

PAIGE ROBERTS
PERFORMANCE NEURO TRAINING

Shift Your Energy Instantly With Exercise

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Exercise

Strengthens all of our organ systems and their processes.

Strengthens muscles to support tendons, ligaments, bones and joints.

Increases resting metabolic rate

Burns excess fuel-calories-energy

Increases circulation, detoxification and endorphin production.

Prevent the development of mental and physical diseases.

Stabilizes blood sugar.

Increase flexibility.

Calms the overactive mind.

Increases mental focus.

Increases vagal tone (your boss nerve).

Increases dendrite production within the brain.

Increase brain derived neurotropic factor-BDNF which assists in neurogenesis within the brain.

Increases the Nuclear factor (erythroid-derived 2) NRF2 pathway. "The Fountain of Youth" or "Anti-aging" Pathway.

Cardiovascular Exercise

American College of Sports Medicine says the 30-50min 5 days a week. And can be broken down into a minimum 10 min intervals (body will continue to burn energy up to 30 min after at least every 10min interval throughout your day).

- | | |
|---------------------|--------------------|
| 01 Brisk Walking | 06 Snowshoeing |
| 02 Stair Walking | 07 Skiing-Boarding |
| 03 Biking | 08 Swimming |
| 04 Jogging | 09 Hiking |
| 05 Jogging in Place | 10 Treading |



High Intensity Interval Training (HIIT)

HIIT Training 2 Days a Week

Do 3 exercises 3 times for 1 minute each

Try to increase your total time weekly by adding more exercises.

Jog in Place



Out Out In Ins



Ski Bumps



Kick Squat Alternating



Jump Jacks



Side Kick Jump Jacks



Kick Squat Doubles Then Aleternate

Double Knees



Skaters



Bounces

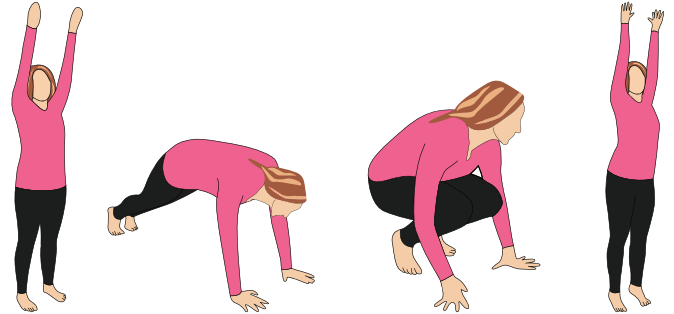


Standing Reach Across Alternating Toe Touches



Standing Reach Across Double Toe Touches
(Same movement just double on each side before alternating)

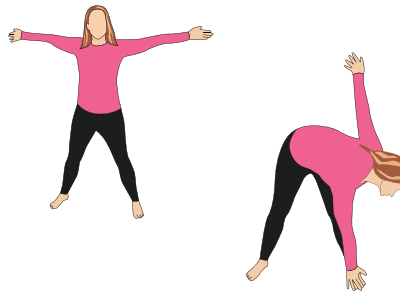
Burpees



Squat Jumps



Bent Over Diagonal Alternating Toe Touches



Bent Over Diagonal Double Toe Touches
(double up the toe touching before alternating)

Star Jumps



Mt. Climbers



Squat to Sumo



Alternating High Knees



Double Alternating High Knees
(same as single just double knee to elbow before alternating)

Example:

