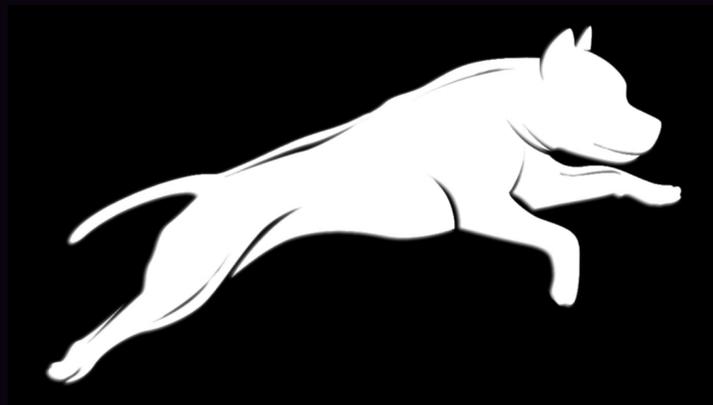


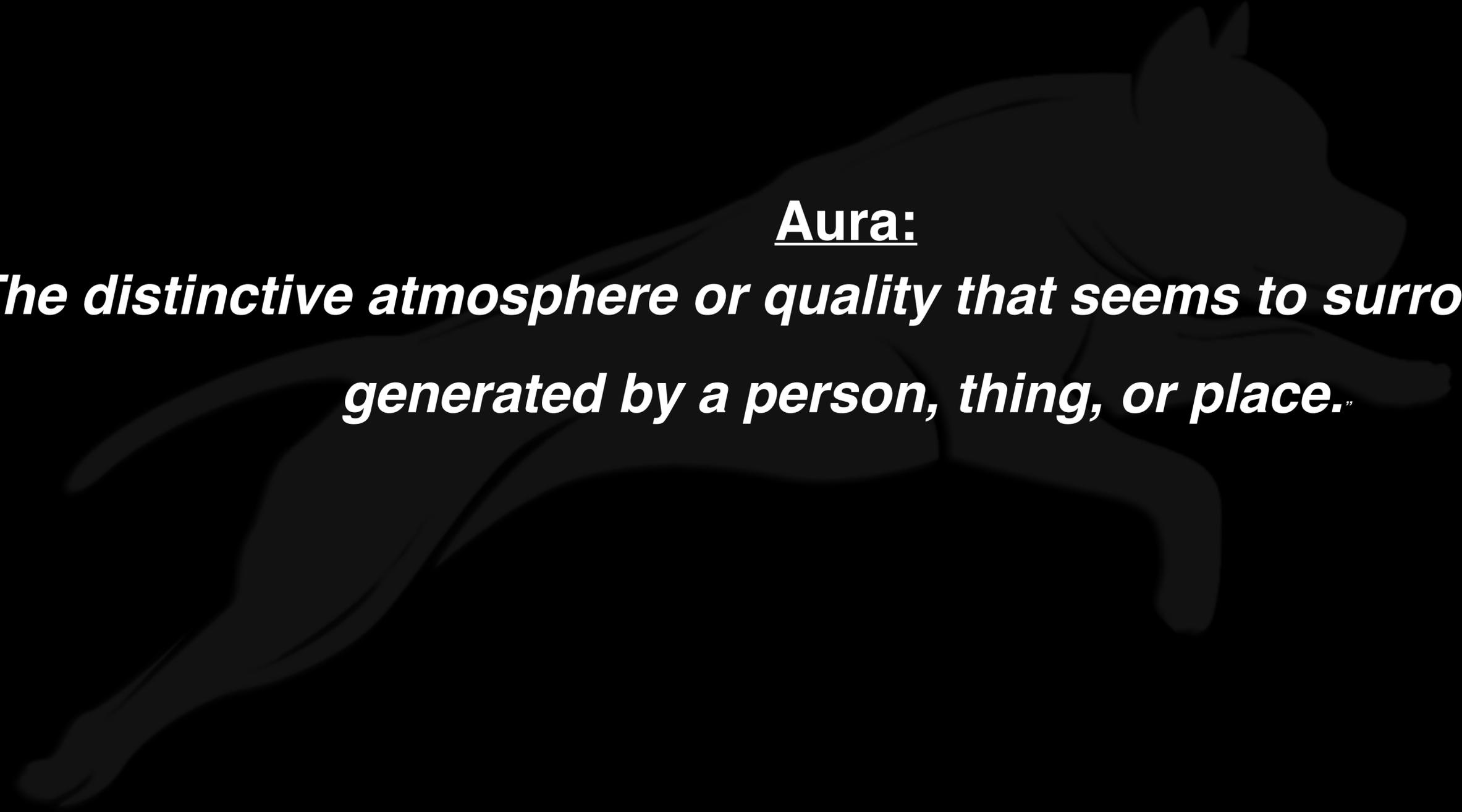
AURA



