



MA45DAY

6 Week Home Workouts

By Massy Arias



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Equipment Needed

**Light, Medium and Heavy Power Bands
(D Handle Bands work as well)**

Stepper/Chair (Something to step onto and over)

Dumbbells and Kettlebells can work in place of power bands



[Find equipment for all of my challenges here!](#)

Due to high demand, some items may be temporarily out of stock

Weekly Shortcut List

Use the following links below to skip ahead to the weekly workout you currently are working on

◆ [Week 1](#)

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INTRODUCTION

Nutrition and exercise can be scary. Our bodies are a complicated machine made for survival. No matter what your lifestyle is, I am here to help you be on your way to becoming the best version of yourself.

With that said, this is a program that focuses on making a healthy relationship with nutrition and movement. This program will challenge you to commit 100% to trusting "this process" - a sustainable approach that over time will provide you with the tools necessary to change your life and guide you in ways that will teach you how to accomplish your goals and gain confidence for the long term.

Trying to learn a new way of living can be hard. You'll want to fall back to what is comforting, to what you already know. **Will power is key.** Ask yourself why you started this program. Every time you want to doubt this process, no matter what the reasons are, I want you to focus on that initial thought you had prior to wanting to do this program.

Doing this alone can be hard if you do not have the right support. Whether it's at home, at work, or with your peers, you'll have to make the decision that you are now choosing to take another path so that you can find the happiness and confidence that can carry you to becoming your best self.

Start associating yourself with the right energy. You have to understand that with the decision of wanting to be better, there are also people in your life who won't want to be where you are currently right now. This means you'll have to prioritize your wishes and commit to change until you feel like you have learned enough tools to not only have reached your goals, but to maintain them all your life.

If you do not have people who empower you, inspire you, and motivate you to keep going, it is time that you start looking for them. Don't be shy. There is a community of women doing the same things you are doing, and if you live in fear, you'll never find out what your life can be and who you can become.

It is easier to succeed when you have people around you to hold you accountable and do things with you. Find a friend or family member who can do so.

Every time you feel like going off of your plan, **I want you to remember why you started** this program. There will always be a party, celebration, or invitation that will throw you off from your main goal. Your goal is to get to that point you envisioned.

Knowing that things that you may miss during this program will always be there will empower you to keep going. The hardest part is getting there. Once you get there, it's all about maintaining. In order to maintain, there are certain sacrifices you'll have to do for a period of time in order to reach your one goal.

Stay strong. The next day you'll thank yourself for it. You don't have to be perfect in order to continue this process. Think of it as the time you learned how to ride a bike. It took time and effort for you to get it done. Anything you do for the first time will take patience, effort, and practice.

Fitness is the same. **We never lose; either we win or we learn.** If you have a body, you're capable of becoming extraordinary. Your body is machine that adapts to any stress you put it through. All I ask is that you step outside your comfort zone to help your body to adapt. Learn how to become comfortable being uncomfortable. In the end, you'll learn how to appreciate your efforts and continue even more committed as you know the actual work it has taken you every day to continue to progress.

No matter what life throws at you, keep going. It's better to get off the horse for one day than to demoralize yourself into quitting what you have started. Get back on the horse no matter what happens.

At the end, ask yourself this question: who won the race? The rabbit or the turtle?



HOW IT WORKS

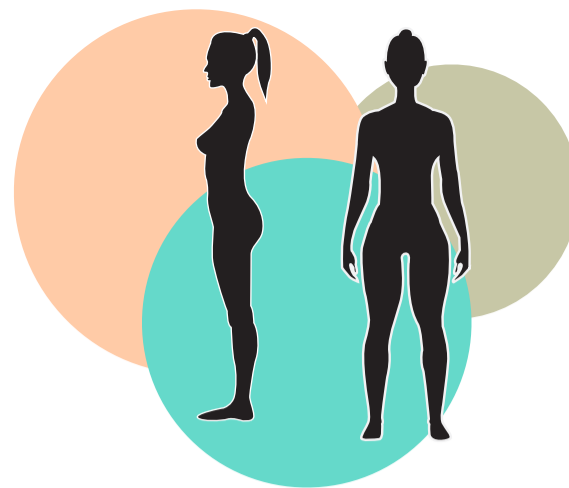
The intensity of your program **depends on you**. Your body is a machine that adapts to any stresses you put it through. This means your body is going to adapt easily to these circuits. Failure to come out of your comfort zone will result in your body hitting a plateau. When you're doing the circuits, you decide the intensity of the workout by how much resistance you use per exercise, how much you're resting in between sets, and how much effort you put in when doing the cardio moves between exercises.

To gauge your progress, I want you to take progress pictures. During the duration of this program, I'd like you to **take a picture every week** in the same location so that you can accurately gauge your progress. Make sure you get your pictures with good lighting and at the same, straight-on, angle every time. You will want to take a photo facing front, side, and back. The goal is to be consistent, so you and I can see your progress. Every week you're making small progress. You may not see it right away, however when you compare week 1 to week 3, 4 and so on, the change is going to WOW you.

SUPPLEMENTS

During this program, you'll be creating a natural caloric deficit by eating a balanced diet, in combination with exercise. Although supplements aren't required for fat loss, they have so many great benefits. If you decide to purchase any of these products to aid in your transformation, it's completely up to you.

There are certain key supplements to help with muscle repair for hypertrophy (muscle growth), protein synthesis, and aid in providing the body with certain components it may not produce on its own. In simpler words, certain supplements will help you put muscle on faster, ensure your body gets enough vitamins and minerals, and/or help boost your metabolism. I use and recommend Tru Supplements.



DOs

- Take your before photo before the program starts or on "day 0"
- Use a self timer or have a friend take your photos so images are straight on
- Take full length body shots from the front, sides and back
- Keep the camera away from your face if you're taking the photos of yourself in the mirror
- Take your photos in a well lit area or use the flash
- Stand in front of a blank wall or background that isn't distracting from you
- Wear your pants at your hips, not your waist, and smile!

DONTs

- Send picture collages (individual images only please!)
- Send nude or partial nude photos
- Photoshop, alter, or manipulate your images
- Take photos in dark lighting
- Add text, quotes, emojis, or graphics to photos

(keep in mind we will always ask for your consent to post your before and after photos online)

MY STACK



[GetTruSupps.com](https://www.gettrusupps.com)

Coupon: 45WARRIOR

MY STACK

This is my every day collection of products I use on the regular. This stack helps focus on improving strength, keeping a lean build, and a healthy metabolism.

Plant Protein - designed to help recover from my workouts and boost micronutrients with 20 Gm of protein and 27 vitamins and minerals.

BCAA's - used to also help me recover from my workouts as well as has 1200 mg of L-carnitine that helps burn fat and stay lean.

Creatine - helps boost strength immediately as it's used as a direct energy source during workouts.

Energy - helps give that extra boost of energy and motivation on those days when you feel tired. It also has several ingredients to help improve your performance during your workout.

Metabolism - designed specifically to help burn fat as well as keep new fat from forming.

Vitamin - used daily to help make sure you get all the necessary micronutrients to maximize your metabolic potential.



WHEN TO USE

Morning Upon Waking Up - Take ACV upon waking up*, Vitamin with a large glass of water with your first intake of food along with Metabolism to kickstart your metabolism.

Early Afternoon - Second dose of Metabolism to keep my fat burning potential high.

Before Workout - Energy to help kickstart your workout.

Throughout the Day, During Workout - Hydrate in your daily water intake, during workout to help reduce cramping and improve endurance*

During Workout - BCAA's to help get a jumpstart on the muscle repair process.

After Workout - Protein along with Creatine to fuel your muscles after your workout.

After Last Meal - Take detox with a glass of water*

Before Bed - Take Beauty with a glass of water 30 minutes before going to sleep*

* If part of your regimen

GetTruSupps.com

Coupon: 45WARRIOR

Don't forget to use the code to save!



NUTRITION

Not only will meal prepping save you money, but it will help you understand what ingredients can make your food taste better and compliment your goals. **Food is energy.** Learning how to pair your meals and cook them in a way that helps you create the proportions to gain muscle, lose fat, be healthy, and have energy to be a better athlete will be key to your success.

Make a promise to yourself that each week you'll prioritize your desires to reach your fitness goals. You can do this by preparing your meals in advance using the meal prep tips and menu that I provide. Nutrition is the most important element to improve your overall health & achieving your aesthetic goals.

Macro & Micro Nutrients

Macronutrients aka "Macros" are the main components of every food you eat. The 3 main macronutrients we will focus on are protein, fat, and carbohydrates. They are all essential and vital to healthy bodily functions and each serves a unique purpose within the body. Macros determine how many calories for each food item! Protein and Carbohydrates are each worth 4 calories per gram, whereas fat is the most calorie dense macro, at 9 calories per gram. Let's take an in depth look at each macro and its biological function within the body.

Micronutrients are much different than a macronutrient. They are necessary only in very small amounts. Regardless, micronutrients are essential for good health, and micronutrient deficiencies can cause serious health problems. Micronutrients consist of dietary minerals such as iodine and zinc, and they are necessary for the healthy function of your body's systems. They are often referred to as "vitamins and minerals".

