



LION'S HEART™

**FOUNDATIONS OF HUMAN HEALTH
ACTION BOOK**

C.Z. POTTER



LION'S HEART™

FOUNDATIONS OF HUMAN HEALTH

ACTION BOOK

LION'S HEART™

FOUNDATIONS OF HUMAN HEALTH

ACTION BOOK

C.Z. POTTER
Author & Program Designer

SARAH ADAMS
Creative Director & Graphic Designer

“Words may inspire,
but only action
creates change.”

SIMON SINEK

FIVE STEPS ON THE PATH OF HEALTH

This Action Book, complementary to our primary text, *Foundations of Human Health*, is a step-by-step workbook outlining each of our Five Steps on the Path of Health.

Our broad outlook on the definition of human health and our design-based categorization all lead to this simple series of steps.

If you take each step and make time to **Assess and Address** yourself in each area of health, you will be on a journey of new awareness and empowerment throughout your entire life.

Confront each area of health individually, with a friend, with professionals in each realm, or within a group. Regardless of how you begin your health journey, or with whom, I hope you find positive change in your life as a result.

Are you ready to take the first step in your health journey?

- C.Z. Potter



MASTER CHECKLIST

STEP 1

Commit to becoming the best version of yourself. 2

- ☐ Find your “why” by analyzing your motives, and commit to becoming a healthier self.

STEP 2

Get screened inside and out.

On the Inside 6

- ☐ Have your core medical health evaluated by your primary care physician.

On the Outside 16

- ☐ Complete an FMS/FME or other posture and movement evaluation.

STEP 3

Assess and address your physical fitness.

Assess Your Fitness Level 28

- ☐ Assess your physical fitness level using the Lion’s Ladder.

Address Your Workout Routine 34

- ☐ Commit to a Split of weekly workouts in a balanced routine of strength, agility and endurance.

STEP 4

Assess and address your nutrition. 44

- ☐ Learn the fundamentals of nutrition, assess your diet, and build a new strategy tailored to your health goals and lifestyle.

STEP 5

Assess and address your lifestyle. 54

- ☐ Assess your goals, routine, environments, habits and stressors, and address ways to improve all areas for a healthier lifestyle.

TEMPLATED WORKOUTS 78

Phoenix Series 82

Lion Series 98

STEP 1

COMMIT TO BECOMING THE BEST VERSION OF YOURSELF.



Find your “why” by analyzing your motives, and commit to becoming a healthier self.

At the beginning of the path lies you and your motives. Your motives can be the most powerful force in propelling you further on your journey. Take a moment to connect with them.

Some motives run deep and will allow you to get further on the path than others. Health professionals can provide knowledge, tools and encouragement, but nothing more. Allow yourself to understand your motives, soak in them for inspiration, and return to them often to rekindle the fire and passion that drives you.

This is your choice—an internal decision brought forth externally through the strength of your character. **This choice of the heart is the most critical and powerful step in your health journey, so be sure to give it the time and focus it deserves.**

CHECKLIST

These first two inventories are the foundation of your health journey.

Take the time to seriously address them. To ensure you have fully given them the time they deserve, consider working with a mentor, coach or counselor.



I have deeply evaluated my “why” as the core driver in the journey of my personal health.



I have made the commitment to become the healthiest version of myself by actively pursuing each area of whole health with intention.

IT STARTS IN THE HEART

Before beginning a new workout routine or deciding to change your diet or lifestyle, get rooted in your “why”—the decision to make these changes starts in the heart. Read each question below, and be open and honest with yourself in the answers.

Are any of your life goals and/or relationships directly affected by your health choices? In what ways? Are they positive, or negative?

What is the greatest “why” leading your health journey? What is the best way for you to frequently remind yourself of it, recharging your will throughout your health journey?

COMMITMENT TO SELF

Ultimately, only you can make the choice to take care of your health. None of the following teachings will have any foundation or substance until you can align your heart with this leading statement:

I commit to take care of myself.
I will confront my own health, and pursue my best self—not only for me, but for my loved ones and all others that my path may intersect with, both now and in the future.

Signature

Date

STEP 2

GET SCREENED INSIDE AND OUT

On the Inside

Follow along with Step 2 Actions on **pages 20-27** in *Foundations of Human Health*.

☐ Have your core medical health evaluated by your primary care physician.

Although having a fitness regime and a general awareness of nutrition can put you in an advantageous position with your physical health, **you may still have underlying medical issues that don't show signs until it's too late.** Having an awareness of key medical health factors such as your blood pressure, cholesterol, A1c, BMI and more allow you to know if you need any medical intervention, and together with your doctor, you can plan a path to improve certain areas that may need attention.

Know your numbers, create a relationship with your primary care provider, and forge a path of care together to maintain or improve your vitals.

CHECKLIST

Each item below plays an important role in your medical health.

Make note of the steps necessary to complete them, and check off each item as they have been completed.

☐

I have scheduled an appointment with a primary care physician for a standard physical.

☐

In collaboration with my primary care physician, I have had a basic screening for any diseases that I may be at risk of.

☐

In collaboration with my primary care physician, I have been screened for any unique conditions that may be prevalent within my age or gender.

☐

I have a current record of my Vital Health Numbers that I can keep track of and monitor.

**My Vital Health Numbers worksheet is provided on pages 11-13.*

☐

I have a consistent and healthy oral hygiene routine and visit the dentist regularly.

ON THE INSIDE Q&A

Read the questions below and ensure you have each answer before leaving your doctor.

Is medical intervention needed for any of your health issues?

Do you need to schedule any more testing in any areas?

Do you need to schedule an appointment with any other specialists or a health counselor?

Do you have any weak points that need further focus?

Do any of your dietary or lifestyle choices need to shift?

Are you cleared for vigorous exercise?

Do you have any areas of medical concern that need attention? If you do have any issues or medical concerns, what is your plan of action?



LION'S HEART™
MY VITAL HEALTH NUMBERS

These numbers can give you a first look at your internal health. Make sure you are screened regularly in order to prevent deadly diseases like diabetes or heart disease.

		DATE				
Cardiovascular	LIPID PANEL	TOTAL CHOLESTEROL mg/dL				
		<200	>200			
		LDL (BAD) mg/dL				
		<99	>99			
		HDL (GOOD) mg/dL				
	<39	>39				
	CHOLESTEROL RATIO (HDL/LDL)	men				
		women				
	<3.5	>5.0	<3.0	>4.4		
	TRIGLYCERIDES mg/dL					
<149	>149					
BLOOD PRESSURE	SYSTOLIC beat pressure					
	80-120	120-139	>140			
	DIASTOLIC rest pressure					
	60-80	80-89	>90			
Measurements	PHYSICAL METRICS	BODY MASS INDEX (BMI)				
		18.5	24.9			
		WAIST CIRCUMFERENCE				
		men				
		women				
<40in	>40in	<35in	>35in			
WAIST TO HIP RATIO	men					
	women					
<0.9	>1.0	<0.8	>1.0			

Comprehensive Metabolic Panel (CMP)	LIVER	ALKALINE PHOSPHATASE (ALP) 39117				
		ALANINE AMINOTRANSFERASE (ALT) 044				
		ASPARTATE AMINOTRANSFERASE (AST) 040				
		BILIRUBIN 01.2				
	KIDNEYS	BLOOD UREA NITROGEN (BUN) 624				
		CREATININE 0.761.27				
	MINERALS & ELECTROLYTES	CALCIUM 8.710.2				
		SODIUM 134144				
		POTASSIUM 3.55.2				
		CARBON DIOXIDE 2029				
		CHLORIDE 96106				
A1C	PROTEIN	ALBUMIN 4.05.0				
		TOTAL PROTEIN 6.08.5				
	GLUCOSE	FASTING (FBG) 6599				
		NON-FASTING/RANDOM (RBG) 68-125126-160>160				
		HbA1c % 4.8-5.65.7-6.4>6.4				

NOTES

STEP 2

GET SCREENED INSIDE AND OUT

On the Outside

Follow along with Step 2 Actions on **pages 54-67** in *Foundations of Human Health*.



Have an FMS/FME or other posture and movement evaluation.

It seems self-evident that having a professional assessment of your movements from head to toe would be standard healthcare—an assessment ensuring you have no major areas of immobility or dysfunction in any single joint or in compound movements, while also checking for healthy sitting/standing postures. Strangely, this type of assessment isn't standard practice in our current health system. We can unknowingly become vastly misaligned but wait until we are injured before calling on a professional. So, we must take the initiative ourselves.

Have your physical alignment, posture and movement patterns evaluated by a physical therapist, chiropractor or advanced trainer, and build a plan of care to improve any areas of weakness.

CHECKLIST

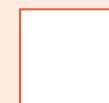
Each item below plays an important role in your physical health.

Make note of the steps necessary to complete them, and check off each item as they have been completed.



I have made an appointment with a physical therapist, qualified chiropractor or advanced trainer to complete a Functional Movement Evaluation, and I understand my results.

**The Functional Movement Evaluation is provided on pages 19-25.*



With the help of a physical therapist, qualified chiropractor or trainer, I have assessed my seated, standing and lying home postures. I understand where my home posture should be in each area, and I have a specific plan to cultivate these habits.

ON THE OUTSIDE Q&A

After completing a Functional Movement Evaluation by a qualified specialist, read the questions below and be open and honest with yourself in the answers.

Are there any immediate concerns in your functional movement evaluation that would require more intensive care? What is your plan of action?

Do you have any weak points in your home postures? If so, what is your plan of action to correct it?



LION’S HEART™

FUNCTIONAL MOVEMENT EVALUATION

Congratulations on taking this foundational step in your whole health journey! **You are completing a full Functional Movement Evaluation (FME), which is a head-to-toe, comprehensive physical alignment check.** This evaluation is meant to show you the presence of any underlying issues in your body’s alignment, posture and movement patterns, and provide you with next steps for how to resolve them.

RANGE OF MOTION RATING SCALE

Every major joint, fundamental movement pattern and posture will be assessed using this rating scale.



UNABLE TO PERFORM | As much as you tried, this movement is not happening at all. Either you aren't quite able to send a conscious signal to create the movement or the joint may be so rigid or damaged that it has become frozen to conscious movement.

IMPAIRED PERFORMANCE | The joint can move, but there are some limitations present. Whether you have a reduced range of motion, trouble moving steadily or an asymmetry/misalignment, there is a base problem that could cause future issues.

BASIC PERFORMANCE | Everything is moving normally and symmetrically within your movement patterns and/or individual joints. You are clear for general exercise and basic sports/activities.

EXCELLENT PERFORMANCE | You get a gold star! You have a robust range of motion but still have integrity and fortitude in your joints. Your movements are fluid and you have clear, conscious control of your motion.

PAIN WHEN PERFORMING | **Regardless of performance level**, any degree of pain experienced when moving or holding any position within the range of motion of the specified part and planes is rated from 1-10.

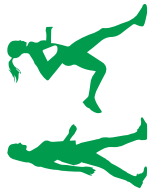
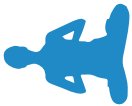


LION'S HEART™

FUNCTIONAL MOVEMENT EVALUATION

This space is meant to test the functionality of major joints moving together as a team.

Squat 	Lunge L R 	Push 	Pull 	Hinge 
--	---	---	---	--

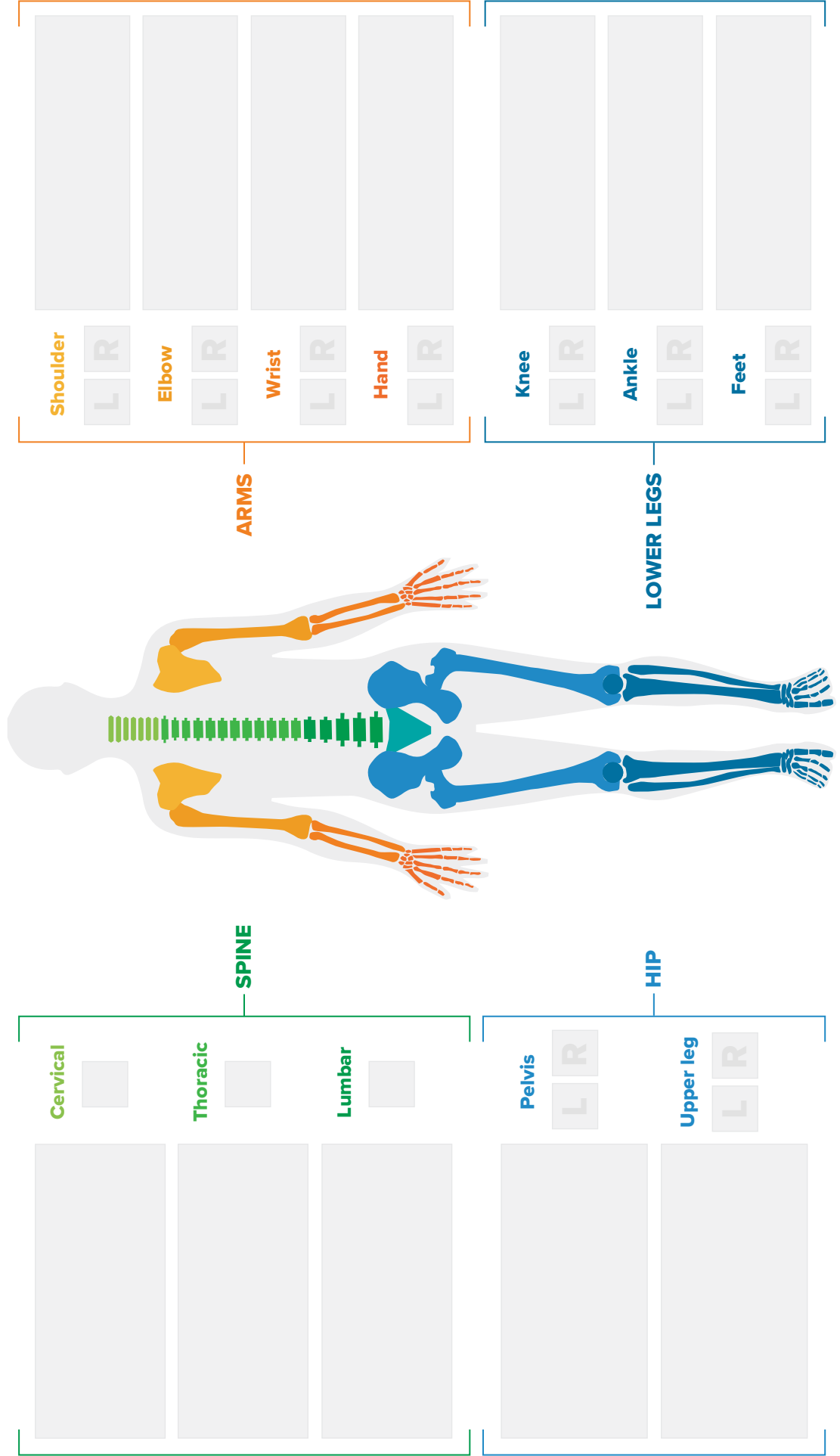
Twist L R 	Gait 	Standing Posture 	Seated Posture 	Sleeping Posture 
---	---	---	---	---



LION'S HEART™

FUNCTIONAL MOVEMENT EVALUATION

This space is meant to test the functionality of major joints at the individual level.





