

THE EDENIC CALISTHENIC TRAINING

For Blood Flow:

10-15 Squats

15-20 min. Power walk

10-12 Lunges

20-25 Jumping Jacks

2 min. Jump roping

For Lymph Fluid Movement:

20 Shoulder Rolls each way(front & back)

7-10 reps of diaphragmatic breathing

5 reps of standing forward bend

15-20 reps of Calf raises

For Lower Body Circulation:

15-20 squats

30 sec.-1 min. Planks

8-10 squat jumps

10 Burpees

30 sec. Running High Knees in place

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For Higher Body Circulation Flow:

30 sec. Mountain Climbers

30 sec. Jumping Jacks

30 sec. Burpees

30 sec. High knees in place

15-20 Push Ups

1 min. Plank

For Weight loss:

1 mile run or walk a day

100 jump ropes

100 jumping jacks

50-100 Burpees

3 sets of 1 min. planks

3 sets of 1 min. Mountain Climbers

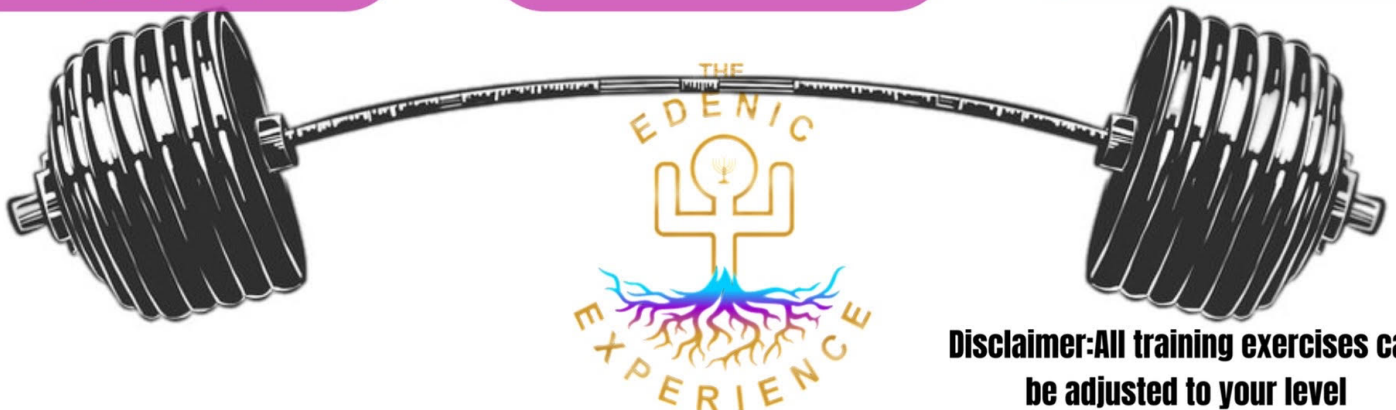
For Lung Strengthening:

12-15 reps of jump squats

2 sets of 30 sec. Burpees

5 sets of diaphragmatic breathing

3 sets of 10 sec breath holds & releases



Disclaimer: All training exercises can be adjusted to your level