Workout Two Overview

Lower-Body Warmup: Lunges and Squats

Side Lunges and Workout Structure

Weighted Rows and Presses

Bicep Curls and Exercise Questions

Core Hip Drops and Progressions

okay i'm back for workout number two um okay i'm back for workout number two um look at this i just wear the same outfit look at this i just wear the same outfit every day just so you know no um all every day just so you know no um all right we're gonna do workout number two right we're gonna do workout number two it's gonna be the same um format as it's gonna be the same um format as workout number one okay workout number one okay so we're gonna do three rounds 12 reps so we're gonna do three rounds 12 reps three different sets of exercises three different sets of exercises starting with your bigger muscles moving starting with your bigger muscles moving down the line okay and then we'll get to down the line okay and then we'll get to the core so the first round that we're the core so the first round that we're gonna do and hopefully everyone's gonna do and hopefully everyone's feeling pretty good right now we're on feeling pretty good right now we're on week two you're kind of adjusted to like week two you're kind of adjusted to like the changes in your diet and you know the changes in your diet and you know doing all your doing all your um um um if you're doing coffee enemas you've if you're doing coffee enemas you've been doing those you're feeling pretty been doing those you're feeling pretty good you gotta handle on that which is good you gotta handle on that which is great you're learning all these new great you're learning all these new recipes and tricks you can do to help um recipes and tricks you can do to help um clean out the body and detox the body clean out the body and detox the body hopefully you got some castor oil packs hopefully you got some castor oil packs which are my favorite which are my favorite um um um and we're just gonna go ahead and get and we're just gonna go ahead and get started so started so the first thing we're going to do today the first thing we're going to do today is just a lunge okay if you guys have is just a lunge okay if you guys have any knee problems or anything like that any knee problems or anything like that and you want alternatives we viewed this and you want alternatives we viewed this video beforehand which would be great video beforehand which would be great then just shoot me a text and we can or then just shoot me a text and we can or shoot me a message in the facebook group shoot me a message in the facebook group and we will um and we will um find you an alternative which is pretty find you an alternative which is pretty easy easy easy so you're just going to stand like this so you're just going to stand like this and we're just going to do a forward and we're just going to do a forward lunge and come back okay when you launch lunge and come back okay when you launch forward guys i don't want you to forward guys i don't want you to crisscross over keep your legs hip width crisscross over keep your legs hip width apart okay this is really important so apart okay this is really important so you're just going to stand like this you're just going to stand like this lunge forward lunge forward and back lunge forward and back and i'll and back lunge forward and back and i'll do it from the side so you can kind of do it from the side so you can kind of see see see so you're just going to be here you're so you're just going to be here you're going to lunge forward and back and going to lunge forward and back and forward and back okay so that is going forward and back okay so that is going to be your lunge the second exercise to be your lunge the second exercise that you're going to do so you're going that you're going to do so you're going to do 12 reps so 12 reps on each leg for to do 12 reps so 12 reps on each leg for that one the second exercise that i want that one the second exercise that i want you to do is just going to be a squat if you to do is just going to be a squat if you feel as though when you do a squat you feel as though when you do a squat you're kind of like all over the place you're kind of like all over the place you can just grab anything like i mean you can just grab anything like i mean this is even fine and you just put it this is even fine and you just put it under your heels okay so when you're under your heels okay so when you're doing a squat doing a squat i do not want your toes to your knees to i do not want your toes to your knees to go over your toes okay so we're just go over your toes okay so we're just going to do 12 squats these are great going to do 12 squats these are great for um colon guys i have people who are for um colon guys i have people who are constipated doing squats all the

