

FREE 30 DAYS **SUNNY DELIGHT** PROGRAM

Before

Date _____

Neck _____

Chest _____

Left Arm _____

Right Arm _____

Waist _____

Hips _____

Left Thigh _____

Right Thigh _____

Left Calf _____

Right Calf _____

Weight _____



After

Date _____

Neck _____

Chest _____

Left Arm _____

Right Arm _____

Waist _____

Hips _____

Left Thigh _____

Right Thigh _____

Left Calf _____

Right Calf _____

Weight _____

BODY PROGRESS

360 Life Changes

Health | **Mindset** | Motivation

FOUNDATIONS OF STRENGTH: 7-DAY BEGINNER-TO-INTERMEDIATE TRAINING PLAN

Monday

TO BE REPEATED WEEKLY FOR 30 DAYS

LEGS + UPPER ABS + CARDIO

"LEGS ARE YOUR FOUNDATION. LET'S BUILD THEM STRONG AND STEADY."



BODYWEIGHT SQUATS – 12X2



HIP ABDUCTION – 12X2



WEIGHTED SQUATS – 12X3



LEG EXTENSION – 12X3



LEG CURL – 12X3



STANDING CALF RAISES – 15X3

"GREATNESS IS BUILT REP BY REP—SEE YOU TOMORROW."

Tuesday

TO BE REPEATED WEEKLY FOR 30 DAYS

PUSH (CHEST/SHOULDERS/TRICEPS))+ LOWER ABS + CARDIO

"TODAY YOU PUSH LIMITS AND BUILD STRENGTH YOU NEVER KNEW YOU HAD."



INCLINE CHEST PRESS – 12X3



DUMBBELL PRESS – 12X3



LATERAL RAISES – 12X3



PECK DECK FLY'S – 12X3



SKULL CRUSHER – 12X3



TRICEP DIPS – 12X3

"YOU DIDN'T QUIT—REMEMBER THAT WHEN RESULTS SHOW UP."

Wednesday

TO BE REPEATED WEEKLY FOR 30 DAYS

PULL (BACK, BICEPS) + OBLIQUES + CARDIO

PULL YOURSELF ONE REP CLOSER TO YOUR STRONGEST VERSION.



BENT OVER ROWS— 12X3



CLOSE GRIP LAT PULL – 12X3



CLOSE GRIP ROWS— 12X3



WIDE GRIP ROWS – 12X3



PREACHER CURLS – 12X3



COBRA STRETCH— 30SEC X2

“EVERY DROP OF SWEAT IS A STEP CLOSER TO YOUR BEST SELF.”

Thursday

TO BE REPEATED WEEKLY FOR 30 DAYS

LEGS + UPPER ABS + CARDIO

"STRONG CORE, CALM MIND. TIME TO RESET AND RECHARGE."



BODYWEIGHT SQUATS – 12X2



CABLE KICKBACKS– 12X2



ROMANIAN DEADLIFT– 12X3



LEG PRESS – 12X3



LUNGES– 12X3



STANDING CALF RAISES – 15X3

"YOUR DISCIPLINE TODAY SHAPES YOUR TRANSFORMATION TOMORROW."

Friday

TO BE REPEATED WEEKLY FOR 30 DAYS

PUSH (CHEST/SHOULDERS/TRICEPS))+ LOWER ABS + CARDIO

"YOUR BODY IS A UNIT. TRAIN IT THAT WAY."



FLAT CHEST PRESS – 12X3



FRONT RAYS – 12X3



UPRIGHT ROWS – 12X3



PECK DECK FLY'S – 12X3



DUMBLE OVERHEAD – 12X3



TRICEP DIPS – 12X3

"CONSISTENCY WINS. TODAY WAS ONE MORE VICTORY."

Saturday

TO BE REPEATED WEEKLY FOR 30 DAYS

PULL (BACK, BICEPS) + OBLIQUES + CARDIO

IT'S PREPARATION FOR ANOTHER LEVEL."