Jog in place for 1min, Mt. Climbers for 1min, Squat to Sumo for 1min

Jog in place for 1min, Mt. Climbers for 1min, Squat to Sumo for 1min

Jog in place for 1min, Mt. Climbers for 1min, Squat to Sumo for 1min

Total of 3 exercises for 1min for 3 cycles

Total Minutes=9min

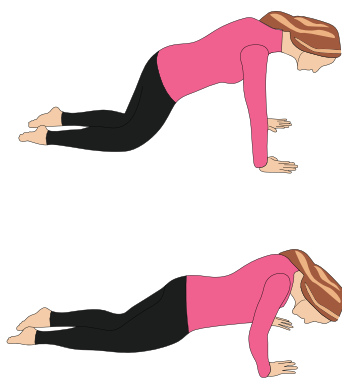


Body Weight Exercises

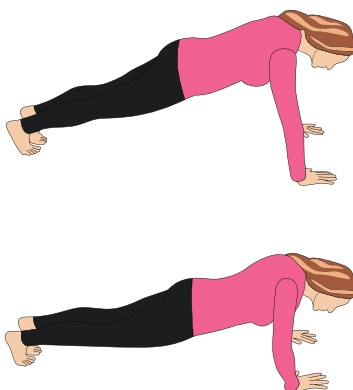
Body Weight Exercises 1 Day a Week

Do 3 exercises 3 sets of 10 each

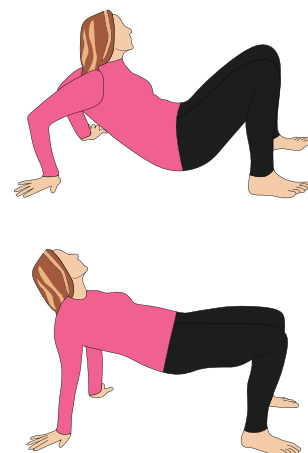
Modified Push Up



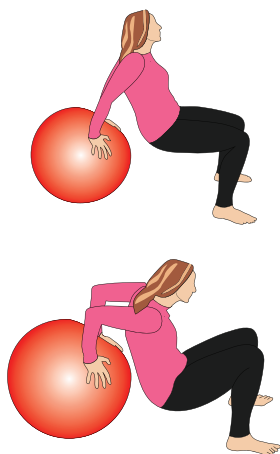
Push Up



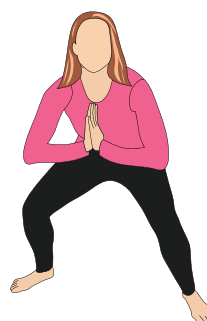
Dips Floor



Dips Furniture



Squat Pulses

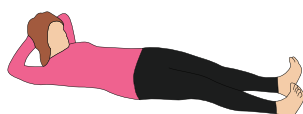


Core Exercises

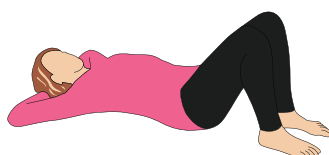
Body Weight Exercises 1 Day a Week

Do 3 exercises 3 sets of 10 each

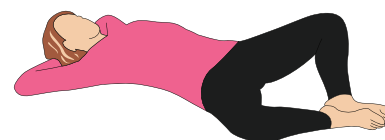
Straight leg Crunch



Bent leg crunch



Leg open crunch



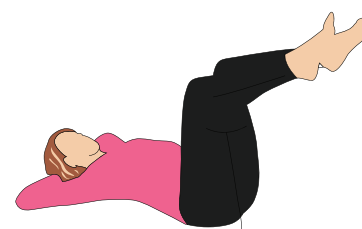
Side crunch



Bicycles



Knee up crunch



Straight leg in the air crunch



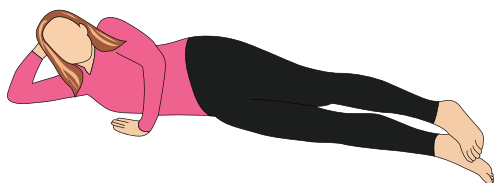
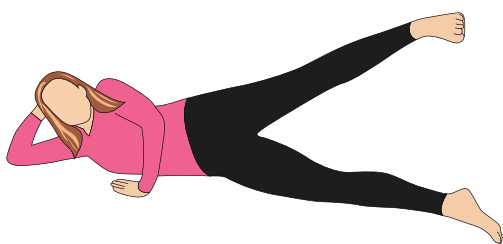
Alternating Knee crunch



Saws



Side leg lifts



Dumbbell twist



100 Hundreds



Weight Training Exercises

Weight Training 2 Days a Week

Do 2 Leg Weight Training Exercises 3 sets of 10 each

Do 1 Chest Weight Training Exercises 3 sets of 10 each

Do 1 Back Weight Training Exercises 3 sets of 10 each

Do 1 Shoulder Weight Training Exercises 3 sets of 10 each

Do 1 Triceps Weight Training Exercises 3 sets of 10 each

Do 1 Bicep Weight Training Exercises 3 sets of 10 each

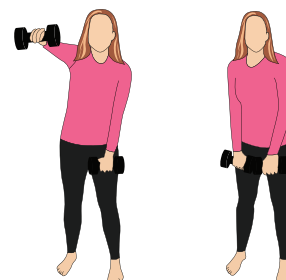
Plie Shoulder Press



Plie Shoulder Fly

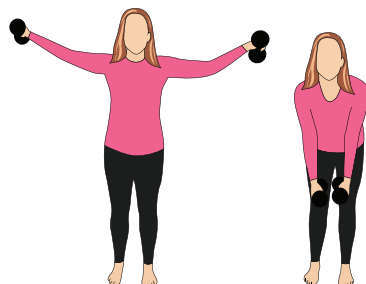


Front Shoulder Raises

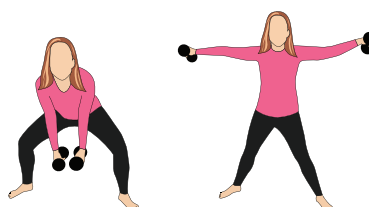


Alternating Shoulder Raises
(same image but alternating
the sides with each)