Cheat Meals During the Program

I recommend that you do not fall off your meal plan for two weeks to have a good understanding of nutrition and how it works hand in hand with your workouts. After this two week period, you can include ONE cheat meal a week, not a cheat DAY. Whether you choose a couple of slices of pizza, a burger, ice cream, cookies, or any of your favorite foods, always remember to be conscious and only eat until you are satisfied. **Do not binge, and definitely do not eat until you are uncomfortable.**

After your cheat meal, go back to eating as you normally would for the rest of the day. If you ate something with a lot of sodium, drink plenty of water. You would think if you're trying to gain weight, that a cheat day sounds like a good idea, but you won't put on quality weight eating badly! If you want to minimize the amount of fat you gain during your bulking phase, be conscious of what you put on your plate.

A great way to minimize the negative effects of your treat/cheat meal is to have it right after a workout. Or on a day where you aren't as sedentary.



Recommended Meal Prepping Tools:

- Digital/Manual Food Scale
- Oven/Microwavable Friendly Tupperware
- Measuring Cups
- Measuring Spoons
- General Pots and Pans
- Foil Paper (Optional For Roasting And Baking On Baking Sheet)
- Saran Wrap (Optional For Sealing And Covering Bowls)
- (Reusable) Zip Lock Bags (Optional For To-Go Snacks)

Meal Prepping Tips

Meal prepping is all about preparation and setting up a routine. Pick a day of the week when you are free to do your grocery shopping and can prepare for the week. For me, Sundays work best, but depending on your lifestyle and work schedule, you'd have to pick what best accommodates you. Believe it or not, as you get comfortable each week building that routine, you will feel so comfortable planning your meals even if you aren't the best of cooks. I must admit to you that I learned my way in the kitchen by making a lot of mistakes, burning a lot of food, and sometimes over seasoning or under seasoning certain items. Practice makes perfect.



1. If you lack time, try buying your proteins in bulk. This way, you can season them and save in the freezer for later use. I tend to buy exactly what I need for the week, season everything the day of my meal prep, but only cook for 2-3 days at a time saving the rest in freezer to defrost when needing to cook again.

2. Make sure you rely mostly on spices to season your food. The flavor can be achieved by using spices and minimizing oils, sauces and lots of sodium that contain no nutritional value but add lots of calories, and contribute to water retention and bloating. The use of salt is okay, but using garlic, pepper, thyme, oregano, parsley, smoked paprika, onion powder, onions, cilantro, red pepper flakes, curry powder, cumin, and other favorite spices will enhance the taste without using so much sodium.
3. Your meals should be spaced out every 3 hours and your last meal should be ingested 1 hour before heading to bed.
4. If you want to use sauces like BBQ, chili sauce, teriyaki, buffalo, etc...add them by the serving size to your already cooked meal. This will help you get that flavor you want without drenching your meats in them (trust me, this is where all the calories add up, just read the labels of these sauces and prepare to get shocked). Another benefit of this technique is that while you might cook chicken breast with a neutral spice taste, you can give it a twist and change its flavor by adding a serving of any of these sauces on any given day.
5. Try different cooking methods as the foods will taste very different. For example, chicken breast tastes completely different when grilled than when made into a patty when it's grounded, baked into meatballs, sautéed into chicken breast cubes/strips, or even tenderized like a paillard.
6. Use a digital scale to weigh your food especially your proteins. When you weigh the food, I suggest you do it already cooked. If you want to be very specific with your macronutrient numbers, then weigh everything by the grams/ounce on your scale. Your nutritional label gives you the grams per serving size as well as other measurement units (cups, tbs, etc).

MOVEMENT

We were created for movement. Think about children. They naturally want to run, play, jump over things, hang on things, and roll around. As adults, sometimes we lose that joy in movement, and as the saying goes, "If you don't use it, you lose it." Some of us have lost mobility or strength due to living a more sedentary lifestyle or for other reasons. In a digital culture, staying active is not always required of us, so we often have to make that intentional choice to move. The wonderful thing about the body is that, again, it will adapt to whatever stress is put on it. **It doesn't matter where you start at, if you challenge your body, it will change.**

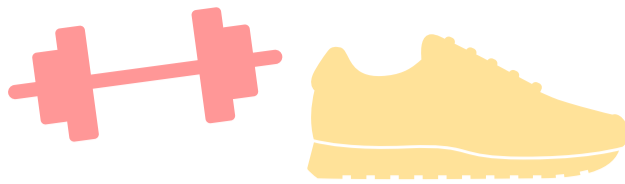
The goal of my program is to not only get you strong, but to improve your overall movement patterns, to make movement easier, and hopefully rekindle your joy in movement. You will see a lot of focus on core. This is your foundation. Your core is at the center of all of your movement, and by strengthening it, you will improve your ability to move with ease and prevent injury. Many of your daily activities involve your core, whether it's carrying groceries, reaching across your body to grab something, or bending over to pick something up. I think you will be amazed at how this program affects your daily life.

I want to encourage you to stick with this program. If you are a beginner, don't be afraid to modify some of the movements until you gain the strength to do them as shown. I'm confident that if you **show up every day**, you will begin to notice changes and start to feel stronger within the first few weeks.

Finally, don't skimp on mobility. As you gain strength, your body will naturally become tighter, so it will become even more important to do your mobility exercises to continue performing well and recover quicker.

Are you ready, tribe? Let's get it!





Don't forget to stretch! Always warm up and cool down before/after your workouts. Recovery is just as important for optimal results during the program.

WORKOUT KEY

CDISOK	Cortically Driven Isokinetic Contraction
RFE	Rear foot elevated
FFE	Front Foot Elevated
EXT	Extension
ISO	Isometric
RDL	Romanian Deadlift
SL	Single Leg
HK	Half Kneeling
EA	Each (that many reps per arm or leg)

When viewing exercises, make sure you watch the whole video. For moves that can be modified, I show modifications. I suggest you watch all of the moves **before** you start your workout to become familiar with them, and then workout once you understand the movements. This way, you aren't stopping and starting throughout your workout.



Check out these little tips
In pink bubbles throughout the program!

WEEK 1

Day 1 ✦ Lower Body Metabolic

Follow Warm Up Lower Body

✦ [Click here to view exercise library](#)

Click me!
I'm a link



Circuit 1	Set 1	Set 2	Set 3
<u>Heels Elevated Goblet Squat CDISOK</u>	1 Min	1 Min	1 Min
<u>UpDog / Plank</u>	10 Reps	10 Reps	10 Reps
<u>High Knees</u>	1 Min	1 Min	1 Min

Circuit 2	Set 1	Set 2	Set 3
<u>Wall RFE Lunge</u>	12 Reps Ea	12 Reps Ea	12 Reps Ea
<u>Modified Forearm Plank w/ Hip Extension</u>	6 Reps Ea	5 Reps Ea	5 Reps Ea
<u>Lateral Shuffles</u>	1 Min	1 Min	1 Min

Circuit 3	Set 1	Set 2	Set 3
<u>Single Leg Hip Extension</u>	12 Reps Ea	12 Reps Ea	12 Reps Ea
<u>Lateral Lunge Shifts</u>	12 Reps Ea	12 Reps Ea	12 Reps Ea
<u>Bear ISO Hold</u>	1 Min	1 Min	1 Min

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 1

Day 2 ✦ Upper Body

Follow Warm Up Upper Body

[✦ Click here to view exercise library](#)

Circuit 1	Set 1	Set 2	Set 3
<u>Pushups CDISOK</u>	1 Min	1 Min	1 Min
<u>Wall Angels</u>	8 Reps	8 Reps	8 Reps
<u>Bicycle Crunch</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea

Circuit 2	Set 1	Set 2	Set 3
<u>Tall Kneeling Band Pullaparts</u>	12 Reps	12 Reps	12 Reps
<u>Tall Side Plank Pulse</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Dolphin ISO Hold</u>	1 Min	1 Min	1 Min

Circuit 3	Set 1	Set 2	Set 3
<u>Dolphin Press</u>	12 Reps	12 Reps	12 Reps
<u>Prone Swimmers</u>	8 Reps	8 Reps	8 Reps
<u>Kneeling Opposites</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 1

Day 3 ✦ Conditioning

Conditioning day is meant for cardiovascular activity to allow your muscles time to improve recovery while still exercising your most important muscle in the body, your heart



If you enjoy cycling, biking, jogging, or various other fitness activities this is the day to weave them into your program

Conditioning	
Walk • 15 Mins	
Sprint • 10 Sec • Rest • 30 Sec	Repeat 8x
Walk • 2 Mins	
Sprint • 10 Sec • Rest • 30 Sec	Repeat 8x
Walk • 5 Mins	

Mobility	Timing
<u>Wall Humeral Flexion</u>	1 Min
<u>Shin Box</u>	1 Min
<u>Side Arm Circles</u>	1 Min Ea

When you MOVE better you FEEL better. These give a few key areas to focus your mobility. If you have a foam roller, please follow through with your foam rolling routine.



