

# 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**

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20 SECONDS



### **STRETCHING LOW BACK AND BACK OF THIGHS**

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20 SECONDS



### **UPPER BODY ROTATIONS**

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15 EACH SIDE



### **NECK ROTATIONS, LATERAL FLEXION, AND FLEXION EXTENSIONS**

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10 EACH DIRECTION



### **CALF RAISES - TWO FEET AND ONE FOOT**

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25 TO 100



### **SQUATS**

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5 TO 20



# EXERCISE (CONTINUED)

TEACHING YOUR BRAIN THAT DISCIPLINE MATTERS

## BUTTOCKS & PELVIC FLOOR

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25 TO 100



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

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5-20 EACH



## SUPERMAN - LOW BACK

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10-20 SECONDS - MULTIPLE REPS



## PUSH-UPS (UPPER BACK, TRICEPS, CHEST)

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5-20



## BICEP CURLS

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UP TO 20



## NECK PRESSES (SIDE TO SIDE AND FRONT TO BACK)

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20 SECONDS EACH

