

Transformation

MIND-BODY



# MIND-BODY Transformation

*This 8 week no equipment necessary program is designed to challenge your body and reconnect yourself with it.*

It will be focused on reconnection, and embracing the uncomfortable. Going into these workouts focus on how it feels, where you feel it, and self motivation to make it through. Take pride and *brag it out* every time you accomplish a workout because you're one step closer to your goal.

## STEP 1

### GRAB A JOURNAL AND WRITE IT OUT

How do you want to feel after this 8 weeks is over?

Get detailed - this is just for you.

Go deep into how you've felt about accomplishing goals; how do you want to see yourself and what do you want to prove to yourself?

### ARE YOU COMMITTED TO THE TRANSFORMATION?

This 8 weeks is everything you make of it. What if for 8 weeks you removed the judgments you have on your story and where you came from. Remove the judgments on how you should move through life and the expectations from yourself and others. This 8 weeks is about putting yourself first and saying no to things that don't serve you, receiving things that do, and accepting and letting go of judgments of yourself that put you in a box.

TIME TO GET uncomfortable AND  
ALLOW FOR A SHIT TON OF growth.

# WHAT IS Subconscious Imprinting?

*Subconscious Imprinting Technique is an effective healing system designed to reprogram limiting beliefs, behaviours, or patterns that are causing friction and negatively affecting your life.*

## WHAT S.I.T. CAN HELP WITH

- Chronic pain, anxiety, or depression that constantly comes back no matter how many modalities you try.
- Those unexplained feelings of constant self sabotage and inner turmoil.
- Never seem to follow through with your boundaries, and are constantly taken advantage of.
- Living in a constant REactive state.
- You know you're not living in your truth...but can't seem to find the right path.
- Financial problems... why is money always an issue in some shape or form.

**If you feel like life is constantly ruling you, you are out of control, and can't seem to get things resolved, then S.I.T. is for you.**

Practitioners access root memories, experiences, emotions, or environments within your body through muscle testing. This breaks the cycle of these patterns continuously coming back in your life by way of using effective release statements. Clearing these harbored emotions and memories that are creating a cage for yourself.

**To book a S.I.T session or find out more information**  
email: [Emileemccloskey@hotmail.com](mailto:Emileemccloskey@hotmail.com)

“The creative process then is not about hoping, wishing, waiting, wanting, trying or looking—hope is a beggar. It's about embodying and becoming your creation. We do this first internally in our meditations by merging with the energy of our future, then by remaining in that energy throughout our day. The more we remain in this energy, the more we memorize it until it becomes a new state of being. When it has become your state of being, then you can finally get out of your own way, which ultimately makes trusting, surrendering and allowing easier and more natural. This is when you have memorized the thoughts and emotions in your mind and body, causing you to feel like your creation has already happened.”

- Joe Dispenza

# WEEK 1 | DAY 1

## WARM UP

### 5 MINUTES FOR QUALITY:

- 10 step-back lunges
- 5 push-up to down-dog
- 10 active samson
- 5 inchworms

▶ WATCH WARM UP

## AMRAP 15 MINS

(as many rounds as possible)

- 10 air squats ▶ WATCH
- 10 sit ups ▶ WATCH
- 5 push ups ▶ WATCH
- 5 burpees ▶ WATCH

Max high plank hold ▶ WATCH

## MOBILITY

These stretches are meant to gently release and stretch our muscles to their proper range of motion. These may feel uncomfortable but should not feel painful.

Release lats Lower body  
Release pecs Release TFL

Shoulder to floor: 30 sec each side  
Couch stretch: 30 sec each side

Pec stretch on wall: 30 sec each side  
Pigeon pose: 30 sec each side

Wrist stretches: 1 minute

### TO MAKE WORKOUTS HARDER:

- Add in resistance bands when you'd like
- Skipping rope anytime it says plate hops
- Jumping exercises if you'd like to add a bit more intensity and it feels safe.

*\*Record how many rounds and reps you completed. We will re-test this at the end of the 8 weeks.*

**THIS IS IMPORTANT SO YOU CAN TRACK YOUR PROGRESS.**

### TRACK YOUR PROGRESS!

#### IDEAS:

Journal about how you have been feeling about the following: food, sleep, energy, relationships, how do you see yourself, what are you ready to change.