WEEK 1

Day 4 ✦ Lower Body Metabolic

Follow Warm Up Lower Body

✦ [Click here to view exercise library](#)

Circuit 1	Set 1	Set 2	Set 3
<u>Forward to Reverse Lunge</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea
<u>Infant Squats</u>	8 Reps	8 Reps	8 Reps
<u>Wall Bug</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea

Circuit 2	Set 1	Set 2	Set 3
<u>Alternating Lateral Lunge</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea
<u>Single Leg Hip Extension</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea
<u>Wall Alternating Leg Lowers</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea

Circuit 3	Set 1	Set 2	Set 3
<u>Single Leg RDLs</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Band Single Leg T Balance</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>High Plank w/ Alternating Hip Extension</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 1

Day 5 ✦ Upper Body

Follow Warm Up Upper Body

✦ [Click here to view exercise library](#)

Circuit 1	Set 1	Set 2	Set 3
<u>Pushup w/ Pulse</u>	10 Reps	10 Reps	10 Reps
<u>Prone Y Raise w/ Thoracic Extension</u>	8 Reps	8 Reps	8 Reps
<u>Banana ISO Hold</u>	30 Sec	30 Sec	30 Sec

Circuit 2	Set 1	Set 2	Set 3
<u>Tall Kneeling Band Diagonal Pullaparts</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Tall Plank w/ Pelvic Rotations</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Forearm Plank Press</u>	8 Reps	8 Reps	8 Reps

Circuit 3	Set 1	Set 2	Set 3
<u>Pushup to Tall Side Plank</u>	5 Reps Ea	5 Reps Ea	5 Reps Ea
<u>SL Down Dog to SL Knee Drive</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Bear Alternates</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 1

Day 6 & 7

Week 1 coming to an end but your journey is just beginning! Coming into the weekend try to challenge yourself with any sort of physical activity. Find a way to become more active in every part of your day: park further away, try to stand more often, take the stairs as much as possible, and be active!

**Day 6
Cardio & Mobility**

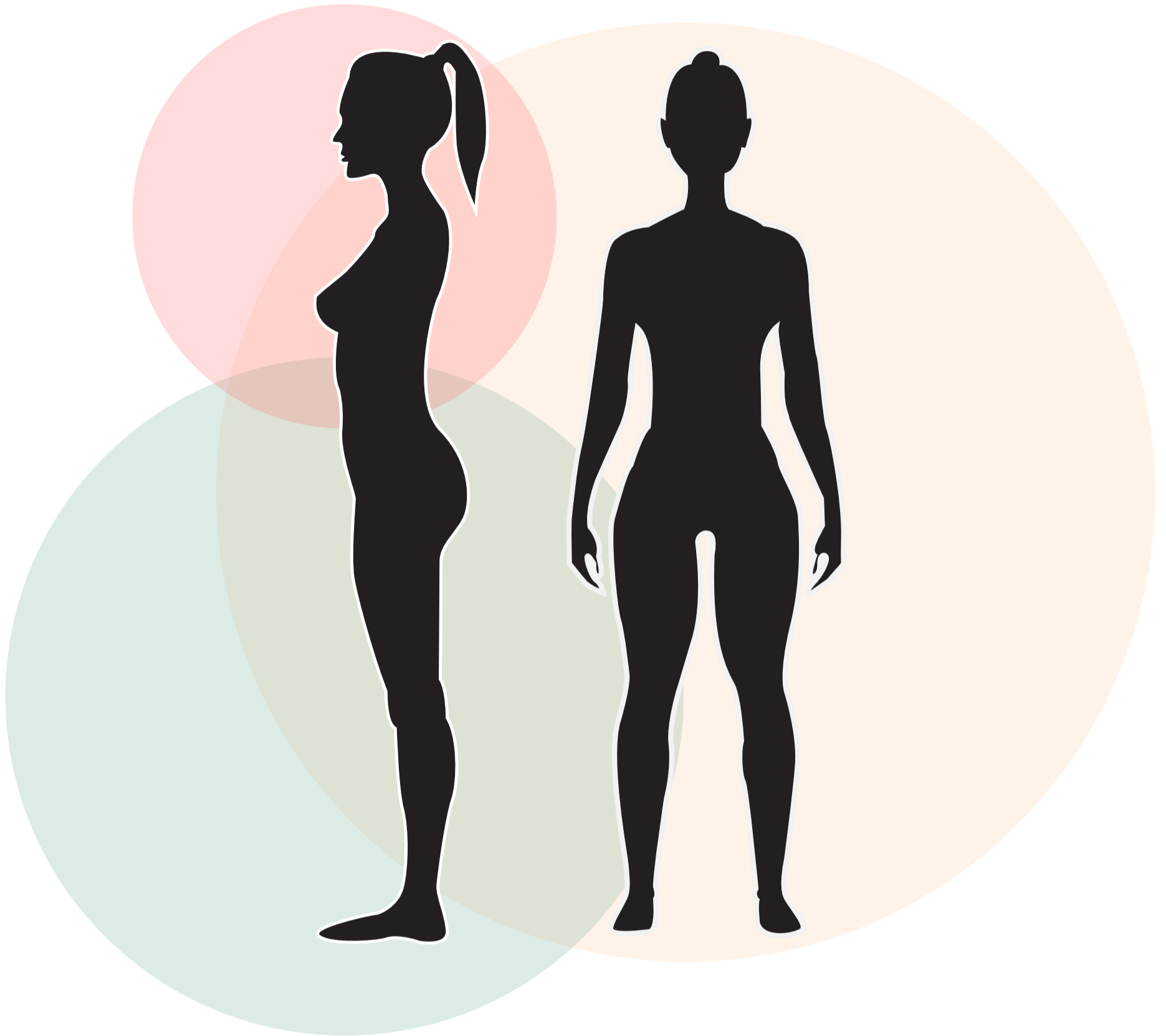
**Day 7
Rest**

Write down your goals and place them in a visible location you can see! It's important to have VISUAL reminders of your reason WHY you want to change! Mental wellness is a large part of improving the physical body. Learn to control your thoughts and energy to pour that energy into positivity.



This is optional. If you want to work out get in 30 minutes of cardio, some mobility stretching and foam rolling.

**Don't forget to track your progress
by taking progress photos!**



I love seeing your progress and experiences throughout the program. Track them weekly and share them on Instagram and Facebook to engage with me and the community. Don't forget to use the hashtags: [#mawarrior](#) [#ma45day](#) [#massyarias](#)

Instagram: [@MAWarriors](#)
Facebook: [MA Warrior Community](#)

WEEK 2

Day 1 ✦ Lower Body Metabolic

Follow Warm Up Lower Body

✦ [Click here to view exercise library](#)

Circuit 1	Set 1	Set 2	Set 3
<u>Heels Elevated Goblet Squat CDISOK</u>	1 Min	1 Min	1 Min
<u>Modified Forearm Plank w/ Hip Extension</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Mountain Climbers</u>	1 Min	1 Min	1 Min

Circuit 2	Set 1	Set 2	Set 3
<u>Crossover Angle Lunges</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea
<u>Forearm Side Plank</u>	30 Sec Ea	30 Sec Ea	30 Sec Ea
<u>Lateral Shuffles</u>	1 Min	1 Min	1 Min

Circuit 3	Set 1	Set 2	Set 3
<u>Goblet Squat Shifts</u>	12 Reps Ea	12 Reps Ea	12 Reps Ea
<u>Single Leg Hip Extensions</u>	12 Reps Ea	12 Reps Ea	12 Reps Ea
<u>Overhead A Skips</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 2

Day 2 ✦ Upper Body

Follow Warm Up Upper Body

✦ Click here to view exercise library

Circuit 1	Set 1	Set 2	Set 3
<u>Chaturanga ISO Hold</u>	30 Sec	30 Sec	30 Sec
<u>No Money Drill</u>	10 Reps	10 Reps	10 Reps
<u>Banana Rockers</u>	10 Reps	10 Reps	10 Reps

Circuit 2	Set 1	Set 2	Set 3
<u>Single Leg Down Dog to Single Leg Knee Drive</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Tall Side Plank Pulse</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Dolphin ISO Hold</u>	1 Min	1 Min	1 Min

Circuit 3	Set 1	Set 2	Set 3
<u>Down Dog March</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Prone Swimmers</u>	8 Reps	8 Reps	8 Reps
<u>Extended Plank</u>	30 Sec	30 Sec	30 Sec

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 2

Day 3 ✦ Conditioning

Week 2 mid way point. You shouldn't feel too sore from your workouts as your body becomes acclimated to the workouts!



Find a way to become more active in every part of your day: park further away, try to stand more often, take the stairs as much as possible, and be active!

Conditioning	
Walk • 5 Mins	
Sprint • 10 Sec • Rest • 20 Sec	Repeat 8x
Walk • 2 Mins	
Sprint • 10 Sec • Rest • 20 Sec	Repeat 8x
Walk • 5 Mins	

Mobility	Timing
<u>Wall Humeral Flexion</u>	1 Min
<u>Shin Box</u>	1 Min
<u>Side Arm Circles</u>	1 Min Ea

Write down your goals and place them in a visible location you can see! It's important to have VISUAL reminders of your reason WHY you want to change! Mental wellness is a large part of improving the physical body. Learn to control your thoughts and energy to pour that energy into positivity.