LION’S HEART™
FUNCTIONAL MOVEMENT EVALUATION

PLAN OF CARE

A NEW STANDARD IN ALIGNMENT SCREENINGS

The FME is the new standard in a paradigm shift towards preventative maintenance to promote whole health. Its simple, innovative design make it timeless and easy to follow, as the main objective is to assess each major individual joint, fundamental compound movement patterns, and common postures, which allow both modern-day science matched with the skills of medical specialists to diagnose any issues in every major area of your musculoskeletal alignment. This simple yet comprehensive system of evaluating alignment will never become obsolete, as a shoulder will always be a shoulder and the thoracic spine will always be the thoracic spine. We rely on the skill of your chosen practitioner to assess each area fully, while we continue to focus on the user interface that best serves both the practitioner and the patient in understanding their customized results and a plan of care moving forward.

NOTES

STEP 3

ASSESS AND ADDRESS YOUR PHYSICAL FITNESS

Assess Your Fitness Level

Follow along with Step 3 Actions on **pages 68-175** in *Foundations of Human Health*.



Assess your physical fitness level using the Lion's Ladder.

Are you more of a strength, endurance or agility type? Even if you don't consider yourself athletic, let's say you had to pick between 1 hour of lifting heavy weights, 1 hour of yoga, or 1 hour of long-distance running. Which would you choose?

It's important to assess your strong and weak points in the realms of physical strength, agility and endurance. Have you become too reliant in one area and let another fall short? Has one (or more) of these fundamental areas become so imbalanced that it affects your overall physical wellness?

Work with an advanced athletic trainer to assess your fitness using the Lion's Ladder, and address any areas of imbalance within strength, agility and endurance.

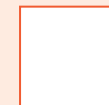
CHECKLIST

Each item below plays an important role in your athletic abilities.

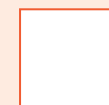
Make note of the steps necessary to complete them, and check off each item as they have been completed.



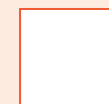
I have a basic understanding of how Lion's Heart defines fitness using the core elements of movement the body can become proficient within.



I have a basic understanding of the definitions of strength, agility and endurance, and how each relates to the Fight, Flight and Flow benchmarks found in the Lion's Ladder.



With the help of a coach, I have assessed my position on the Lion's Ladder, and I understand how I can begin to progress toward higher levels.



I am tracking my current Fitness Stats in order to keep track of my athletic progress.

**Fitness Stats worksheet is provided on page 31.*

FITNESS LEVEL Q&A

After assessing your position on the Lion’s Ladder with the help of an advanced trainer, read the questions below and be open and honest with yourself in the answers.

Did you feel stronger or weaker in any particular exercise within strength, agility or endurance? If so, which areas do you feel need the most practice?

In working with a personal trainer or alone, what is your plan of action in order to progress your weakest movement art to the next level?



LION’S HEART™ FITNESS STATS

DATE					
FLOW					
FIGHT					
FLIGHT	100M				
	1 MILE				
	5K				
	10K				
1 REP MAX	BS				
	DEAD				
	OH PRESS				
	PULL UP				
	FS				
	DIP				
	BOX JUMP				
	OH SQUAT				
1 MINUTE MAX	BURPEE				
	BW SQUAT				
	PUSH UP				
	RING ROW				
	PULL UP				
	DIP				
	HSPU				
	RT/DU				
MISC					

NOTES

STEP 3

ASSESS AND ADDRESS YOUR PHYSICAL FITNESS

Address Your Workout Routine

Follow along with Step 3 Actions on **pages 176-189** in *Foundations of Human Health*.



Commit to a Split of weekly workouts in a balanced routine of strength, agility and endurance.

Once you have assessed your athletic baseline accurately, it's time to make a plan and schedule your routine to take you where you want to go. The systems and programs that are actually successful at positive transformation in individuals all work off of the same primary principles, which are held up by a few pillars that only you can provide when you step into the gym.

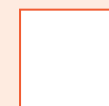
Let's ensure that we are indeed engaging in all of the areas necessary for a successful plan of ascension. We'll learn to build a sustainable weekly schedule that is aimed toward our goals and fill it with workouts tailored to match this plan.

CHECKLIST

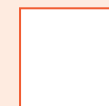
Each item below plays an important role in your workout programming. Make note of the steps necessary to complete them, and check off each item as they have been completed.



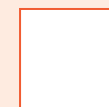
I understand the four pillars of athletic ascension that Lion's Heart defines for true athletic success.



I understand the importance of using the right program, and I understand the five principles that make a workout program successful.



I understand the benefit of setting a workout split, and I have chosen an ideal workout split that aligns with my goals and my schedule.



I have Committed to a Split and filled it with exercises that match my ability level from the Lion's Ladder or another source, and I have completed at least 1 month of workouts, tweaking as needed.

**My Movement Week worksheets are provided on pages 39-41.*

WORKOUT ROUTINE Q&A

After completing 1-2 weeks of programmed workouts, either with the help of an advanced trainer or alone, read the questions below and be open and honest with yourself in the answers.

Were you able to successfully complete the workouts without substitution? Were aspects of the workouts too challenging, or not challenging enough? How would you alter your next set of workouts to better align with your goals and/or your schedule?

Which of the four pillars of athletic ascension (consistency, intensity, form-focused, using the right program) did you feel strongest in? Which did you feel needed the most improvement?

Did your workouts provide you with enough of a rest ratio to adequately recover from your exercises? If not, what will you do differently in future workouts?

Did you feel any improvement within your weak point training? If not, what is your plan of action to work more weak point training into your workout schedule?

Do you feel like your chosen workout split was effective? If not, what is your plan of action to alter your split to something more fitting?



LION'S HEART™
MY MOVEMENT WEEK

When can you commit to scheduled exercise during the week? Using one of the workout splits as a guide, block out your typical week, and schedule healthy movement times you can commit to.

	MON	TUE	WED	THU	FRI	SAT	SUN
12AM							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12PM							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12AM							

PRIMARY PRACTICE MOVES:



LION'S HEART™
MY MOVEMENT WEEK

When can you commit to scheduled exercise during the week? Using one of the workout splits as a guide, block out your typical week, and schedule healthy movement times you can commit to.

	MON	TUE	WED	THU	FRI	SAT	SUN
12AM							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12PM							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12AM							

PRIMARY PRACTICE MOVES:

NOTES

STEP 4

ASSESS AND ADDRESS YOUR NUTRITION

Follow along with Step 4 Actions on **pages 28-53** in *Foundations of Human Health*.

☐ Learn the fundamentals of nutrition, assess your diet, and build a new strategy tailored to your health goals and lifestyle.

Imagine a plate of food has been placed in front of you. Can you eyeball the meal and have a general assumption of the food groups it contains, the probable macronutrient range, or its total calories? We don't all need to become nutritional experts. But this body is ours for life—every day, we make dietary decisions that fuel it. Having even a cursory knowledge of nutrition can increase the quality (and quantity) of our lives.

It's time to understand the fundamentals of nutrition, what pieces make up a balanced diet, and what other common dietary strategies are built from. **Either alone or with the help of a registered dietitian, work toward crafting an ideal dietary strategy that works for your health goals and fits into your lifestyle.**

CHECKLIST

Each item below plays an important role in your dietary health.

Either alone or along with a registered dietitian, make note of the steps necessary to complete them, and check off each item as they have been completed.

☐

I have a basic understanding of the Big Four goals that most all whole-health focused diets use.

☐

I have a basic understanding of macronutrients and how to accurately read a nutrition label.

☐

I have a basic understanding of the food groups and how macronutrients play a role within them.

☐

I have a basic understanding of some common dietary strategies and how they are structured.

☐

I have written out my current meals for a week to assess my current dietary habits.

**My Current Meals Week worksheet is provided on page 49.*

☐

I have written out my ideal diet for 1 week using the nutritional agreements and common dietary strategies as a starting point.

**My Ideal Meals Week worksheet is provided on page 51.*

NUTRITION Q&A

After completing your Current Meals Week worksheets, read the questions below and be open and honest with yourself in the answers.

Does your diet resemble any of the patterns universally known to illicit health problems? Which areas need improvement?

Does your diet currently support healthy or improving vital numbers that were established in Step 2? Which foods or habits are most helpful?

Does your diet leave you feeling energetic and indigestion free?
Which areas are holding you back, if any?

Does your diet allow you to maintain or move toward your own personal goals for your target body weight?

Is your diet sustainable in your schedule, both financially and emotionally? What areas need to change, if any?

Did answering the previous questions and/or learning about other common dietary strategies make you want to experiment with any other formats? Which habits or strategies would you like to try?

How are you going to implement these new strategies into your life?
When will you begin?



LION’S HEART™
MY CURRENT MEALS WEEK

Use this chart to document all of your meals for an entire week. Be as detailed as possible in your write-ups, and be sure to include all drinks, snacks, and treats.

	BREAKFAST				LUNCH				DINNER				SNACK 1				SNACK 2				DAILY TOTALS			
MON																					CARBS			
																					FIBER			
																					PROTEIN			
																					FAT			
	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT				
TUE																					CARBS			
																					FIBER			
																					PROTEIN			
																					FAT			
	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT				
WED																					CARBS			
																					FIBER			
																					PROTEIN			
																					FAT			
	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT				
THU																					CARBS			
																					FIBER			
																					PROTEIN			
																					FAT			
	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT				
FRI																					CARBS			
																					FIBER			
																					PROTEIN			
																					FAT			
	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT				
SAT																					CARBS			
																					FIBER			
																					PROTEIN			
																					FAT			
	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT				
SUN																					CARBS			
																					FIBER			
																					PROTEIN			
																					FAT			
	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT	CB	FB	PR	FT				



LION’S HEART™
MY IDEAL MEALS WEEK

Use this chart to brainstorm what a typical week could start to look like using your ideal dietary strategy. Tweak as needed to make your diet work the best it can for you.

	BREAKFAST				LUNCH				DINNER				SNACK 1				SNACK 2				DAILY TOTALS	
MON																					CARBS	
																					FIBER	
																					PROTEIN	
TUE																					FAT	
																					CARBS	
																					FIBER	
WED																					PROTEIN	
																					FAT	
																					CARBS	
THU																					FIBER	
																					PROTEIN	
																					FAT	
FRI																					CARBS	
																					FIBER	
																					PROTEIN	
SAT																					FAT	
																					CARBS	
																					FIBER	
SUN																					PROTEIN	
																					FAT	
																					CARBS	

STEP 5

ASSESS AND ADDRESS YOUR LIFESTYLE

Follow along with Step 5 Actions on **pages 190-215** in *Foundations of Human Health*.



Assess your goals, routine, environments, habits and stressors, then address ways to improve all areas for a healthier lifestyle.

Your lifestyle ends up defining how you live your entire life and can dramatically affect other areas of your physical health and its outcomes.

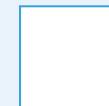
Analyzing the lifestyle you currently have—and the one you want—is something to be taken extremely seriously. Take a look at how your life and health goals relate to your chosen schedule, habits and environment you place yourself in each day.

Though a lifestyle is always a work in progress, there are certain key seasons for rebuilding our routines. **Either alone or with the help of a counselor, be sure your lifestyle builds you into the healthiest version of yourself.**

CHECKLIST

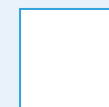
Each item below plays an important role in a healthy lifestyle.

Either alone or along with a counselor, make note of the steps necessary to complete them, and check off each item as they have been completed.