time constipated doing squats all the time and it really helps so you're just going and it really helps so you're just going to stand here and you're just going to to stand here and you're just going to squat down and up okay go as far as you squat down and up okay go as far as you feel comfortable you don't have to go feel comfortable you don't have to go all the way down like this it's totally all the way down like this it's totally fine you can go here and go as far as fine you can go here and go as far as your body feels comfortable okay so your body feels comfortable okay so heels up that helps with the um heels up that helps with the um with the you're getting a deeper squat with the you're getting a deeper squat without hurting yourself so remember without hurting yourself so remember don't let your knees come forward stay don't let your knees come forward stay nice and tall and just squat down and up nice and tall and just squat down and up okay just like that okay just like that all right and if you want to hold all right and if you want to hold weights while you do this you totally weights while you do this you totally can but it's not a problem at all can but it's not a problem at all um the last exercise you're gonna do is um the last exercise you're gonna do is just a side lunge or maybe by week four just a side lunge or maybe by week four you've invested in some dumbbells and you've invested in some dumbbells and you want to up it a little bit and add you want to up it a little bit and add some weight first two weeks you don't some weight first two weeks you don't it's totally fine it's totally fine um um um side lunge so just like this and come side lunge so just like this and come forward when you do your side lunge guys forward when you do your side lunge guys both toes need to stay forward okay both toes need to stay forward okay and when you step out i need you to be and when you step out i need you to be about three inches about three inches in front of that other foot so you're in front of that other foot so you're gonna step out gonna step out okay so if you look this foot is a okay so if you look this foot is a little bit further forward okay this little bit further forward okay this leg's super straight leg's super straight side lunge okay and let's do this just side lunge okay and let's do this just like that and we're going to do all one like that and we're going to do all one side side side and then the other side on this one okay and then the other side on this one okay so those are your three exercises so those are your three exercises that i want you to do okay so you have that i want you to do okay so you have your lunges 12 on each leg okay and then your lunges 12 on each leg okay and then we're gonna go into your squat and then we're gonna go into your squat and then your side lunge if you want to hold your side lunge if you want to hold dumbbells for any of these go ahead and dumbbells for any of these go ahead and do it um if you feel comfortable if you do it um if you feel comfortable if you feel like you're just a little bit um feel like you're just a little bit um you know your energy is lacking you know your energy is lacking a little bit still from starting the um a little bit still from starting the um the cleanse then that's totally the cleanse then that's totally understandable your body is probably understandable your body is probably just you know going through a lot and just you know going through a lot and it's going to be really happy in the end it's going to be really happy in the end that's for sure that's for sure okay the next set of exercises that okay the next set of exercises that you're going to do you're going to do um um um you're going to grab your you're going to grab your jugs or cans or whatever you decide to jugs or cans or whatever you decide to use as weight okay use as weight okay and what you're going to do is you're and what you're going to do is you're just going to bend over with your back just going to bend over with your back super flat so don't round it super flat so don't round it okay keep your back flat it's almost okay keep your back flat it's almost like you're twerking and sticking your like you're twerking and sticking your chest out slight bend in the knees and chest out slight bend in the knees and just pull back just pull back and down and back and down and back and down okay and that's all you're and down okay and that's all you're going to do going to do so 12 of those and then the last one so 12 of those and then the last one you're just going to stand so it's good you're just going to stand so it's good to do some bilateral training it helps to do some bilateral training it helps with core stability you're just going to with core stability you're just going to bring the dumbbell up here bring the dumbbell up here and you're going to press up and you're going to press up and then down soft knees okay and then down soft knees okay press up and then down and you're going press up and then down and you're going to do 12 of those on each side okay so to do 12 of those on each side okay so hopefully all of that makes sense hopefully all of that makes sense and then the last one you're going to do and then the last one you're going to do again you have your soft knees dumbbells again you have your soft knees dumbbells are going to turn out the first week are going to turn out the first week workout we had them like this this week workout we had them like this this week we're going to turn them like this and we're going to turn them like this and you're just going to do a curl you're just going to do a curl and down okay so just like this and down okay so just like this curl curl curl and down okay and down okay so those are those are pretty straight so those are those are pretty straight forward forward forward again again again i'm gonna grab my ball again if you have i'm gonna grab my ball again if you have any questions you just let me know um any questions you just let me know um put it in the facebook group and i am put it in the facebook group and i am happy to answer happy to answer any of those any of those okay okay okay um and yeah if you need alternatives or um and yeah if you need alternatives or backwards i've done a lot i do a lot of backwards i've done a

lot i do a lot of background and corrective exercise background and corrective exercise program design so i can definitely help program design so i can definitely help you with alternatives for that even you with alternatives for that even maybe some maybe some pt exercises to help you pt exercises to help you with your uh with your uh injury injury injury so so so on your elbow we're doing your core okay on your elbow we're doing your core okay we just have two exercises in this one we just have two exercises in this one so here is progressions for each so here is progressions for each so you can start like this with your leg so you can start like this with your leg bent bent bent underneath and the foot's back here but underneath and the foot's back here but your body is suit all parallel so this your body is suit all parallel so this is all matching still or you can have is all matching still or you can have both legs straight out when you do this both legs straight out when you do this your elbow goes under you you just lift your elbow goes under you you just lift your hip up your hip up and down and up and down and you're and down and up and down and you're going to do 12 of those going to do 12 of those okay and then before you switch to the okay and then before you switch to the other side i'm going to have you come up other side i'm going to have you come up and we're going to lift that leg up and and we're going to lift that leg up and down and up and down and again down and up and down and again a little easier do it this way okay a little easier do it this way okay all right and you can even bring that all right and you can even bring that arm up like that so it opens up your arm up like that so it opens up your chest and shoulder don't let your head chest and shoulder don't let your head drop down drop down okay make sure your body is really okay make sure your body is really really straight when you do these and really straight when you do these and you're going to do 12 hip drops and then you're going to do 12 hip drops and then 12 leg lifts and then you're gonna 12 leg lifts and then you're gonna switch to the other side and do that on switch to the other side and do that on the other side okay so that is workout the other side okay so that is workout number two week number two so we are number two week number two so we are halfway through halfway through and you're gonna get two more workouts and you're gonna get two more workouts and the best part is you can save all and the best part is you can save all these videos and you can progress and these videos and you can progress and continue to do them for the next couple continue to do them for the next couple weeks weeks weeks after the cleanse and you can add more after the cleanse and you can add more dumbbells and some weights and then dumbbells and some weights and then maybe get your own little home gym so maybe get your own little home gym so then you have absolutely no excuse to then you have absolutely no excuse to not be not be optimizing your health you can you got optimizing your health you can you got everything from the cleanse and now you everything from the cleanse and now you got workouts got workouts and you have the facebook group for and you have the facebook group for support so hopefully all that helped and support so hopefully all that helped and