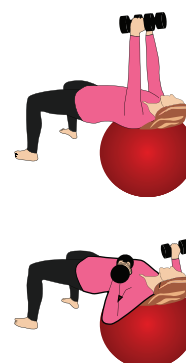
Side Shoulder Raises



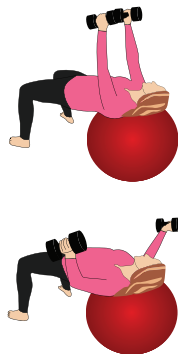
Shoulder Raises with Plie Squat



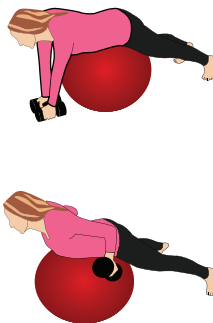
Chest Press (Ball or Bench)



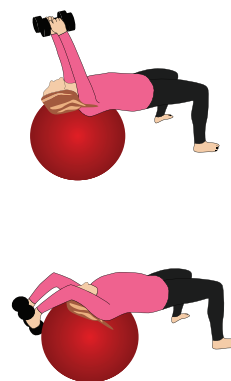
Chest Fly (Ball or Bench)



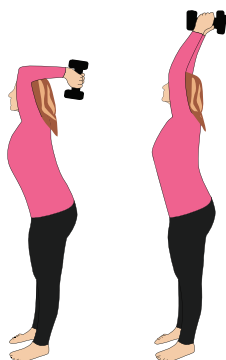
Back Fly (Ball or Bench)



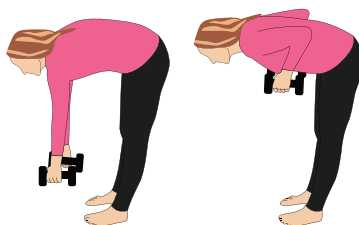
Triceps Extensions (Ball or Bench)



