

# Mind Sets



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## Mind Sets

The purpose of Mind Sets is to provide you with access and knowledge to a fitness and health program that helps improve your overall well-being.

Throughout the program, you will reflect and document your thoughts, moods, and emotions.

By the end of Mind Sets, you will have a unique set of tools, knowledge, and a program tailored to your physical and mental health goals.

## Pillar 1: Physical Health



The Physical Health program will teach you more about movement and its impact on health. This program helps improve your strength, flexibility, cardiovascular capacity, and mental clarity, thereby improving your overall health and longevity.

## Pillar 2: Mental Health



In **breathwork**, the conscious control of your breathing is used to improve your mental, emotional, and physical state. It enhances physical relaxation and clears out energy that stifles expression and flow. Breathwork is proven to calm the heart rate and help minimize stress.

**Journaling** helps track your progress and growth, reduces stress and anxiety, identifies positive and negative self-talk, and much more. By transferring thoughts onto paper, you can examine your feelings, re-evaluate your thinking patterns, create better coping mechanisms, and enhance your decision-making skills.



Hours  
Requirement

**110 Hours**



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## How to Use the Book

### What your day will look like:

- Pre-Breathwork Questionnaire
  - Morning Breathwork
  - Post-Breathwork Questionnaire
  - Pre-Workout Questionnaire
  - Workout
  - Post-Workout Questionnaire
  - Optional Breathwork
- 
- Journal prompts are done weekly

### 1. Modules

#### a. Modules:

- i. **Module 1** - Week 1 & 2
- ii. **Module 2** - Week 3 & 4
- iii. **Module 3** - Week 5 & 6

#### b. Weekly workout schedule:

- i. **Monday:** Upper body
- ii. **Tuesday:** Core
- iii. **Wednesday:** Lower body
- iv. **Thursday:** Upper body
- v. **Friday:** Core
- vi. **Saturday:** Full body
- vii. **Sunday:** Rest day

#### c. We recommend you start at "Module 1."

#### d. Exercises are completed as a circuit. A circuit workout is a series of exercises performed one right after the other with little or no rest in between. For more information on how many sets to complete, read that day's chart "Workout Notes".

#### e. **Appendix:** Please see photo examples in the appendix.

### 2. Journals

#### a. **Journals:** Journal prompts are to be completed every week. Always debrief or bring any questions and concerns to your case worker.

#### b. **Appendix:** Please see a list of journal prompts in the appendix.

### 3. Support

#### a. During the program, you will receive support, guidance, and mentorship from your Amadeusz case worker via in-person or video visitations, phone calls and/or mail correspondence.

#### b. If you are having any medical concerns, such as shortness of breath, muscle pain, injury, or unhelpful lingering thoughts, please do not continue and seek medical help.

### 4. Disclaimers

#### a. If you have any pre-existing injuries, medical conditions, and/or other concerns, please consult with a physician, medical expert, and/or case worker prior to beginning this training program.

#### b. This program is designed with your safety in mind. The risk assumed in your participation in this program releases Amadeusz from any liability now or in the future.



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## Setting Personal Goals

1. **Personal Goals:** What do you hope to get out of this program? (Check all that apply)
  - a.  Feel better mentally and/or physically
  - b.  Develop a better routine
  - c.  Become more active
  - d.  Develop goals and stick with them
  - e.  Learn more about mental and physical health
  - f.  Other (specify): \_\_\_\_\_
  - g.  I do not have any goals at this time and/or I do not know my goals.
  
