

HOW TO USE THIS PROGRAM

1. STRENGTH TRAINING

EXPERIENCE: This program was created with the assumption that you have some strength training experience. If that is not the case, this is still for you! Just cut the rounds and / or repetitions of each workout in half and focus on form. Spend time learning and perfecting each movement before moving towards the full repetition count.

EQUIPMENT: You do not need any equipment to complete this program, as there is a No Equipment workout scheduled for each session. I do recommend investing in a good foam roller and / or massage balls for optimal mobility. Should you prefer to use equipment, I recommend the following: Kettlebells and / or Barbell, Slides, Resistance Bands, Jump Rope, Large Weighted Bag (backpack, duffle bag, etc.), Small Weighted Bag (Freezer Size Ziploc Bag, Plastic Bag, etc.)

COOL DOWN: I have not programmed a Cool Down for each workout because it is important that you spend time stretching and rolling out the specific muscles that are tight and sore on you. These will vary from person to person, so I am leaving this in your hands. But **DO NOT** skip the cool down! It is essential to our physical and mental health that we take a moment to breathe and stretch after each strength training session.

2. YOGA

MODIFICATIONS: As always, please listen to your body. Though I do not instruct modifications, please use blocks / straps / pillows and all other modifications as needed. If you are not breathing while you are moving, then it means you are pushing too hard. Take a moment to rest in child's pose and get back into the practice when you can reconnect with your breath.

ADDITIONAL VIDEOS: I have included four additional yoga videos to aid your mind-body experience.

1. 10-Minute Core Work: This video can be used as needed to strengthen and stabilize the core, as this is essential to both yoga and strength training.
2. 15-Minute Sun Salutation Practice to Learn the Basics of Yoga: If you have never done yoga before and you are unsure where to start, this video is for you. Learn the basics of yoga alignment and develop the foundations of your practice. Additionally, this video can be completed before each of the yoga sequences to warm up the body.
3. 20-Minute Breathwork & Meditation: A calming and effective practice to center the mind and develop deeper mind-body awareness. Use when you feel disconnected.
4. 40-Minute Restorative Yoga Class: Created to open the hips and lower back, this sequence is essential to rest and restore the body during a strength training routine.

3. SCHEDULE

I leave this completely up to you. You are in control of your body, and it is your decision how you would like to move. I am including two potential schedules should you prefer guidance.

TO GAIN MUSCLE: I recommend following completing one strength training practice per day followed by a yoga class. (See potential schedule below.)

TO TONE THE BODY: I recommend alternating modalities. Strength train on one day and practice yoga on the following day. If you would like to add more exercise on the day you practice yoga, maybe go for a run or jog or dance around your house. Again, this is completely up to you. (See potential schedule below.)

TO BEGIN: If you're just starting out with yoga and strength training, I recommend spacing out your workouts to spend time developing the core strength and endurance required to prevent injury. It is important to modify the amount of repetitions completed and only move as long as you can maintain optimal form. Please feel free to take more rest than I have programmed. As always, please listen to your body, and please consult a doctor before beginning a new workout regimen. (See potential schedule below.)

SCHEDULE 1: GAIN MUSCLE

DAY	STRENGTH	YOGA
MONDAY	1: MOVE WITH LENGTH	1: MOVE WITH LENGTH
TUESDAY	2: MOVE WITH SPACE	2: MOVE WITH SPACE
WEDNESDAY	3: MOVE FROM STABILITY	3: MOVE FROM STABILITY
THURSDAY	REST	RESTORATIVE YOGA CLASS
FRIDAY	4: MOVE TO OPEN	4: MOVE TO OPEN
SATURDAY	5: MOVE WITH POWER	5: MOVE WITH POWER
SUNDAY	REST	REST

SCHEDULE 2: TONE THE BODY

DAY	STRENGTH	YOGA
MONDAY	1: MOVE WITH LENGTH	BREATHWORK & MEDITATION
TUESDAY	OPTIONAL CARDIO AND / OR CORE SEQUENCE	1: MOVE WITH LENGTH
WEDNESDAY	2: MOVE FOR SPACE	BREATHWORK & MEDITATION
THURSDAY	OPTIONAL CARDIO AND / OR CORE SEQUENCE	2: MOVE FOR SPACE
FRIDAY	3: MOVE FROM STABILITY	BREATHWORK & MEDITATION
SATURDAY	OPTIONAL CARDIO AND / OR CORE SEQUENCE	3: MOVE FROM STABILITY
SUNDAY	REST	RESTORATIVE YOGA CLASS
MONDAY	4: MOVE TO OPEN	BREATHWORK & MEDITATION
TUESDAY	OPTIONAL CARDIO AND / OR CORE SEQUENCE	4: MOVE TO OPEN
WEDNESDAY	5: MOVE IN POWER	BREATHWORK & MEDITATION
THURSDAY	OPTIONAL CARDIO AND / OR CORE SEQUENCE	5: MOVE IN POWER

SCHEDULE 3: BEGIN

DAY	STRENGTH	YOGA
MONDAY	CORE SEQUENCE	BREATHWORK & MEDITATION
TUESDAY	OPTIONAL CARDIO (10 MINS)	YOGA BASICS
WEDNESDAY	1: MOVE WITH LENGTH, ½ REPS	REST
THURSDAY	CORE SEQUENCE X 2	BREATHWORK & MEDITATION
FRIDAY	OPTIONAL CARDIO (15 MINS)	1: MOVE WITH LENGTH
SATURDAY	REST	REST
SUNDAY	REST	RESTORATIVE YOGA CLASS
MONDAY	2: MOVE FOR SPACE, ½ REPS	REST
TUESDAY	CORE SEQUENCE X 2	BREATHWORK & MEDITATION
WEDNESDAY	OPTIONAL CARDIO (20 MINS)	2: MOVE FOR SPACE
THURSDAY	3: MOVE FROM STABILITY, ½ REPS	REST
FRIDAY	CORE SEQUENCE X 2	BREATHWORK & MEDITATION
SATURDAY	REST	REST
SUNDAY	REST	RESTORATIVE YOGA CLASS
MONDAY	OPTIONAL CARDIO (20 MINS)	3: MOVE FROM STABILITY

TUESDAY	4: MOVE TO OPEN, ½ REPS	REST
WEDNESDAY	CORE SEQUENCE X 2	BREATHWORK & MEDITATION
THURSDAY	OPTIONAL CARDIO (25 MINS)	4: MOVE TO OPEN
FRIDAY	5: MOVE IN POWER, ½ REPS	REST
SATURDAY	REST	REST
SUNDAY	REST	RESTORATIVE YOGA CLASS
MONDAY	CORE SEQUENCE X 2	BREATHWORK & MEDITATION
TUESDAY	OPTIONAL CARDIO (25 - 30 MINS)	5: MOVE IN POWER