

## **Example Of An A2A workout.**

Your workouts should consist of combination of core strength and cardio. Since the meeting is a half hour, that leaves a half hour for workouts. Keep it intense, but keep to your ability and don't make it too hard or you won't do it again.

Consistency is the goal, just like with meetings... keep coming back! Keep working out! A little a day is better than a lot all at once.

For example: if you have no equipment, this is a good idea of what you can do.

Start with 5 min of stretches... arm, shoulders, neck, legs and ankles.

5 min. jump rope or jumping jacks.

5 min. of sit ups or planks.

5 min. of pushups, Start normally, and then go to your knees if they get harder.

5 min. running in place, or squat down with your back straight, look up and jump as high as you can. When you come back down, squat deep and repeat for five min.

5 min. cool down walk or stretch again.

5 min of running in place.

### **Diet Plans A2A promotes:**

We recommend and follow the Body For Life dietary plan. Check out their website [bodyforlife.com](http://bodyforlife.com) for more information.