#DAWGSONLY

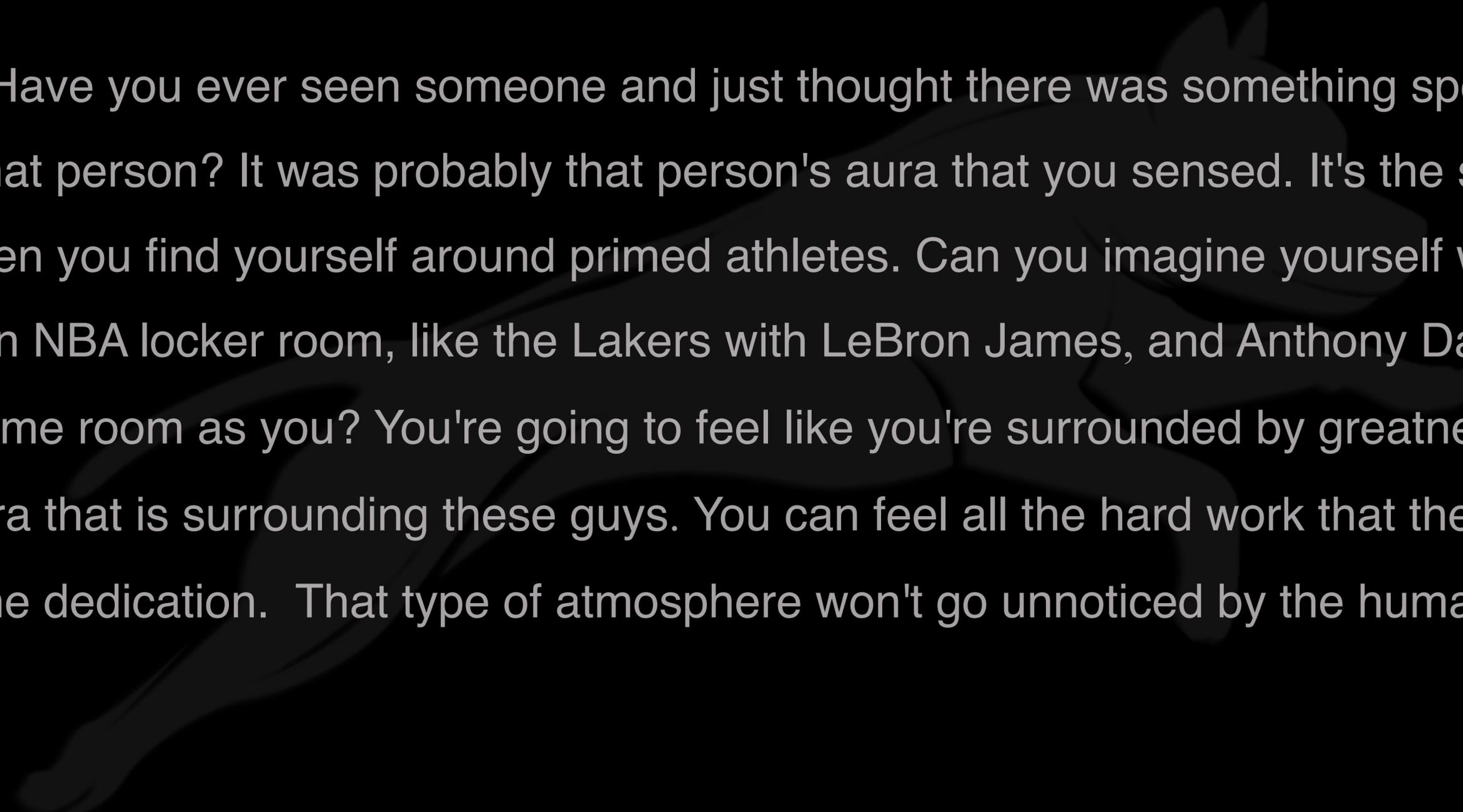
Determined. Athletes. With Guts.

