



GET IN SHAPE

PHYSICAL, MENTAL + SPIRITUAL ROUTINES



cross timbers
CHURCH



PHYSICAL

KEEPING YOUR BODY HEALTHY

- No equipment is needed.
- Google or YouTube the exercises you are unfamiliar with.
- Work out format: Every minute on the minute (EMOM) – Start a stopwatch and complete the exercises below with given rep count. Whatever time you have left in the minute, take a break, catch your breath. As soon as clock hits the minute marker, start the exercises over again. Complete five times before moving on to the next round.



LEVEL ONE:

- Warm up: (complete X 1)
 - Walk for 5 minutes (around the house or outside)
 - 5 good mornings
 - 5 half lunges
 - 5 squats
 - 5 standing push-ups (pushup against the wall)
 - 5 knee grabs
 - 5 leg raises
- Round 1 (complete X 5)
 - 10 lunges (5 each leg)
 - 10 marching steps
- Round 2 (complete X 5)
 - 10 squats
 - 10 jumping jacks

- Round 3 (complete X 5)
 - o 20 second plank hold (40 second break)
- Round 4 (complete X 5)
 - o 10 bicycle kicks
 - o 10 single leg, leg raises
- Complete work out with 10-minute brisk walk



LEVEL TWO:

- Warm up: (complete X 2)
 - o Walk for 5 minutes (around the house or outside)
 - o 5 toe touches
 - o 5 lunges
 - o 5 squats
 - o 5 knee push-ups
 - o 5 super mans
 - o 5 leg raises
- Round 1 (complete X 5)
 - o 5 lunges
 - o 5 knee push ups
 - o 5 sit ups
- Round 2 (complete X 5)
 - o 5 squats
 - o 5 jumping jacks
 - o 10 bicycle kicks
- Round 3 (complete X 5)
 - o 30 second plank hold (30 second break)
- Round 4 (complete X 5)
 - o 5 burpees



LEVEL THREE:

- Warm up: (complete X 2)
 - 3-minute brisk jog
 - 10 toe touches (bend at the waist, keep legs straight)
 - 5 lunges
 - 10 squats
 - 10 push-ups (drop down to knees for success option)
 - 5 super man
 - 10 sit ups

- Round 1 (complete X 5)
 - 10 lunges (5 each leg)
 - 5 push ups
 - 10 shoulder taps (10 each shoulder, push up position, take right hand and tap left shoulder, take left hand and tap left shoulder – repeat rapidly)

- Round 2 (complete X 5)
 - 10 high Knees (10 each leg)
 - 10 squats
 - 10 bicycle kicks

- Round 3 (complete X 5)
 - 40 second plank hold (20 seconds break)

- Round 4 (complete X 5)
 - 10 half burpees



LEVEL FOUR:

- Warm up: (complete X 2)
 - 3-minute brisk jog
 - 10 toe touches (bend at the waist, keep legs straight)
 - 10 lunges (5 each leg)
 - 10 squats
 - 10 push-ups (drop down to knees for success option)
 - 10 super man
 - 10 sit ups

- Round 1 (complete X 5)
 - 10 lunges (5 each leg)
 - 10 push ups
 - 10 shoulder taps (10 each shoulder, push up position, take right hand and tap left shoulder, take left hand and tap left shoulder – repeat rapidly)

- Round 2 (complete X 5)
 - 10 squats
 - 10 high Knees (10 each leg)
 - 10 bicycle kicks

- Round 3 (complete X 5)
 - 45 second plank hold (15 seconds break)

- Round 4 (complete X 5)
 - 10 chest-to-ground burpees



SPIRITUAL

GROW IN YOUR FAITH

Below are some suggested formats for quiet time. They are broken up into three categories according to the time you have available: 5-minute, 15-minute and 30-minute.



5-MINUTE QUIET TIMES

- Worship
 - Choose one worship song that is encouraging to you. Play the song in the background during your 5-minute quiet time.

- Bible
 - Choose one New Testament verse or passage.
 - Read it at least three times and highlight or underline anything that sticks out to you.
 - Contemplate two questions:
 - What does this say about God?
 - What does this mean for me?

- Prayer
 - Choose one good thing that has happened from the day before to thank God for.
 - Choose one thing you are asking God to do in your heart for that day.



15-MINUTE QUIET TIMES

- Worship
 - Choose a worship playlist that is encouraging to you, and play it in the background during your 15-minute quiet time.

- Bible
 - Choose one New Testament chapter to read.
 - Read one chapter of the Book of Proverbs. Whatever day of the month it is, read that chapter (if it's the 18th, read chapter 18).
 - Highlight or underline anything that sticks out to you.

- Prayer
 - Choose one good thing that has happened from the day before to thank God for.
 - Choose three things you are asking God to do in your heart for that day.
 - Spend a few minutes listening for His voice, write down what you think you hear from Him.



30-MINUTE QUIET TIMES

- Worship
 - Choose a worship playlist that is encouraging to you, and play it in the background during your 30-minute quiet time. (Cross Timbers has great playlist on Spotify)

- Bible
 - Choose one New Testament chapter to read.
 - Read one chapter of the Book of Proverbs. Whatever day of the month it is, read that chapter (if it's the 18th, read chapter 18).
 - Highlight or underline anything that sticks out to you.
 - Choose one verse out of the two chapters you read and write it down. Memorize that verse that day.
 - After you have chosen the verse you will memorize, ask yourself two questions about that verse:
 - What does this say about God?
 - What does this mean for me?

- Prayer
 - Choose one good thing that has happened from the day before to thank God for and write it down.
 - Make a list of things you would like to see God do in your life. Go through that list and ask Him to give you each one.
 - Spend a few minutes listening for His voice and write down what you think you hear from Him.

At the end of each 30-minute quiet time, find a note card, and write down the verse that you want to memorize on one side. On the other side, write down the one good thing that you are thankful for. Carry that card with you.



MENTAL

KEEP YOUR MIND SHARP + GROW IN YOUR EDUCATION

Below is a list of ways I keep my mind sharp. Consider the list a resource.

The power of this exercise is not **WHAT** you choose to do, but that you **CHOOSE** to do it. Spend 30 minutes doing one of the things below.



READ A BOOK

Current suggestions of books I am reading:

- Atomic Habits by James Clear
- Didn't See It Coming by Carey Nieuwhof
- Never Split the Difference by Chris Voss
- The Power of Moments by Chip and Dan Heath
- Garden City by John Mark Comer
- Extreme Ownership by Jacko Willink
- How to Deliver a Ted Talk by Jeremy Donovan
- Sleep Smarter by Shawn Stevenson
- Own the Moment by Carl Lentz

Listen to an audio book form the app AUDIBLE. For summaries of a book, purchase a subscription to StudyLeadership.com



LISTEN TO A PODCAST

Current suggestions of podcast I listen to:

- Carry Nieuwhof
- Andy Stanley's leadership podcast
- Craig Groeschel's leadership podcast
- The Bible for Normal People
- The Daily
- You're Wrong About
- Freakanomics
- Science vs



READ AN ARTICLE

ANY articles from the following apps:

- CNN
- Fox News
- NBC
- The Washington Post
- ABC
- ESPN News
- PBS
- NPR
- Christian Today
- Wall Street Journal

I do not agree with all of the views expressed in some of these options, but I enjoy reading perspectives that are different than my own.