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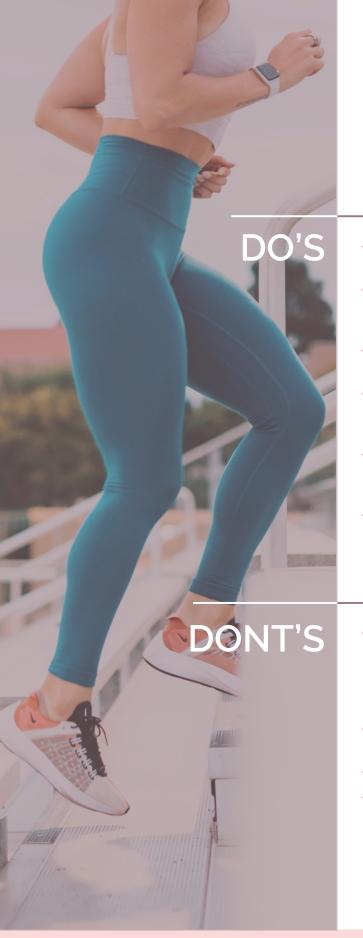


## 4-WEEK CONSCIOUS BODY WORKOUT PLAN

to improve your strength, muscle size, and conditioning simultaneously. Each week block will build upon the strength and skill you learn from the previous week. This program aims provide you with a comprehensive exercise program that can be completed at home or wherever you feel most comfortable. It is designed to use your own body weight so very limited equipment is required.

This exercise program is tailored to improve both cardiovascular and musculoskeletal endurance and fitness. Exercise programs should contain both light resistance exercises and exercises that will increase heart rate at a safe level according to your fitness. Increasing your muscle mass helps with the breakdown of fats and the regulation of glucose levels in the blood stream. It also boosts metabolism so even after you finish exercising your body will continue to burn fat.





## Before you Begin

- Speak to your doctor before starting this exercise program to check it is right for you.
- Ensure you have appropriate enclosed footwear that provides you with comfort and support.
- Ensure you drink enough water before, during and after physical exercise.
- Breathe: You might be tempted to hold your breath while doing the moves. Don't hold your breath.
- Tell a friend about your health and fitness goals. It is always easier to stay on track with a friend's support.
- If you can't complete the exercise program daily, try to go for a 30-minute walk on the days you don't do the program.
- Do not start any exercise program without consulting your doctor first. If you feel severe pain or discomfort while completing this program, stop the program immediately and consult your doctor.
- Don't forget to warm up and cool down for exercise
- Don't overtrain
- Don't neglect rest



While breathing is one of the most natural, automatic processes in the body, paying attention to your breath during a workout can help make sure you're breathing as efficiently and effectively as possible. Learning to breathe during exercise has benefits such as preventing dizziness during activity, improving athletic performance, and increasing fat burning.

Proper breathing during exercises where **you exert yourself always exhale on exertion**. For example, when you are doing a squat, you exhale on the push and inhale as you go down slowly. When you are doing a pullup, you exhale on the pulling up motion and inhale on the way down. Breathing during exertion is important in preventing internal injury such as hernia, blood vessel strain, and high blood pressure.

That's because when you exhale and squeeze the air out, you increase core engagement. In strength training, a tight core equals more power and more stability.





Here are some timer app suggestions to help you focus on the work out without being distracted by checking the count down timer in your phone. They're all FREE!

#### **WEB VERSION**

Click one of these buttons to direct to the online timer app and you can set the time on your computer.

TABATATIMER.COM

TABATA-TIMER.COM

#### **MOBILE VERSION**

They are available on Google Play Store and Apps Store







Tabata Timer for HIIT



Tabata Interval HIIT Timer



Tabata Interval HIIT Timer



#### STEP-BY-STEP VIDEO INSTRUCTION





Jump Switches Reverse Lunges Jump Squat Squat Hold

: Tuesday Week 1 and 3



Supine Bicyle with Tap Dead Bug or Starfish Plank Jump In n Out Mountain Climbers