2. **Barriers:** What factors are keeping you from achieving your health goals? (Check all that apply)
  - a.  Not sure how to do it
  - b.  My body limits me
  - c.  Lack of support or guidance
  - d.  I don't feel motivated
  - e.  Not enough time in my day
  - f.  None of the above apply to me
  - g.  Other (specify): \_\_\_\_\_
  
3. What are 3 goals that you'd like to set for yourself in the next 6 weeks?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
4. What are 3 ways you can achieve those goals?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
5. What are you hoping to be different after achieving these goals?  
\_\_\_\_\_  
\_\_\_\_\_
  
6. On a scale of 1-10, how motivated are you to complete this program?  

1	2	3	4	5	6	7	8	9	10
not motivated at all				neutral					very motivated



# Module 1 - Week 1 & Week 2

	Warm Up	Workout	Recovery	Workout Notes
<b>Monday</b> Core	<u>90/90 Wipers</u> 10 reps/side - 3s hold - 3 sets <u>Bird Dog</u> 5 reps/side - 10s hold - 3 sets <u>Inch Work to Push Up</u> 10 reps/side - 3 sets <u>World's Greatest Stretch</u> 10 reps/side - 3 sets	<u>High Plank</u> 30s hold - 5 sets <u>Kneeling Plank Shoulder Taps</u> 30s rounds - 5 sets <u>Bent Knee Side Plank</u> 30s hold/side - 5 sets <u>Dead Bug to Heel Taps</u> 30s rounds - 5 sets - 30s hold/side - 5 sets	<u>Standing Hip Flexor Stretch</u> 8-10s hold/side - 10reps - 2 sets <u>Hamstring Scoops to Sky Reach</u> 10 reps alternating sides - 2 sets <u>All Fours Mid Back Mobility</u> 10 reps alternating sides - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Tuesday</b> Lower Body	<u>World's Greatest Stretch</u> 10 reps/side - 3 sets <u>Crab Reach</u> 10 reps/side - 3 sets <u>Pike to Back Extension</u> 10 reps - 3 sets <u>Lunge to Sky Reach</u> 10 reps alternating sides - 3 sets	<u>Halfway Lunge to Pulse</u> 10 reps/side - 5 sets <u>Staggered Hip Hinge</u> 10-12 reps/side - 5 sets <u>Curtsy Lunge</u> 10-12 reps/side - 5 sets <u>Single Leg Hip Thrusters</u> 10-12 reps/side - 5 sets	<u>90/90 Mobility</u> 30s hold/side - alternating sides - 3 sets <u>Back Extensions</u> 10 reps - 2-3s hold - 3 sets <u>Child's Pose</u> 10 reps - 2-3s hold - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Wednesday</b> Upper Body	<u>90/90 Wipers</u> 10 reps/side - 3 sets <u>Bird Dog</u> 5 reps/side - 10s hold - 3 sets <u>Inch Work to Push Up</u> 10 reps/side - 3 sets <u>Shoulder Circles</u> 10 reps/side - 2 sets	<u>Kneeling Push Ups</u> 30s on - 30s off - 5 sets <u>Side Plank Reach Throughs</u> 30s on - 30s off - 5 sets <u>Bent Over Rear Pull Overhead Reach</u> 30s on - 30s off - 5 sets <u>High Plank</u> 30s on - 30s off - 5 sets	<u>Standing Hip Flexor Stretch</u> 8-10s hold/side - 10 reps - 2 sets <u>Hamstring Scoops to Sky Reach</u> 10 reps alternating sides - 2 sets <u>All Fours Mid Back Mobility</u> 10 reps alternating sides - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Thursday</b> Core	<u>World's Greatest Stretch</u> 10 reps/side - 3 sets <u>Crab Reach</u> 10 reps/side - 3 sets <u>Pike to Back Extension</u> 10 reps - 3 sets <u>Lunge to Sky Reach</u> 10 reps alternating sides - 3 sets	<u>High Plank</u> 30s hold - 5 sets <u>Kneeling Plank Shoulder Taps</u> 30s rounds - 5 sets <u>Bent Knee Side Plank</u> 30s hold/side - 5 sets <u>Dead Bug to Heel Taps</u> 30s rounds - 5 sets	<u>90/90 Mobility</u> 30s hold/side - alternating sides - 3 sets <u>Back Extensions</u> 10 reps - 2-3s hold - 3 sets <u>Child's Pose</u> 10 reps - 2-3s hold - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Friday</b> Lower Body	<u>90/90 Wipers</u> 10 reps/side - 3s hold - 3 sets <u>Bird Dog</u> 5 reps/side - 10s hold - 3 sets <u>Inch Worm to Push Up</u> 10 reps - 3 sets <u>World's Greatest Stretch</u> 10 reps/side - 3 sets	<u>Halfway Lunge to Pulse</u> 10 reps/side - 5 sets <u>Sumo Squat to Lunge</u> 10-12 rep alternating sides - 5 sets <u>Single Leg Hip Thrusters</u> 10-12 reps/side - 5 sets <u>Jump Squats</u> 10-12 reps - 5 sets	<u>Standing Hip Flexor Stretch</u> 8-10s hold/side - 10 reps - 2 sets <u>Hamstring Scoops to Sky Reach</u> 10 reps alternating sides - 2 sets <u>All Fours Mid Back Mobility</u> 10 reps alternating sides - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Saturday</b> Full Body	<u>World's Greatest Stretch</u> 10 reps/side - 3 sets <u>Crab Reach</u> 10 reps/side - 3 sets <u>Pike to Back Extension</u> 10 reps - 3 sets <u>Lunge to Sky Reach</u> 10 reps alternating sides - 3 sets	<u>Burpee Step Backs</u> 1 min on - 15s off - 5 sets <u>Squat Ground Taps</u> 1 min on - 15s off - 5 sets <u>Bear Crawls</u> 1 min on - 15s off - 5 sets <u>Inch Worms</u> 1 min on - 15s off - 5 sets	<u>90/90 Mobility</u> 30s hold/side - alternating sides - 3 sets <u>Back Extensions</u> 10 reps - 2-3s hold - 3 sets <u>Child's Pose</u> 10 reps - 2-3s hold - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Sunday</b>	<u>Rest Day</u> Day of mindfulness Day of physical recovery	<u>Rest Day</u> Day of mindfulness Day of physical recovery	<u>*Optional*</u> Back to Front Floss Runners Lunge w/ Opposite Side Reach All Fours Heel Sits w/ Reach Through Back Extension to Pike	<u>Repeat all exercises 3 times</u> 30-45s each