WEEK 2

Day 4 ✦ Lower Body Metabolic

Follow Warm Up Lower Body

✦ Click here to view exercise library

Circuit 1	Set 1	Set 2	Set 3
<u>Lunge to Stabilization</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea
<u>Infant Squats</u>	8 Reps	8 Reps	8 Reps
<u>High Knees</u>	1 Min	1 Min	1 Min

Circuit 2	Set 1	Set 2	Set 3
<u>Lateral Lunge Pulse</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea
<u>Jump Squats w/ Hands On Your Ears</u>	10 Reps	10 Reps	10 Reps
<u>Wall Leg Lowers w/ Block Squeeze</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea

Circuit 3	Set 1	Set 2	Set 3
<u>Heidens</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea
<u>Wall T-Balance ISO Hold</u>	30 Sec Ea	30 Sec Ea	30 Sec Ea
<u>High Plank w/ Alternating Hip Extension</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 2

Day 5 ✦ Upper Body

Follow Warm Up Upper Body

✦ Click here to view exercise library

Circuit 1	Set 1	Set 2	Set 3
<u>Supported Lolasana ISO</u>	20 Sec	20 Sec	20 Sec
<u>Prone Y Raise w/ Thoracic Extension</u>	8 Reps	8 Reps	8 Reps
<u>Banana Rockers</u>	30 Sec	30 Sec	30 Sec

Circuit 2	Set 1	Set 2	Set 3
<u>Knees Elevated Child's Pose to Chaturanga</u>	8 Reps	8 Reps	8 Reps
<u>Plank w/ Knee to Wrist-Wrist-Elbow-Elbow</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Tall Kneeling Band Pullaparts</u>	10 Reps	10 Reps	10 Reps

Circuit 3	Set 1	Set 2	Set 3
<u>Pushup to Tall Side Plank</u>	5 Reps Ea	5 Reps Ea	5 Reps Ea
<u>SL Down Dog to SL Crossover Knee Drive</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Reverse Bear Crawl</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 2

Day 6 & 7

As Week 2 is coming to an end, your workouts should seem to become more of a part of your daily routine. Be sure to use the WEEKEND to make GOOD decisions about your health with your nutrition as well as try to increase your physical activity in any way you can. It doesn't have to be complicated, for example, do 15 standing squats before getting in the shower or 15 lean to push ups on your wall * or both for those true warriors!

**Day 6
Cardio & Mobility**

**Day 7
Rest**

Follow this same Day 6 and 7 format for the rest of Weeks 3 - 6 as the weekend is the best time to grocery shop, meal prep, and plan your upcoming week!

This is optional. If you want to work out get in 30 minutes of cardio, some mobility stretching and foam rolling.

WEEK 3

Day 1 ✦ Lower Body Metabolic

Follow Warm Up Lower Body

✦ Click here to view exercise library

Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>Wall RFE Lunge</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>High Plank</u>	30 Sec	30 Sec	30 Sec	30 Sec
<u>Wall Linear Sprints</u>	20 Sec	20 Sec	20 Sec	20 Sec

Circuit 2	Set 1	Set 2	Set 3	Set 4
<u>Crossover Angle Lunges</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	—
<u>Tall Side Plank w/ Rib Expansion</u>	30 Sec Ea	30 Sec Ea	30 Sec Ea	—
<u>Lateral Shuffles</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	—

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Jump Squats w/ Hands On Your Ears</u>	10 Reps	10 Reps	10 Reps	10 Reps
<u>Half Kneeling Iso Hold</u>	30 Sec	30 Sec	30 Sec	—
<u>Overhead A Skips</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	—

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 3

Day 2 ✦ Upper Body

Follow Warm Up Upper Body

✦ Click here to view exercise library

Circuit 1	Set 1	Set 2	Set 3
<u>Knees Elevated Child's Pose/Chatarunga/ Plank</u>	8 Reps	8 Reps	8 Reps
<u>Wall Humeral Flexion</u>	8 Reps	8 Reps	8 Reps
<u>Wall Single Leg Plank</u>	20 Sec Ea	20 Sec Ea	20 Sec Ea

Circuit 2	Set 1	Set 2	Set 3
<u>Single Leg Pushup to Single Leg Reach Under</u>	5 Reps Ea	5 Reps Ea	5 Reps Ea
<u>Bicycle Crunch</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Three-Point Row</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea

Circuit 3	Set 1	Set 2	Set 3
<u>Down Dog March</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Supine Pelvic Rotations</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Forearm Plank Walkouts</u>	8 Reps	8 Reps	8 Reps

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 3

Day 3 ✦ Conditioning

Week 3 mid way point. Hope you are feeling how impactful these daily workouts are to your mental and physical being!



I recommend getting outside and enjoying some sunshine to help with the Vitamin D production!

Conditioning	
Walk • 8 Mins	
Sprint • 5 Sec • Rest • 30 Sec	Repeat 12x
Rest • 2 Min	
Sprint • 5 Sec • Rest • 15 Sec	Repeat 12x
Walk • 5 Mins	

Mobility	Timing
<u>Wall Humeral Flexion</u>	1 Min
<u>Wall HK ISO Hold</u>	1 Min Ea
<u>Side Arm Circles</u>	1 Min Ea

Write down 3 POSITIVE AFFIRMATIONS and place them in a visible location you can see! It's important to become your OWN motivation and inspiration! Use these simple visual reminders to help channel your positive energy into action. Remember your thoughts become actions and consistent action is how CHANGE occurs!



WEEK 3

Day 4 ✦ Lower Body Metabolic

Follow Warm Up Lower Body

✦ [Click here to view exercise library](#)

Circuit 1	Set 1	Set 2	Set 3
<u>Goblet Squat to Press</u>	12 Reps	12 Reps	12 Reps
<u>Copenhagen w/ Abduction & Adduction</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Wall Forearm Plank</u>	30 Sec	30 Sec	30 Sec

Circuit 2	Set 1	Set 2	Set 3
<u>Lateral Lunge Pulse</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea
<u>Forearm Side Plank w/ Abduction</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Wall Alternating Leg Lowerers</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea

Circuit 3	Set 1	Set 2	Set 3
<u>Single Leg RDLs</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Wall T-Balance ISO Hold</u>	30 Sec Ea	30 Sec Ea	30 Sec Ea
<u>Forearm Side Plank Rotation</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 3

Day 5 ✦ Upper Body

Follow Warm Up Upper Body

✦ Click here to view exercise library

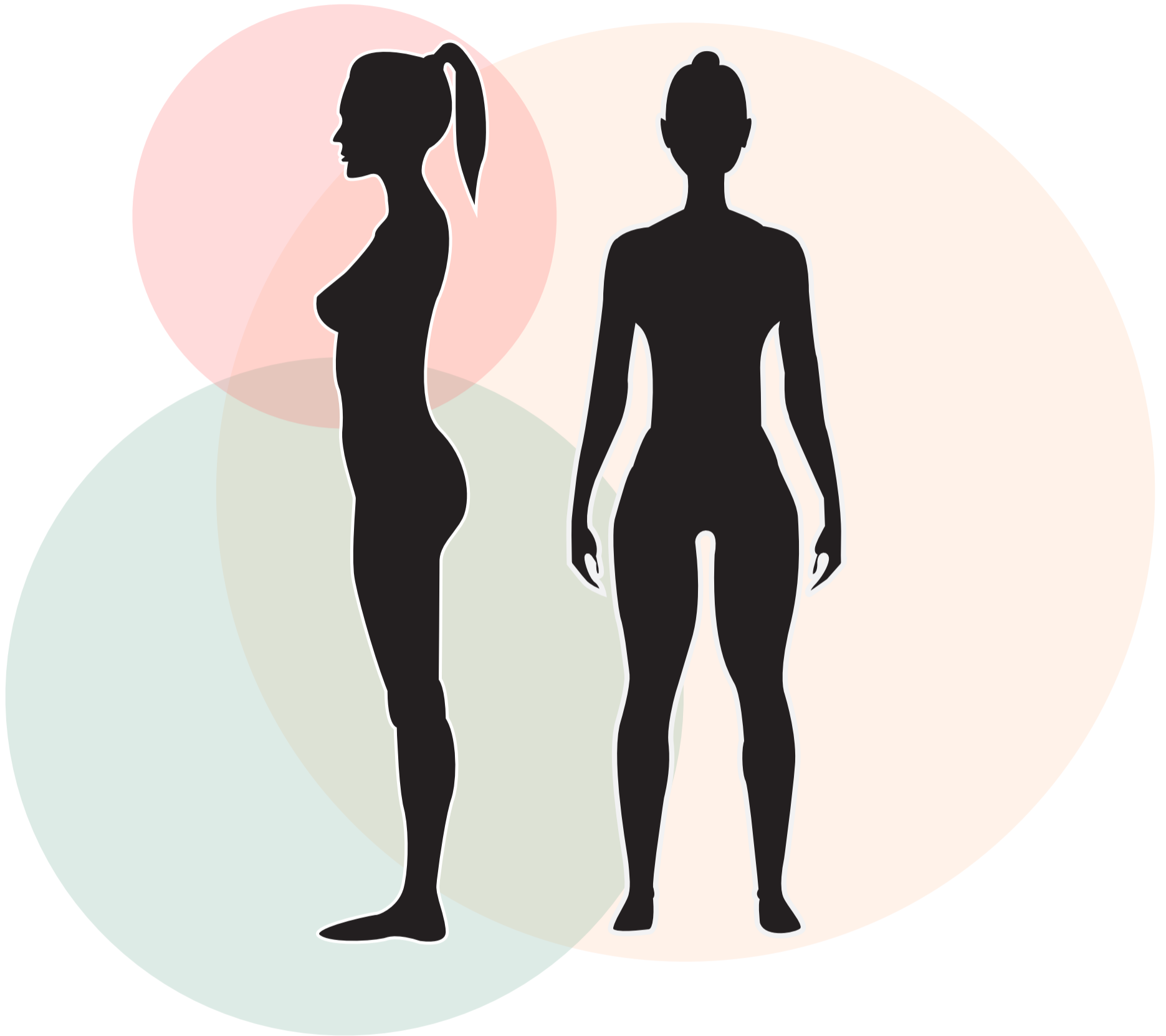
Circuit 1	Set 1	Set 2	Set 3
<u>Supported Lolasana ISO</u>	20 Sec	20 Sec	20 Sec
<u>Modified Cobra Pose</u>	30 Sec	30 Sec	30 Sec
<u>Banana Rockers</u>	30 Sec	30 Sec	30 Sec