CLICK HERE

## Conscious Body Workout Week 1

#### MON

Lower Body

#### Circuit 1 x 3 times

10 Jump Switches 12 Alternating Reverse Lunges 30 Sec Squat Jumps 30 Sec Squat Hold

#### TUE

Abs and Conditioning + 20-30 min walk

#### Circuit 1 x 3-4 times

10 E/L Supine Bicycle with Tap .30 Sec Jumping Jacks 10 E/L Dead Bugs .45 Sec Mt. Climbers

#### WED

Upper Body + 20-30 min walk

#### Circuit 1 x 3 times

10 Split Lunge w/ a Press 15 Shoulder Taps 30 Sec Floor Taps 30 Sec Squat Alternating Punches

#### THU

Conditioning

#### Circuit 1 x 3-4 times

30 Sec Lateral Jumps 30 Sec Mountain .Climbers Pulsing Squats Starfish

Hold a 30 sec plank after each round

#### FRI

Full Body

#### Circuit 1 x 3 times

30 Sec Forward Leaps 30 Sec Dead Bugs 30 Sec Open Close squats

30 Sec Open Close squals
30 Sec Lateral Touchdowns

#### Circuit 2 x 3 times

12 Squats with a Side Kick30 Sec Pulsing Squats12 Stationary Lunges on each leg30 Sec Reverse Lunge with a hop

10 Caterpillar Crawls

10 Plank Jump in and out

10 E/S Bird Dog

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10 Burpees with a hold

#### Circuit 2 x 3 times

10 Caterpillar Crawls with a jump 10 Squat to Overhead Press 45 Sec Arnold Press 4 Sec Shoulder Press

Burpee with Jump Jump Squat Plank Jump in and Out

Hold a 30 sec plank after each round

#### Circuit 2 x 3 times

30 Sec Lateral Bear Crawls

30 Sec Jack Squats

30 Sec Plank Toe Taps 30 Sec Controlled Planks

20-30 minute walk + yoga or mobility stretches

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Active rest day



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### Conscious Boa WORKOUT WEEK 2

#### MON

Lower Body

#### Circuit 1 x 3 times

12 Lateral Double Squat 30 Sec. Pulsing Squat 10 Knee to Stand 30 Sec. Lateral Squat Jump

#### TUE

Abs and Conditioning + 20-30 min walk

#### Circuit 1 x 3-4 times

30 Sec Baby Crunches 30 Sec Squat Punch

30 Sec Elbow to Knee Crunch

30 Sec Climber Taps

#### WED

Upper Body + 20-30 min walk

#### Circuit 1 x 3 times

30 Sec Air Divers 10 Lateral Squats with Arm Press

#### THU

Conditioning

#### 10 Plank to One Arm Row

30 Sec Bent Tri-Raises

#### Circuit 1 x 3-4 times

30 Sec Ski Jumps 30 Sec Shoulder Taps 30 Sec Controlled Squats 30 Sec Jack Squats

• Hold a 30 sec plank after each round

#### FRI

Full Body

#### Circuit 1 x 3 times

10 Squat to Kickback

10 Beast Position with a Knee Tap

10 Prayer Presses (tight press palms against each other) 10 Controlled Floor Taps

#### Circuit 2 x 3 times

15 Hip Trust 8 Controlled Jump Squat 8 RDL's E/L

30 Sec Full Body Crunch

30 Sec Knee Drive with a Twist

30 Sec Toe Reaches

30 Sec Raised Legs Half Circles

• Incorporate a 20-30 min walk

#### Circuit 2 x 3 times

10 Knee Push-ups 30 Sec Bear Climbers 30 Plank Arm Rotations E/A

Incorporate a 20-30 min walk

30 Sec Alternating Reverse Lunges

30 Sec Lateral Touchdowns

30 Sec Forward Leaps

Hold a 30 sec plank after each round

#### Circuit 2 x 3 times

10 Burpee with Hold 15 Calf Raises 8 One Arm Snatches E/A 10 Jumping Jacks

#### SAT

20-30 minute walk + yoga or mobility stretches

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# Conscious Body Workout Week 3

