

ELEVATE

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises if outside, or just pick a mode of cardio and easy warm up.

Sample routine for warming up can be found below...

Movement	Sets	Repetitions
INSIDE walk on Treadmill	1	5:00-10:00
INSIDE bike, row, elliptical	1	5:00-10:00
OUTSIDE Arm swings with Walk	2	10/10
OUTSIDE High Knee Pulls and Leg Swings	2	10/10

MAIN ROUTINE

Complete 3 rounds of the following sequence below... 10 Minutes of Work

Modes	Duration	Rest Period
Fast walk/Incline Walk/Run, Bike, Row, or Elliptical	2:00	2:00
Fast walk/Incline Walk/Run, Bike, Row, or Elliptical	3:00	3:00
Fast walk/Incline Walk/Run, Bike, Row, or Elliptical	3:00	3:00
Fast walk/Incline Walk/Run, Bike, Row, or Elliptical	2:00	2:00

COOL DOWN

Go right into relaxing breathing after the 4 rounds and pick 2-3 static stretches. Example of 5:00 routine can be found below.

Movement	Sets	Repetitions
Standing Low Belly Breaths	1	20-40
Leg Swings	1	10/10
King Pigeon Pose	1	2:00/side

* For video reference please check out the Movement Library ([click here](#))

ELEVATE #1

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Wimhof Breathing 3:00	
Four Point Squats	2	5
Front Leg Swings	2	10/10
Over Under Arm Swings	2	5/5

WORKOUT

Take 30 minutes to complete cardio intervals

Modes	Duration	Rest Period
Warm Up -Light Walk	5:00-7:00	
Fast walk/Incline Walk/Run, Bike, Row, or Elliptical	4:00	4:00
Fast walk/Incline Walk/Run, Bike, Row, or Elliptical	4:00	4:00
Fast walk/Incline Walk/Run, Bike, Row, or Elliptical	4:00	4:00
Fast walk/Incline Walk/Run, Bike, Row, or Elliptical	4:00	4:00

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
King Pigeon Pose	1	2:00/side
Goodmornings	1	10

* For video reference please check out the Movement Library ([click here](#))

ELEVATE #2

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
Standing Goodmornings	2	5
Front Leg Swings	2	10/10
Side Leg Swings	2	10/10
Over Under Arm Swings	2	5/5

WORKOUT

Take 35 minutes to complete cardio intervals

Modes	Duration	Rest Period
Light Walk	5:00-7:00	
Fast walk/Incline Walk, Run, Bike, Row, or Elliptical	2:00	1:00
Fast walk/Incline Walk, Run, Bike, Row, or Elliptical	3:00	2:00
Fast walk/Incline Walk, Run, Bike, Row, or Elliptical	4:00	3:00
Fast walk/Incline Walk, Run, Bike, Row, or Elliptical	3:00	2:00
Fast walk/Incline Walk, Run, Bike, Row, or Elliptical	2:00	Done
Light Walk	5:00-7:00	

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
Leg Lowering	1	2:00/side

* For video reference please check out the Movement Library ([click here](#))

ELEVATE #3

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Wimhof Breathing 3:00	
Standing Goodmornings	2	10
Front Leg Swings	2	10/10
Side Leg Swings	2	10/10
TouchDowns	2	10/10

WORKOUT

Modes	Duration	Rest Period
Light Walk	5:00	
Incline Walk or Fast Speed	2:00	3:00
Incline Walk or Fast Speed	1:00	2:00
Incline Walk or Fast Speed	2:00	3:00
Incline Walk or Fast Speed	1:00	2:00
Incline Walk or Fast Speed	2:00	3:00
Incline Walk or Fast Speed	1:00	2:00
Light Walk	5:00	

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
Hamstring Foam Roll	1	2:00/side
Couch Stretch	1	2:00/side

* For video reference please check out the Movement Library ([click here](#))

ELEVATE #4

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Wimhof Breathing 3:00	
Standing Goodmornings	2	10
TouchDowns	2	10

WORKOUT

Take 30-35 minutes to complete cardio intervals

Modes	Duration	Rest Period
Easy Row	300m	
Moderate Intensity (MI) Row	400m	3:00
MI Row	400m	3:00
MI Row	400m	3:00
MI Row	400m	3:00

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
Touchdowns	1	2:00/side
Around the Worlds	1	5/5

* For video reference please check out the Movement Library ([click here](#))

ELEVATE #5

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
BREATHE	Wimhof Breathing 3:00	
Standing Goodmornings	2	10
Hip Openers	2	5/5
TouchDowns	2	10

WORKOUT

Take 30 minutes to complete cardio intervals

Modes	Duration	Rest Period
Walk @ 3.5 mph	5:00-7:00	
Jog or Incline walk @ 10.0	3:00	3:00
Jog or Incline walk @ 12.0	3:00	3:00
Jog or Incline walk @ 12.0	3:00	3:00
Jog or incline walk @ 10.0	3:00	3:00

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
Goodmornings	1	10
Around the Worlds	1	5/5

* For video reference please check out the Movement Library ([click here](#))