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| **1.** |
| **FILL IN THE SUB-ATHLETE INTAKE AND SEND IT TO THE TRAINER**  |

**WEEKLY ASSIGMENTS WEEK 1**

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| **2.** |
| **BUY A DIARY OR MAKE ONE ONLINEWRITE YOUR FEELINGS ABOUT THIS TRAINING PROGRAM** |

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| **3.** |
| **STUDY THE POSES WE WILL USE DURING SUB-WORKOUTS LEARN THEM BY MIND** |