@101PG_
@DAWGSDEN101

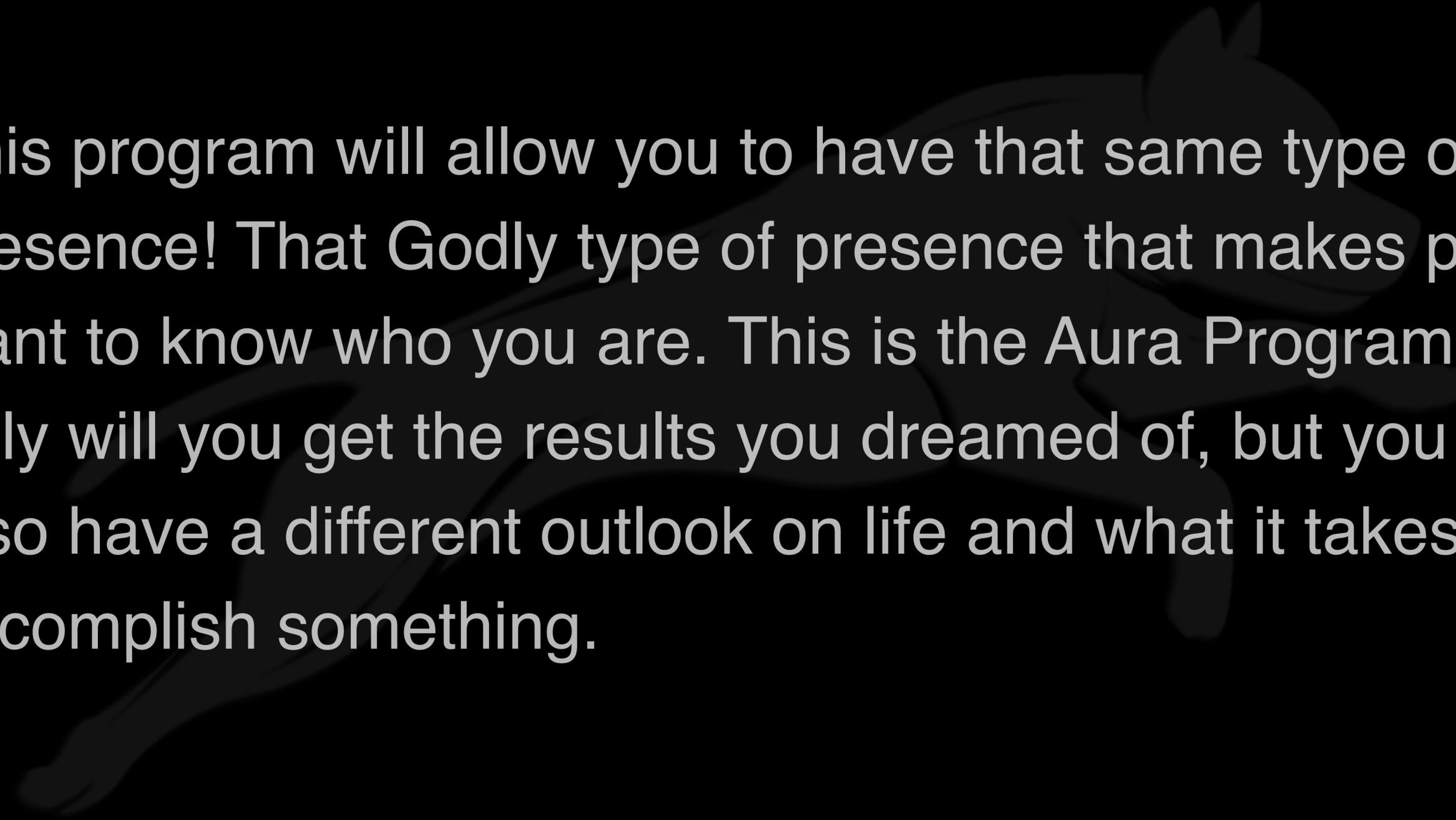


Aura:

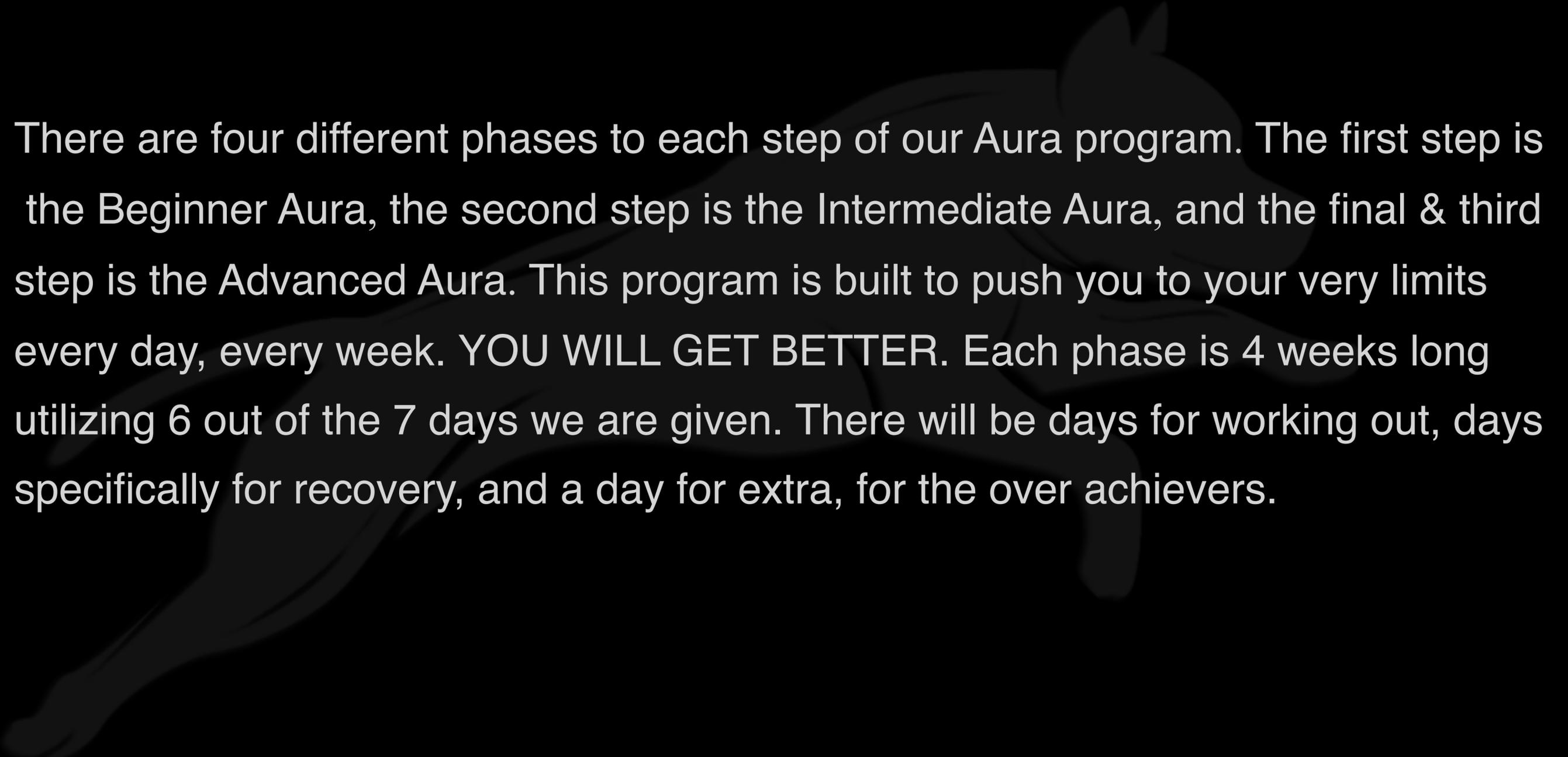
“The distinctive atmosphere or quality that seems to surround and be generated by a person, thing, or place.”



