 5 minutes:

- 30 sec sprint (no hands) followed by 1 min mod speed

Last 5 minutes

- Lower speed. Step with hands overhead or on hips.

CARDIO OPTION 2

DEAD-MILL | 25 MIN

First 5 minutes:

- Walk incline (at least level 5 on incline)

Next 10 minutes:

- 30 sec side shuffle (left side)
- 30 sec side shuffle (right side)
- 1 min run no incline
- 1 min Incline Speed Walk

Next 5 minutes:

- 30 seconds sprint uphill followed by 90 sec walk uphill

Last 5 minutes:

- Recovery walk (no incline)

LISS (LOW INTENSITY STEADY STATE)



Low intensity steady state cardio is aerobic exercise where you maintain a heart rate of around 50 to 70 percent of your maximum heart rate. This heart rate level, or heart rate training zone, is considered low intensity. So some key characteristics about LISS:

- Low intensity in terms of the heart rate intensity, and generally in Zone 2 of the heart rate training zones. This is 60-70% of your max heart rate.
- Steady state means that the exercise is at a steady, consistent rate for the duration, and the duration is usually for a longer period of time (30 minutes or longer).
- Zone 2 in heart rate training zones is an ideal zone for fat burning and weight loss.
- Low intensity workouts are ideal for beginners who are progressing in their fitness journey, and those recovering from injury.

LISS CARDIO OPTIONS

- Jogging
- Swimming
- Biking / Cycling
- Brisk Walk
- Jog – Walk (alternating)
- Elliptical machine
- StairMaster
- Rowing
- Incline Walk

Jogging is a great and familiar example of low intensity steady state cardio, where the goal is to maintain a low to moderate speed for an extended period. It puts you in a very comfortable fat burning mode. Low intensity cardio is truly amazing because we can do it in numerous ways. Incline walks and cycling are two popular options. But if you don't enjoy either of the two, choose one you enjoy from the LISS options.

I find LISS to be a necessary psychological break from all of the intense training. Plus it's a great time to listen to an audiobook or podcast.

WARM UP ROUTINE

Recommended: 5-10 minutes

As we enter the colder season, it's easier to get injuries. Spend a few extra minutes warming up your body. Complete this warmup 2-3 times if needed.

This warm-up is great before every COC and lower body sessions.

Don't skip it.
Your body will thank you!



COOL DOWN

Recommended: 10-15 minutes



Cooling down is SO important. Not only does it prevent injury, but it also speeds up recovery and allows more room for muscle growth. Even if you're in a rush, make time for as little as 5 minutes of stretching. Focus on stretching the muscle group you trained or focused on. For bonus recovery tips, add in 5-10 minutes of foam rolling.

LEGS

(GLUTE FOCUSED)

THE WARM UP

- 10 minutes cardio warm up (cycling or incline treadmill recommended)

GLUTE BAND ACTIVATION

- 20 Banded Hip Bridges
- 20 Banded Abductions each leg
- 20 Banded Kickbacks each leg
-

Repeat 2x | with no rest

NOTES:



THE WORKOUT

SUPERSET #1

3 sets | 40-60 sec rest

- 15 Reps Bulgarian Split Squats E/S (choose challenging weight)
- 20 Reps Hip Abduction (Use the machine if available)

If no machine is available, use bands and perform 20 on each side

SUPERSET #2

3 sets | 30-60 sec rest

- 20 Reps Hamstring Curl (slow and controlled)
- 15 Reps Leg Press (Frog position, mod-heavy weight)

Frog position means legs open wide and toes pointed outward.

SUPERSET #3

3 sets | 60-90 sec rest

- 12-15 Reps + 10 pulse BB Hip Thrusts (mod-heavy weight)
- 15 Reps e/s Cable Kickbacks

Use DB if BB is not available. Use bands if Cable Machine isn't avail. Recommended: go heavier on hip thrust and lighter on kickbacks

BONUS BURNOUT

3 sets | minimal rest

- 10 Reps DB Squat Jumps
- 10 Reps Bodyweight Squat Jumps
- 30 Secs DB Squat Hold

Recommended: Add bands to this burnout if you're advanced

PUSHING THE LIMITS

(CHEST & TRICEPS)

THE WARM UP

- 10 minutes cardio warm up (jump rope or rowing suggested)
- 30 secs jumping jacks
- 20 arm circles (forward)
- 20 arm circles (backward)
- 10 push-ups

Repeat 2x | with no rest

NOTES:



Click on the underlined exercises
to view demo videos

THE WORKOUT

#1 TRIPLESET

3 sets | 45-60 sec rest

- [15 Reps Crossbody Push-up](#)
- [15 Reps DB Dips](#)
- 30 Secs Mountain Climbers

#2 SUPERSET

3 sets | 60 sec rest

- [15 Reps DB Lateral Raise + Clean Press](#)
- [15 Reps DB or BB Skull Crusher](#)

#3 TRIPLESET

3 sets | 60 sec rest

- [15 Reps DB Chest Press Tuck Ins](#)
- [15 Reps DB Bridge Pullover + Chest Flyes](#)
- [30 Sec Mountain Climber Push-Ups](#)

#4 SUPERSET

3 sets | 45-60 sec rest

- [15 Reps Low DB Flyes](#)
- [12 Reps Shoulder Tap Push-ups](#)