# Week 1

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\*Scale: 1=not great, 5=neutral, 10=feeling great

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Morning Pre-Breathwork</b> How do I feel? (Scale of 1-10)*							
<b>Morning Post-Breathwork</b> How do I feel now? (Scale of 1-10)*							
<b>Pre-Workout</b> Do I want to workout? Y/N							
<b>Post-Workout</b> Do I regret working out? Y/N							

### Morning Breathwork: Alternate Nostril Breathing

#### Instructions:

1. Find a quiet and comfortable place to sit with your back straight.
2. Place your right thumb on your right nostril.
3. With this nostril covered, close your eyes and exhale fully and slowly through your left nostril.
4. Once you've exhaled completely, release your right nostril and put your ring finger on the left nostril.
5. Breathe in deeply and slowly from the right side. Make sure your breath is smooth and continuous.
6. Once you've inhaled completely, exhale through your right nostril.
7. Release your ring finger and close your right nostril with your thumb again.
8. Breathe in fully and exhale fully from your left nostril.
9. Repeat 20 times.

When your body is under stress, it makes your heart beat faster, your breathing quicker, your muscles tighten, and your senses sharpen. Long-term stress can lead to many health problems such as high blood pressure and heart disease. This breathing technique helps reduce stress and anxiety, and activates your body's relaxation response.



#### TRY THIS!

Try 5 minutes breathing in silence at the end of your day. Stay in the present moment. Observe your thoughts and how your body is feeling. Notice how your body expands and collapses with each breath.