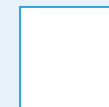
I am confident in who I am and what I want. I have assessed my goals for the next year, and I am making healthy, actionable steps to achieve them.

**Goal Planner worksheet is provided on page 57.*

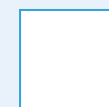


I understand the importance of having a schedule that is balanced in work, play and rest, and I have examined my own routine through this lens.

**Balanced Schedule worksheets are provided on pages 61-65.*

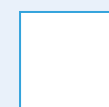


I understand that my environment plays a large role in my overall health, and I have analyzed the environments I live in for areas that need change.



I have made a plan for sowing and growing healthy habits, while removing negative habits that are not serving me.

**Habits Self-Evaluation worksheet is provided on page 73.*



I have analyzed key stressors in my life and made a plan to have healthy management of my stress.

SELF-EVALUATION Q&A

After reading the introduction to the Lifestyle section in *Foundations of Human Health*, read the questions below and be open and honest with yourself in the answers.

Have any personality assessments or evaluations shed a light on how you identify yourself? Which one(s), and in what ways?

In only a paragraph, either literal or abstract, answer: Who are you, and what do you really want?



LION'S HEART™ GOAL PLANNER

Brainstorm the goals you want to plan and work toward achieving this year. Then, refer back to this sheet at the start of each month to check in with where you are and what next steps you can take to complete your goals.

	WHERE AM I RIGHT NOW?	WHAT DO I WANT TO ACHIEVE?	WHAT STEPS DO I NEED TO TAKE?
PHYSICAL HEALTH			
PERSONAL FINANCE			
WORK/ CAREER			
RECREATION OR TRAVEL EXPERIENCES			
FAMILY/ FRIENDS			
ROMANTIC			
HOBBIES/ SKILLS			
IF I COULD ONLY COMPLETE ONE THING BY THE END OF THE YEAR, IT WOULD BE:			

BALANCE Q&A

After assessing your current schedule and completing the Balance Check worksheet on the next page, read the following questions and be open and honest with yourself in the answers.

Overall, which of the areas of work, play and rest seem the most out of balance in your average schedule? What actionable steps can you make to help bring a balance to these three categories?

Which of the listed subcategories within work, play and rest take up too much of your time and attention? What actionable steps can you make to help bring a balance to this area?

Which of the subcategories within work, play and rest require the most time and attention from you? What actionable steps can you make to help bring a balance to this area?

When viewing one of the categories (work, play, or rest), what is one NEW thing you’d like to introduce into your schedule that you have not previously made any time for (a new hobby, meditation, etc.)?



LION’S HEART™
BALANCE CHECK

CAN YOU THRIVE WITH BALANCE?

EVALUATING YOUR BALANCE OF WORK/PLAY/REST:

- 1 //** Analyze each of the categories in the key below and rate the level of satisfaction you experience with each within your life, where **1** represents the least satisfied and **5** represents the most.
- 2 //** Fill in a blank schedule on the next page that roughly represents your current routine. Feel free to use multiple colors to look at your balance between work, play and rest.
- 3 //** Observe your schedule and ask yourself:
 - Is this my optimal healthy schedule?
 - Are there areas that I could rearrange my schedule for personal growth toward my mission and goals while maintaining balance to cultivate a joyful life?
- 4 //** Based on your current schedule and future goals, fill in your most ideal and healthy schedule on the following page.
- 5 //** Start planning any small steps you can take to shift your current schedule closer to your ideal schedule.

WORK

Time spent at your job/career	1	2	3	4	5
Volunteering/giving back	1	2	3	4	5
Personal development/exercise	1	2	3	4	5

PLAY

Active Hobbies	1	2	3	4	5
Quality time > friends & family	1	2	3	4	5
Quality time > significant other	1	2	3	4	5

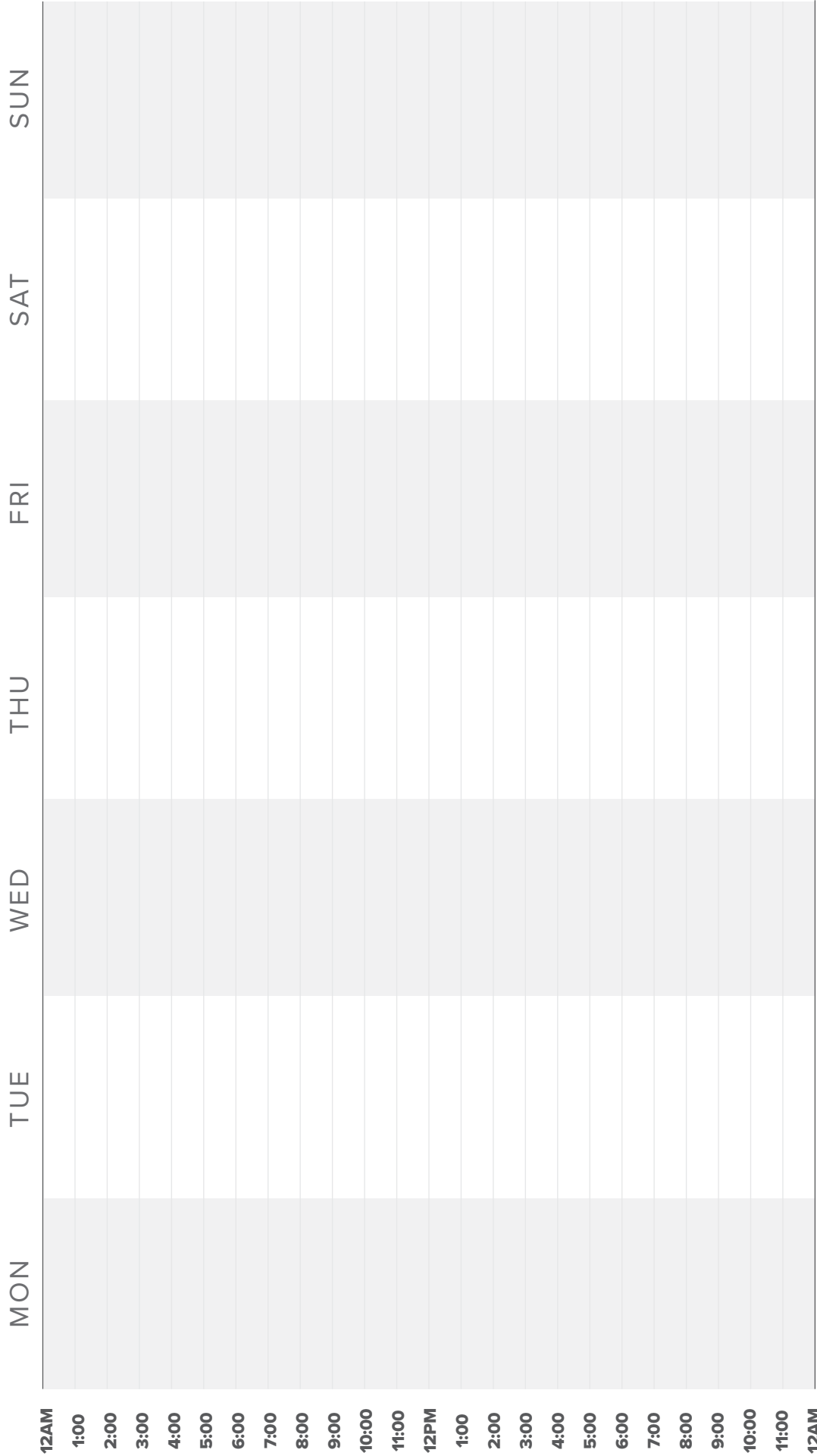
REST

Low-key hobbies/R&R	1	2	3	4	5
Reflection/meditation/prayer	1	2	3	4	5
Quality sleep	1	2	3	4	5



LION'S HEART™
CURRENT SCHEDULE

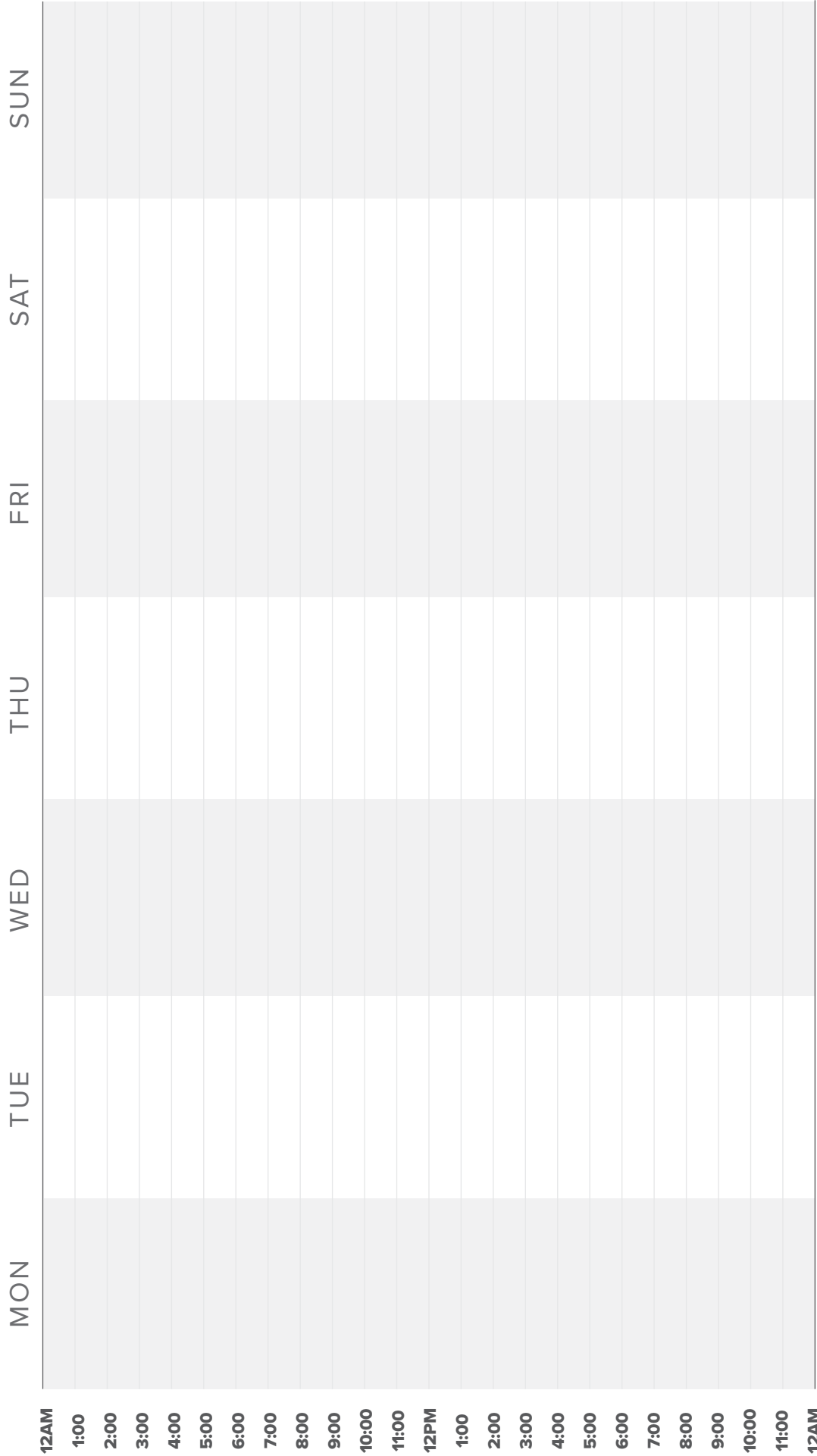
Based on the work/play/rest categories from the Balance Check, fill in your current schedule based on an average week in your life.
Feel free to use multiple colors to easily identify the difference in work, play and rest.





LION'S HEART™
OPTIMAL SCHEDULE

Based on the work/play/rest categories from the Balance Check, fill in your ideal schedule based on where you might feel the healthiest and most balanced. Feel free to use multiple colors to easily identify the difference in work/play/rest.



ENVIRONMENT Q&A

Read the following questions regarding the various environments you live within, and be open and honest with yourself in the answers.

PHYSICAL: Do you find yourself moving from one stuffy box to the next without an environment that helps you recharge? How can you involve more of your ideal environment into your regular life?

SOCIAL: Make an inventory of the five people you spend most of your time with. Do they provide positive synergy in your life? How can these relationships grow? Do you need to move away from or change any of these relationships?

HOME: Take inventory of your home environment—does it recharge and inspire you? What elements, if any, could be removed, added to or rearranged to bring an air of empowerment into this personal space?

WORK: Do you feel that your current occupation has a major impact on your physical health or your ability to pursue health? What areas might need shifting, and what are your steps to change them?

ECOLOGICAL: Do you live in an environment safe from toxins? How is the air pollution in your area? Are you changing your air filters regularly in your home, and have you checked for carbon monoxide or mold?

ECONOMIC/POLITICAL: Do you live in a community or region where your political values are shared or heard? Do you have access to basic health services? If not, what steps can you take to improve your political or economic environment?

DIETARY: Do you surround yourself with good dietary options with a travel lunch bag, a refrigerator, and a pantry full of items that fulfill “your best diet” and free from temptations of “your worst diet”?

DIETARY: Make a health appraisal of your favorite restaurants in your community. Do you see any menu items as healthier alternatives you could turn to in a pinch, when advanced meal planning isn’t an option?