Have you ever seen someone and just thought there was something special about that person? It was probably that person's aura that you sensed. It's the same way when you find yourself around primed athletes. Can you imagine yourself walking into an NBA locker room, like the Lakers with LeBron James, and Anthony Davis in the same room as you? You're going to feel like you're surrounded by greatness, it's the aura that is surrounding these guys. You can feel all the hard work that they've put in, the dedication. That type of atmosphere won't go unnoticed by the human nerves.



This program will allow you to have that same type of presence! That Godly type of presence that makes people want to know who you are. This is the Aura Program. Not only will you get the results you dreamed of, but you will also have a different outlook on life and what it takes to accomplish something.

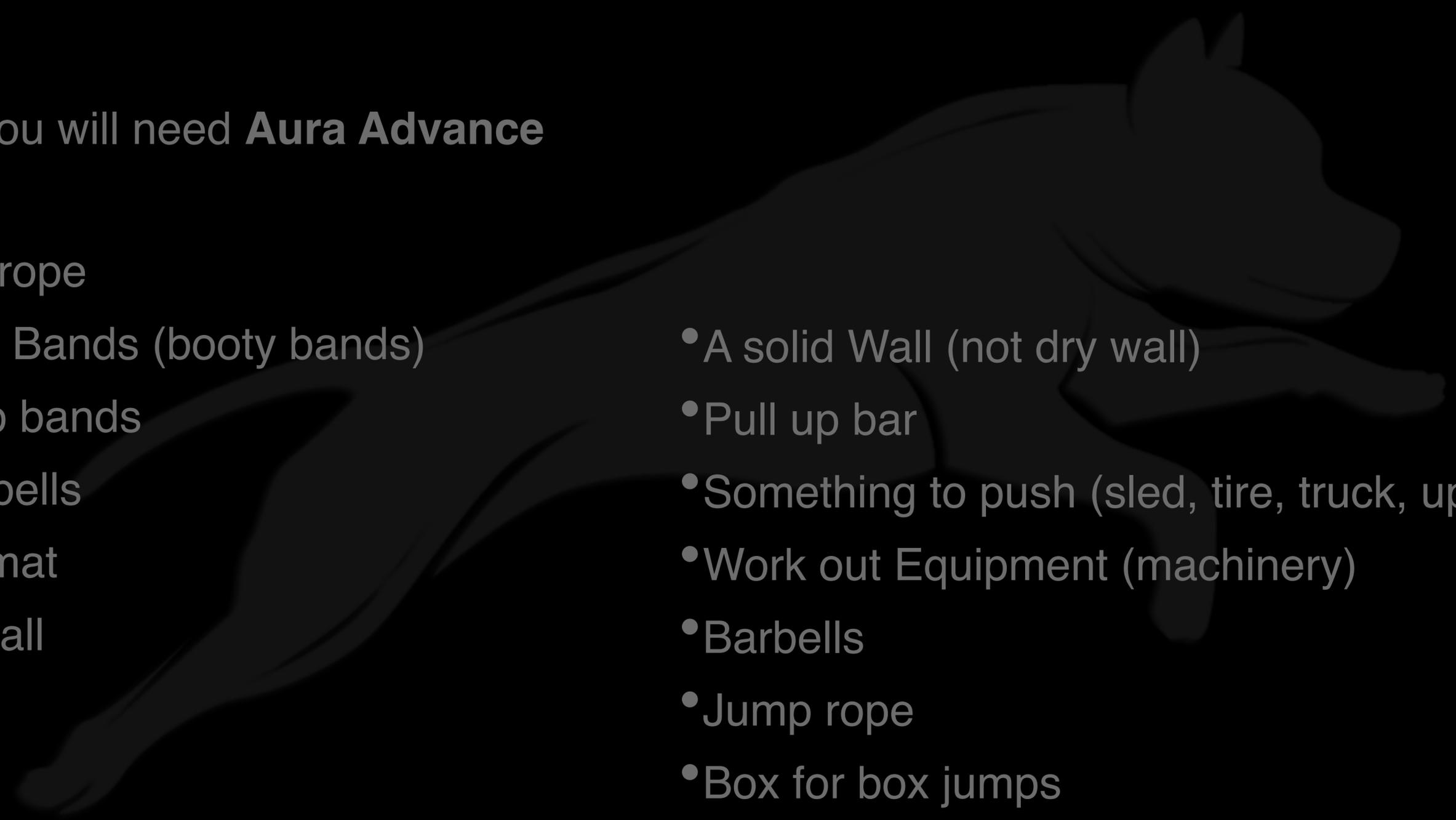


There are four different phases to each step of our Aura program. The first step is the Beginner Aura, the second step is the Intermediate Aura, and the final & third step is the Advanced Aura. This program is built to push you to your very limits every day, every week. **YOU WILL GET BETTER.** Each phase is 4 weeks long utilizing 6 out of the 7 days we are given. There will be days for working out, days specifically for recovery, and a day for extra, for the over achievers.