## Week 2

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\*Scale: 1=not great, 5=neutral, 10=feeling great

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Morning Pre-Breathwork</b> How do I feel? (Scale of 1-10)*							
<b>Morning Post-Breathwork</b> How do I feel now? (Scale of 1-10)*							
<b>Pre-Workout</b> Do I want to workout? Y/N							
<b>Post-Workout</b> Do I regret working out? Y/N							

### Morning Breathwork: Alternate Nostril Breathing

#### Instructions:

1. Find a quiet and comfortable place to sit with your back straight.
2. Place your right thumb on your right nostril.
3. With this nostril covered, close your eyes and exhale fully and slowly through your left nostril.
4. Once you've exhaled completely, release your right nostril and put your ring finger on the left nostril.
5. Breathe in deeply and slowly from the right side. Make sure your breath is smooth and continuous.
6. Once you've inhaled completely, exhale through your right nostril.
7. Release your ring finger and close your right nostril with your thumb again.
8. Breathe in fully and exhale fully from your left nostril.
9. Repeat 20 times.

When your body is under stress, it makes your heart beat faster, your breathing quicker, your muscles tighten, and your senses sharpen. Long-term stress can lead to many health problems such as high blood pressure and heart disease. This breathing technique helps reduce stress and anxiety, and activates your body's relaxation response.



#### TRY THIS!

Try 5 minutes breathing in silence at the end of your day. Stay in the present moment. Observe your thoughts and how your body is feeling. Notice how your body expands and collapses with each breath.