Before and after pictures: take a picture of that sweet body if you're wanting to see the physical changes over the 8 weeks! It is pretty awesome to see how your body can transform, but this is not necessary. The biggest change will be from the inside out.

### HOW TO RELEASE TIGHT MUSCLES:

You can hold a ball, foam roller, or anything hard on the muscles listed for about 30-40 seconds.

This is going to help lengthen those tight muscles and let them relax before we stretch them out!

You can place it on the spot listed. It's okay if it isn't perfect just find a tender spot in these areas.

Next you're going to hold the stretch listed for 20-30 seconds on the muscles you just released.

**WRITE DOWN YOUR RESULTS IN THE JOURNAL FROM YOUR DAY 1 WEEK 1 WORKOUT THEN COMPARE AFTER!**

GET OUT OF YOUR HEAD

*Spend time today connecting.*

However you do that, this is the focus for today.

Doesn't matter if it's picking up the phone to call a friend, going for coffee with someone, or playing a card game with your partner instead of watching a movie.

*Make time for  
soul to soul connecting.*



# WEEK 1 | DAY 3

## WARM UP

4 inchworm

30 sec air squat

30 sec push ups to down dog

30 sec scorpions

▶ WATCH  
WARM UP

## AMRAP 15 MINS

*(as many rounds as possible)*

30 plate hops (Or line hops)

▶ WATCH

20 reverse lunges

▶ WATCH

10 sit-ups

▶ WATCH

5 push-up to shoulder tap (L + R)



PIZZA JELLY YOGA TIME!



Yoga by Kari McDonald  
@Miss.Kaarii

*Spend time today moving your body through a yoga practice.*

The focus today is on integration.

How can we return to the original, natural harmony between our Body, Mind and Emotions.

“While our Body, Mind and Emotions may seem to be three separate parts in us, they are each intimately connected and reliant upon one another. When integrated, they complete our unique human essence, and allow us to lead from a place of wholeness.

The interconnectedness of our Body, Mind and Emotions means that what we experience in one part, we experience in all three.”

- Kenshō Wellness, 2018

“Adapt what is useful, reject what is useless, and add what is specifically your own.”

- Bruce Lee

## WARM UP

**2 ROUNDS, 30 SECONDS EACH**

Single leg glute bridges (each side)

Sit-ups



Front plank

Glute bridge walkouts

Air squats

V-ups

## TABATA

*20 seconds on + 10 seconds off*

Pulsing lunges  
(10 sec each side)



Plank shoulder taps



Glute bridges



Plank



*Tabata is 8 rounds of 20 seconds work + 10 seconds rest.*

*With some rest built in, look to stay moving for as much of the 20 seconds as possible.*

*We'll complete all 8 rounds at one station before advancing to the next.*

*There is no rest between stations beyond the final 10 seconds.*

*Record total reps accumulated at each station.*





## MOVE YOUR BODY FOR THE FUN OF IT

*Spend time today moving for the pure enjoyment of it.*

Any way, shape, or form that comes to mind is correct.

Anything from going on a walk, stretching, or doing cartwheels in your living room.

“We all have a body. It’s our physical structure; the vessel holding our brains, body parts, muscle and fat. Our body consists of roughly 50 trillion cells, which collectively organize our tissues, nerves, bones, and organs into our outward physical form. Our body usually communicates to us through symptoms and physical sensations. What is your body telling you?”

- Kenshō Wellness, 2018

Download the free Insight Timer app, pick a meditation that speaks to you, find a quiet place, and create some space.

My favourites:

Sarah Blondin | Gale Minchew | Nhi Nhi Le | Zayra Mo

*Spend time today checking in on yourself.*

Read a book, meditate, yoga, or journal a bit extra today.

Something that allows you to disconnect and only focus on yourself for a bit.

“The mind governs our mental and emotional aspects. It houses our consciousness – and is made up of our Superconscious, Subconscious and Conscious psyches. Our mind allows us to be aware of the world, and powers our ability to think.”

- Kenshō Wellness, 2018.