RESTAURANT:

MENU ITEMS:

HABITS Q&A

After completing your Habits Self-Evaluation on the next page, answer these follow-up questions to help you get started in instilling healthier habits in your life.

What are some triggers, reminders or cues you think will help you in growing new habits?

What are some healthy and effective ways you can reward yourself for repeating positive habits?

Among your family and friend circles, who can you reach out to as a support system to hold you accountable for your habits?

Among your family and friend circles, do you know of someone who you could offer support to in helping them with their habits?



LION'S HEART™
HABITS SELF EVALUATION

WHAT HABITS DO I ALREADY HAVE THAT I WOULD LIKE TO FERTILIZE, EXPAND UPON AND GROW FURTHER? HOW MIGHT I GO ABOUT ACHIEVING THIS?

WHAT NEW HABITS DO I SEEK TO SOW IN MY LIFE? HOW MIGHT I GO ABOUT PLANTING THEM INTO MY DAILY ROUTINE?

WHAT NEGATIVE HABITS NEED TO BE REMOVED? HOW MIGHT I GO ABOUT REMOVING THEM OR REPLACING THEM WITH MORE POSITIVE HABITS THAT I SEEK?

STRESS LESS Q&A

Read the following questions regarding the various stressors in your life and how to manage them. Be open and honest with yourself in the answers.

What recurring actions or situations seem to generate the most stress in your daily or weekly routine?

Do you already have a system in place to manage your stress when you encounter these stressors? If not, what new preparation or new response to these stressors are you looking to try?

Do you currently practice any variation of “mindfulness”? What helps remind you to take a deep breath and recenter?

Do you have a regular practice of meditation, in any variation? If not, what types of meditations or moments of mindfulness interest you, and where could they best fit in your schedule?

NOTES



TEMPLATED WORKOUTS

THE LION'S HEART WORKOUT KEY

When reviewing the Lion's Heart template workouts over the next several pages, you'll notice a variety of abbreviations and symbols used in order to communicate quickly in less space. **Use this key to understand these symbols in order to have the most effective workout.**

— Repeat From Last Set	FS Front Squat	OH Overhead
1RM 1-Rep Max	GTO Ground to Overhead	RC Repeat Continuously
BS Back Squat	HS Handstand	RI Rest Interval
BW Body Weight	HSPU Handstand Pushup	

YOGA/MOBILITY

Align the body and warm up your movement by going through a yoga series, PT/stretch series, or skill drill practice series before beginning any larger strength or endurance-based workout.

COMMON REP RANGES AND THEIR WEIGHTS

The rep ranges listed below are meant to serve as a general guideline to help you find the weight or intensity level in which you can just barely complete that set with good form. At a glance, you can see that the lower the weight you are lifting (50% of your 1-rep max for instance), the more reps you should be able to achieve at the lower weight. If you are working closer to your 1-rep max (90%, for instance), you will probably only be able to get in 3-5 reps before losing your form or not being able to complete the set. **When a workout denotes a rep range for you to complete a given set, use this chart as a starting point in calculating what weights (or difficulty level) you should be using within each set.**

For example: John's 1-rep max for back squats is 200lbs. He is about to complete a workout with four sets. For his first set, he must complete 10-15 reps, and so he will be working with 100lbs. His second set (10-12 reps) will be 140lbs. His third set (5-7 reps) will be 160lbs. And his final set (3-5 reps) will be 180lbs. Each of these weights were calculated using the general percentage guides listed below.

Above all else, always listen to your body—be more gentle with yourself in warm-up sets, and when you are ready to achieve new PRs, ensure that you are maintaining good form and alignment for safety and strength.

REPS	12-15+	10-12	7-10	5-7	3-5
% OF 1RM +/- 5%	≤50%	70%	75%	80%	90%

ANATOMY OF OUR WORKOUTS

Each workout card has various markers and notations for your use in achieving the workout successfully. See below for a description of each section of the workout card.

FITNESS LEVEL

Phoenix, Lion, or Griffin rating

WORKOUT TITLE

What this workout achieves, in a single phrase

PHOENIX 1
FULL BODY

Balanced Strength A

BODY SPLIT

Upper, lower or full body

A balance of foundational moves, building endurance through circuits and beginning with a yoga flow.

DESCRIPTION

A quick overview of the workout's key focus and any other special factors

Yoga / Mobility Warmup			SET 1	SET 2	SET 3	SET 4	
		RI: 30sec	BS	12-15	10-12	10-12	5-7
	4x		Partial Knee Pushup	7-12	—	—	—
			Ring Row	12-15	10-12	10-12	5-7
		RI: 30sec	Deadlift	12-15	10-12	10-12	5-7
	4x		Low to High Lunge	3-5 per side	—	—	—
			Plank	20-30 sec	—	—	—

SET STRUCTURE

How many sets you must perform in the circuit (For this circuit, you have 4 sets of 3 exercises)

REST INTERVAL

How long you should rest in between each set

REP RANGE

The amount of reps you should safely complete, before reaching form failure (use the chart to the left to calculate your ideal weight/difficulty level for each set)

PHOENIX

SERIES

BEGINNER WORKOUTS

Each of the following workouts are excellent starting points and meant to be used as a general guide. Feel free to alter each workout based on your unique needs and goals.



PHOENIX LEVEL 1



PHOENIX 1 FULL BODY

Balanced Strength A

A balance of foundational moves, building endurance through circuits and beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	BS	12-15	10-12	10-12	5-7
		Partial Knee Pushup	7-12	—	—	—
		Ring Row	12-15	10-12	10-12	5-7
RI: 30sec	4x	Deadlift	12-15	10-12	10-12	5-7
		Low to High Lunge	3-5 per side	—	—	—
		Plank	20-30 sec	—	—	—



PHOENIX 1 FULL BODY

Balanced Strength B

A complementary balance of foundational moves, building endurance through circuits and beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	OH Press	12-15	10-12	10-12	5-7
		Plank	20-30 sec	—	—	—
		Ring Row	12-15	10-12	10-12	5-7
RI: 30sec	4x	Knee Pushup Negative	7	—	—	—
		BW Squat	20	—	—	—
		Tree Pose	20sec per side	—	—	—



PHOENIX 1 FULL BODY

Yoga/Run/Lift

A warm-up run, yoga alignment, and simple full-body strength set.

Quick Stretch

Walk/Jog

Walk briskly or jog slowly for 1/2 mile to get warm.

6x | 1 min slow pace, 1 min fast pace intervals (12 min total)

Yoga / Mobility

15-20 min

RI: 30sec	4x	Partial Knee Pushup	7-12	—	—	—
		BS	12-15	10-12	10-12	5-7
		Ring Row	10-12	—	—	—



PHOENIX 1 FULL BODY

Benchmark

A Benchmark workout testing your location on the Ladder: a distance run, a yoga flow, and a strength-based series.

Quick Stretch

FLIGHT Walk briskly or jog slowly for 1/2 mile to get warm, then test your 1-mile run time. After you catch your breath, test your 100m dash.

FLOW Set up your yoga area and test out a Phoenix Flow based on your current level, or challenge yourself to a flow one step up on the ladder.

FIGHT Set up your station and test out your current "Fight" Benchmark up the ladder, or similar "time block" or "work block."

PHOENIX
LEVEL 1

PHOENIX 1
FULL BODY

High Volume

Simple yoga flow with a high-volume, even-strengthened routine, building endurance and skill.

Yoga / Mobility Warmup
15-20 min

RI: Mindful Pace	7x	BW Squat	10	—	—	—	—	—	—
		OH Press @ ½ BW	5	—	—	—	—	—	—
		Ring Row @ Shoulder	5	—	—	—	—	—	—
		Plank	15 sec	—	—	—	—	—	—

PHOENIX 1
FULL BODY

Yoga Hybrid

Mind/body-connecting yoga flow with a hybrid yoga endurance circuit.

Yoga / Mobility Warmup
15-20 min

RI: Mindful Pace	20x	Sun Salutations with Knee Chaturanga	
		30x	Half Burpee No pushup—just plank and return

PHOENIX 1
LOWER BODY (T&F)

Sprints

Mobilize with dynamic yoga, then practice speed/gait.

Yoga / Mobility Warmup
15-20 min

Walk/Jog

1x | ½ mile walk/jog

7x | 50yd dash (find fluid pace/not for time/RI: 30 sec-1 min)

1x | ½ mile walk/jog

PHOENIX 1
LOWER BODY (T&F)

Intervals

Mobilize with dynamic/stretching, then walk/run with alternating intensity, working on pace and endurance.

Yoga / Mobility Warmup
15-20 min

Walk/Jog

10x | 2 min slow jog or walk, followed by 1 min faster jog or power walk (30 mins total)

PHOENIX 1
FULL BODY

Pure Strength

A focus on muscular engagement, building strength by slowly adding weight to well-rested sets of core lifts.

Yoga / Mobility Warmup
15-20 min

RI: 1-2min	5x	BS	12-15	10-12	7-10	5-7	5-7
	5x	Deadlift	12-15	10-12	7-10	5-7	5-7
	5x	OH Press	12-15	10-12	7-10	5-7	5-7

PHOENIX 1
FULL BODY

Strength and a Metcon

Warm up with a skill drill, work on a rotation of your core strengths, then set up a workout for time or reps.

Yoga / Mobility Warmup
15-20 min

RI: 1-2min	5x	Deadlift	12-15	10-12	7-10	5-7	5-7
	5x	OH Press	12-15	10-12	7-10	5-7	5-7

Burpees
30 Burpees for time (do not sacrifice form)
Chest and hips touch ground, then roll up.

PHOENIX 1
LOWER BODY (T&F)

Distance

A warmup followed by an endurance-focused run.

Yoga / Mobility Warmup
15-20 min

Walk/Jog

Walk briskly or jog slowly for ½ mile to find your stride.

1x | Track the total distance you ran after 30 minutes

PHOENIX 1
LOWER BODY (T&F)

Track and Tone

A warm-up run, yoga alignment, and simple lower body strength set.

Yoga / Mobility Warmup
15-20 min

Walk/Jog

Walk briskly or jog slowly for ½ mile to find your stride.

4x | 100m dash (find fluid pace/not for time/RI: 30 sec-1 min)

RI: Mindful Pace	4x	BW Squat	20	—	—	—
		Plank	20sec	—	—	—
		Locust	20sec	—	—	—
		High Lunge	20sec	—	—	—
		Low Boat	20sec	—	—	—

PHOENIX
LEVEL 1



PHOENIX 1
LOWER BODY

Balanced Strength A

A foundational lower body and core split, beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	Tree Practice	10-15 sec	—	—	—
		BS	12-15	10-12	10-12	5-7
		Low Boat	20sec	—	—	—
RI: 30sec	4x	Deadlift	12-15	10-12	10-12	5-7
		Hydrant Hip Circles	3-5 per side	—	—	—
		Plank	20-30 sec	—	—	—



PHOENIX 1
LOWER BODY

Balanced Strength B

A complementary lower body and core split, beginning with a brisk run.

Quick Stretch

Walk/Jog 1/2 mile

RI: 30sec	4x	Deadlift	12-15	10-12	10-12	5-7
		Hip Thrust	10	—	—	—
		Plank	20-30 sec	—	—	—
RI: 30sec	4x	BS	12-15	10-12	10-12	5-7
		Tree Practice	10-15 sec	—	—	—
		Bicycle Crunch	10 per side	—	—	—



PHOENIX 1
UPPER BODY

Balanced Strength A

A foundational upper body and core split, beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	Partial Knee Pushup	7-12	—	—	—
		Low Boat	20sec	—	—	—
		Ring Row	12-15	10-12	10-12	5-7
RI: 30sec	4x	OH Press	12-15	10-12	10-12	5-7
		Plank	20-30 sec	—	—	—
		Banded Pullup	12-15	10-12	10-12	5-7



PHOENIX 1
UPPER BODY

Balanced Strength B

A complementary upper body and core split, beginning with a brisk run.

Quick Stretch

Walk/Jog 1/2 mile

RI: 30sec	4x	OH Press	12-15	10-12	10-12	5-7
		Triple Knee Tuck	1 slow per side	—	—	—
		Banded Pullup	12-15	10-12	10-12	5-7
RI: 30sec	4x	Knee Pushup Negative	12	—	—	—
		Ring Row	10-12	—	—	—
		Tree Pose	20sec per side	—	—	—



PHOENIX 1
LOWER BODY

Mobility

Lower body circuits focused on increasing range of motion, joint integrity, and mind/body coordination.

Yoga / Mobility Warmup

15-20 min

RI: Mindful Pace	4x	Down Dog	15-20sec	—	—	—
		Hip Thrust	10	—	—	—
		Deadlift @ Low Weight	12-15	—	—	—
		Hip Circle	5 each direction	—	—	—
RI: Mindful Pace	4x	Triple Knee Tuck	1 slow per side	—	—	—
		Pigeon	15-20sec	—	—	—
		Lizard	15-20sec	—	—	—
		Straddle	15-20sec	—	—	—
		BW Squat	10 with 3 pulses	—	—	—



PHOENIX 1
LOWER BODY

Aesthetics

Building a muscular base of the hips and legs, isolating the glutes, hamstrings, quads and core.