## Module 2 - Week 3 & Week 4

	Warm Up	Workout	Recovery	Workout Notes
<b>Monday</b> Core	<u>90/90 Wipers</u> 10 reps/side - 3s hold - 3 sets <u>Bird Dog</u> 5 reps/side - 10s hold - 3 sets <u>Inch Work to Push Up</u> 10 reps/side - 3 sets <u>World's Greatest Stretch</u> 10 reps/side - 3 sets	<u>High Plank to Alternating Leg Raises</u> 54s on - 15s off - 5 sets <u>Pike Jump Taps</u> 45s on - 15s off - 5 sets <u>Side Plank Hold</u> 45s on - 15s off - 5 sets <u>Dead Bug to Straight Arm/Straight Leg</u> 45s on - 15s off - 5 sets	<u>Standing Hip Flexor Stretch</u> 8-10s hold/side - 10reps - 2 sets <u>Hamstring Scoops to Sky Reach</u> 10 reps alternating sides - 2 sets <u>All Fours Mid Back Mobility</u> 10 reps alternating sides - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Tuesday</b> Lower Body	<u>World's Greatest Stretch</u> 10 reps/side - 3 sets <u>Crab Reach</u> 10 reps/side - 3 sets <u>Pike to Back Extension</u> 10 reps - 3 sets <u>Lunge to Sky Reach</u> 10 reps alternating sides - 3 sets	<u>Jump Lunge</u> 10-12 reps/side - 5 sets <u>Staggered Hip Hinge to Knee Drive</u> 10-12 reps/side - 5 sets <u>Jumping Skater Lunge</u> 10-12 reps/side - 5 sets <u>Jump Squats</u> 10-12 reps - 5 sets	<u>90/90 Mobility</u> 30s hold/side - alternating sides - 3 sets <u>Back Extensions</u> 10 reps - 2-3s hold - 3 sets <u>Child's Pose</u> 10 reps - 2-3s hold - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Wednesday</b> Upper Body	<u>90/90 Wipers</u> 10 reps/side - 3s hold - 3 sets <u>Bird Dog</u> 5 reps/side - 10s hold - 3 sets <u>Inch Work to Push Up</u> 10 reps/side - 3 sets <u>Shoulder Circles</u> 10 reps/side - 2 sets	<u>High Plank to Low Plank</u> 45s on - 15s off - 5 sets <u>Pike Push Ups</u> 45s on - 15s off - 5 sets <u>Close Ups to Wide Ups</u> 45s on - 15s off - 5 sets <u>Travel Push Ups</u> 45s on - 15s off - 5 sets	<u>Standing Hip Flexor Stretch</u> 8-10s hold/side - 10 reps - 2 sets <u>Hamstring Scoops to Sky Reach</u> 10 reps alternating sides - 2 sets <u>All Fours Mid Back Mobility</u> 10 reps alternating sides - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Thursday</b> Core	<u>World's Greatest Stretch</u> 10 reps/side - 3 sets <u>Crab Reach</u> 10 reps/side - 3 sets <u>Pike to Back Extension</u> 10 reps - 3 sets <u>Lunge to Sky Reach</u> 10 reps alternating sides - 3 sets	<u>High Plank to Shoulder Taps</u> 1min rounds - 5 sets <u>Side Plank Reach Throughs</u> 1min rounds - 5 sets <u>Hollow Holds to Knee Tucks</u> 1min rounds - 5 sets <u>Pike Jump Taps</u> 1min rounds - 5 sets	<u>90/90 Mobility</u> 30s hold/side - alternating sides - 3 sets <u>Back Extensions</u> 10 reps - 2-3s hold - 3 sets <u>All Fours Mid Back Mobility</u> 10 reps alternating sides - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Friday</b> Lower Body	<u>90/90 Wipers</u> 10 reps/side - 3s hold - 3 sets <u>Bird Dog</u> 5 reps/side - 10s hold - 3 sets <u>Inch Worm to Push Up</u> 10 reps - 3 sets <u>World's Greatest Stretch</u> 10 reps/side - 3 sets	<u>Frog Jumps</u> 10-12 reps - 5 sets <u>Staggered Hip Hinge to Knee Drive</u> 10-12 reps/side - 5 sets <u>Alternating Side Lunges</u> 10-12 reps/side - 5 sets <u>Reverse Lunge to Knee Drive</u> 10-12 reps/side - 5 sets	<u>Standing Hip Flexor Stretch</u> 8-10s hold/side - 10 reps - 2 sets <u>Hamstring Scoops to Sky Reach</u> 10 reps alternating sides - 2 sets <u>All Fours Mid Back Mobility</u> 10 reps alternating sides - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Saturday</b> Full Body	<u>World's Greatest Stretch</u> 10 reps/side - 3 sets <u>Crab Reach</u> 10 reps/side - 3 sets <u>Pike to Back Extension</u> 10 reps - 3 sets <u>Lunge to Sky Reach</u> 10 reps alternating sides - 3 sets	<u>Burpee Step Backs</u> 1min on - 15s off - 5 sets <u>180° Jump Squats</u> 1min on - 15s off - 5 sets <u>Mountain Climbers</u> 1min on - 15s off - 5 sets <u>Broad Jump to Back Shuffle</u> 1min on - 15s off - 5 sets	<u>90/90 Mobility</u> 30s hold/side - alternating sides - 3 sets <u>Back Extensions</u> 10 reps - 2-3s hold - 3 sets <u>Child's Pose</u> 10 reps - 2-3s hold - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Sunday</b>	<u>Rest Day</u> Day of mindfulness Day of physical recovery	<u>Rest Day</u> Day of mindfulness Day of physical recovery	<u>*Optional*</u> Back to Front Floss Runners Lunge w/ Opposite Side Reach All Fours Heel Sits w/ Reach Through Back extension to Pike	<u>Repeat all exercises 3 times</u> 30-45s each



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# Week 3

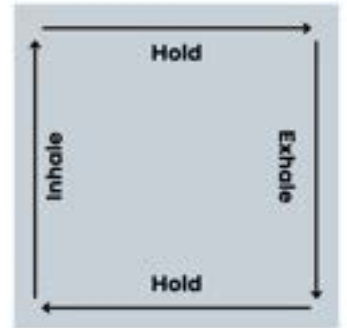
\*Scale: 1=not great, 5=neutral, 10=feeling great

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Morning Pre-Breathwork</b> How do I feel? (Scale of 1-10)*							
<b>Morning Post-Breathwork</b> How do I feel now? (Scale of 1-10)*							
<b>Pre-Workout</b> Do I want to workout? Y/N							
<b>Post-Workout</b> Do I regret working out? Y/N							

## Morning Breathwork: Box Breathing (4-4-4 or 5-7-8)

### Instructions:

1. Find a quiet and comfortable place to sit with your back straight.
2. Inhale through your nose for four counts. Feel the air enter your lungs.
3. Hold your breath for four counts.
4. Slowly exhale through your mouth making a whoosh sound in four counts.
5. Repeat this exercise for 3 to 5 cycles or until you feel re-centred.
6. Try different counts for this box breathing exercise.  
 i.e., Inhale for 5 counts, hold for 7 counts and exhale for 8 counts (5-7-8)



Deep breathing exercises are important because it activates the relaxation response. The purpose of box breathing is to re-centre yourself and restore your breathing to its normal rhythm. This breathing exercise helps clear your mind, relax your body, and improve concentration.

