



M.E.S.S.

The Formula Is Simple



M.E.S.S. ROUTINES

When it comes to training, working out, putting in the extra effort, we want to guide you in making your M.E.S.S. experience as enjoyable and sustainable as possible.

Whether you are a beginner or Iron Man we have the M.E.S.S. routine for you!

Below you will find examples of Beginner, Intermediate and Advanced Routines. ALL of them are body weighted so there is no equipment needed!

Each package contains the entire library of movements, but depending on which package you have signed up for you will gain access to either just photos (Bronze), photos and GIFS (Silver) or photos, GIFS and Videos (Gold).

Use the library of movement to get familiar with the names and even in the beginning while you use the templates to follow, start to build the habit of building your own M.E.S.S. routine that suits your lifestyle.

You can print out the templates below so that you have a hard copy to work off AND wrote on! Many studies have shown the positive effects of physically writing something down as a way to build better habits and make your commitment more sustainable!

To help get you going and keep going, we suggest getting a M.E.S.S. buddy who will hold you accountable and vice versa. Don't worry if its just 5 minutes you're committing to. You're far better off doing 5 minutes daily for a month and slowly building from there than trying to do a 90 min session once off and never again!

Another key recommendation is CHOOSE A TIME! Make a M.E.S.S. appointment with yourself and your bud-dy.

If you do not commit to some type of routine, then there's no way of cleaning up the real mess in your life. Make it small first to make it sustainable!

Print & sign the contract below, paste it in on your fridge, give it to your M.E.S.S. buddy, commit and go!

I _____ do hereby commit to doing _____ (days)
of M.E.S.S. routines per week at a duration of _____ (min) for each one.

I _____ do hereby commit to do my M.E.S.S. movement on the following days: MON /
TUES / WED / THURS / FRI / SAT / SUN (Circle your choices)

M.E.S.S. ROUTINES

M.E.S.S. has 9 Movement categories and over 200 exercises to choose from so you'll never be bored or run out of ways to get and stay stronger!

However, we are aware that our motto is The Formula Is Simple®, so then how does having over 200 exercises make it simple? By starting small.

We will begin your M.E.S.S. journey by hand picking selective movements that will benefit your mindfulness, mobility, strength and balance. A beginner's routine will be just 5 minutes.

With time and consistent practice and referencing the movement library, you will become familiar with these movements and start to add in variety from the selection of categories we have.

An intermediate routine will be 15 minutes as you have no ideally built up the habit of committing to doing your training at least 3 times per week.

Finally, an advanced routine will be 30 minutes long.

You are not restricted to these numbers at all, they are purely a guide. If you and your M.E.S.S. buddy have a special bond to the number 17 cause of your high school days then by all means, do 17 minutes routines, as long as you're consistent and accountable!

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M.E.S.S. TRACKING

We had mentioned in the eating overview the importance of some type of tracking otherwise you'll be guessing what you ate in a week (trust us your memory is not that good, especially when it comes to the Tuesday afternoon Black Forrest cake slice you didn't have...)

Also when it comes to sleep do you really remember how long you slept for 3 nights ago? And how good was it? Exactly. So hence needing to quickly fill in your hours of sleep and a general score out of 10. This will alleviate guessing how good your sleep has been and the quality of it.

BUT!! You say, I have the latest and greatest Blueberry Smart Whizz Watch that records every-thing including my sleep. Ok great, good for them, all we want you to do is write down a simple score for your sleep. Thanks.

Then not to forgot our bathroom breaks, again making this recording simple so was it a Number 1 or Number 2 and how many did you do?

Now of course there is going to be conflicting opinion here, you should twice a day, you should go twice a week, you should go twice every hour!! Ok ok, we get it there isn't an absolute normal when it comes to bowel movements but there should be a consistent pattern for you, and you should not be constipated, bloated or struggle to pass your stool so those are areas to be aware when tracking and seeing how regular you are.

Print out the following page tracking sheet, stick it on your fridge, bathroom, mirror or inside of your car to remind yourself to M.E.S.S. EVERYDAY!!

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MOVE	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MIN							
TIME							
ENERGY							

EAT	MON	TUES	WED	THURS	FRI	SAT	SUN
GOOD MEALS							
BAD MEALS							
ENERGY							

SHIT	MON	TUES	WED	THURS	FRI	SAT	SUN
NUM 1							
NUM 2							
ENERGY							

SLEEP	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL HRS							
QUALITY							
ENERGY							

M.E.S.S. ROUTINE: **Beginner** (5 min) Part 1/1

Welcome to your first M.E.S.S. routines, the goal here is to get you going and build good healthy habits. If you've gotten this far then you've done really well! You've printed out the mini contract, agreed to specific times to train and have your trackign sheet printed out as well to monitor your progress. Let's go!

1) CROCODILE BREATHING



1 min, lying down on your stomach, breathing through your nose.

2) S NECK STRETCH



1 min, alternate rotating 1 arm behind your back and the opposite arm gently on top of the head

3) STEPPING OVER & UNDER



1 min, alternate stepping over and under an imaginary hurdle.

4) MOUNTAIN CLIMBERS



1 min, in a pushup position alternate bringing 1 knee up towards your belly.