SHRUGS – 12X3



CLOSE GRIP LAT PULL – 12X3



CABLE PULLOVER – 12X3



WIDE GRIP ROWS – 12X3



HAMMER CURLS – 12X3



COBRA STRETCH– 30 SEC X2

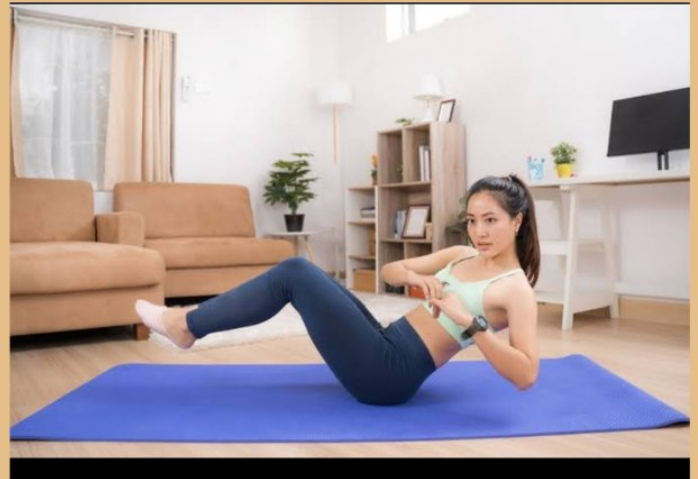
“YOUR BODY THANKS YOU. YOUR MIND GROWS WITH IT.”

"Core of Steel: Choose Any 2 Abs Workouts Daily"

EACH DAY, SELECT ANY TWO EXERCISES FROM THE LIST BELOW. PERFORM 2-3 SETS OF 15-20 REPS EACH. KEEP YOUR FORM CLEAN AND ENGAGE YOUR CORE FULLY.



FLUTTER KICKS



RUSSIAN TWIST



CRUNCHES



LEG RAISES



LEG CIRCLE



PLANK

"Cardio Burn: End Strong, Every Day"

FINISH EVERY WORKOUT WITH A 20–30 MINUTE CARDIO SESSION. CHOOSE ANY TWO EXERCISES BELOW. DO THEM AS CIRCUITS OR INTERVALS TO KEEP IT ENGAGING.



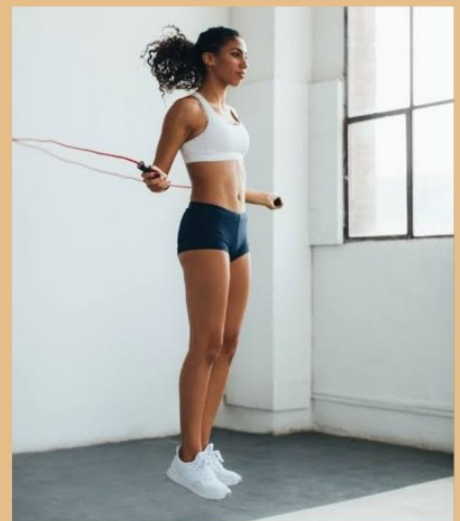
INCLINE WALK



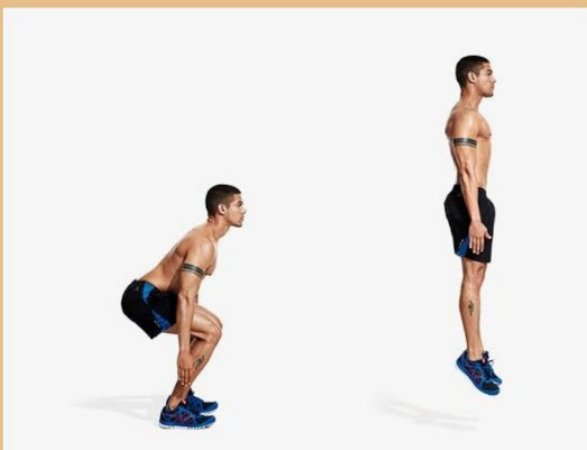
CYCLING



BURPEES



ROPE SKIPPING



SQUAT JUMPS



JUMPING JACKS

Sunday – Grab Your fitness card deck for a message and rest/recovery

“EVEN MY FITNESS BESTIES NEEDS A REST”



TODAY ISN'T ABOUT LAZINESS—
IT'S ABOUT REBUILDING.
PRIORITIZE FULL-BODY STRETCHES,
HYDRATE DEEPLY, REFLECT ON
YOUR PROGRESS, AND PREPARE TO
DOMINATE THE NEXT 6 DAYS.
REST WITH PURPOSE. RECOVER
LIKE A PRO.



REPEAT THIS 360 LIFE CHANGES WORKOUT FOR 7 DAYS FOR 4 WEEKS AND COME
BACK AND LEAVE US YOUR FEEDBACK / RESULTS.