### TRY THIS!

Try 7 minutes breathing in silence at the end of your day. Stay in the present moment. Observe your thoughts and how your body is feeling. Notice how your body expands and collapses with each breath.





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# Week 4

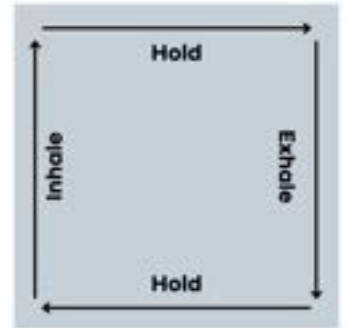
\*Scale: 1=not great, 5=neutral, 10=feeling great

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Morning Pre-Breathwork</b> How do I feel? (Scale of 1-10)*							
<b>Morning Post-Breathwork</b> How do I feel now? (Scale of 1-10)*							
<b>Pre-Workout</b> Do I want to workout? Y/N							
<b>Post-Workout</b> Do I regret working out? Y/N							

## Morning Breathwork: Box Breathing (4-4-4 or 5-7-8)

### Instructions:

1. Find a quiet and comfortable place to sit with your back straight.
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 i.e., Inhale for 5 counts, hold for 7 counts and exhale for 8 counts (5-7-8)



Deep breathing exercises are important because it activates the relaxation response. The purpose of box breathing is to re-centre yourself and restore your breathing to its normal rhythm. This breathing exercise helps clear your mind, relax your body, and improve concentration.

### TRY THIS!

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## Module 3 - Week 5 & Week 6