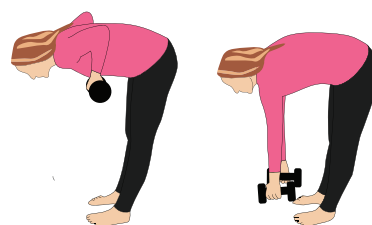
Triceps Extensions Standing



Bent Over Rows



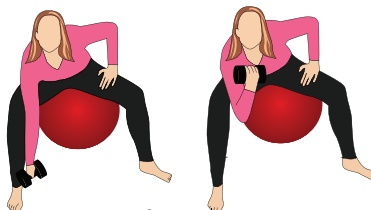
Bent Over Row with Twist



Bicep Curl



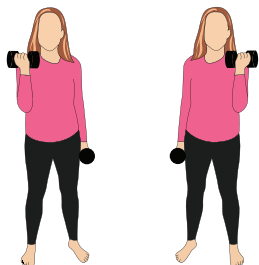
Concentration Bicep Curl



Bicep Curl while Plie Squat



Bicep Curl with Twist



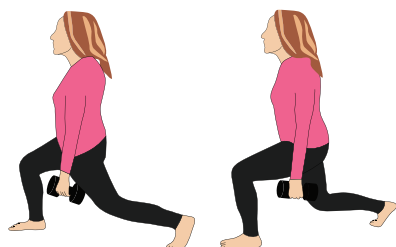
Bicep Curl with Twist Lunge



Lunge Standing with Kick Back



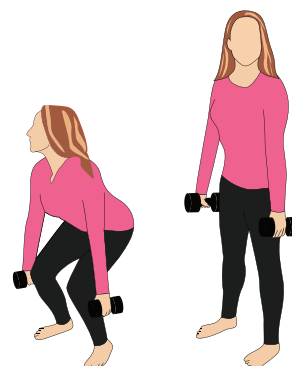
Lunge Alternating



Forward Walking Alternating Lunge

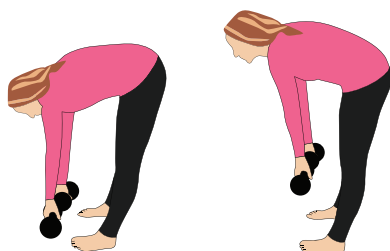


Squat

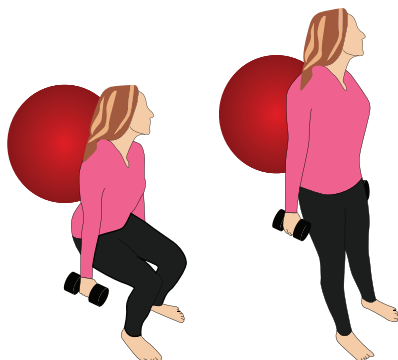


Forward Walking Double Lunge
(lunge on same side twice before
you switch sides)

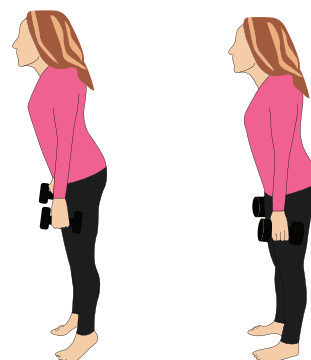
Bent Over Lifts



Wall Ball Squat



Calf Raises (Flat or Edge of Step)



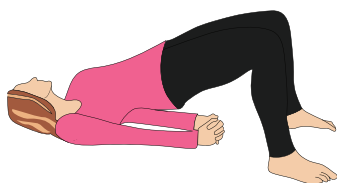
Yoga

Yoga Everyday

Do 10-30 Minutes Daily

Hold Each Pose for 1 Minute this includes alternating from the right and left sides with each pose.