Quick Stretch

RI: 30sec	4x	BS	12-15	10-12	10-12	5-7
		Lizard	20sec	—	—	—
		Bicycle Crunch	10 per side	—	—	—
RI: 30sec	4x	Deadlift	12-15	10-12	10-12	5-7
		Hip Thrust	12-15	10-12	10-12	5-7
		Triple Knee Tuck	1 per side	—	—	—
RI: 30sec	4x	BW Squat	12-15	—	—	—
		Warrior 3, Wall Assist	15sec	—	—	—
		Hydrant Pulse	20	—	—	—



PHOENIX 1
UPPER BODY

Mobility

An upper body circuit focused on increasing range of motion, joint integrity, and mind/body coordination.

Yoga / Mobility Warmup

15-20 min

RI: Mindful Pace	4x	Plank to DD	5	—	—	—
		Plank Shrug	5 slow	—	—	—
		Ring Row to Ring Shrug to Ring Row	5 10 5	—	—	—
		Bicycle Crunch	7 per side	—	—	—
		Bridge	20-30 sec	—	—	—
		Passthrough	20-30 sec	—	—	—



PHOENIX 1
UPPER BODY

Aesthetics

A run and balanced strength workout with a slant toward mind/muscle connection and gaining a “pump.”

Quick Stretch

Walk/Jog 1/2 mile

RI: 30sec	4x	OH Press	12-15	10-12	10-12	10-12
		Tricep Extensions	10-12	—	—	—
		Low Boat Hold	12-15	10-12	10-12	5-7
RI: 30sec	4x	Ring Rows	10-12	—	—	—
		Bicep Curls	10-15	—	—	—
		High Boat	20sec per side	—	—	—

PHOENIX
LEVEL 2

PHOENIX 2
FULL BODY

Balanced Strength A

A balance of foundational moves, building endurance through circuits and beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

PHOENIX 2
FULL BODY

Balanced Strength B

A complementary balance of foundational moves, building endurance through circuits and beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

PHOENIX 2
FULL BODY

High Volume

Simple yoga flow with a high-volume, even-strengthened routine, building endurance and skill.

Yoga / Mobility Warmup

15-20 min

PHOENIX 2
FULL BODY

Yoga Hybrid

Mind/body-connecting yoga flow with a hybrid yoga endurance circuit.

Yoga / Mobility Warmup

15-20 min

PHOENIX 2
FULL BODY

Yoga/Run/Lift

A warm-up run, yoga alignment, and simple full-body strength set.

Quick Stretch

Walk/Jog

Walk briskly or jog slowly for 1/2 mile to get warm.

1x | 1 mile for time

Yoga / Mobility

15-20 min

PHOENIX 2
FULL BODY

Benchmark

A Benchmark workout testing your location on the Ladder: a distance run, a yoga flow, and a strength-based series.

Quick Stretch

FLIGHT

Walk briskly or jog slowly for 1/2 mile to get warm, then test your 1-mile run time. After you catch your breath, test your 100m dash.

FLOW

Set up your yoga area and test out a Phoenix Flow based on your current level, or challenge yourself to a flow one step up on the ladder.

FIGHT

Set up your station and test out your current “Fight” Benchmark up the ladder, or similar “time block” or “work block.”

PHOENIX 2
FULL BODY

Pure Strength

A focus on muscular engagement, building strength by slowly adding weight to well-rested sets of core lifts.

Yoga / Mobility Warmup

15-20 min

PHOENIX 2
FULL BODY

Strength and a Metcon

Warm up with a skill drill, work on a rotation of your core strengths, then set up a workout for time or reps.

Yoga / Mobility Warmup

15-20 min

RC for 7 min

10 FS to OH Press @ 1/4 BW

10 Ring Rows

PHOENIX
LEVEL 2

PHOENIX 2
LOWER BODY (T&F)

Sprints

Mobilize with dynamic yoga, then practice speed/gait.

Yoga / Mobility Warmup

15-20 min

Walk/Jog

1x

|

1/2 mile walk/jog

7x

|

100m sprint (run at a safe practice pace, RI: 1-2 min)

1x

|

1/2 mile walk/jog

PHOENIX 2
LOWER BODY (T&F)

Intervals

Mobilize with dynamic/stretching, then walk/run with alternating intensity, working on pace and endurance.

Yoga / Mobility Warmup

15-20 min

Walk/Jog

10x

|

2 min slow jog or walk, followed by 1 min faster jog or power walk (30 mins total)

PHOENIX 2
LOWER BODY

Balanced Strength A

A foundational lower body and core split, beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec

4x

High Knee to Standing Split

5

—

—

—

BS

12-15

10-12

10-12

5-7

Low Boat

30sec

—

—

—

RI: 30sec

4x

Deadlift

12-15

10-12

10-12

5-7

Hydrant Hip Circles

3-5 per side

—

—

—

Triple Knee Tuck

1 per side

—

—

—

PHOENIX 2
LOWER BODY

Balanced Strength B

A complementary lower body and core split, beginning with a brisk run.

Quick Stretch

Walk/Jog

1 mile

RI: 30sec

4x

Deadlift

12-15

10-12

10-12

10-12

Hip Thrust & Hold

10, hold 1 sec

—

—

—

Bicycle Crunch

10 per side

—

—

—

RI: 30sec

4x

BS

12-15

10-12

10-12

5-7

Warrior 3 Hold

15sec per side

—

—

—

Hanging Tuck

3-5

—

—

—

PHOENIX 2
LOWER BODY (T&F)

Distance

A warmup followed by an endurance-focused run.

Yoga / Mobility Warmup

15-20 min

Walk/Jog

Walk briskly or jog slowly for 1/2 mile to find your stride.

1x

|

Track the total distance you ran after 35 minutes

PHOENIX 2
LOWER BODY (T&F)

Track and Tone

A warm-up run, yoga alignment, and simple lower body strength set.

Yoga / Mobility Warmup

15-20 min

Walk/Jog

Walk briskly or jog slowly for 1/2 mile to find your stride.

4x

|

100m sprint (run at a safe practice pace, RI: 1-2 min)

RI: Mindful Pace

4x

BW Squat

30

—

—

—

Triple Knee Tuck

3 per side

—

—

—

Locust

20sec

—

—

—

High to Low Lunge

3-5

—

—

—

Low Boat

20sec

—

—

—

PHOENIX 2
LOWER BODY

Mobility

Lower body circuits focused on increasing range of motion, joint integrity, and mind/body coordination.

Yoga / Mobility Warmup

15-20 min

RI: Mindful Pace

4x

Down Dog

15-20sec

—

—

—

Hip Thrust

10

—

—

—

Deadlift @ Low Weight

12-15

—

—

—

Hip Circle

5 each direction

—

—

—

RI: Mindful Pace

4x

Triple Knee Tuck

1 slow per side

—

—

—

Pigeon

15-20sec

—

—

—

Lizard

15-20sec

—

—

—

Straddle

15-20sec

—

—

—

BW Squat

10 with 3 pulses

—

—

—

PHOENIX 2
LOWER BODY

Aesthetics

Building a muscular base of the hips and legs, isolating the glutes, hamstrings, quads and core.

Quick Stretch

RI: 30sec

4x

Deadlift

12-15

10-12

10-12

5-7

1 Leg Hip Thrust

5 tall per side

—

—

—

Triple Knee Tuck

1 slow per side

—

—

—

RI: 30sec

4x

BS

12-15

10-12

10-12

5-7

Lizard

20sec

—

—

—

Bicycle Crunch

10 per side

—

—

—

RI: 30sec

4x

BW Squat

15-20

—

—

—

Warrior 3, Wall Assist

15sec

—

—

—

Hydrant Pulse

15

—

—

—

PHOENIX
LEVEL 2



PHOENIX 2
UPPER BODY

Balanced Strength A

A foundational upper body and core split, beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	Knee Pushup to Plank to DD	10-12	—	—	—
		Hanging Tuck	3-5	—	—	—
		Low Boat	20sec	—	—	—
		Ring Row	12-15	10-12	10-12	5-7
RI: 30sec	4x	OH Press	12-15	10-12	10-12	5-7
		Triple Knee Tuck	3 slow per side	—	—	—
		Banded Pullup	12-15	10-12	10-12	5-7



PHOENIX 2
UPPER BODY

Balanced Strength B

A complementary upper body and core split, beginning with a brisk run.

Quick Stretch

Walk/Jog

1/2 mile

RI: 30sec	4x	OH Press	12-15	10-12	10-12	5-7
		Triple Knee Tuck	1 slow per side	—	—	—
		Banded Pullup	12-15	10-12	10-12	5-7
RI: 30sec	4x	Pushup Negative	7-10	—	—	—
		Hanging Tuck	3-5	—	—	—
		Ring Row	12-15	10-12	10-12	5-7
		Warrior 3	15sec per side	—	—	—



PHOENIX 2
UPPER BODY

Mobility

An upper body circuit focused on increasing range of motion, joint integrity, and mind/body coordination.

Yoga / Mobility Warmup

15-20 min

RI: Mindful Pace	4x	Knee Pushup to Plank to DD	7	—	—	—
		Plank Shrug	7 slow	—	—	—
		Hanging Shrug	7 slow	—	—	—
		Ring Row to Ring Shrug to Ring Row	5 10 5	—	—	—
		Bicycle Crunch	7 slow per side	—	—	—
		Tall Bridge	20-30 sec	—	—	—
		Passthrough	30sec	—	—	—



PHOENIX 2
UPPER BODY

Aesthetics

A run and balanced strength workout with a slant toward mind/muscle connection and gaining a “pump.”

Quick Stretch

Walk/Jog

1 mile

RI: 30sec	4x	OH Press	12-15	10-12	10-12	10-12
		Tricep Extensions	10-12	—	—	—
		Bicycle Crunch	10 per side	—	—	—
RI: 30sec	4x	Ring Rows	10-12	—	—	—
		Bicep Curls	10-12	—	—	—
		High to Low Boat	5, 3sec hold	—	—	—

PHOENIX
LEVEL 3



PHOENIX 3
FULL BODY

Balanced Strength A

A balance of foundational moves, building endurance through circuits and beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	FS	12-15	10-12	10-12	5-7
		Warrior 3	10-15 sec	—	—	—
		Banded Pullup	12-15	10-12	10-12	5-7
		Pushup	5-10	—	—	—
RI: 30sec	4x	BS	12-15	10-12	10-12	5-7
		Hanging Tuck, High	5	—	—	—
		Crow Practice	1 min on/off	—	—	—



PHOENIX 3
FULL BODY

Balanced Strength B

A complementary balance of foundational moves, building endurance through circuits and beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	Deadlift	12-15	10-12	10-12	5-7
		High Knee to Warrior 3	5 per side	—	—	—
		OH Press	12-15	10-12	10-12	5-7
RI: 30sec	4x	BS	12-15	10-12	10-12	5-7
		Drop Squat	15	—	—	—
		Pullup Negative	3-5	—	—	—
		Wall Plank	20sec	—	—	—



PHOENIX 3
FULL BODY

Yoga/Run/Lift

A warm-up run, yoga alignment, and simple full-body strength set.

Quick Stretch

Walk/Jog

Walk briskly or jog slowly for 1/2 mile to get warm.

1x | 1 mile for time

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	Deadlift	12-15	10-12	10-12	5-7
		Ring Knee Pushup	7-10	—	—	—
		Box Jump	15	—	—	—
		Pullup Negative	5	—	—	—



PHOENIX 3
FULL BODY

Benchmark

A Benchmark workout testing your location on the Ladder: a distance run, a yoga flow, and a strength-based series.

Quick Stretch

FLIGHT

Walk briskly or jog slowly for 1/2 mile to get warm, then test your 1-mile run time. After you catch your breath, test your 100m dash.

FLOW

Set up your yoga area and test out a Phoenix Flow based on your current level, or challenge yourself to a flow one step up on the ladder.

FIGHT

Set up your station and test out your current “Fight” Benchmark up the ladder, or similar “time block” or “work block.”

PHOENIX

LEVEL 3



PHOENIX 3

FULL BODY

High Volume

Simple yoga flow with a high-volume, even-strengthened routine, building endurance and skill.

Yoga / Mobility Warmup

15-20 min

Ri: Mindful Pace	10x	Drop Squat	15	—	—	—	—	—	—	—	—
		OH Press @ ¼ BW	7	—	—	—	—	—	—	—	—
		Ring Row @ Hand	7	—	—	—	—	—	—	—	—
		Bicycle Crunch, 1sec Pause @ Top	5 per side	—	—	—	—	—	—	—	—



PHOENIX 3

FULL BODY

Yoga Hybrid

Mind/body-connecting yoga flow with a hybrid yoga endurance circuit.

Yoga / Mobility Warmup

15-20 min

Ri: Mindful Pace	20x	Sun Salutations with Chaturanga
	20x	Burpee Strict Pushups



PHOENIX 3

LOWER BODY (T&F)

Sprints

Mobilize with dynamic yoga, then practice speed/gait.

Yoga / Mobility Warmup

15-20 min

Walk/Jog

1x | ½ mile walk/jog

10x | 100m sprint (Ri: 1-2 min)

1x | ½ mile walk/jog



PHOENIX 3

LOWER BODY (T&F)

Intervals

Mobilize with dynamic/stretching, then walk/run with alternating intensity, working on pace and endurance.

Yoga / Mobility Warmup

15-20 min

Walk/Jog

10x | 2 min slow jog or walk, followed by 1 min faster jog or power walk (30 mins total)



PHOENIX 3

FULL BODY

Pure Strength

A focus on muscular engagement, building strength by slowly adding weight to well-rested sets of core lifts.