	Warm Up	Workout	Recovery	Workout Notes
<b>Monday</b> Core	<u>90/90 Wipers</u> 10 reps/side - 3s hold - 3 sets <u>Bird Dog</u> 5 reps/side - 10s hold - 3 sets <u>Inch Work to Push Up</u> 10 reps/side - 3 sets <u>World's Greatest Stretch</u> 10 reps/side - 3 sets	<u>High Plank to Alternating Leg Raises</u> 1min rounds - 5 sets <u>Plank to Push Ups</u> 1min rounds - 5 sets <u>High Side Plank to Rotations</u> 1min rounds - 5 sets <u>Hollow Holds to Knee Tucks</u> 1min rounds - 5 sets	<u>Standing Hip Flexor Stretch</u> 8-10s hold/side - 10reps - 2 sets <u>Hamstring Scoops to Sky Reach</u> 10 reps alternating sides - 2 sets <u>All Fours Mid Back Mobility</u> 10 reps alternating sides - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Tuesday</b> Lower Body	<u>World's Greatest Stretch</u> 10 reps/side - 3 sets <u>Crab Reach</u> 10 reps/side - 3 sets <u>Pike to Back Extension</u> 10 reps - 3 sets <u>Lunge to Sky Reach</u> 10 reps alternating sides - 3 sets	<u>Jump Lunge</u> 10-12 reps/side - 5 sets <u>Jumping Single Leg Hip Hinges</u> 10-12 reps/side - 5 sets <u>Jumping Skater Lunge</u> 10-12 reps/side - 5 sets <u>180° Jump Squats</u> 10-12 reps/side - 5 sets	<u>90/90 Mobility</u> 30s hold/side - alternating sides - 3 sets <u>Back Extensions</u> 10 reps - 2-3s hold - 3 sets <u>Child's Pose</u> 10 reps - 2-3s hold - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Wednesday</b> Upper Body	<u>90/90 Wipers</u> 10 reps/side - 3s hold - 3 sets <u>Bird Dog</u> 5 reps/side - 10s hold - 3 sets <u>Inch Work to Push Up</u> 10 reps/side - 3 sets <u>Shoulder Circles</u> 10 reps/side - 2 sets	<u>Push Ups to High Side Plank</u> 45s on - 15s off - 5 sets <u>Pike Push Ups</u> 45s on - 15s off - 5 sets <u>Close Ups to Wide Ups</u> 45s on - 15s off - 5 sets <u>Travel Jump Push Ups</u> 45s on - 15s off - 5 sets	<u>Standing Hip Flexor Stretch</u> 8-10s hold/side - 10 reps - 2 sets <u>Hamstring Scoops to Sky Reach</u> 10 reps alternating sides - 2 sets <u>All Fours Mid Back Mobility</u> 10 reps alternating sides - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Thursday</b> Core	<u>World's Greatest Stretch</u> 10 reps/side - 3 sets <u>Crab Reach</u> 10 reps/side - 3 sets <u>Pike to Back Extension</u> 10 reps - 3 sets <u>Lunge to Sky Reach</u> 10 reps alternating sides - 3 sets	<u>High Plank Knee to Elbow Drive</u> 1min rounds - 5 sets <u>Push Up to Arm Lift</u> 1min rounds - 5 sets <u>Side Plank to Knee Elbow Drives</u> 1min rounds - 5 sets <u>Plank to Push Ups</u> 1min rounds - 5 sets	<u>90/90 Mobility</u> 30s hold/side - alternating sides - 3 sets <u>Back Extensions</u> 10 reps - 2-3s hold - 3 sets <u>Child's Pose</u> 10 reps - 2-3s hold - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Friday</b> Lower Body	<u>90/90 Wipers</u> 10 reps/side - 3s hold - 3 sets <u>Bird Dog</u> 5 reps/side - 10s hold - 3 sets <u>Inch Work to Push Up</u> 10 reps/side - 3 sets <u>World's Greatest Stretch</u> 10 reps/side - 3 sets	<u>Jump Lunge</u> 10-12 reps/side - 5 sets <u>Jumping Single Leg Hip Hinges</u> 10-12 reps/side - 5 sets <u>Jumping Skater Lunge</u> 10-12 reps/side - 5 sets <u>Side Lunge Hovers to Lift Off</u> 10-12 reps/side - 5 sets	<u>Standing Hip Flexor Stretch</u> 8-10s hold/side - 10 reps - 2 sets <u>Hamstring Scoops to Sky Reach</u> 10 reps alternating sides - 2 sets <u>All Fours Mid Back Mobility</u> 10 reps alternating sides - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Saturday</b> Full Body	<u>World's Greatest Stretch</u> 10 reps/side - 3 sets <u>Crab Reach</u> 10 reps/side - 3 sets <u>Pike to Back Extension</u> 10 reps - 3 sets <u>Lunge to Sky Reach</u> 10 reps alternating sides - 3 sets	<u>Turkish Get Ups</u> 1min on - 15s off - 5 sets <u>180° Jump Squats to Push Ups</u> 1min on - 15s off - 5 sets <u>Mountain Climbers</u> 1min on - 15s off - 5 sets <u>Broad Jump to Back Shuffle to Push Up</u> 1min on - 15s off - 5 sets	<u>90/90 Mobility</u> 30s hold/side - alternating sides - 3 sets <u>Back Extensions</u> 10 reps - 2-3s hold - 3 sets <u>Child's Pose</u> 10 reps - 2-3s hold - 2 sets	<u>Repeat all exercises 5 times</u> 10-15s rest in between sets 1-2min rest in between rounds
<b>Sunday</b>	<u>Rest Day</u> Day of mindfulness Day of physical recovery	<u>Rest Day</u> Day of mindfulness Day of physical recovery	<u>*Optional*</u> Back to Front Floss Runners Lunge w/ Opposite Side Reach All Fours Heel Sits w/ Reach Through Back extension to Pike	<u>Repeat all exercises 3 times</u> 30-45s each



