

# MINDFUL MOVEMENT *Collective*

SDEVOLUTION  
live happy. live healthy. evolve.

# FAQ AND PROGRAM DETAILS

## HOW MANY PROGRAMS DO I GET ACCESS TO?

You gain access to all 5 programs upon signing up for the Mindful Movement Collective app. Choose the program that best fits with what equipment you have.

### **BUILD:**

is a 4-5 day program focusing on basic, functional strength. The split is upper/lower. Each day has dynamic movements and core work included on top of the main movement and accessory lifts. Barbell, dumbbells, bench and cables (or bands) required. The occasional machine will have an alternate movement listed.

### **MOVE:**

is a 3 day condensed version of BUILD. It requires dumbbells and a bench only. There are optional conditioning workouts that you can choose to do on those 3 days, separately or not at all. This one is great for those new to lifting, in busier seasons of life or combine this program with endurance training. Full body splits.

### **ANYWHERE:**

is a 4 day body weight + band program that is meant to be for those who don't have access to equipment OR to do if you're on vacation or traveling.

### **PHYSIQUE:**

is a 5 day (Physique) or 6 day (Physique+) program based on more of a classic bodybuilding split. Push/Pull/Legs split. Full gym access required.

## WHAT EQUIPMENT IS NECESSARY?

BUILD is mostly free-weights with the occasional machine. Cable movements can be done with bands, and machine movements will have an alternate provided.

MOVE is dumbbells and bench only.

ANYWHERE is bands and bodyweight.

PHYSIQUE and PHYSIQUE+ require full gym access

## HOW LONG ARE THE WORKOUTS?

Each program varies slightly, but you can expect workouts to be on average 45 minutes in length.

## DOES THE APP ALLOW ME TO TRACK MY PROGRESS?

Yes! The app allows you to log reps + weights you hit for each set, upload progress photos, weight measurements and circumference measurements if wanted too.

## IS THERE A CONTRACT FOR CANCELTION?

You can cancel at any time, although we recommend giving it a solid 3 months to really see progress before deciding this isn't for you!

## CAN I SWITCH BETWEEN WORKOUT PROGRAMS?

You can switch as needed, but try to complete the program you're on first for optimal results before switching. Constantly program hopping is a fast way to NOT make progress.

## WHEN DO NEW PROGRAMS DROP?

We add the new month on the 15th of every month between 8-9am EST. You can still sign-up at any time throughout the month as we will always keep the previous month up along with the current month.

## CAN I SOMEHOW SAVE THE PROGRAMS?

Each program has a PDF download button located at the top right corner. It is a PDF of our Excel sheets that you can easily print or save.

## ARE THERE SUPERSETS OR TRI-SETS?

Yes, these are noted within the guidelines section of each exercise. If you don't see anything noted, it is a straight set.

## WHAT DO THE TEMPO NUMBERS MEAN?

Tempo for movements look like this - 3112

First number- downward or eccentric portion

Second number = end range of motion

Third number = upward or concentric portion

Fourth number= end position before next set

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