#### MON

Lower Body

#### Circuit 1 x 3 times

10 Jump Switches 12 Alternating Reverse Lunges 30 Sec Squat Jumps 30 Sec Squat Hold

#### TUE

Abs and Conditioning + 20-30 min walk

#### Circuit 1 x 3-4 times

10 E/L Supine Bicycle with Tap .30 Sec Jumping Jacks 10 E/L Dead Bugs .45 Sec Mt. Climbers

#### WED

Upper Body + 20-30 min walk

#### Circuit 1 x 3 times

10 Split Lunge w/a Press 15 Shoulder Taps 30 Sec Floor Taps 30 Sec Squat Alternating Punches

#### THU

Conditioning

#### Circuit 1 x 3-4 times

30 Sec Lateral Jumps 30 Sec Mountain .Climbers **Pulsing Squats** Starfish

Hold a 30 sec plank after each round

#### FRI

Full Body

#### Circuit 1 x 3 times

30 Sec Forward Leaps 30 Sec Dead Bugs

30 Sec Open Close squats 30 Sec Lateral Touchdowns

#### Circuit 2 x 3 times

12 Squats with a Side Kick 30 Sec Pulsing Squats 12 Stationary Lunges on each leg 30 Sec Reverse Lunge with a hop

10 Caterpillar Crawls

10 Plank Jump in and out

10 E/S Bird Dog

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10 Burpees with a hold

#### Circuit 2 x 3 times

10 Caterpillar Crawls with a jump 10 Squat to Overhead Press 45 Sec Arnold Press 4 Sec Shoulder Press

Burpee with Jump Jump Squat Plank Jump in and Out

Hold a 30 sec plank after each round

#### Circuit 2 x 3 times

30 Sec Lateral Bear Crawls 30 Sec Jack Squats 30 Sec Plank Toe Taps 30 Sec Controlled Planks

#### SAT 20-30 minute walk + yoga or mobility stretches

SUN Active rest day



#### JACKIE SANCHEZ

## Conscious Body Workout Week 4

#### MON

Lower Body

#### Circuit 1 x 3 times

12 Lateral Double Squat 30 Sec. Pulsing Squat 10 Knee to Stand 30 Sec. Lateral Squat Jump

#### TUE

Abs and Conditioning + 20-30 min walk

#### Circuit 1 x 3-4 times

30 Sec Baby Crunches 30 Sec Squat Punch

30 Sec Elbow to Knee Crunch

30 Sec Climber Taps

#### WED

Upper Body + 20-30 min walk

#### Circuit 1 x 3 times

10 Plank to One Arm Row 30 Sec Air Divers 10 Lateral Squats with Arm Press 30 Sec Bent Tri-Raises

#### **THU**

Conditioning

#### Circuit 1 x 3-4 times

30 Sec Ski Jumps 30 Sec Shoulder Taps 30 Sec Controlled Squats 30 Sec Jack Squats

• Hold a 30 sec plank after each round

#### FRI

Full Body

#### Circuit 1 x 3 times

10 Squat to Kickback

10 Beast Position with a Knee Tap

10 Prayer Presses (tight press palms against each other)

10 Controlled Floor Taps

#### Circuit 2 x 3 times

15 Hip Trust 8 Controlled Jump Squat 8 RDL's E/L

30 Sec Full Body Crunch

30 Sec Knee Drive with a Twist

30 Sec Toe Reaches

30 Sec Raised Legs Half Circles

• Incorporate a 20-30 min walk

#### Circuit 2 x 3 times

10 Knee Push-ups 30 Sec Bear Climbers 30 Plank Arm Rotations E/A

• Incorporate a 20-30 min walk

30 Sec Alternating Reverse Lunges

30 Sec Lateral Touchdowns

30 Sec Forward Leaps

Hold a 30 sec plank after each round

#### Circuit 2 x 3 times

10 Burpee with Hold 15 Calf Raises 8 One Arm Snatches E/A 10 Jumping Jacks

#### SAT

20-30 minute walk + yoga or mobility stretches

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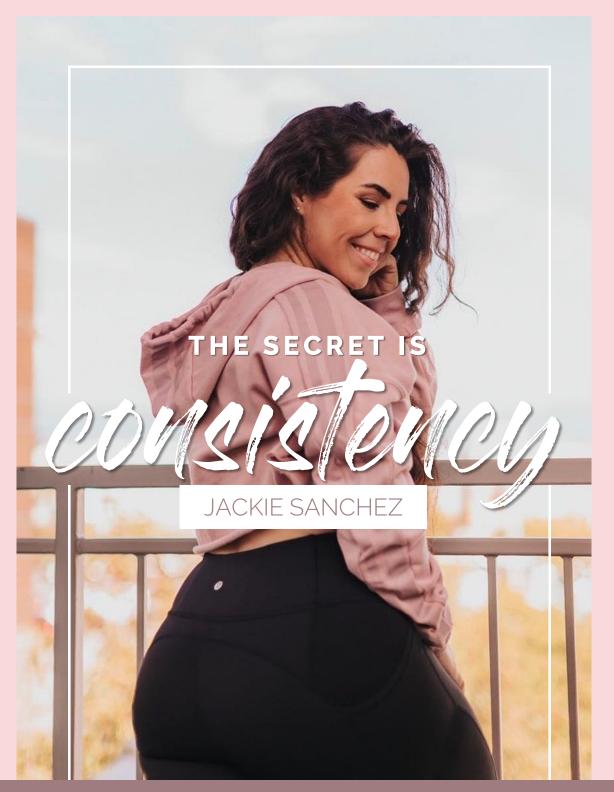
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