



# Resist

## A 30-Day Holistic 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 <a href="#">Key Terms and Definitions</a> . <b>AND</b> Gather your supplies. If you have weights, bands, balls, or other exercise "props," gather them in an accessible spot.	5
2	<a href="#">Full Body   EASY Standing Cardio</a> <b>OR</b> <a href="#">Full Body   DIFFICULT Ballet-Based Cardio</a>	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	<a href="#">Shoulders and Chest   EASY Stretch</a>	15
5	Repeat your Day 2 session while holding light weights or household objects: <a href="#">Full Body   EASY Standing Cardio</a> <b>OR</b> <a href="#">Full Body   DIFFICULT Ballet-Based Cardio</a>	10

Day	Exercise	Minutes
6	<p>Write – Jot down answers to these questions.</p> <ul style="list-style-type: none"> <li>➤ How did my exercises feel different with and without the resistance of weights?</li> <li>➤ How did it feel different to do the same exercise in an MRT workout (Day 3) and by itself (Day 5)?</li> <li>➤ How do I feel today? Sore? Tired? Energetic?</li> </ul>	5
7	<p>Hips and Glutes   MODERATE Strength, Cardio, Stretch</p>	25
8	<p>Strengthen with resistance.</p> <p>Hips and Glutes   MOD Strength, Cardio, Stretch 0:00-6:30</p> <p>Push down on your working leg to create resistance.</p> <p style="text-align: center;"><b>OR</b></p> <p>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>	7
9	<p>Do a stretch session in the evening or after a walk.</p> <p style="text-align: center;">Hips and Glutes   EASY Stretch</p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;">Hips   MODERATE Stretch   Frog</p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;">Legs and Hips   MODERATE/DIFFICULT Stretch   Middle Splits</p>	15

Day	Exercise	Minutes
10	Repeat <i>Hips and Glutes</i>   MODERATE Strength, Cardio, Stretch with a resistance band or scarf tied around your ankles or legs during the walking cardio section.  OR Walk with a resistance band tied around your ankles or legs.	25  OR 5
11	Reflect – Sit still for 5 minutes and consider, <i>What am I resisting in my life right now?</i> Write down any insights.	5
12	<i>Full Body</i>   MODERATE/DIFFICULT V-Sits Read the class description before starting. Use any modifications you find helpful.	15
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>Hips</i>   EASY Lying Down Stretch  OR <i>Obliques</i>   MODERATE Side Bend Stretch  OR <i>Back &amp; Shoulders</i>   MOD/DIFF Stretch   <i>Back Extension</i>	15

Day	Exercise	Minutes
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	<p>Full Body   EASY Walking Cardio</p> <p>OR</p> <p>Full Body   MODERATE Jumping Cardio</p> <p>OR</p> <p>Full Body   DIFFICULT Jumping Cardio</p>	10
18	Walk or jump holding weights (or objects).	10
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	Full Body   MODERATE Strength   Alignment in Push-Ups	10
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>Neck and Shoulders   EASY Strength and Stretch</p> <p>OR</p> <p>Hips and Glutes   MODERATE Strength, Cardio, Stretch</p> <p>OR</p> <p>Abs   MODERATE/DIFFICULT Strength, Cardio, Stretch</p>	30

Day	Exercise	Minutes
26	<p>Reflect – Sit still for 5 minutes and consider, <i>Where in my life am I encountering resistance that I need to push through?</i></p> <p>Write down any insights.</p>	5
27	<p>Learn the capoeira Ginga with Instructor Quiabo:</p> <p><a href="#">Capoeira Ginga Explained   Basic Movements</a></p>	15
28	<p>Put weights on your ankles, hold weights in your hands, or both.</p> <p>Practice the Ginga for 5-10 minutes.</p>	10
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