EXERCISE

TEACHING YOUR BRAIN THAT DISCIPLINE MATTERS

Once you're familiar with the specific exercises then download the single page of exercise images and follow them exactly for 21 days. Follow the exercise on the app until you know the routine.

STRETCHING SIDE TO SIDE

20 SECONDS

STRETCHING LOW BACK AND BACK OF THIGHS

20 SECONDS

UPPER BODY ROTATIONS

15 EACH SIDE

NECK ROTATIONS, LATERAL FLEXION, AND FLEXION EXTENSIONS

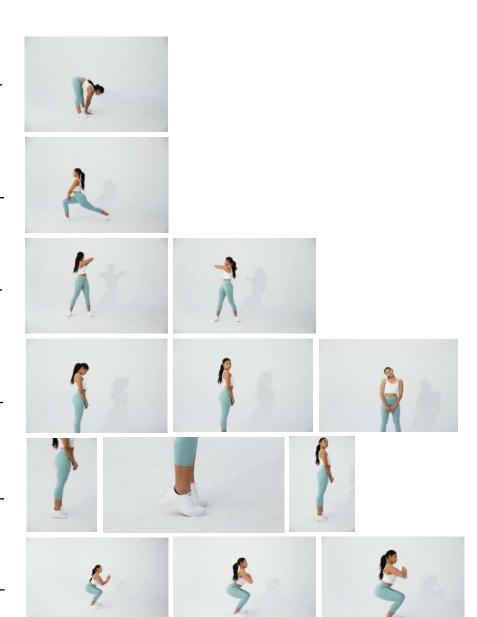
10 EACH DIRECTION

CALF RAISES - TWO FEET AND ONE FOOT

25 TO 100

SQUATS

5 TO 20





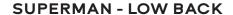
EXERCISE (CONTINUED) TEACHING YOUR BRAIN THAT DISCIPLINE MATTERS

BUTTOCKS & PELVIC FLOOR

25 TO 100

STOMACH (CORE) STATIC LEG LIFT- SCISSORS-VERTICAL LEG LIFTS

5-20 EACH



10-20 SECONDS - MULTIPLE REPS

PUSH-UPS (UPPER BACK, TRICEPS, CHEST)

5-20

BICEP CURLS

UP TO 20

NECK PRESSES (SIDE TO SIDE AND FRONT TO BACK)

20 SECONDS EACH





