Circuit 2	Set 1	Set 2	Set 3
<u>Single Leg Down Dog to Single Leg Knee Drive</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Plank w/ Knee to Wrist-Wrist-Elbow-Elbow</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Tall Kneeling Alternating Band Pullaparts</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Tall Side Plank w/ Single Leg Reach Under</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>SL Down Dog to SL Crossover Knee Drive</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>Reverse Bear Crawl</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

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Instagram: [@MAWarriors](#)
Facebook: [MA Warrior Community](#)

WEEK 4

Day 1 ✦ Lower Body Metabolic

Follow Warm Up Lower Body

✦ Click here to view exercise library

Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>Bulgarian Pulse</u>	50 Reps Ea	50 Reps Ea	50 Reps Ea	—
<u>High Plank</u>	30 Sec	30 Sec	30 Sec	30 Sec
<u>Bicycle Crunch</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—

Circuit 2	Set 1	Set 2	Set 3
<u>Wave Squats</u>	50 Reps Ea	50 Reps Ea	50 Reps Ea
<u>Tall Side Plank w/ Rib Expansion</u>	30 Sec Ea	30 Sec Ea	30 Sec Ea
<u>Wall Bug w/ Tilt</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea

Circuit 3	Set 1	Set 2	Set 3
<u>Split Position ISO Hold</u>	30 Sec Ea	30 Sec Ea	30 Sec Ea
<u>Single Leg Hip Thrust</u>	12 Reps Ea	12 Reps Ea	12 Reps Ea
<u>Single Leg Hip Thrust ISO Hold</u>	30 Sec Ea	30 Sec Ea	30 Sec Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 4

Day 2 ✦ Upper Body

Follow Warm Up Upper Body

✦ Click here to view exercise library

Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>Knees Elevated Child's Pose/Chatturanga / Plank</u>	8 Reps	8 Reps	8 Reps	8 Reps
<u>Wall Humeral Flexion</u>	8 Reps	8 Reps	8 Reps	8 Reps
<u>Wall Single Leg Plank</u>	20 Sec Ea	20 Sec Ea	20 Sec Ea	20 Sec Ea

Circuit 2	Set 1	Set 2	Set 3	Set 4
<u>Dolphin/Chattarunga/Dolphin</u>	8 Reps	8 Reps	8 Reps	—
<u>Bent Over Alternating Rows</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	—
<u>Wall Leg Lowers w/ Block Squeeze</u>	8 Reps	8 Reps	8 Reps	8 Reps

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Side Plank Row</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>Supine Pelvic Rotations</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>Forearm Plank Walkouts</u>	8 Reps	8 Reps	8 Reps	—

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 4

Day 3 ♦ Conditioning



Embrace the conditioning challenge for the sake of your most important muscle, your heart! I recommend wearing a wrist watch to help time yourself.

Conditioning	
Walk • 10 Mins	
Sprint • 5 Sec • Rest • 15 Sec	Repeat 12x
Rest • 2 Min	
Sprint • 5 Sec • Rest • 15 Sec	Repeat 12x
Walk • 5 Mins	

Mobility	Timing
<u>Wall Humeral Flexion</u>	1 Min
<u>Wall HK ISO Hold</u>	1 Min Ea
<u>Side Arm Circles</u>	1 Min Ea

WEEK 4

Day 4 ✦ Lower Body Metabolic

Follow Warm Up Lower Body

[✦ Click here to view exercise library](#)

Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>Squat to Press</u>	12 Reps	12 Reps	12 Reps	12 Reps
<u>Copenhagen w/ Abduction & Adduction</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Wall Forearm Plank</u>	30 Sec	30 Sec	30 Sec	30 Sec

Circuit 2	Set 1	Set 2	Set 3	Set 4
<u>Lateral Lunge Shifts</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	10 Reps Ea
<u>Forearm Side Plank w/ Abduction</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>Wall Alternating Leg Lowers</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Single Leg RDLs</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Hip Airplanes</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	—
<u>Forearm Side Plank Rotation</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 4

Day 5 ✦ Upper Body

Follow Warm Up Upper Body

✦ Click here to view exercise library

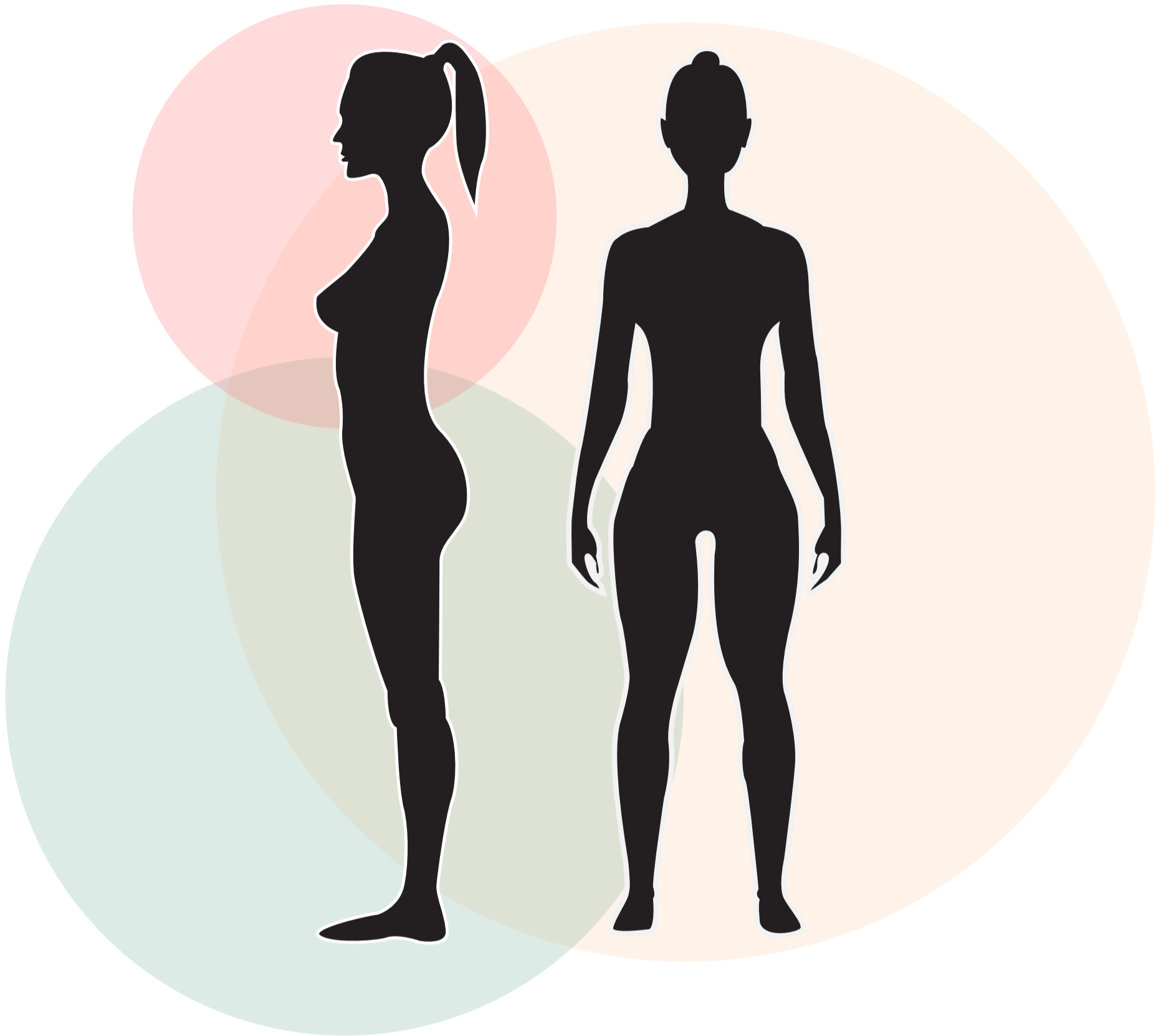
Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>Supported Lolasana Lifts</u>	8 Reps	8 Reps	8 Reps	—
<u>Modified Cobra Pose</u>	30 Sec	30 Sec	30 Sec	30 Sec
<u>Banana Rockers</u>	30 Sec	30 Sec	30 Sec	—

