

MODULE 6

DON'T REGRET THE SWEAT

INTRODUCTION

Knowledge is not enough. What really matters is what you do with the information. Hard work is what gets the prize, goal and the dream.

ASSIGNMENT

Create a vision board. Make it life-like and colorful.

- **Put this formula on it as a reminder** **The Dream = Declaration + Intention (the Plan) + Action + Commitment to the Action**

Do this full body workout 3 times a week, 2-3 sets –
LEVEL I.

- **Warm-up**
- **Chair squats with medicine ball,**
- **Chair twist & curl with medicine ball,**
- **Overhead Triceps Extension w/medicine ball,**
- **Reverse Flys w/resistance band**
- **Flys w/ DB,**
- **Front Raises w/DB**
- **Chair Alternating leg lifts w/knee to elbow/**