Yoga / Mobility Warmup

15-20 min

Ri: 1-2min	6x	BS	12-15	7-10	5-7	5-7	5-7	3-5
	6x	Deadlift	12-15	7-10	5-7	5-7	5-7	3-5
	6x	OH Press	12-15	7-10	5-7	5-7	5-7	3-5
	6x	Banded Pullup	12-15	7-10	5-7	5-7	5-7	3-5



PHOENIX 3

FULL BODY

Strength and a Metcon

Warm up with a skill drill, work on a rotation of your core strengths, then set up a workout for time or reps.

Yoga / Mobility Warmup

15-20 min

Ri: 1-2min	6x	Deadlift	12-15	10-12	7-10	5-7	5-7	5-7
	6x	OH Press	12-15	10-12	7-10	5-7	5-7	5-7

For Time:

30 Burpees with strict pushup

20 Hanging tucks



PHOENIX 3

LOWER BODY (T&F)

Distance

A warmup followed by an endurance-focused run.

Yoga / Mobility Warmup

15-20 min

Walk/Jog

Walk briskly or jog slowly for ½ mile to find your stride.

1x | Track the total distance you ran after 40 minutes



PHOENIX 3

LOWER BODY (T&F)

Track and Tone

A warm-up run, yoga alignment, and simple lower body strength set.

Yoga / Mobility Warmup

15-20 min

Walk/Jog

Walk briskly or jog slowly for ½ mile to find your stride.

4x | 100m sprint (Ri: 1-2 min)

Ri: Mindful Pace	4x	High Knee to Warrior 3	5	—	—	—
		Drop Squat	20	—	—	—
		Hanging Tuck	5	—	—	—
		Triple Knee Tuck	3 slow per side	—	—	—
		Locust	20sec	—	—	—

PHOENIX

LEVEL 3

PHOENIX 3

LOWER BODY

Balanced Strength A

A foundational lower body and core split, beginning with a yoga flow.

Yoga / Mobility Warmup 15-20 min

Ri: 30sec	4x	High Knee to Warrior 3	5	—	—	—
		BS	12-15	10-12	10-12	5-7
		1-Leg Thrust, 1sec Hold	7-10	—	—	—
		Hanging Tuck	3-5	—	—	—
Ri: 30sec	4x	FS	12-15	10-12	10-12	5-7
		Drop Squat	15	—	—	—
		Hydrant Lift & Extend	5-10 per side	—	—	—
		High to Low Boat, 3sec Hold	7	—	—	—

PHOENIX 3

LOWER BODY

Balanced Strength B

A complementary lower body and core split, beginning with a brisk run.

Quick Stretch

Walk/Jog 1 mile

Ri: 30sec	4x	BS	12-15	10-12	10-12	10-12
		Warrior 3	15sec per side	—	—	—
		Hanging Tuck	3-5	—	—	—
		Low Boat	30sec	—	—	—
Ri: 30sec	4x	Deadlift	12-15	10-12	10-12	10-12
		Triple Knee Tuck	3 slow per side	—	—	—
		Bulgarian Split Squat	7-10 per side	—	—	—
		Bicycle Crunch	10 per side	—	—	—

PHOENIX 3

UPPER BODY

Balanced Strength A

A foundational upper body and core split, beginning with a yoga flow.

Yoga / Mobility Warmup 15-20 min

Ri: 30sec	4x	Knee Ring Pushup to Plank to DD	7-10	—	—	—
		Low Boat	20sec	—	—	—
		Pullup Negative	7-10	—	—	—
Ri: 30sec	4x	OH Press	12-15	10-12	10-12	5-7
		Triple Knee Tuck	3 slow per side	—	—	—
		Banded Pullup	12-15	10-12	10-12	5-7
		Hanging Tuck	3-5	—	—	—

PHOENIX 3

UPPER BODY

Balanced Strength B

A complementary upper body and core split, beginning with a brisk run.

Quick Stretch

Walk/Jog 1/2 mile

Ri: 30sec	4x	Pushup	Max	—	—	—
		Low Boat	20sec	—	—	—
		Wide Banded Pullup	12-15	10-12	10-12	5-7
Ri: 30sec	4x	OH Press	12-15	10-12	10-12	5-7
		Hanging Tuck	3-5	—	—	—
		High Boat	20sec	—	—	—
		Ring Row	12-15	10-12	10-12	5-7

PHOENIX 3

LOWER BODY

Mobility

Lower body circuits focused on increasing range of motion, joint integrity, and mind/body coordination.

Yoga / Mobility Warmup + 1-Leg Hamstring Openers

Ri: Mindful Pace	4x	Down Dog	15-20sec	—	—	—
		Hip Thrust	10	—	—	—
		Deadlift @ Low Weight	12-15	—	—	—
		Hip Circle	5 each direction	—	—	—
Ri: Mindful Pace	4x	Triple Knee Tuck	1 slow per side	—	—	—
		Pigeon	15-20sec	—	—	—
		Lizard	15-20sec	—	—	—
		Straddle	15-20sec	—	—	—
		BW Squat	10 with 3 pulses	—	—	—

PHOENIX 3

LOWER BODY

Aesthetics

Building a muscular base of the hips and legs, isolating the glutes, hamstrings, quads and core.

Quick Stretch + Walk/Jog 1 mile

Ri: 30sec	4x	Deadlift	12-15	10-12	10-12	5-7
		1 Leg Hip Thrust	15	10-12	10-12	5-7
		Triple Knee Tuck	1 per side	—	—	—
Ri: 30sec	4x	BS	12-15	10-12	10-12	5-7
		BW Squat	1 min pulse	—	—	—
		Bicycle Crunch	10 per side	—	—	—
Ri: 30sec	4x	Drop Squat	15-20	—	—	—
		Warrior 3, Wall Assist	20 pulses	—	—	—
		Hydrant Lift & Extend	5 per side	—	—	—

PHOENIX 3

UPPER BODY

Mobility

An upper body circuit focused on increasing range of motion, joint integrity, and mind/body coordination.

Yoga / Mobility Warmup

15-20 min

Ri: Mindful Pace	4x	Knee Ring Pushup to Plank to DD	5	—	—	—
		Ring Plank Shrug	5 slow	—	—	—
		Hanging Shrug	7 slow	—	—	—
		Ring Row to Ring Shrug to Ring Row	5 10 5	—	—	—
		Bicycle Crunch	7 slow per side	—	—	—
		Tall Bridge	20-30 sec	—	—	—
		Passthrough	30sec	—	—	—

PHOENIX 3

UPPER BODY

Aesthetics

A run and balanced strength workout with a slant toward mind/muscle connection and gaining a “pump.”

Quick Stretch + Walk/Jog 1 mile

Ri: 30sec	4x	OH Press	12-15	10-12	10-12	10-12
		Dolphin Press	10-12	—	—	—
		Bicycle Crunch	10 per side, hold 1sec	—	—	—
Ri: 30sec	4x	Wide Banded Pullup	12-15	10-12	10-12	5-7
		Bicep Curls	10-12	—	—	—
		High to Low Boat	5, hold 3sec	—	—	—
Ri: 30sec	3x	Ring Row	12-15	10-12	—	5-7
		Knee Ring Pushup to Plank to DD	10-12	—	—	—

LION SERIES

INTERMEDIATE WORKOUTS

Each of the following workouts are excellent starting points and meant to be used as a general guide. Feel free to alter each workout based on your unique needs or goals.



LION LEVEL 1



LION 1
FULL BODY

Balanced Strength A

A balance of compound moves, building endurance through circuits and beginning with a yoga flow.

Yoga / Mobility Warmup 15-20 min

RI: 30sec	4x	FS	12-15	10-12	10-12	5-7
		Warrior 3	10-15 sec	—	—	—
		Pullup	3-5	—	—	—
		Pushup	7-10	—	—	—
RI: 30sec	4x	BS	12-15	10-12	10-12	5-7
		Hanging Tuck, High	5	—	—	—
		Wall Plank	10-15 sec	—	—	—



LION 1
FULL BODY

Balanced Strength B

A complementary balance of compound moves, building endurance through circuits and beginning with a yoga flow.

Yoga / Mobility Warmup 15-20 min

RI: 30sec	4x	Deadlift	12-15	10-12	10-12	5-7
		Bound Foot to Warrior 3	5 per side	—	—	—
		OH Press to Push Press	7 each	6 each	5 each	4 each
RI: 30sec	4x	Power Clean to FS	12-15	10-12	10-12	5-7
		Pullup	3-5	—	—	—
		Ring Pushup to DD	5-7	—	—	—



LION 1
FULL BODY

Yoga/Run/Lift

A warm-up run, yoga alignment, and simple full-body strength set.

Quick Stretch

Walk/Jog

Walk briskly or jog slowly for 1/2 mile to get warm.

1x | 1 mile for time

Yoga / Mobility Warmup 15-20 min

RI: 30sec	4x	Squat Clean @ 1/4 BW	10-12	—	—	—
		Pullup	3-5	—	—	—
		Ring Pushup to DD	5-7	—	—	—



LION 1
FULL BODY

Benchmark

A Benchmark workout testing your location on the Ladder: a distance run, a yoga flow, and a strength-based series.

Quick Stretch

FLIGHT Walk briskly or jog slowly for 1/2 mile to get warm, then test your 5k run time. After you catch your breath, test your 100m dash.

FLOW Set up your yoga area and test out a Lion Flow based on your current level, or challenge yourself to a flow one step up on the ladder.

FIGHT Set up your station and test out your current "Fight" Benchmark up the ladder, or similar "time block" or "work block."

LION
LEVEL 1

LION 1
FULL BODY

High Volume

Simple yoga flow with a high-volume, even-strengthened routine, building endurance and skill.

Yoga / Mobility Warmup
15-20 min

Ri: Mindful Pace	10x	FS @ 1/3 BW	5	—	—	—	—	—	—	—	—
		Pushup	5	—	—	—	—	—	—	—	—
		Pullup	2	—	—	—	—	—	—	—	—
		L-Sit, Knees Up	5 sec	—	—	—	—	—	—	—	—

LION 1
FULL BODY

Yoga Hybrid

Mind/body-connecting yoga flow with a hybrid yoga endurance circuit.

Yoga / Mobility Warmup
15-20 min

Ri: Mindful Pace	20x	Sun Salutations with Chaturanga, hop to Forward Fold	
		20x	Burpee with Strict Pushup, reach to Hanging Tuck

LION 1
LOWER BODY (T&F)

Sprints

Mobilize with dynamic yoga, then practice speed/gait.

Yoga / Mobility Warmup
15-20 min

Walk/Jog

1x | 1/2 mile walk/jog

10x | 100m sprint (Ri: 1-2 min)

1x | 1/2 mile walk/jog

LION 1
LOWER BODY (T&F)

Intervals

Mobilize with dynamic/stretching, then walk/run with alternating intensity, working on pace and endurance.

Yoga / Mobility Warmup
15-20 min

Walk/Jog

12x | 2 min slow jog, followed by 1 min faster jog (36 mins total)

LION 1
FULL BODY

Pure Strength

A focus on muscular engagement, building strength by slowly adding weight to well-rested sets of core lifts.

Yoga / Mobility Warmup
15-20 min

Ri: 1-2min	6x	BS	12-15	7-10	5-7	5-7	5-7	3-5
	6x	Deadlift	12-15	7-10	5-7	5-7	5-7	3-5
	6x	OH Press	12-15	7-10	5-7	5-7	5-7	3-5
	6x	Pullup	12-15	7-10	5-7	5-7	3-5	3-5

LION 1
FULL BODY

Strength and a Metcon

Warm up with a skill drill, work on a rotation of your core strengths, then set up a workout for time or reps.

Yoga / Mobility Warmup
15-20 min

Ri: 1-2min	6x	FS	12-15	10-12	7-10	5-7	5-7	5-7
	6x	Pullup	12-15	10-12	7-10	5-7	5-7	5-7

RC for 12 min
5 Pushups
5 Hanging Tucks
5 Deadlifts at 1/3 BW

LION 1
LOWER BODY (T&F)

Distance

A warmup followed by an endurance-focused run.

Yoga / Mobility Warmup
15-20 min

Walk/Jog

Walk briskly or jog slowly for 1/2 mile to find your stride.

1x | Track the total distance you ran after 40 minutes

LION 1
LOWER BODY (T&F)

Track and Tone

A warm-up run, yoga alignment, and simple lower body strength set.

Yoga / Mobility Warmup 15-20 min

Walk/Jog

Walk briskly or jog slowly for 1/2 mile to find your stride.

4x | 100m sprint (Ri: 1-2 min)

Ri: Mindful Pace	4x	Bound Foot to Warrior 3	5	—	—	—
		Box Jump	15	—	—	—
		Hanging Tuck	5	—	—	—
		Triple Knee Tuck	3 slow per side	—	—	—
		Low Boat	20sec	—	—	—
		Locust	20sec	—	—	—

LION
LEVEL 1

LION 1
LOWER BODY

Balanced Strength A

A foundational lower body and core split, beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	Bound Foot to Warrior 3	5	—	—	—
		BS	12-15	10-12	10-12	5-7
		1-Leg Thrust, 1sec Hold	7-10	—	—	—
		Hanging Knee to Elbow	3-5	—	—	—
RI: 30sec	4x	Squat Clean	12-15	10-12	10-12	5-7
		Drop Squat	15	—	—	—
		Hydrant Lift & Extend	5-10 per side	—	—	—
		High to Low Boat, 3sec Hold	7	—	—	—

LION 1
LOWER BODY

Balanced Strength B

A complementary lower body and core split, beginning with a brisk run.