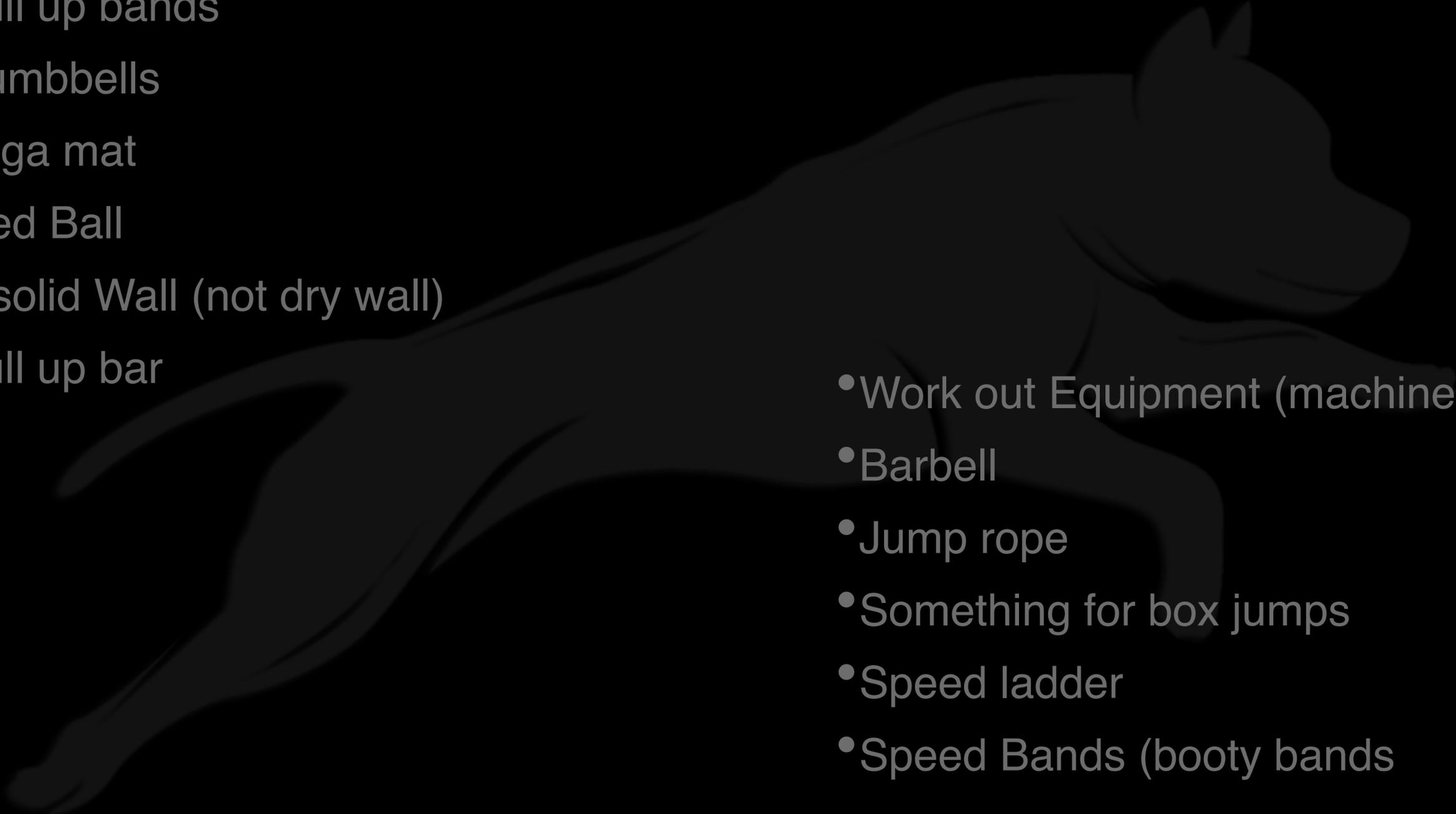
LET'S GET STARTED!

Things you will need **Aura Advance**

- Battle rope
- Speed Bands (booty bands)
- Pull up bands
- Dumbbells
- Yoga mat
- Med Ball
- A solid Wall (not dry wall)
- Pull up bar
- Something to push (sled, tire, truck, up to you)
- Work out Equipment (machinery)
- Barbells
- Jump rope
- Box for box jumps
- Speed Ladder