Circuit 2	Set 1	Set 2	Set 3	Set 4
<u>Single Leg Pushup to Single Reach Through</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	—
<u>Single Leg Plank w/ Knee to Wrist/Elbow</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>Tall Kneeling Alternating Band Pullaparts</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	6 Reps Ea

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Tall Side Plank Pulse</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Wall Angels</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Forward Bear Crawl</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	—

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

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WEEK 5

Day 1 ✦ Lower Body Metabolic

Follow Warm Up Lower Body

✦ Click here to view exercise library

Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>FFE Linear Lunge</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>Lateral Lunge Reach</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Plank Walkouts</u>	6 Reps	6 Reps	6 Reps	6 Reps

Circuit 2	Set 1	Set 2	Set 3	Set 4
<u>Bulgarians</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Modified Forearm Plank w/ Hip Extension</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Single Leg Bucks</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Single Leg RDLs</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	—
<u>Low Box Knee to Elbow Step Ups</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>Wall T-Balance ISO Hold</u>	30 Sec Ea	30 Sec Ea	30 Sec Ea	—

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 5

Day 2 ✦ Upper Body

Follow Warm Up Upper Body

✦ Click here to view exercise library

Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>Pushup to Single Arm Plank</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	—
<u>Bent Over Alternating Rows</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Bear Alternates</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea

Circuit 2	Set 1	Set 2	Set 3	Set 4
<u>Dolphin/Chattarunga/Dolphin</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Half Kneeling Single Arm Rows</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Single Leg Forearm Plank</u>	30 Sec Ea	30 Sec Ea	30 Sec Ea	—

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Side Plank Row</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Single Leg Dolphin ISO Hold</u>	30 Sec Ea	30 Sec Ea	30 Sec Ea	—
<u>Single Leg Forearm Plank Press</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	—

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.



WEEK 5

Day 3 ♦ Conditioning



Embrace the conditioning challenge for the sake of your most important muscle, your heart! I recommend wearing a wrist watch to help time yourself.

Conditioning	
Walk - 10 min	
Sprint 5 Sec • Walk 15 Sec	
Sprint 10 Sec • Walk 30 Sec	
Sprint 15 Sec • Walk 45 Sec	
Sprint 20 Sec • Walk 60 Sec	
Sprint 25 Sec • Walk 75 Sec	
Sprint 30 Sec • Walk 90 Sec	
Sprint 35 Sec • Walk 105 Sec	
Sprint 40 Sec • Walk 120 Sec	
Sprint 40 Sec • Walk 120 Sec	
Sprint 35 Sec • Walk 105 Sec	
Sprint 30 Sec • Walk 90 Sec	
Sprint 25 Sec • Walk 75 Sec	
Sprint 20 Sec • Walk 60 Sec	
Sprint 15 Sec • Walk 45 Sec	
Sprint 10 Sec • Walk 30 Sec	
Sprint 5 Sec • Walk 15 Sec	

Mobility	Timing
<u>Single Leg Hip Car</u>	8 Reps Ea
<u>Knees Elevated Child's Pose Chaturanga</u>	1 Min
Shavasana (Corpse Pose, lay flat limbs extended and relaxed)	2 Min

WEEK 5

Day 4 ✦ Lower Body Metabolic

Follow Warm Up Lower Body

✦ [Click here to view exercise library](#)

Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>Reverse to Lateral Lunge</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>Knees Elevated Cat/Cow</u>	12 Reps	12 Reps	12 Reps	—
<u>Single Leg Hip Extension</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	—

Circuit 2	Set 1	Set 2	Set 3	Set 4
<u>Lateral Step Downs</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>Kneeling Opposites</u>	12 Reps Ea	12 Reps Ea	12 Reps Ea	—
<u>T-Balance Squats</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Single Leg Counter Balance Squat</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>Hip Airplanes</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Seated Saddle Crunch ISOs 1:10:1</u>	3 Reps	3 Reps	3 Reps	—

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 5

Day 5 ✦ Upper Body

Follow Warm Up Upper Body

[✦ Click here to view exercise library](#)

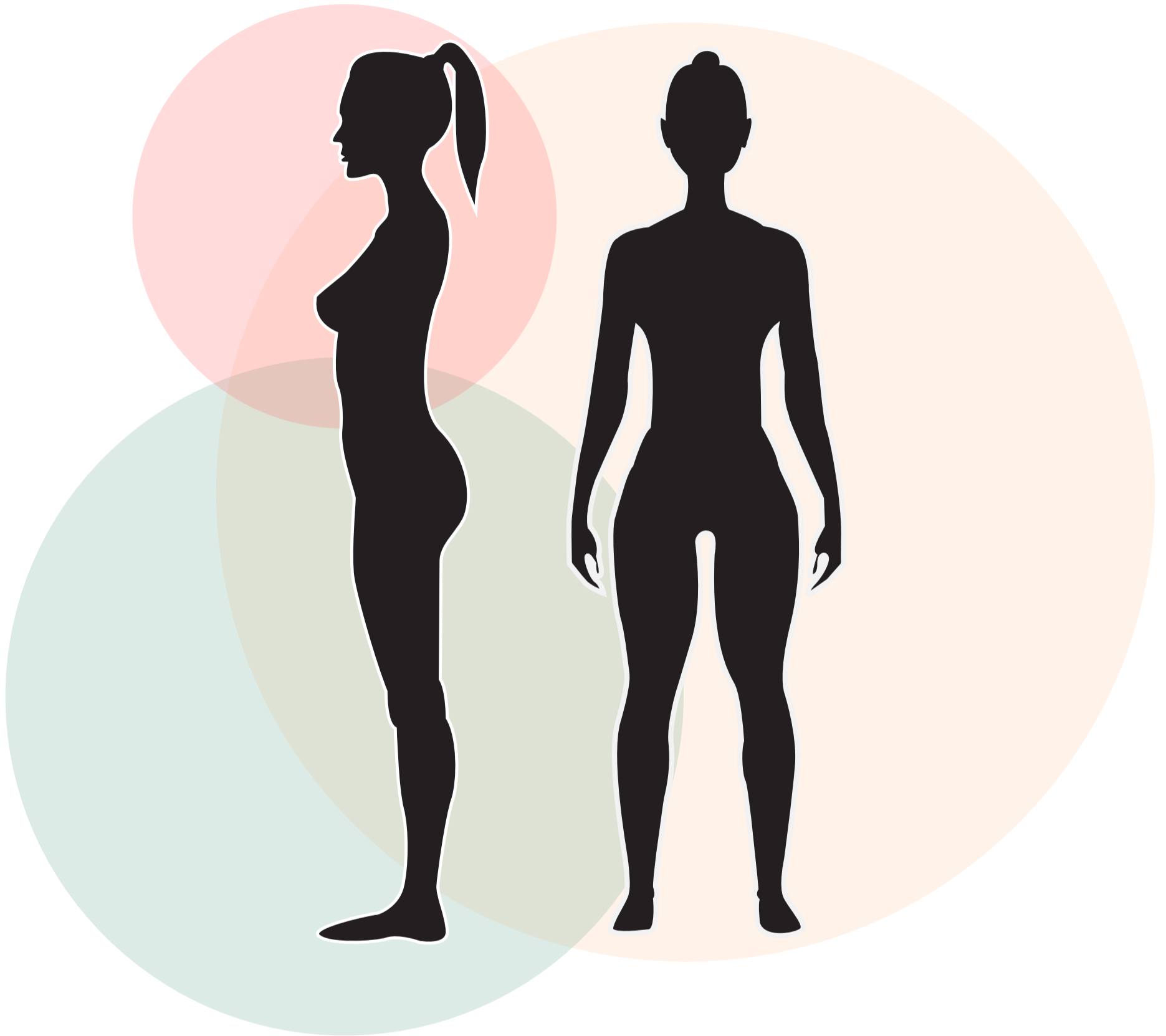
Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>Supported Lolasana Lifts</u>	8 Reps	8 Reps	8 Reps	8 Reps
<u>Prone Swimmers</u>	8 Reps	8 Reps	8Reps	—
<u>Boat Pose</u>	30 Sec	30 Sec	30 Sec	—

Circuit 2	Set 1	Set 2	Set 3	Set 4
<u>Low Pushup Pulse</u>	50 Reps	50 Reps	50 Reps	—
<u>Single Leg Single Arm Row</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>Single Arm Forearm Side Plank Rotations</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	—

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Single Arm Single Leg Tall Side Plank Pulse</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—
<u>Forward Bear Crawl</u>	10 Reps	10 Reps	10 Reps	10 Reps
<u>Reverse Bear Crawl</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	10 Reps Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