Hip Thrust



Legs over head



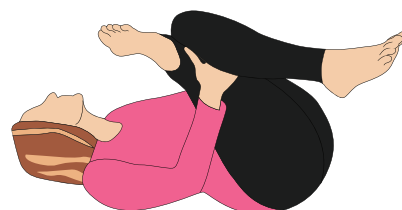
Upright



Bent Knee Upright



On back leg twist



Nose to knee



Spread eagle



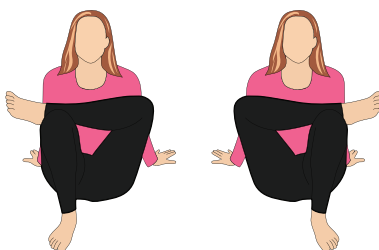
Butterfly



Seated toe touch



Pretzel left and right



Seated Twist Left and Right



Criss cross reach Left and Right



Straight side stretch left and right



Bent knee side stretch left and right



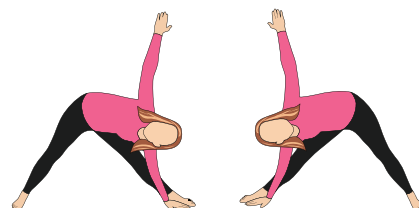
Right angle left and right



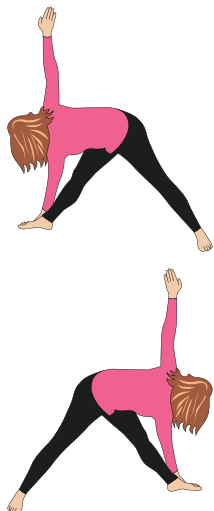
Side twist left and right



Triangle left and right



Twist and Triangle left and right



Warrior 1 left and right



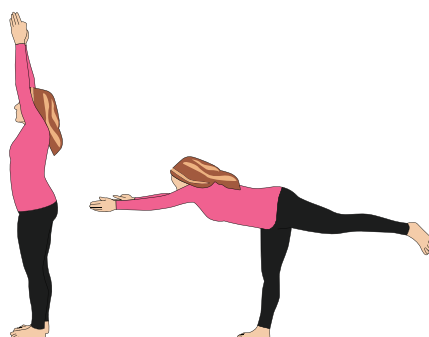
Warrior 2 left and right



Peaceful Warrior left and right



Warrior 3 left and right



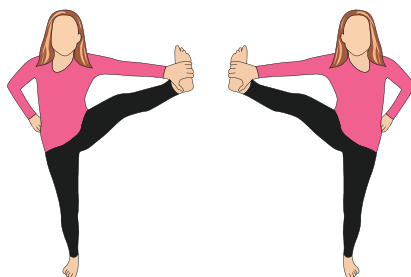
Tree left and right



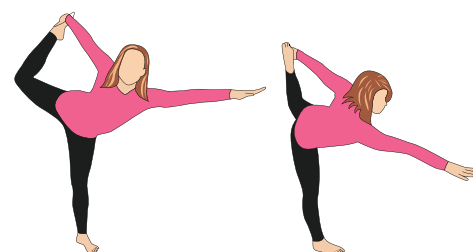
Standing twist



Bow left and right



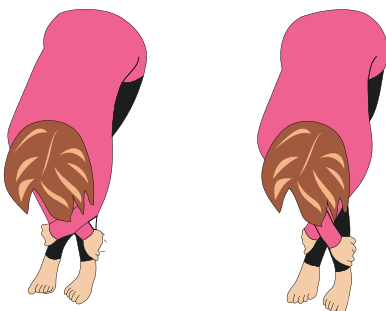
Dancer left and right



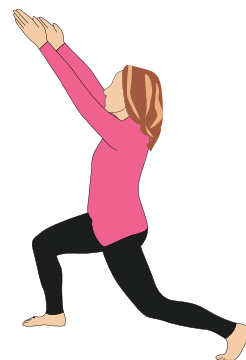
Forward Bend



Forward Bend Twist both sides



Forward lunge



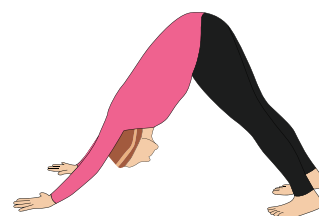
Forward low lunge



Bent Over Hamstring stretch Left and right



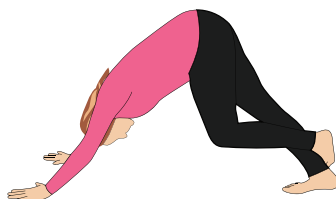
Downward dog



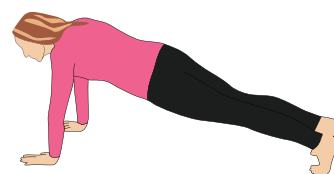
Downward dog leg up left and right



Downward dog calf left and right



Plank



Side Plank left and right



Modified side plank left and right



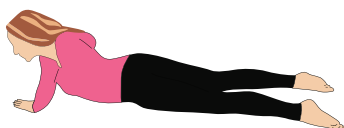
Up dog



Cobra



Crocodile



Sphinx



Cat



Cow



Opposite Arm Opposite Leg both sides



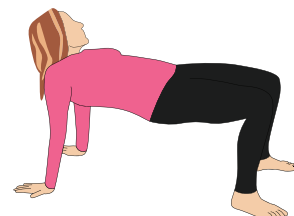
Frog



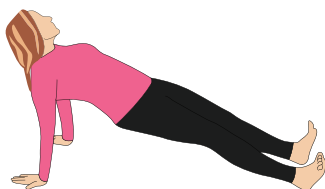
Half Arch



Bridge



Half Bridge



Arch



Boat



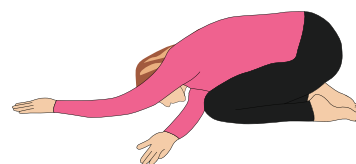
Boat stretch



Child's Pose



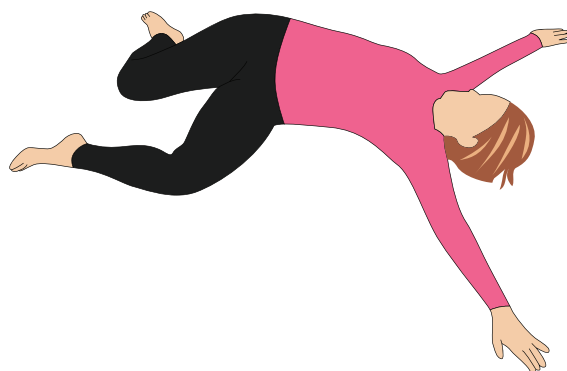
Child's pose cross over left and right



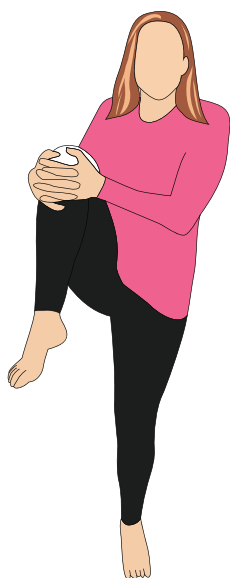
Knee across body left and right



Both knee across the body left and right



Standing knee stretch left and right



Standing Prayer left and right