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# Week 5

\*Scale: 1=not great, 5=neutral, 10=feeling great

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Morning Pre-Breathwork</b> How do I feel? (Scale of 1-10)*							
<b>Morning Post-Breathwork</b> How do I feel now? (Scale of 1-10)*							
<b>Pre-Workout</b> Do I want to workout? Y/N							
<b>Post-Workout</b> Do I regret working out? Y/N							

## Morning Breathwork: Double Inhale, Max Exhale

### Instructions:

1. Find a quiet and comfortable place to sit with your back straight. Close your eyes.
2. Relax the muscles in your body, release any tension in the shoulders, back, hands, feet, and stomach.
3. As you inhale through your nose, feel your body expand. As you exhale through your nose, feel your body collapse.
4. Do a few cycles of this breathwork.
5. Start with a small inhale and immediately do a deeper inhale through your nose.
6. Without pausing, slowly exhale through your mouth.
7. Repeat this exercise for 3 to 5 cycles or until you feel re-centred.

The double breathing technique soothes the nervous system and activates the relaxation response. Taking long exhales allows your heart rate to slow down, which creates feelings of relaxation and reduces feelings of stress and anxiety.



### TRY THIS!

Try 10 minutes breathing in silence at the end of your day. Stay in the present moment. Observe your thoughts and how your body is feeling. Notice how your body expands and collapses with each breath.







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# Week 6

\*Scale: 1=not great, 5=neutral, 10=feeling great

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Morning Pre-Breathwork</b> How do I feel? (Scale of 1-10)*							
<b>Morning Post-Breathwork</b> How do I feel now? (Scale of 1-10)*							
<b>Pre-Workout</b> Do I want to workout? Y/N							
<b>Post-Workout</b> Do I regret working out? Y/N							

## Morning Breathwork: Double Inhale, Max Exhale

### Instructions:

1. Find a quiet and comfortable place to sit with your back straight. Close your eyes.
2. Relax the muscles in your body, release any tension in the shoulders, back, hands, feet, and stomach.
3. As you inhale through your nose, feel your body expand. As you exhale through your nose, feel your body collapse.
4. Do a few cycles of this breathwork.
5. Start with a small inhale and immediately do a deeper inhale through your nose.
6. Without pausing, slowly exhale through your mouth.
7. Repeat this exercise for 3 to 5 cycles or until you feel re-centred.

The double breathing technique soothes the nervous system and activates the relaxation response. Taking long exhales allows your heart rate to slow down, which creates feelings of relaxation and reduces feelings of stress and anxiety.



### TRY THIS!

Try 10 minutes breathing in silence at the end of your day. Stay in the present moment. Observe your thoughts and how your body is feeling. Notice how your body expands and collapses with each breath.







**A M A D E U S Z**

## Journal Prompts

1. What are three things that you are grateful for?
2. What is something new that you learned about yourself recently?
3. What is a goal you have reached in the past? How did you feel after achieving it?
4. What has been the highlight of your day? How did it make you feel physically, emotionally, and mentally?
5. What do you do to take care of yourself? What did it look like for you today?
6. What is the most motivational thing you have heard or experienced? Why? (This can be a song, poem, speech etc.)
7. What gives you a sense of hope?
8. When do you feel most in tune with yourself?
9. How does every part of your body feel in this moment? Why do you think you are feeling this way?
10. What makes you feel powerful?
11. What can you do today that you didn't think you could do a year ago?
12. What is a habit that you have had for a long time that you would like to change? How has the habit affected you?
13. How do you advocate for yourself?
14. What was something you did recently that made you feel proud of yourself?
15. What new opportunities have come out of challenges you've faced?
16. Describe a time when you have stepped out of your comfort zone. How did that help you grow?
17. Write down one thing you think you need to let go of. What steps do you need to take to do this?
18. What are three things that are important to you. Why are they important?



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# Mind Sets

Mind Sets has been created to provide participants who are incarcerated with a safe and functional mental and physical wellness program.

Thank you for participating in our Mind Sets program!

Thank you!