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WEEK 6

Day 1 ✦ Lower Body Metabolic

Follow Warm Up Lower Body

✦ Click here to view exercise library

Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>Wall Linear Sprints</u>	20 Sec	20 Sec	20 Sec	20 Sec
<u>Squat to Press</u>	12 Reps	12 Reps	12 Reps	12 Reps
<u>Extended Inchworm</u>	6 Reps	6 Reps	6 Reps	6 Reps

Circuit 2	Set 1	Set 2	Set 3	Set 4
<u>Jump Squats w/ Hands On Your Ears</u>	10 Reps	10 Reps	10 Reps	10 Reps
<u>Wall Bug w/ Tilt</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Copenhagen ISO Hold</u>	30 Sec Ea	30 Sec Ea	30 Sec Ea	—

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Single Leg RDLs</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Low Box Knee to Elbow Step Ups</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Supine Pelvic Rotations</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 6

Day 2 ✦ Upper Body

Follow Warm Up Upper Body

✦ Click here to view exercise library

Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>Pushup to Single Arm Plank</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Tall Kneeling Band Pullaparts</u>	10 Reps	10 Reps	10 Reps	10 Reps
<u>Forward Bear Crawls</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	10 Reps Ea

Circuit 2	Set 1	Set 2	Set 3	Set 4
<u>Single Leg Down Dog/Dolphin/Chatturanga/Plank</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	—
<u>Tall Kneeling Diagonal Pullaparts</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Single Leg Forearm Plank</u>	30 Sec Ea	30 Sec Ea	30 Sec Ea	—

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Prone Y Raise w/ Thoracic Extension</u>	8 Reps	8 Reps	8 Reps	8 Reps
<u>Single Leg Plank Press to Single Leg Tall Side Plank</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	—
<u>Reverse Bear Crawl</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	10 Reps Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 6



Day 3 ♦ Conditioning



I recommend wearing a wrist watch to help time yourself.
Remember to stay hydrated!

Conditioning

Walk • 10 Mins

Sprint 5 Sec • Walk 15 Sec

Sprint 10 Sec • Walk 30 Sec

Sprint 15 Sec • Walk 45 Sec

Sprint 20 Sec • Walk 60 Sec

Sprint 25 Sec • Walk 75 Sec

Sprint 30 Sec • Walk 90 Sec

Sprint 35 Sec • Walk 105 Sec

Sprint 40 Sec • Walk 120 Sec

Sprint 40 Sec • Walk 120 Sec

Sprint 35 Sec • Walk 105 Sec

Sprint 30 Sec • Walk 90 Sec

Sprint 25 Sec • Walk 75 Sec

Sprint 20 Sec • Walk 60 Sec

Sprint 15 Sec • Walk 45 Sec

Sprint 10 Sec • Walk 30 Sec

Sprint 5 Sec • Walk 15 Sec

Mobility

Timing

Single Leg Hip Car

8 Reps Ea

Knees Elevated Child's Pose Chaturanga

1 Min

Shavasana (Corpse Pose, lay flat limbs extended and relaxed)

2 Min

WEEK 6

Day 4 ✦ Lower Body Metabolic

Follow Warm Up Lower Body

✦ [Click here to view exercise library](#)

Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>FFE Linear Lunge</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	6 Reps Ea
<u>Knees Elevated Cat/Cow</u>	12 Reps	12 Reps	12 Reps	12 Reps
<u>Single Leg Hip Extension</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	10 Reps Ea

Circuit 2	Set 1	Set 2	Set 3	Set 4
<u>Lateral Step Downs</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Single Leg Hip Thrusts</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	10 Reps Ea
<u>T-Balance Squats</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Single Leg Counter Balance Squat</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Single Leg Bucks</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Seated Saddle Crunches 1:3:1</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	—

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

WEEK 6

Day 5 ✦ Upper Body

Follow Warm Up Upper Body

✦ Click here to view exercise library

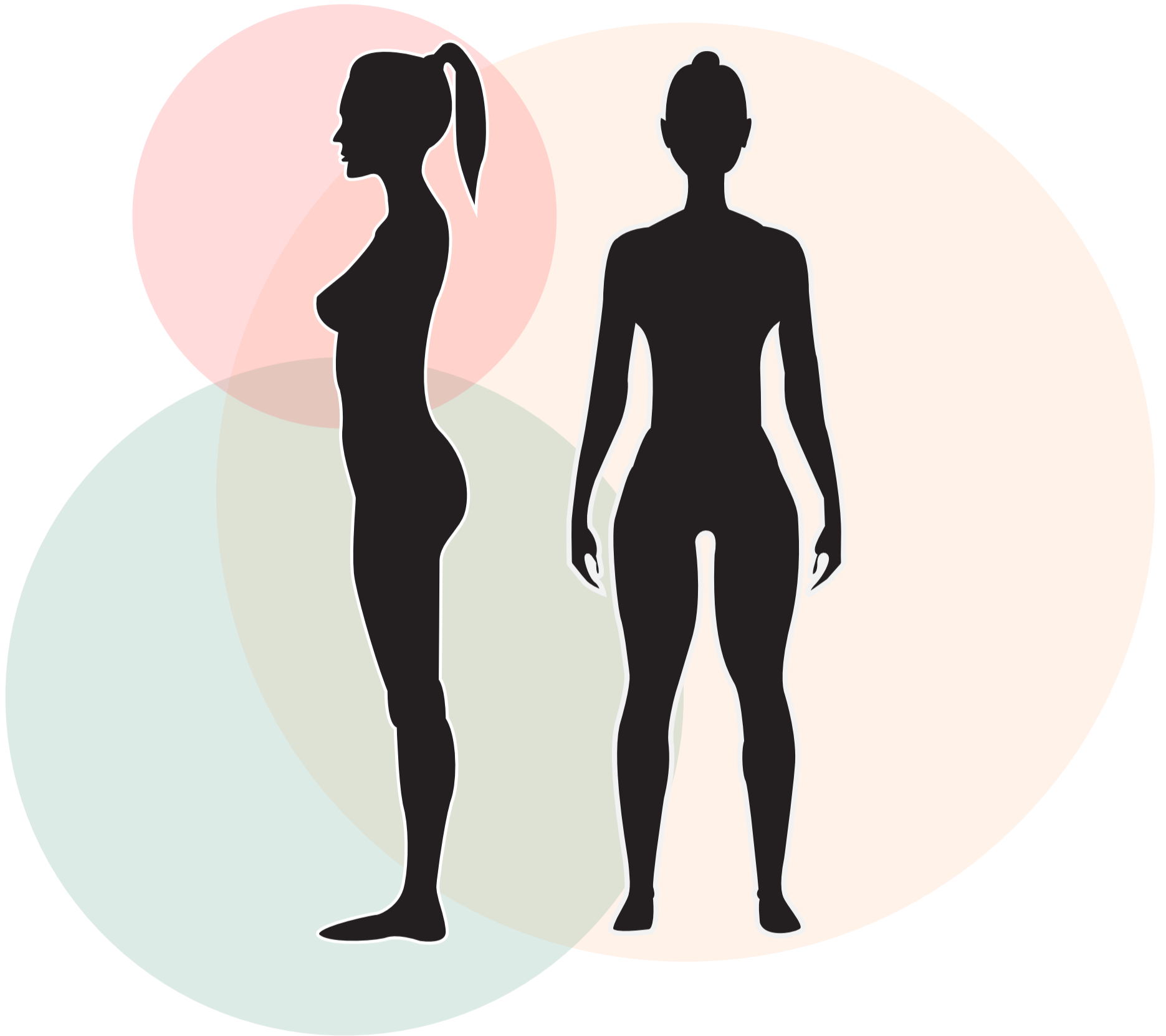
Circuit 1	Set 1	Set 2	Set 3	Set 4
<u>Wide Hand Triangle Pushups</u>	5 Reps Ea	5 Reps Ea	5 Reps Ea	—
<u>Plank w/ Hands in Supination</u>	30 Sec	30 Sec	30 Sec	30 Sec
<u>Boat Pose w/ Flutter</u>	30 Sec	30 Sec	30 Sec	—

Circuit 2	Set 1	Set 2	Set 3	Set 4
<u>Low Pushup Pulse</u>	50 Reps	50 Reps	50 Reps	50 Reps
<u>Single Leg Single Arm Row</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Single Arm Forearm Side Plank Rotations</u>	6 Reps Ea	6 Reps Ea	6 Reps Ea	6 Reps Ea

Circuit 3	Set 1	Set 2	Set 3	Set 4
<u>Single Arm Single Leg Tall Side Plank Pulse</u>	8 Reps Ea	8 Reps Ea	8 Reps Ea	8 Reps Ea
<u>Wall Angels</u>	8 Reps	8 Reps	8 Reps	8 Reps
<u>Forward Bear Crawl</u>	10 Reps Ea	10 Reps Ea	10 Reps Ea	10 Reps Ea

Repeat all moves in **set** (vertically) the prescribed reps or time one move right after the other, with minimal rest between **sets**. Take 40 second (1 minute max) rest before moving on to next **circuit**.

