

Roya's Daily Morning Ritual

5am – Wake Up

5:15am – Holy Hour: Education, Gratitude, Visualization

Prime, lymph w incantation, stretch w gratitude song, exercise, shower w oil pull/learn, breathe w lotions.

20 min w/ 5 min stretch & 15 min jump rope

Priming, shower and listen to something

Priming <https://www.tonyrobbins.com/priming-exercise/>

A technique to lymphatize: <http://youtu.be/WpjCUCv581c>

Power breathing 3 times a day. Put into your calendar: <http://youtu.be/wtEcpz29AyU>

Quick workout

In sprint position pump arms as fast as you can for 15-30 seconds

Feet fwd, shoulders back half fist rotate fwd palms down x 40

Palms up rotate fwd x 40

Knuckles on forehead pump in elbow flies x 20

Hands on hips, butt out, elbows together, legs straight bend over, hold 1 minute.

Feet straight ahead, double shoulderwidth apart, with hands on hips or behind head straight back core tight side to side squat. Between 45 & 90 degree angle. x 50-60

Seven minute warm-up incline powerwalk speed 3.5 to 4.0 incline at 6

Trainers workout:

Six 15 second planks

Toe touches three sets of 15 reps

Three sets of reverse crunches (on your back legs up and down 15 times)

Push up and shoulder press workout again descending 6 six push-ups six presses five push-ups five presses etc.

On bench one arm dumbbell row three sets of 15 each arm

On bench tricep kickbacks 5 to 8 pound dumbbell three sets of 15

Again six sets of 15 second planks

Toe touches three sets of 15 reps

20 minute incline powerwalk