



Resist

A 30-Day Conditioning Journey

INSTRUCTIONS:

Click on titles to access videos. Check off or write the date by each day you complete. If you miss a day, continue where you left off. If you're on a roll and want to do multiple days in one, go for it!

Day	Exercise	Minutes
1	Read Upper Body , Lower Body , Core AND Easy , Moderate , Difficult AND Gather your supplies. If you have weights, bands, balls, or other exercise "props," gather them in an accessible spot.	5
2	Easy Cardio – V, March, Squat OR Difficult Cardio – Échappé and Developpé	12 OR 10
3	Choose one exercise from this week's cardio session: V, March, Squat, Échappé or Developpé. Practice your exercise while holding weights (or objects).	5
4	Easy Stretch Session – Shoulders and Chest	14
5	Repeat your Day 2 session while holding light weights or household objects: Easy Cardio – V, March, Squat OR Difficult Cardio – Échappé and Developpé	12 OR 10

Day	Exercise	Minutes
6	<p>Write – Jot down answers to these questions.</p> <ul style="list-style-type: none"> ➤ How did my exercises feel different with and without the resistance of weights? ➤ How did it feel different to do the same exercise in an MRT workout (Day 3) and by itself (Day 5)? ➤ How do I feel today? Sore? Tired? Energetic? 	5
7	Moderate Full Session – Hips and Glutes	23
8	<p>Moderate Full Session – Hips and Glutes 0:00-6:30 Push down on your working leg to create resistance.</p> <p style="text-align: center;">OR</p> <p>Moderate Full Session – Hips and Glutes 0:00-6:30 Loop a resistance band or scarf around your working leg. Hold the ends with your top hand, elbow resting on hip. Pull up to create resistance on the downward movement for your first set. Pull down to create resistance on the upward movement for the second set.</p>	<p>7</p> <p>OR</p> <p>7</p>
9	<p>Do a stretch session in the evening or after a walk:</p> <p style="text-align: center;">Easy Stretch – Hips and Glutes</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Moderate Stretch – Frog</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Moderate/Difficult Stretch – Middle Splits</p>	<p>10</p> <p>OR</p> <p>10</p> <p>OR</p> <p>14</p>
10	<p>Repeat the Moderate Full Session – Hips and Glutes with a resistance band or scarf tied around your ankles or legs during the walking cardio section.</p> <p style="text-align: center;">OR</p> <p>Walk with a resistance band or scarf tied around your ankles or legs.</p>	<p>23</p> <p>OR</p> <p>5</p>

Day	Exercise	Minutes
11	Reflect – Sit still for 5 minutes and consider, What am I resisting in my life right now? Write down any insights.	5
12	<i>Moderate/Difficult Strength – Sustained V-Sits</i> Read the class description before starting. Use any modifications you find helpful.	13
13	Hold a V-Sit for 30 seconds. Choose any of the positions from yesterday's video. Repeat 3 times.	5
14	Use gravity and torque to increase the resistance in your V-Sit: Lift 1 or both legs and/or 1 or both arms higher than you did yesterday. Hold for 30 seconds. Repeat 3 times.	5
15	Do a stretch session in the evening or after a walk: <i>Easy Stretch – Sustained Full Body Floor Stretch</i> OR 9 <i>Moderate Stretch – Side Bend</i> OR 16 <i>Moderate/Difficult Stretch – Back Extension for Bridge</i>	11 OR 9 OR 16
16	Push – Push yourself to do any exercise with more resistance. Use resistance bands, weights, household objects, gravity, or your own body weight to increase the resistance.	5
17	<i>Easy Cardio – Cardiovascular Endurance Walking</i> OR <i>Moderate Cardio – Cardiovascular Endurance with Small Jumps</i> OR <i>Difficult Cardio – Cardiovascular Endurance with Big Jumps</i>	12 OR 10 OR 11
18	Walk or jump holding weights (or objects).	10

Day	Exercise	Minutes
19	Walk or jump with a circular resistance band or scarf tied around your legs.	10
20	Go for a walk, jog, bike ride, or swim.	30
21	Relax – Listen to music that you find relaxing. Drink water.	10
22	<i>Moderate Strength – Body Alignment in Push-Ups</i>	11
23	Do two sets of 10 push-ups with a longer lever than what you did yesterday. If you did the full lever yesterday, then put your feet on top of a sturdy piece of furniture.	5
24	Do two sets of 10 push-ups with your hands on two sturdy chairs/tables/pieces of furniture on either side of you. Dip your chest below your hands.	5
25	<p><i>Easy Full Session – Neck and Shoulders</i></p> <p>OR</p> <p><i>Moderate Full Session – Hips and Glutes</i></p> <p>OR</p> <p><i>Moderate/Difficult Full Session – Abdominals</i></p>	<p>29</p> <p>OR</p> <p>23</p> <p>OR</p> <p>25</p>
26	Reflect – Sit still for 5 minutes and consider, <i>Where in my life am I encountering resistance that I need to push through?</i> Write down any insights.	5
27	Learn the capoeira Ginga with Instructor Quiabo: <i>Lesson 1. Movement – Ginga</i>	12
28	Put weights on your ankles, hold weights in your hands, or both. Practice the Ginga for 5-10 minutes.	10

Day	Exercise	Minutes
29	<p>Tie a resistance band around your ankles, hold one in your hands, or both. If you don't have a resistance band, hold a scarf in your hands and pull it taught.</p> <p>Practice the Ginga for 5-10 minutes.</p>	10
30	<p>Plan – Write down exercises you did this month that you'd like to continue doing.</p>	5