**Don't forget to track your progress
by taking progress photos!**



I love seeing your progress and experiences throughout the program. Track them weekly and share them on Instagram and Facebook to engage with me and the community. Don't forget to use the hashtags: **#mawarrior #ma45day #massyarias**

Instagram: [@MAWarriors](https://www.instagram.com/MAWarriors)
Facebook: [MA Warrior Community](https://www.facebook.com/MAWarriorCommunity)

FAQ

How do the sets and circuits work for the workouts? Each workout is designed in a circuit training style. You have three exercises which you have to follow back to back with no rest in between. Only when you complete all three exercises will you rest between sets. If you are a beginner, you can definitely rest between sets if they are too challenging at first.

The circuits this time around are designed to be performed in a vertical fashion. You will perform the first three exercises of your first circuit, one after the next. You'll perform three rounds of each circuit. If you are a beginner, I suggest to start with very light resistance, then ramp it up slowly. The given rest times between sets are given for more of light/moderate resistance weight, if you are actually lifting super heavy on these exercises, then you can rest more between those sets to allow your muscles to recover before lifting again.

When should I drink a protein shake and how many should I drink per day?

It all depends on your lifestyle. For example I recommend having a protein shake right after your workout to help you avoid missing the metabolic window that helps repair the muscle fibers you have broken during exercise and therefore create hypertrophy. If your lifestyle means you will wake up super early before heading to work (4:00am-5:00am) and you do not have enough time to digest a full meal before starting your workout, then you can have the protein shake as a pre workout, and have your breakfast immediately after the workout.

How much water should I drink per day? Your body confuses hunger for thirst, if you do not drink enough water you might be actually thirsty and not hungry. Making sure you drink enough water also guarantees you aren't dehydrated as you will be losing a lot of water through perspiration.

Being dehydrated can lead to low energy levels, water retention, dull skin, poor recovery from workouts, and headaches. I recommend a minimum of 2 liters a day, not including the water you use for your protein shakes. I personally drink 3 liters of water daily on days I workout.

Do I still drink a protein shake on days we only stretch and foam roll? Yes. If you are following the plant based program then you need the shakes in order to reach your recommended amount of protein. The high quality plant based protein powder from Tru Supplements (or the brand that you ended up purchasing), is an effective way to up your protein intake while staying away from processed plant based meats. I personally enjoy the shakes as part of my daily nutrition as it is one of my go to snacks and curbs my late night sweet tooth.

I do not like the protein in the recipe, can I substitute it? On your program there is a "Foods allowed" list and you can swap out any item you do not like, or may be sensitive to, for the ones on that list. *Be aware of the mercury levels of fish so if you choose to swap out for more fish, stick to small fish lower in mercury like: salmon, pollock, herring, shrimp, sole, trout, flounder, and haddock. If you have the budget to buy wild caught, I suggest you do. If you are on a budget you can always buy it frozen as well instead of fresh.

How much weight should I use during workouts? Weight will be relevant to your own strength so telling you a specific number cannot be done. Whether you are trying to put on muscle, or trying to come down in weight, gaining muscle is key for a toned looking Physique. This means you need to put stress on the muscle you are trying to grow with a resistance that will create muscle fatigue. What I mean by this is that if I give you a specific amount of reps, you need to grab a resistance that helps you complete all these repetitions while the last couple of reps are extremely hard to complete.

If you read 12 or 15 reps, you should not feel like you could have done more with the amount of weight you picked. A good rule to follow is to do a warm up set, then if you do your first set and feel like you could have gone heavier, work on going heavier on your next set and writing it down to keep track of your workouts.

What is the latest time you can eat?

Allow yourself an hour before you go to sleep. We split meals consistently throughout the day to keep our metabolism running. We eat most of our starch heavy meals during the day and early afternoon, while cutting down on the starches and fruits at night as we get less active during this time. If you find yourself up very late at night, choose a source of lean protein and load your plate with vegetables as your go to late meal.

What do I do if I miss a workout? If you miss a workout just go back to the regular schedule. Please do not try to squeeze two workouts on the same day as you will only be overtraining, and this could lead to injury. If you are going to miss a workout just follow the meal guide and get back to work. You can make it up at another day and use the missed workout as a rest day.

How much cardio should I be doing?

Stick to the cardio schedule of the program. Doing too much and over exerting your body not only will be detrimental, but it might also be compromising the muscle you are trying to build to get that toned physique, bigger glutes, etc.

How much food should I buy for the week?

Look at your meal plan and the serving sizes for each item written and do your best to do the math for the entire week. When it comes to carbs like rice, sweet potatoes, quinoa, and other items we have on the list, the great thing is that those items will last you a long time without spoiling in your cabinet. For your proteins 16 ounces equals 1lb so if your plan calls for 4oz of protein for that particular meal, and you are eating 7 days a week, then that equals 2 1/2 lbs (when you cook your protein it will lose water).

Always read the plan first and multiply the serving by 7. Always read the nutritional labels of the foods you are purchasing as it will tell you the servings per package determining how much to buy.

Can I substitute meals? Do I have to eat the same foods everyday? The way I have set the program is to balance out all macro and micro nutrients. Try to follow the program as best as you can the way I have written it, as this will ensure you get the results you expect. You can always try to substitute items of the same nutritional value, and play around with your meal plan. Try to avoid going off it too far.

Can I split up my workouts if i don't have enough time?

Yes you can. You can split up your cardio and your strength training. So for example you can do your strength training in the morning then do the cardio in the afternoon or vice versa. Try to follow the program as best as you can and do your post workout cardio after your strength training but if you have to, yes you can split them.

I am currently breastfeeding, what can I do?

Always monitor your milk supply. To make sure your milk production doesn't start running low, add more carbs to your meals. For example, one extra slice of sprouted bread for breakfast, 2-3oz extra of sweet potato at lunch, adding a serving of healthy carbs to dinner from the foods allowed list, In a nutshell, add an extra 500 calories to the plan.

I just want to lose fat around my stomach, what is the best way to do this?

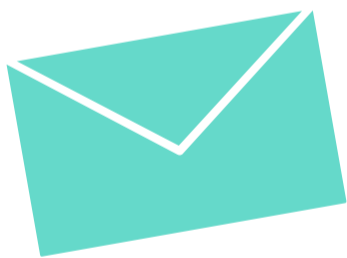
Targeting weight loss in one specific area is not how the body works. Your body loses fat / weight all around. Depending on your genetics, the body will lose fat around some areas faster than others. To ensure you speed up this process around your waistline, avoid consuming alcohol at all times during this program. Also avoid consuming sugars at night, even if its fruit.

THIS IS NOT THE END

I've heard you need a fat burner to really lose fat, is this true? No, you do not NEED a fat burner to lose fat during this program. You will see amazing results without it. If you are going to use a fat burner I would recommend the Tru Metabolism from Tru Supplements since it is a NCAA safe product and it's ingredients are safe. This fat burner supplement will definitely help you maximize your results. Despite this, never think that fat burners are the answer to decreasing your overall fat percentage.

Can I drink coffee? Yes, you can drink coffee as long as you make it simple. Try using unsweetened almond milk and avoid creamers. you can always sweeten with stevia or add a little bit of protein powder to make it creamy.

Can I drink alcohol? I suggest you do not. If you feel like drinking a glass of wine, that's definitely doable, but partying with margaritas the whole night will set you back. Those are empty calories and your body stops doing all body processes like burning fat, to get rid of that alcohol. Not only will you drink tons of sugar and unnecessary calories, but it will store as fat around your belly and encourage cellulite.



**Still have a question?
Email me and my team
at: info@massyarias.com**

Although this program is designed for six weeks, it can be extended and repeated. Follow these steps to keep going:

1. Increase the sets of a particular circuit: example, if you were given 3 sets one week, as your body adapts and gets stronger, add one more set and make it harder.
2. Increase amount of resistance used. Your body will get stronger so say you started doing 15 repetitions of bicep curls with 10 lbs, you can increase the weight for more of a challenge.
3. Increase the duration of your "cardio moves" in every circuit. If the plan states 30 second intervals, increase the duration to 45 seconds to a minute to build more endurance.
4. Decrease the amount of rest between sets. Whatever you were comfortable with resting in between circuits the past six weeks, try shortening that time.

Your goal is to be a better version of yourself. No matter what your starting point is, you can always make your workouts more challenging each week. By focusing on better performance each week, your results will be better and better every day.

Tracking Your Progress After The Program

If you focus on your performance and not so much on how you want your body to look in a few months, you will stay on track. Your goal for the next 45 days is to perform better with each workout and with your nutrition choices each week. If you are moving better, running faster, lifting heavier, more flexible, and stepping out of your comfort zone, your body will evolve. If you stick to it, your results will be permanent. You won't be perfect, and you will make mistakes along the way, but those mistakes will help you grow.

Thank you for purchasing my program, and welcome to the MA Warrior Community! I'm so excited to be part of your journey to a healthy, sustainable lifestyle. Don't forget to join the [MA Warrior Facebook Group](#), and to follow me and the community on Instagram at: [@MaWarriors](#) for accountability and to learn about upcoming challenges and new programs!



"Always strive for progress over perfection as your fitness journey is a lifelong path we all travel"