20 MIN CORE SHRED



Tap the screen to play

THE WORKOUT

CIRCUIT #1

2 Rounds | Minimal Rest

- 30 Sec C-Position Flutter Kicks
 - 20 Reps C-Position Scissors
 - 20 Reps C-Position In & Out's
 - 16 Reps Alternating Leg Raises
 - 15 Reps Heals To Ceiling
- (Keep your legs straight)

CIRCUIT #2

2 Rounds | Minimal Rest

- 10 Reps Mountain Climber
Twists on each side
- 30 Secs Fast Mountain
Climbers
- 15 Reps Plank Pikes

CIRCUIT #3

2 Rounds | Minimal Rest

- 20 Reps Frog Sit Ups
- 15 Reps Laying Side Crunches
on each side
- 15 Reps X Knee Hugs

NOTES:

20 MIN CORE BUILD

Tap the screen to play



THE WORKOUT

NOTES:

FORM TIPS

- Breathe!
- Keep your core braced
- Avoid space between your back and the floor

3 ROUNDS | 30 SECS EACH | NO REST

1. Boat Hold
2. Alternating Tuck In
3. Alternating Single Leg Lift
(Keep Arms Extended & Thrust Your butt up!)
4. Ball/Plate Hold + Crunch
5. Ball Slams or Overhead Press (Thrust your hips!)
6. Roll Outs
7. Russian Twist + Press

PULL DAY

(BACK & BICEPS)

Click on the underlined exercises
to view demo videos

THE WARM UP

Click the video to follow along



NOTES:

THE WORKOUT

START HERE 3 sets | 60 sec rest

1st set

- 45 seconds DB Burpee + 3 Rep Seated Curls
- 12 Reps DB Bent Over Row

2nd set

- 30 seconds DB Burpee + 3 Rep Seated Curls
- 16 Reps DB Bent Over Row

3rd set

- 30 seconds DB Burpee + 3 Rep Seated Curls
- 20 Reps DB Bent Over Row

NEXT SUPERSET 3 sets | 60 sec rest

- 10 Reps E/S DB Plank Single Arm Row
- 15 Reps DB Alternating Bicep Curls

THIRD SUPERSET 3 sets | 45-60 sec rest

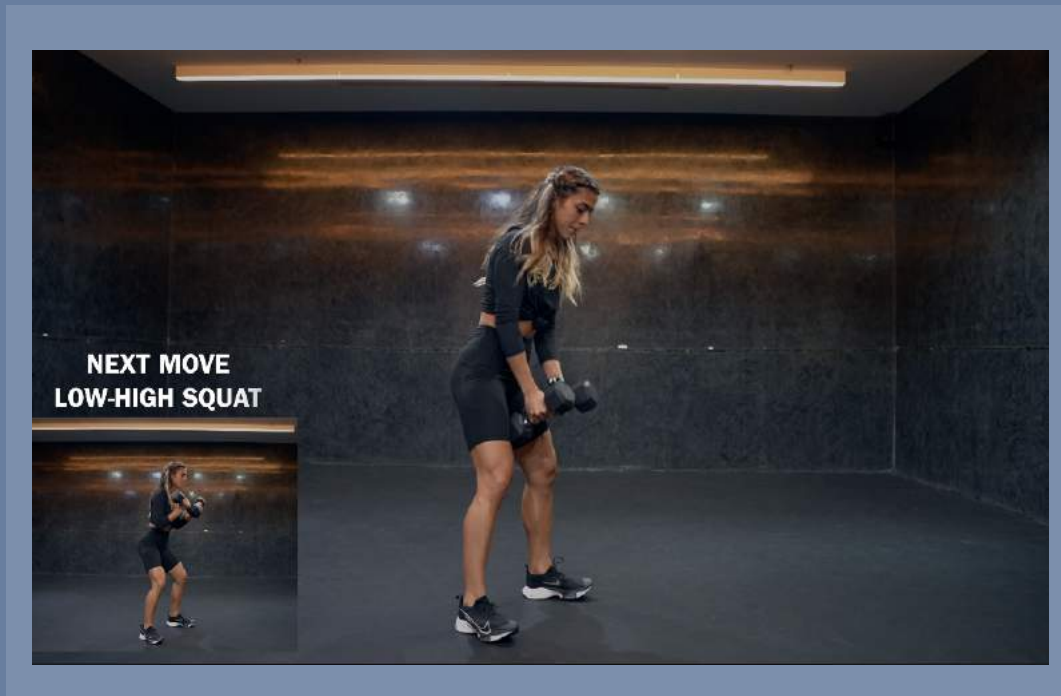
- 15 Reps DB Straight Arms Lat Pulldown
- 15 Reps DB Knee Push-Up To Childs Pose

BURNOUT BONUS follow the breakdown

- Push-Up To Dead Stop:
10 pushups > rest 30 secs > 15 pushups >
rest 60 secs > 15+ pushups or till failure

HITTIN LEGS (QUADS)

Click the video to follow along



THE WORKOUT

FIRST SUPERSET

3 sets | 30 sec each exercise | 30 sec break after each superset is complete

- Double Side Shuffle
- Low High Squat

SECOND SUPERSET

3 sets | 30 sec each exercise | 30 sec break after each superset is complete

- Cross Punch Side Shuffle
- 6 Rep Mountain Climber + Squat Jump

THIRD SUPERSET

3 sets | 30 sec each exercise | 30 sec break after each superset is complete

- 20 seconds Standing Knee Crunches E/S
- 30 seconds Squat Walk + Press

NOTES:

**I ENVISION,
I ADAPT,
I BECOME.**

HEBA ALI