Quick Stretch

Walk/Jog

1 mile

RI: 30sec	4x	FS	12-15	10-12	10-12	10-12
		Warrior 3	15sec per side	—	—	—
		Hanging Tuck	3-5	—	—	—
		Low Boat	30sec	—	—	—
RI: 30sec	4x	Deadlift	12-15	10-12	10-12	10-12
		Triple Knee Tuck	3 slow per side	—	—	—
		Bulgarian Split Squat	10-12 per side	—	—	—
		Bicycle Crunch	10 per side	—	—	—

LION 1
UPPER BODY

Balanced Strength A

A foundational upper body and core split, beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	Ring Pushup to DD	7-10	—	—	—
		Low Boat	20sec	—	—	—
		Pullup	3-5	—	—	—
RI: 30sec	4x	OH Press	12-15	10-12	10-12	5-7
		Triple Knee Tuck	3 slow per side	—	—	—
		Hanging Tuck	3-5	—	—	—
		1-Arm Ring Row @ Shoulder	12-15	10-12	10-12	5-7

LION 1
UPPER BODY

Balanced Strength B

A complementary upper body and core split, beginning with a brisk run.

Quick Stretch

Walk/Jog

1/2 mile

RI: 30sec	4x	Pushup	Max	—	—	—
		Low Boat	20sec	—	—	—
		Wide Banded Pullup	12-15	10-12	10-12	5-7
RI: 30sec	4x	Wall Walk	1-2 slow	—	—	—
		Hanging Tuck	3-5	—	—	—
		High Boat	20sec	—	—	—
		Inverted Ring Row	7-10	—	—	—

LION 1
LOWER BODY

Mobility

Lower body circuits focused on increasing range of motion, joint integrity, and mind/body coordination.

Yoga / Mobility Warmup

15-20 min

RI: Mindful Pace	4x	1-Leg Hamstring	15-20sec	—	—	—
		Hip Thrust	10	—	—	—
		Romanian Deadlift	12-15	—	—	—
		Hip Circle	5 each direction	—	—	—
RI: Mindful Pace	4x	Triple Knee Tuck	1 slow per side	—	—	—
		Pigeon	15-20sec	—	—	—
		Lizard	15-20sec	—	—	—
		Straddle	15-20sec	—	—	—
RI: Mindful Pace	4x	BW Squat	10 with 3 pulses	—	—	—

LION 1
LOWER BODY

Aesthetics

Continuing to build a muscular base of the hips and legs, isolating the glutes, hamstrings, quads and core.

Quick Stretch + Walk/Jog

1 mile

RI: 30sec	4x	Sumo Deadlift	12-15	10-12	10-12	5-7
		1 Leg Hip Thrust	15	10-12	10-12	5-7
		Triple Knee Tuck	2 slow per side	—	—	—
RI: 30sec	4x	BS	12-15	10-12	10-12	5-7
		BW Squat	1 min pulse	—	—	—
RI: 30sec	4x	Bicycle Crunch	10 per side	—	—	—
		Drop Squat	20	—	—	—
		Warrior 3, Hasta Bandha	15sec	—	—	—
RI: 30sec	4x	Hydrant Lift & Extend	5 per side	—	—	—

LION 1
UPPER BODY

Mobility

An upper body circuit focused on increasing range of motion, joint integrity, and mind/body coordination.

Yoga / Mobility Warmup

15-20 min

RI: Mindful Pace	4x	Ring Pushup to DD	5	—	—	—
		Ring Plank Shrug	5 slow	—	—	—
		Hanging Shrug	7 slow	—	—	—
		Ring Row to Ring Shrug to Ring Row	5 10 5	—	—	—
		Bicycle Crunch	7 slow per side	—	—	—
		Tall Bridge	20-30 sec	—	—	—
		Passthrough	30sec	—	—	—

LION 1
UPPER BODY

Aesthetics

A run and balanced strength workout with a slant toward mind/muscle connection and gaining a “pump.”

Quick Stretch + Walk/Jog

1 mile

RI: 30sec	4x	OH Press	12-15	10-12	10-12	10-12
		Dolphin Press	10-12	—	—	—
		Bicycle Crunch	10 per side, hold 1sec	—	—	—
RI: 30sec	4x	Wide Banded Pullup	12-15	10-12	10-12	5-7
		Bicep Curls	10-12	—	—	—
RI: 30sec	4x	High to Low Boat	5, hold 3sec	—	—	—
		Ring Row	12-15	10-12	10-12	—
RI: 30sec	3x	Knee Ring Pushup to Plank to DD	7-10	—	—	—

LION
LEVEL 2

LION 2
FULL BODY

Balanced Strength A

A balance of compound moves, building endurance through circuits and beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

Ri: 30sec

4x

FS

Pullup

OH Press to Push Jerk

12-15

10

7 to 7

10-12

—

6 to 6

10-12

—

5 to 5

5-7

—

4 to 4

Ri: 30sec

4x

BS

Toe to Bar

Half Moon

HS Practice

12-15

5

10-15 sec

10-15 sec

10-12

—

—

—

10-12

—

—

—

5-7

—

—

—

LION 2
FULL BODY

Balanced Strength B

A complementary balance of compound moves, building endurance through circuits and beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

Ri: 30sec

4x

Deadlift

Box Jump

Ring Pushup

12-15

7-10

10-20

10-12

—

—

10-12

—

—

5-7

—

—

Ri: 30sec

4x

GTO

Pullup

High Boat to Low Boat

12-15

10

5, hold 3sec

10-12

—

—

10-12

—

—

5-7

—

—

LION 2
FULL BODY

High Volume

Simple yoga flow with a high-volume, even-strengthened routine, building endurance and skill.

Yoga / Mobility Warmup

15-20 min

Ri: Mindful Pace

10x

GTO

Pullup

HS

Box Jump

Lever Tuck with Slow Drop

5

5

10 sec

5

1

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

—

LION 2
FULL BODY

Yoga Hybrid

Mind/body-connecting yoga flow with a hybrid yoga endurance circuit.

Yoga / Mobility Warmup

15-20 min

Ri: Mindful Pace

20x

Sun Salutations

float to full Chaturanga, float to Forward Fold, reach up to Hanging Tuck

20x

Burpee

with Strict Pushup, reach to Pullup

LION 2
FULL BODY

Yoga/Run/Lift

A warm-up run, yoga alignment, and simple full-body strength set.

Quick Stretch

Walk/Jog

Walk briskly or jog slowly for ½ mile to get warm.

1x | 1 mile for time

Yoga / Mobility Warmup

15-20 min

Ri: 30sec

4x

GTO

Pullup

HS Practice

12-15

10

10-15 sec

10-12

—

—

5-7

—

—

3-5

—

—

LION 2
FULL BODY

Benchmark

A Benchmark workout testing your location on the Ladder: a distance run, a yoga flow, and a strength-based series.

Quick Stretch

FLIGHT

Walk briskly or jog slowly for ½ mile to get warm, then test your 5k run time. After you catch your breath, test your 100m dash.

FLOW

Set up your yoga area and test out a Lion Flow based on your current level, or challenge yourself to a flow one step up on the ladder.

FIGHT

Set up your station and test out your current “Fight” Benchmark up the ladder, or similar “time block” or “work block.”

LION 2
FULL BODY

Pure Strength

A focus on muscular engagement, building strength by slowly adding weight to well-rested sets of core lifts.

Yoga / Mobility Warmup

15-20 min

Ri: 1-2min

6x

BS

Deadlift

OH Press

Pullup

12-15

12-15

12-15

12-15

7-10

7-10

7-10

7-10

5-7

5-7

5-7

5-7

3-5

3-5

5-7

5-7

3-5

3-5

5-7

3-5

3-5

—

—

—

LION 2
FULL BODY

Strength and a Metcon

Warm up with a skill drill, work on a rotation of your core strengths, then set up a workout for time or reps.

Yoga / Mobility Warmup

15-20 min

Ri: 1-2min

6x

GTO

10-12

7-10

5-7

5-7

3-5

3-5

6x

Pullup

12-15

10-12

7-10

5-7

5-7

5-7

RC for 12 min

1 Wall Walk

5 Toe to Bar

7 Box Jumps @ .3 height

LION
LEVEL 2

LION 2
LOWER BODY (T&F)

Sprints

Mobilize with dynamic yoga, then practice speed/gait.

Yoga / Mobility Warmup

15-20 min

Walk/Jog

1x | 1 mile walk/jog

7x | 40yd sprint (Rl: 1-2 min)

7x | 100m sprint (Rl: 1-2 min)

1x | 1 mile walk/jog

LION 2
LOWER BODY (T&F)

Intervals

Mobilize with dynamic/stretching, then walk/run with alternating intensity, working on pace and endurance.

Yoga / Mobility Warmup

15-20 min

Walk/Jog

12x | 2 min steady jog, follwed by 1 min fast jog (36 mins total)

LION 2
LOWER BODY

Balanced Strength A

A foundational lower body and core split, beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

Rl: 30sec

4x

Bound Foot to Warrior 3

5

—

—

—

Squat Clean

12-15

10-12

10-12

5-7

1-Leg Thrust, 1sec Hold

7-10

—

—

—

Hanging Knee to Elbow

3-5

—

—

—

Rl: 30sec

4x

OH Squat

12-15

10-12

10-12

5-7

Drop Squat

15

—

—

—

Hydrant Lift & Extend

5-10 per side

—

—

—

High to Low Boat, 3sec Hold

7

—

—

—

LION 2
LOWER BODY

Balanced Strength B

A complementary lower body and core split, beginning with a brisk run.

Quick Stretch

Walk/Jog

1 mile

Rl: 30sec

4x

FS

12-15

10-12

10-12

10-12

Warrior 3 to Half Moon

10sec per side

—

—

—

Hanging Tuck

3-5

—

—

—

Low Boat

30sec

—

—

—

Rl: 30sec

4x

Deadlift

12-15

10-12

10-12

10-12

Triple Knee Tuck

3 slow per side

—

—

—

Bulgarian Split Squat

10-12 per side

—

—

—

Bicycle Crunch

10 per side

—

—

—

LION 2
LOWER BODY (T&F)

Distance

A warmup followed by an endurance-focused run.

Yoga / Mobility Warmup

15-20 min

Walk/Jog

Walk briskly or jog slowly for ½ mile to find your stride.

1x | Track the total distance you ran after 45 minutes

LION 2
LOWER BODY (T&F)

Track and Tone

A warm-up run, yoga alignment, and simple lower body strength set.

Yoga / Mobility Warmup

15-20 min

Walk/Jog

Walk briskly or jog slowly for ½ mile to find your stride.

4x | 100m dash (Rl: 1-2 min)

Rl: Mindful Pace

4x

Bound Foot to Warrior 3

5

—

—

—

Box Jump @ .25 Height

15

—

—

—

Hanging Tuck

5

—

—

—

Triple Knee Tuck

3 slow per side

—

—

—

Low Boat

20sec

—

—

—

Locust

20sec

—

—

—

LION 2
LOWER BODY

Mobility

Lower body circuits focused on increasing range of motion, joint integrity, and mind/body coordination.

Yoga / Mobility Warmup

15-20 min

Rl: Mindful Pace

4x

1-Leg Hamstring

15-20sec

—

—

—

1-Leg Hip Thrust

7-10 tall

—

—

—

Romanian Deadlift

12-15

—

—

—

Hip Circle

5 each direction

—

—

—

Rl: Mindful Pace

4x

Triple Knee Tuck

1 slow per side

—

—

—

Pigeon to King Pigeon

15-20sec each

—

—

—

Lizard

15-20sec

—

—

—

Straddle

15-20sec

—

—

—

BW Squat

10 with 3 pulses

—

—

—

LION 2
LOWER BODY

Aesthetics

Continuing to build a muscular base of the hips and legs, isolating the glutes, hamstrings, quads and core.

Quick Stretch + Walk/Jog

1 mile

Rl: 30sec

4x

Sumo Deadlift

12-15

10-12

10-12

5-7

1 Leg Hip Thrust

15

10-12

10-12

5-7

Triple Knee Tuck

2 slow per side

—

—

—

Rl: 30sec

4x

BS

12-15

10-12

10-12

5-7

BW Squat

1 min pulse

—

—

—

Bicycle Crunch

12 per side

—

—

—

Rl: 30sec

4x

Drop Squat

25

—

—

—

Warrior 3 Leg Pulse

20

—

—

—

Hydrant Lift & Extend

7 per side

—

—

—

LION
LEVEL 2

LION 2
UPPER BODY

Balanced Strength A

A foundational upper body and core split, beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	OH Press to Push Jerk	7 to 7	6 to 6	5 to 5	3 to 3
		Pullup	Max	—	—	—
RI: 30sec	4x	Ring Pushup to DD	10-15	—	—	—
		1-Arm Ring Row @ Elbow	10-12	10-12	5-7	5-7
RI: 30sec	4x	Lever Drop	2-3 slow	—	—	—
		HS Hold	15sec	—	—	—

LION 2
UPPER BODY

Balanced Strength B

A complementary upper body and core split, beginning with a brisk run.

