



WEEKLY WORKOUT



The MindFlex Core-4

WEEKLY EMAIL SUBSCRIPTION

INSTRUCTIONS

Choose between 3 great live zoom virtual fitness classes, a Cardio & HIIT workout you can complete at least 2x a week, and a recovery routine to improve your performance and your mood!



CHECK OUT...

[The MindFlex Minute](#)

[The MindFlex Cleanse](#)

[Supplementation](#)

[Free Consultation](#)

SCHEDULE

Monday	BodyFlex
Tuesday	Cardio/HIIT
Wednesday	ExPress
Thursday	BodyFlow
Friday	RECOVERY
Saturday	Cardio/HIIT
Sunday	RECOVERY



“Big failures big lessons,
little failures little
lessons.”
- Bob Proctor

HIIT WORKOUT

CIRCUIT #1

1. High knee
2. Mountain Climber
3. Star Jack



**40s on
15s off**

CIRCUIT #2

1. Burpee push-up
2. Kneeling wood chop
3. Quick Feet

**40s on
15s off**

Click the timer icon for the interval timer for circuit #1 & #2. Complete as many reps as possible within 40s of each exercise in Circuit #1 for 4 rounds. Once you complete Circuit #1, move on to Circuit #2 and repeat the same concept.

CARDIO WORKOUT

30-MIN SESSION

This week we want you to focus on completing 30-min of a cardio activity that will elevate your heart rate. Complete this after the HIIT workout. Some options include: hiking, jogging, swimming, bike riding, jump rope; anything you enjoy that you can take outdoors.

NOTE* As the days get warmer and being outdoors is so much more appealing, make sure to keep your sunscreen by your side and a cold bottle of water. Protect your skin from the sun and stay hydrated!

RECOVERY

Let's go all out and take your recovery outside. Grab your yoga mat, and leave your shoes indoors. Yes, that is correct, BAREFOOT! There are tremendous benefits to walking barefoot in your backyard that we neglect as we grow up. So, put your attitude of gratitude pants on and let's go outside!

[Recovery Stretch](#)

