

WEEKLY WORKOUT

 **The
MindFlex
Core-4**
WEEKLY EMAIL SUBSCRIPTION

INSTRUCTIONS

Welcome to your weekly workout! This week we are going to change things up and incorporate more cardio. Please refer to the schedule below for your workout template this week. Also, don't forget to share with a friend.



CHECK OUT...

[The MindFlex Minute](#)

[The MindFlex Cleanse](#)

[Supplementation](#)

[Free Consultation](#)

[Charity](#)

SCHEDULE

Monday	BodyFlex
Tuesday	WORKOUT #1
Wednesday	ExPress
Thursday	BodyFlow
Friday	WORKOUT #2
Saturday	CARDIO & MINDFLEX MINUTE
Sunday	STRETCH & MINDFLEX MINUTE



"Holding on is believing that there's only a past; letting go is knowing that there's a future."

- Daphne Rosa Kingma



CARDIO SESSION

Cardio should be an important component to your exercise routine. You don't have to run at full speed, but doing simple exercises that elevate your heart rate have tremendous benefits on your health. Select two exercises from the list below, and perform each for 20-30min this week:

- Power walk up/down a hill or the stairs
- Take a MindFlex Class
- Jump Rope
- Use a cardio equipment

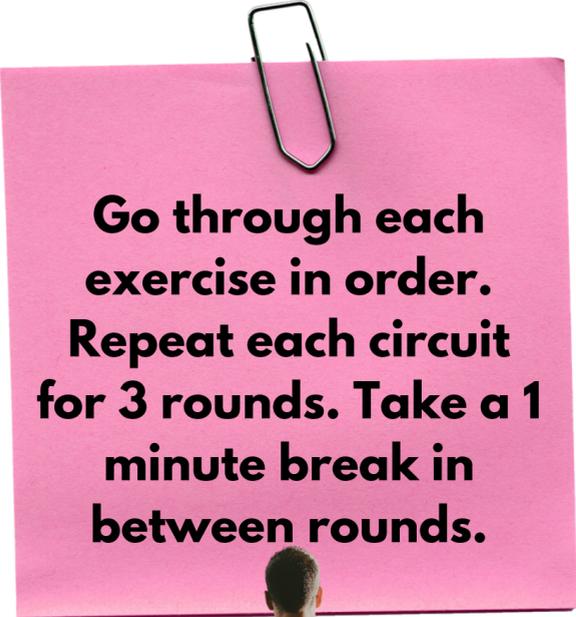
WORKOUT #1

CIRCUIT #1

- | | |
|-------------------|----------|
| 1. Push-up | Max Reps |
| 2. Squat to Press | 15 Reps |
| 3. AB Bicycle | 30 Total |

CIRCUIT #2

- | | |
|----------------------|----------|
| 1. Alternating lunge | 20 Total |
| 2. Bent over row | 15 Reps |
| 3. V-up | 15 Reps |



Go through each exercise in order. Repeat each circuit for 3 rounds. Take a 1 minute break in between rounds.

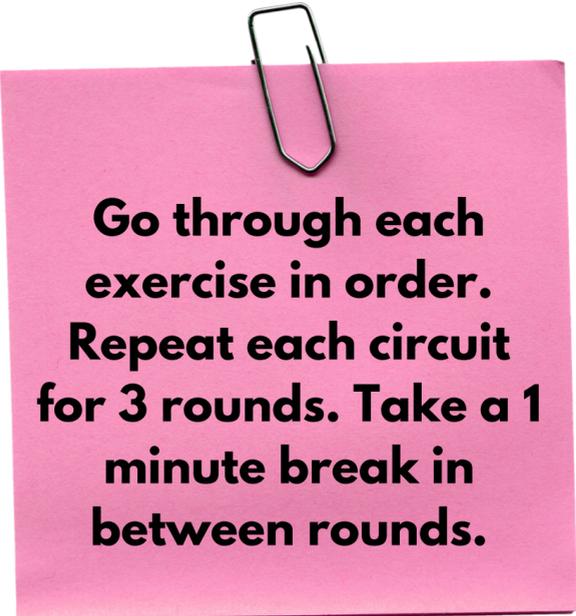
WORKOUT #2

CIRCUIT #1

- | | |
|--------------------|----------|
| 1. Star Jacks | 15 Reps |
| 2. Spiderman plank | 20 Total |
| 3. Squat up | 14 Total |

CIRCUIT #2

- | | |
|--------------------|---------------|
| 1. Side plank hold | 30s Each side |
| 2. Wall sit | 40s hold |
| 3. Wall slide | 15 reps |



Go through each exercise in order. Repeat each circuit for 3 rounds. Take a 1 minute break in between rounds.

STRETCH & RECOVER



Your recovery is as important as your workout, but it's the one program people don't normally focus on. Stretching is important because the tension we develop from normal daily activities may contribute to improper posture, muscle aches and pain. Your muscles become restricted which limit your range of motion. Below you will find 4 important stretches to perform on your own to improve mobility and reduce muscle tension

[Push & Pull](#)

[Reverse Bridge](#)

[Quad Stretch](#)

[Spine Rotation](#)



**GIVERS
GAIN**



**Donate to March of Dimes
Help Us Raise \$1,000**



DONATE NOW