Quick Stretch

Walk/Jog

1/2 mile

RI: 30sec	4x	Pushup	Max	—	—	—
		Slow Wide Pullup	7	—	—	—
RI: 30sec	4x	OH Press	12-15	10-12	7-10	5-7
		Underhand Slow Pullup	7	—	—	—
RI: 30sec	3x	Lever Drop	2-3 slow	—	—	—
		L-Sit with Bent Knees	10-15sec	—	—	—

LION 2
UPPER BODY

Mobility

An upper body circuit focused on increasing range of motion, joint integrity, and mind/body coordination.

Yoga / Mobility Warmup

15-20 min

RI: Mindful Pace	4x	Ring Pushup to DD	5	—	—	—
		Ring Plank Shrug	5 slow	—	—	—
		Hanging Shrug	7 slow	—	—	—
		Ring Row to Ring Shrug to Ring Row	5 10 5	—	—	—
		HS Shrugs	7-10	—	—	—
		Lever Drop	2-3 slow	—	—	—
		Ring Lockout	5	—	—	—
		Passthrough	15-30 sec	—	—	—

LION 2
UPPER BODY

Aesthetics

A run and balanced strength workout with a slant toward mind/muscle connection and gaining a “pump.”

Quick Stretch + Walk/Jog

1 mile

RI: 1-2min	4x	OH Press	12-15	10-12	7-10	5-7
	4x	Dip	12-15	10-12	7-10	5-7
	4x	Pullup	12-15	10-12	7-10	5-7
	4x	Ring Row	12-15	10-12	7-10	5-7
RI: 30sec	3x	Lever Drop	2-3 slow	—	—	—
		L-Sit with Bent Knees	10-15	—	—	—
RI: 30sec	3x	Bicep Curls	10-15	—	—	—
		Tricep Extension	10-15	—	—	—

LION
LEVEL 3

LION 3
FULL BODY

Balanced Strength A

A balance of compound moves, building endurance through circuits and beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	Standing Twist to Warrior 3	5 per side	—	—	—
		OH Squat	12-15	10-12	10-12	5-7
		Lever Hold	10-15 sec	—	—	—
RI: 30sec	4x	Box Jump	5	—	—	—
		BS	12-15	10-12	10-12	5-7
		HS Practice	15-30 sec	—	—	—
RI: 30sec	3x	Dip	10-15	—	—	—
		Pullup	7-10	—	—	—

LION 3
FULL BODY

Balanced Strength B

A complementary balance of compound moves, building endurance through circuits and beginning with a yoga flow.

Yoga / Mobility Warmup

15-20 min

RI: 30sec	4x	Deadlift, Snatch Grip	12-15	10-12	10-12	5-7
		Standing Twist to Warrior 3	5 per side	—	—	—
		OH Press to Push Jerk	7 each	6 each	5 each	4 each
RI: 30sec	4x	Squat Clean	12-15	10-12	10-12	5-7
		Pullup	3-5	—	—	—
		Ring Pushup to DD	5-7	—	—	—

LION 3
FULL BODY

Yoga/Run/Lift

A warm-up run, yoga alignment, and simple full-body strength set.

Quick Stretch

Walk/Jog

Walk briskly or jog slowly for 1/2 mile to get warm.

1x

1 mile for time

Yoga / Mobility Warmup

15-20 min

RI: 30sec	5x	Power Snatch to OH Squat	10-12	10-12	7-10	5-7	3-5
		Pullup	15	—	—	—	—
		HS Practice	15-30 sec	—	—	—	—
		Low Boat	20sec	—	—	—	—

LION 3
FULL BODY

Benchmark

A Benchmark workout testing your location on the Ladder: a distance run, a yoga flow, and a strength-based series.

Quick Stretch

FLIGHT

Walk briskly or jog slowly for 1/2 mile to get warm, then test your 5k run time. After you catch your breath, test your 100m dash.

FLOW

Set up your yoga area and test out a Lion Flow based on your current level, or challenge yourself to a flow one step up on the ladder.

FIGHT

Set up your station and test out your current “Fight” Benchmark up the ladder, or similar “time block” or “work block.”

LION
LEVEL 3

LION 3
FULL BODY

High Volume

Simple yoga flow with a high-volume, even-strengthened routine, building endurance and skill.

Yoga / Mobility Warmup
15-20 min

Ri: Mindful Pace	10x	OH Squat @ 1/2 BW	5	—	—	—	—	—	—	—	—	—
		Pullup, 1sec hold	5	—	—	—	—	—	—	—	—	—
		Dip	5	—	—	—	—	—	—	—	—	—
		Box Jump	5	—	—	—	—	—	—	—	—	—
		Lever Hold	5 sec	—	—	—	—	—	—	—	—	—

LION 3
FULL BODY

Yoga Hybrid

Mind/body-connecting yoga flow with a hybrid yoga endurance circuit.

Yoga / Mobility Warmup
15-20 min

Ri: Mindful Pace	25x	Sun Salutations	float to Chaturanga, float to Forward Fold, reach up to Invert	
		25x	Burpee	with Strict Pushup, reach to Tall Pullup

LION 3
LOWER BODY (T&F)

Sprints

Mobilize with dynamic yoga, then practice speed/gait.

Yoga / Mobility Warmup
15-20 min

Walk/Jog

1x | 1 mile walk/jog

7x | 40yd sprint (Ri: 1-2 min)

10x | 100m sprint (Ri: 1-2 min)

1x | 1 mile walk/jog

LION 3
LOWER BODY (T&F)

Intervals

Mobilize with dynamic/stretching, then walk/run with alternating intensity, working on pace and endurance.

Yoga / Mobility Warmup
15-20 min

Walk/Jog

12x | 2 min slow jog, followed by 1 min faster jog (36 mins total)

LION 3
FULL BODY

Pure Strength

A focus on muscular engagement, building strength by slowly adding weight to well-rested sets of core lifts.

Yoga / Mobility Warmup
15-20 min

Ri: 1-2min	6x	BS	12-15	7-10	5-7	3-5	3-5	3-5
	6x	Deadlift	12-15	7-10	5-7	3-5	3-5	3-5
	6x	OH Press	12-15	7-10	5-7	5-7	3-5	3-5
	6x	Pullup	12-15	7-10	5-7	5-7	3-5	3-5

LION 3
FULL BODY

Strength and a Metcon

Warm up with a skill drill, work on a rotation of your core strengths, then set up a workout for time or reps.

Yoga / Mobility Warmup
15-20 min

Ri: 1-2min	6x	Snatch	7-10	5-7	5-7	3-5	1-3	1-3
	6x	Weighted Pullup	12-15	10-12	7-10	5-7	5-7	5-7

RC for 15 min
7 Power Snatch to OH Squat @ 1/3 BW
3 Corn Cob Pullups
7 Ring Dips

LION 3
LOWER BODY (T&F)

Distance

A warmup followed by an endurance-focused run.

Yoga / Mobility Warmup
15-20 min

Walk/Jog

Walk briskly or jog slowly for 1/2 mile to find your stride.

1x | Track the total distance you ran after 45 minutes, OR run a 10k for time

LION 3
LOWER BODY (T&F)

Track and Tone

A warm-up run, yoga alignment, and simple lower body strength set.

Yoga / Mobility Warmup 15-20 min

Walk/Jog

Walk briskly or jog slowly for 1/2 mile to find your stride.

4x | 100m sprint (Ri: 1-2 min)

Ri: Mindful Pace	4x	OH Squat @ 1/4-1/3 BW	10	—	—	—
		Warrior 3 to Half Moon	10sec each	—	—	—
		Lever Tuck	5	—	—	—
		Triple Knee Tuck	1 w/ arm balance	—	—	—
		Low Boat	20sec	—	—	—
	Wheel	20sec	—	—	—	

LION
LEVEL 3

LION 3
LOWER BODY

Balanced Strength A

A foundational lower body and core split, beginning with a yoga flow.

Yoga / Mobility Warmup 15-20 min

Ri: 30sec	4x	Bound Twist to Warrior 3	5	—	—	—
		Power Snatch to OH Squat	10-12	10-12	5-7	3-5
		Lever Tucks	3-5	—	—	—
Ri: 30sec	4x	Deadlift	12-15	10-12	10-12	5-7
		HS Practice	30sec	—	—	—
Ri: 30sec	3x	Super Mario	10-12 per side	—	—	—
		Leg Thrust	10-12 per side	—	—	—
		Bicycle Crunch	15 per side	—	—	—

LION 3
LOWER BODY

Balanced Strength B

A complementary lower body and core split, beginning with a brisk run.

Quick Stretch + Walk/Jog 1 mile

Ri: 30sec	4x	Warrior 3 to Half Moon	10sec each	—	—	—
		BS	12-15	10-12	10-12	5-7
		Lever Hold	10-15sec	—	—	—
Ri: 30sec	4x	Box Jump	5	—	—	—
		Reflex Jump	10	—	—	—
		HS Practice	20sec	—	—	—
Ri: 30sec	3x	Squat Clean	12-15	10-12	—	5-7
		Hydrant Lift & Extend	5-10 each	—	—	—
		High to Low Boat	7, 3sec hold	—	—	—

LION 3
UPPER BODY

Balanced Strength A

A foundational upper body and core split, beginning with a yoga flow.

Yoga / Mobility Warmup 15-20 min

Ri: 30sec	4x	OH Press to Push Jerk	7 to 7	6 to 6	5 to 5	3 to 3
		Weighted Pullup	10-15	7-10	3-5	3-5
Ri: 30sec	4x	1-Arm Knee Pushup	10-12 per side	—	—	—
		1-Arm Ring Row	10-12	10-12	5-7	5-7
Ri: 30sec	4x	Lever Hold	10sec	—	—	—
		HSPU Negative	3-5	—	—	—

LION 3
UPPER BODY

Balanced Strength B

A complementary upper body and core split, beginning with a brisk run.

Quick Stretch + Walk/Jog 1 mile

Ri: 30sec	4x	Slow Ring Dip	15	—	—	—
		Slow Wide Pullup	7	—	—	—
Ri: 30sec	4x	OH Press	12-15	10-12	7-10	5-7
		Underhand Slow Pullup	7	—	—	—
Ri: 30sec	3x	Ring Pike Lever to Invert	3-5 slow	—	—	—
		Straight Leg L-Sit	10-15sec	—	—	—

LION 3
LOWER BODY

Mobility

Lower body circuits focused on increasing range of motion, joint integrity, and mind/body coordination.

Yoga / Mobility Warmup 15-20 min

Ri: Mindful Pace	4x	1-Leg Hamstring	15-20sec	—	—	—
		Pigeon to King Pigeon	15-20sec each	—	—	—
		Romanian Deadlift	12-15	—	—	—
		Hip Circle	5 each direction	—	—	—
Ri: Mindful Pace	4x	Triple Knee Tuck	1 slow per side	—	—	—
		Lizard	15-20sec	—	—	—
		Front Split	15-20sec	—	—	—
		Straddle	15-20sec	—	—	—
		Light BS	10 with 3 pulses	—	—	—

LION 3
LOWER BODY

Aesthetics

Continuing to build a muscular base of the hips and legs, isolating the glutes, hamstrings, quads and core.

Quick Stretch + Walk/Jog 1 mile

Ri: 30sec	4x	Sumo Deadlift	12-15	10-12	10-12	5-7
		1 Leg Hip Thrust	15	10-12	10-12	5-7
		Triple Knee Tuck	2 slow per side	—	—	—
Ri: 30sec	4x	BS	12-15	10-12	10-12	5-7
		BW Squat	1 min pulse	—	—	—
Ri: 30sec	4x	Dragon Flag Drops	5-7	—	—	—
		Drop Squat	25	—	—	—
		Warrior 3, 1-Leg Pulse	20	—	—	—
Ri: 30sec	4x	Hydrant Lift & Extend	7 per side	—	—	—

LION 3
UPPER BODY

Mobility

An upper body circuit focused on increasing range of motion, joint integrity, and mind/body coordination.

Yoga / Mobility Warmup 15-20 min

Ri: Mindful Pace	4x	Ring Pushup to DD	10	—	—	—
		Ring Plank Shrug	10 slow	—	—	—
		Hanging Shrug	10 slow	—	—	—
		Ring Row to Ring Shrug to Ring Row	5 10 5	—	—	—
		HS Shrugs	7-10	—	—	—
		Skin the Cat Practice	1-2 slow	—	—	—
		Ring Lockout	15-30sec	—	—	—
		Passthrough	15-30sec	—	—	—

LION 3
UPPER BODY

Aesthetics

A run and balanced strength workout with a slant toward mind/muscle connection and gaining a “pump.”

Quick Stretch + Walk/Jog 1 mile

Ri: 30sec	4x	OH Press	12-15	10-12	7-10	5-7
	4x	Weighted Dip	12-15	10-12	7-10	5-7
	4x	Pullup	12-15	10-12	7-10	5-7
	4x	Ring Row	12-15	10-12	7-10	5-7
Ri: 30sec	3x	Ring Pike Lever to Invert	3-5 slow	—	—	—
		Straight Leg L-Sit	10-15sec	—	—	—
Ri: 30sec	3x	Bicep Curls	10-15	—	—	—
		Tricep Extension	10-15	—	—	—

Copyright © 2020 Lion’s Heart Health.

All rights reserved. No part of this book may be reproduced in any form without written permission from the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

ISBN: 978-1-7356045-1-0

Published in the United States by Lion’s Library Publishing

Design and Illustration by Sarah Adams

10 9 8 7 6 5 4 3 2

First Edition

www.lionshearthealth.com