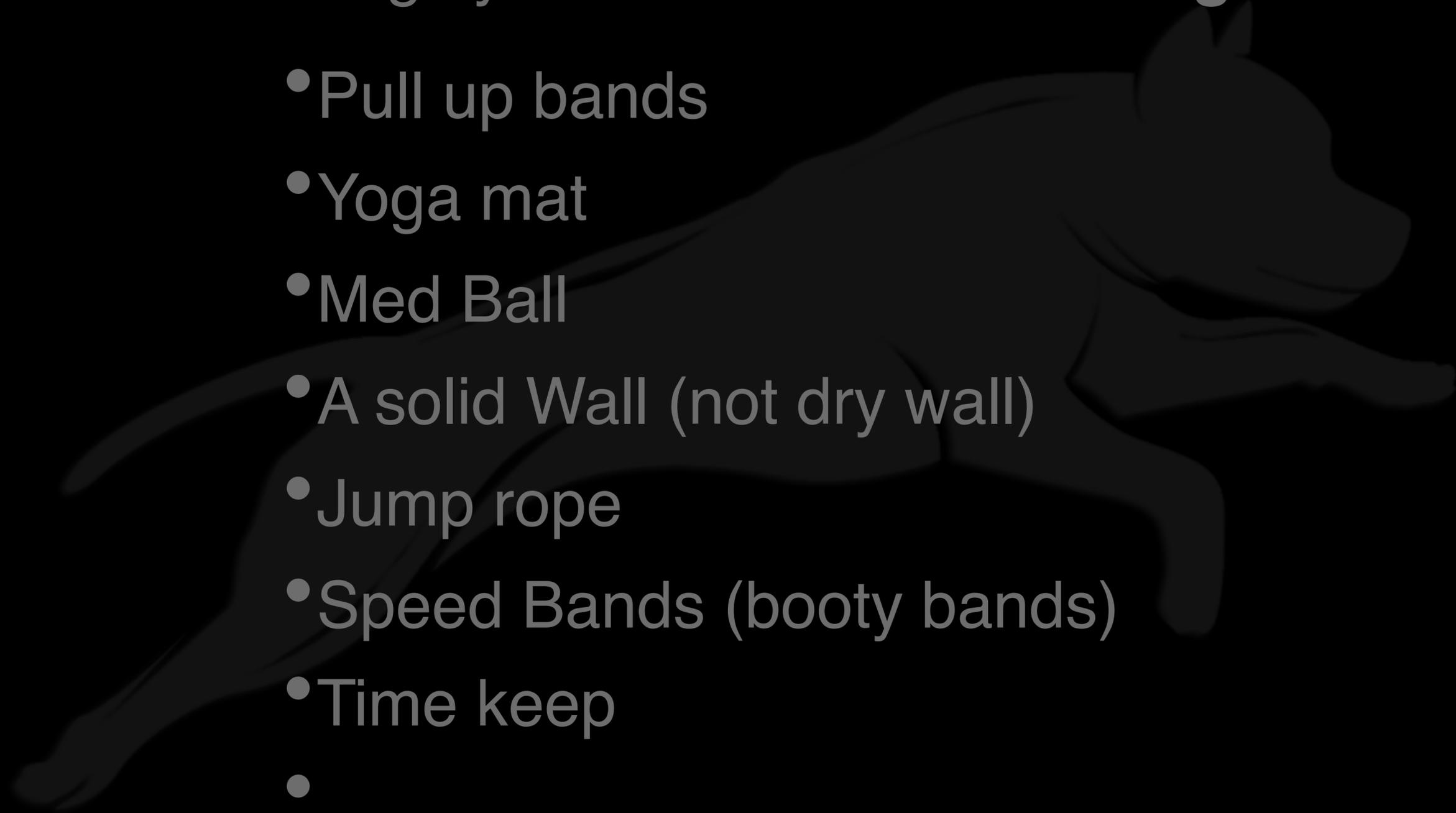


Things you will need for **Aura Intermediate**

- Pull up bands
 - Dumbbells
 - Yoga mat
 - Med Ball
 - A solid Wall (not dry wall)
 - Pull up bar
 - Work out Equipment (machinery)
 - Barbell
 - Jump rope
 - Something for box jumps
 - Speed ladder
 - Speed Bands (booty bands)
- 

Things you will need for Aura **Beginner**

- Pull up bands
- Yoga mat
- Med Ball
- A solid Wall (not dry wall)
- Jump rope
- Speed Bands (booty bands)
- Time keep
-



HOW IT WORKS

Each phase will be 4 weeks long.

Each week in a phase will be the same workouts. For example: For 4 weeks you will have a Monday-Friday workout, so every Monday your workout will be the same.

The challenge is to get better every single week. Rather it is how much weight you lift, how long or fast you run, even how many reps you can complete.

I will provide a sample spreadsheet so that you can keep track of your progression. By the time you reach your 4th week you should be better across the board. If not, DO IT OVER UNTIL YOU ARE!

There will be descriptions and video for each exercise so that you won't be lost on terminology, and you have a clear understanding of what is expected.

This will remain consistent throughout the entire program. If you still have questions, one of our certified PT's will be available through e-mail.

This is a fast pace intense style of working out. This is not a do a rep and sit, type of program. There will be no water breaks, so please keep your hydration close, and drink as you go.

Some of these workouts are strict on time, so be sure you have a complete understanding of what you have to do before you get started. Also, you need to prepare your workspace so that movement can flow properly.