

LEAN

WARMUP

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

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

Movement	Sets	Repetitions
Standing Good Mornings	2	10
Touchdowns with Arms	2	10
Knee Pulls	2	10/10
Straight Leg Kicks	2	10/10
Around the Worlds	2	3/3

MAIN ROUTINE

Complete 3 rounds of the following sequence below...

Essential Movements	Duration	Rest Period
Air Squats	0:40	0:20
Push Ups	0:40	0:20
Sit Ups	0:40	0:20

COOL DOWN

Go right into relaxing breathing after all 3 rounds and pick 1-2 static stretches. Example of 5:00 routine can be found below 1 upper body stretch, 1 lower body.

Movement	Sets	Repetitions
Low Belly Breaths	1	20-30
Classic Tricep Stretch	1	2:00/side
King Pigeon Pose	1	2:00/side

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

LEAN #1

WARMUP

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

Movement	Sets	Repetitions
BREATHE	Wim Hof Breathing 3:00	
Four Point Squats	2	5
Front High Kicks	2	10/10
Over Under Arm Swings	2	5/5

WORKOUT

Take 30 minutes to perform strength and conditioning

		Sets	Reps	Weight	Rest Between Sets
Strength	Goblet Squat	4	10	10-20#	2:00-4:00
Conditioning	4 Rounds of: Air Squats 15 / Rest :20 Push Ups 10 / Rest :20 Hollow Hold :40 / Rest :20				

COOL DOWN

Take 5:00 and perform static stretching exercises.

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

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

LEAN #2

WARMUP

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

Movement	Sets	Repetitions
BREATHE	4-7-8 Breathing 3:00	
Standing Goodmornings	2	10
Hip Openers	2	5/5
Touchdowns	2	10
Push Press	2	10
Bicycles	1	:30

WORKOUT

Take 30 minutes to perform strength and conditioning

		Sets	Reps	Weight	Rest Between Sets
Strength (A)	Warm Up: Bench Press	1-2	10	5-10#	1:00-2:00
Strength (B)	Bench Press	5	5	10-20#, 65% ME	2:00-4:00
Conditioning	5 Rounds of: KB Swings 10 / Rest :20 Push Press 12/ Rest :20 Bicycles 14/14 / Rest :20				

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
Intercostal Stretch	1	3/3
Couch Stretch	1	2:00/side

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

LEAN #3

WARMUP

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

Movement	Sets	Repetitions
BREATHE	Lion's Breath 3:00	
Goodmornings	2	10
Knee Hugs	2	5/5
Hamstring Curls	2	10/10
Arm Circles-Forward and Backward	2	5/5

WORKOUT

Take 30 minutes to perform strength and conditioning

		Sets	Reps	Weight	Rest Between Sets
Strength (A)	Warm Up: Deadlift	1-2	10	15-20#	1:00-2:00
Strength (B)	Deadlift	5	5	45-50#, 75% ME	2:00-5:00
Conditioning	As Many Rounds As Possible for 10:00 10 Air Squats 8 Sit Ups 6 Push ups				

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
Over Under Arm Swings	1	20
Goodmornings	1	10

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

LEAN #4

WARMUP

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

Movement	Sets	Repetitions
BREATHE	Belly Breathing	3:00
Goodmornings	2	10
Hip Openers	2	5/5
TouchDowns	2	15

WORKOUT

Take 30-45 minutes to perform strength and conditioning

		Sets	Reps	Weight	Rest Between Sets
Strength (A)	Warm Up: Goblet Squat	1-2	10	15-20#	1:00-2:00
Strength (B)	Goblet Squat	5	5	Moderately Heavy	2:00-5:00
Accessories	Bicep Curls	3	10	5-15#	1:00
	Tricep Kickbacks	3	10	5-15#	1:00
Conditioning	3x 4:00 AMRAP (As Many Reps As Possible), Rest 2:00 Squat Thruster 8 Bent Over Rows 10 V-Ups or Alternating V-Ups 12				

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing	2:00
Triceps Stretch on Wall	1	2:00/side
King Pigeon Pose	1	2:00/side

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

LEAN #5

WARMUP

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

Movement	Sets	Repetitions
BREATHE	Lion's Breath 2:00	
4 Point Squats	2	5
Hip Openers	2	5/5
Over Under Arm Swings	2	5/5

WORKOUT

Take 30-45 minutes to perform strength and conditioning

		Sets	Reps	Weight	Rest Between Sets
Strength (A)	Warm Up: Romanian DeadLift	1-2	10	10-15#	1:00-2:00
Strength (B)	RDL	5	5	20-30#, 75% ME	2:00-5:00
Accessories	Bicep Curls	3	10	5-15#	1:00
	Reverse Flys	3	10	5-15#	1:00
Conditioning	5 rounds of quality Air Squats 20 / Rest :15 Sit Ups 20/ Rest :15				

COOL DOWN

Take 5:00 and perform static stretching exercises.

Movement	Sets	Repetitions
BREATHE	Low Belly Breathing 2:00	
Triceps Stretch on Wall	1	2:00/side
Couch Stretch	1	2:00/side

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

LEAN #6

WARMUP

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

Movement	Sets	Repetitions
BREATHE	Wim Hof Breathing 3:00	
Four Point Squats	2	5
Hip Openers	2	5/5
Touchdowns	2	10

WORKOUT

Take 30 minutes to perform strength and conditioning

		Sets	Reps	Weight	Rest Between Sets
Strength	Goblet Squat	4	10	20-50 lbs	2:00-4:00
Accessories	Bicep Curls	3	10	5-15 lbs	:15-:30
	Flutter Kicks	3	10	Bodyweight	
Conditioning	3 rounds of quality KB Swings 20 / Rest :15 Push Press 20 / Rest :15 Step Ups 10/10 Rest :15				

COOL DOWN

Take 5:00 and perform static stretching exercises.

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

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