5) BREASTROKE BREATHING



1 min, breathing through your nose, imagine swimming in a breaststroke manner.

DONE! 5 / 5 min

Well done on completing your M.E.S.S. routine today.
Keep it up!

M.E.S.S. ROUTINE: **Intermediate** (15 min) Part 1/2

You're tracking everything really well and started to build good daily habits. you're seeing improvements in your energy and some gains in strength and mobility. Now its time to move up a gear and move a bit longer. So set your timer and let's go!

1) ALT NOSTRIL BREATH



1 min, alternate gently closing and opening 1 nostril by pressing with your finger as you breath in & out

2) SPINE FLEX & EXTEND



1 min, on hands and knees, breathe in & round your spine, exhale & extend your chest and lift head.

3) ARM & SHOULDER JOINT ROLLING



1 min, rotate both arm at the shoudlers, elbows and wrists in multiple directions.

4) 1/2 KNEELING CIRCLES



2 min, from a low kneeling position circle your knee with hands on clock & counter clockwise. 1min ea side.

5) HAND ASSISTED SQUATTING



1 min, with hands on the floor shift between various squat positions and widths.

6 / 15 min, well done!
Carry onto the next page to continue this routine....

M.E.S.S. ROUTINE: **Intermediate** (15 min) Part 2/2

6) CRAWL



2 min, from hands and knees, lift knees and crawl opposite hand and foot as long as you can.

7) STEPPING OVER & UNDER



2 min, alternate stepping over and under an imaginary hurdle.

8) DEAD BUG - OPPOSITE



1 min, on your back, alternate extending the opposite arm and leg out.

9) STRETCH UP & TWIST



2 min, in standing bring your feet together, interlock fingers and reach up above head. Alternate twisting left & right.

10) BOW & ARROW



2 min, in standing, alternate pulling 1 arm in & 1 arm out as you breathe in and out as you "pull" a bow & arrow.

DONE! 15 / 15min

Well done on completing your M.E.S.S. routine today.
Keep it up!

M.E.S.S. ROUTINE: **Advanced** (30 min) Part 1/3

Welcome to an advanced M.E.S.S. routine. Please do not rush to get here if you're just starting out, take your time to progress through the various levels. If you've comfortably moved through the intermediate routines then I trust you'll enjoy the challenge of this advanced one. Enjoy!

1) 3 SHORT 1 LONG



2 min, take 3 short breaths in & 1 long breath out.

2) CRAWL BREATHING



1 min, down to hands & knees. Lift your knees, hold and breathe deeply.

3) 1/2 KNEELING REACHING



2 min, from a low and tall 1/2 kneeling position, reach to various heights and directions.

4) HIP BRIDGE REACHING



1 min, with your hips facing up, alternate pressing into your legs and arm and reach 1 arm up.

5) HINGE Y's



1 min, with your knees slightly bent & back slightly extended raise your arms up & down in a Y letter.

7 / 30 min, well done!
Carry onto the next page to continue this routine....

M.E.S.S. ROUTINE: **Advanced** (30 min) Part 2/3

6) CRAWL



2 min, from hands and knees, lift knees and crawl opposite hand and foot as long as you can.

7) DEEP KNEE BEND



1 min, balance on the toes & balls of your foot.

8) STEPPING OVER & UNDER



2 min, alternate stepping over and under an imaginary hurdle.

9) LEG SWING JUMP



1 min, alternate swinging 1 leg and landing to an imaginary obstacle.

10) ELBOW STRIKES



1 min, alternate striking with your elbow & using your other hand as a target.

REPEAT THESE MOVEMENTS (6-10) AGAIN BEFORE MOVING ON.

21 / 30 min, well done!
Carry onto the next page to
FINISH this routine....

M.E.S.S. ROUTINE: **Advanced** (30 min) Part 3/3

11) HOLLOW POSITION HOLD



1 min, press your lower back into the ground & extend your arms and legs out holding for as long as you can.

12) MOUNTAIN CLIMBER



1 min, in a pushup position alternate bringing 1 knee up towards your belly as fast as you can.

13) SIDE PLANK



1 min, on your side setup your elbow under your shoulder & straighten your legs, look ahead.

**REPEAT THESE MOVEMENTS
(11 - 13) AGAIN BEFORE MOVING ON.**

14) 90 / 90 TWIST



2 min, on the ground creat a 90/90 angle with your legs & alternate side twisting & breathing slowly.

15) S TOUCH



1 min, from kneeling or sitting, slowly rotate 1 arm up, 1 arm behind your back & head.

DONE! 30 / 30 min

Well done on completing your M.E.S.S. routine today.
Keep it up!

M.E.S.S. ROUTINES

Thank you for taking the time to read through the M.E.S.S. Routines E-book.

I look forward to hearing about your experience with M.E.S.S. so please follow, like and share across all our Social Media platforms:

Email: info@messliving.com

Facebook: <https://www.facebook.com/profile.php?id=100087754201929>

Instagram: https://www.instagram.com/moveeatshitsleep_mess/

YouTube: <https://www.youtube.com/channel/UCRS-9ndwbzbNpkE8QKroPPw>



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