

THE SPS Method



Slide
Pulse
Sculpt

Your Success Guide

Welcome to The SPS Method

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Imagine this: You slide into a deep lunge ... smooth, controlled, muscles firing. You pulse at the bottom, feeling the burn in all the right places. You move with precision, control, and total-body strength.

That's The SPS Method.

This program isn't just about working out ... it's about training smarter.

It's strength and sculpting meets control and precision.

It's low impact, high results. And best of all? It's going to change the way you move.

Whether you're here to build lean muscle, improve mobility, or finally find a workout that challenges you without stressing your joints, you're in the right place. And trust me ... your muscles are about to wake up in a whole new way!

What Makes The SPS Method Different?

Slide. Pulse. Sculpt.

This isn't just movement ... it's next-level muscle activation.

- ✓ **Slide** – Smooth, controlled movements to engage stabilizing muscles and improve mobility.
- ✓ **Pulse** – Small, precise movements that fire up deep muscle fibers for endurance and control.
- ✓ **Sculpt** – The result? A strong, lean, sculpted body ... without heavy impact.

Every move flows into the next, forcing your body to work in ways it hasn't before.

You'll feel the difference from the first workout ... engaged muscles, better stability, and a whole new level of strength.



What You'll Need

- **Sliders** – These are key to engaging stabilizing muscles and improving control. Don't have "official" sliders? No problem! Try plastic plates (for carpet) or dish towels (for hardwood). Just be sure to protect your floors!
- **Light Weights** (Optional) – Some sessions include dumbbells to enhance the burn.
- **A Mindset Ready to Challenge Itself** – This program will push you in all the right ways.

How to Get the Best Results

Focus on Control, Not Speed

This isn't about rushing ... it's about feeling every movement. The slower and more controlled, the better the results.

Keep Your Core Engaged in Every Move

The magic of sliders? They demand total-body activation. Whether you're training legs, arms, or even stretching ... your core is always working.

Trust the Burn!

Pulses wake up slow-twitch muscle fibers that often get overlooked. If it burns, it's working!

Stay Consistent

This isn't about doing a single workout and calling it a day. Stick with the full program, trust the process, and watch the strength build.

Protect Your Space

If you're using household items for sliders, test your floor first! We don't want any unexpected "oops" moments.

Let's Do This!

This is your time to challenge your strength, unlock new control, and train in a way that feels incredible. Stick with it, embrace the process, and enjoy the journey.

Have questions or need modifications? Reach out anytime... I'm here for you every step of the way. Now, let's slide, pulse, and sculpt our way to unstoppable strength!

Your Health Coach

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We're beyond excited to have Ro ... our online fitness specialist & energy powerhouse ... back to lead the way!

Get ready for fun, fire, and the kind of motivation that keeps you moving (even when your legs are shaking!).

Each day, just check your calendar, hit PLAY, and let Ro guide you through every slide, pulse, and sculpting move. She's got your back ... coaching, cueing, and bringing that signature energy to push you through every rep. So grab your sliders, take a deep breath, and get ready ... Ro's waiting for you!



Workout Success Tips



To get the most out of this program, we recommend following the **suggested calendar**

... however, you're welcome to choose which days of the week are your workout days, and your rest days. Workouts are planned strategically for maximum success & recovery. Print it up so you can easily see which workout to do each day.

Here's a TIP!! Put a GOLD STAR sticker on each day you complete



Schedule your workouts. This program has 4 workouts a week, and 1 active recovery session. Make the commitment to yourself to get them all done. Schedule them like you would any other appointment.

Rest Days. Take your rest days - and feel free to add in some extra active recovery sessions. Yoga, stretching, foam rolling, even walking are all super beneficial to help recover and get ready for the next workout.



There is **NO MUSIC** through the workout videos so that you have freedom to choose & play your own. Use music that inspires and motivates you. Highly recommended!

Get your workout space ready. Clear a corner in the living room, push the boxes around in the basement. Dust off the weights. You don't need much room for these workouts, but get it ready.

Modifications and intensifications

are offered throughout the videos, so we make sure that anyone, no matter what level or journey you are currently on, you **WILL** feel successful through this program.



Minimal equipment is needed.

We're using **SLIDERS** through this program - so find something you can **SLIDE** on. Plastic plates, dish cloths ... protect your floors please! We also recommend light weights.



The Workouts



LOWER Slide & Burn

This lower-body workout builds strength, balance, and endurance using sliders to fire up every muscle! We'll move through 4 rounds, each getting shorter but more intense ... starting with controlled strength, progressing to single-leg focus, then layering in pulses for the ultimate burn. Expect quads, glutes, and hamstrings on FIRE with every sliding lunge and burpee. Low impact, high intensity, and guaranteed to leave your legs shaking in the best way! Let's slide, pulse, and sculpt!

★ What You'll Need: Sliders



UPPER Pulse & Sculpt:

Don't let the light weights fool you ... this upper body burner is all about time under tension, endurance, and deep muscle activation. We'll flow through 4 progressive rounds of lateral raises, bicep curls, triceps kickbacks, and chest openers ... starting strong, alternating arms, then layering in pulses until your muscles are shaking! And just when you think you're done... we finish with a Tabata burnout for the ultimate challenge.

Shoulders, arms, and back ... get ready to PULSE, SCULPT, and FEEL THE FIRE!

★ What You'll Need: Sliders & Light weights



Sliding CORE:

This Pilates-inspired core workout uses sliders to take your abs to the next level! We're building deep core strength, stability, and endurance with three powerful supersets ... each designed to challenge your control and fire up every muscle. This session is all about precision, movement, and full-core activation. Get ready to slide, sculpt, and feel the burn from start to finish!

★ What You'll Need: Sliders



TOTAL Slide & Sweat!

This killer full-body session is all about strength, endurance, and total-body control. Using sliders, we'll hit legs, arms, core, and everything in between with three powerful supersets designed to challenge stability and keep your muscles firing from start to finish. This workout will have you sweating, sliding, and sculpting every muscle! Get ready to move, burn, and push your limits!

★ What You'll Need: Sliders & Light weights



Slide & Reset:

After all that hard work, it's time to slow things down and give your body the recovery it deserves. This gentle, flowing stretch session uses sliders to enhance mobility, deepen stretches, and release tension from head to toe. The perfect way to reset, restore, and get ready for whatever's next!

★ What You'll Need: Sliders

The SPS Method Workout Calendar

Week:	Monday	Tuesday	Wed	Thursday	FriYAY!	Sat	Sun
1	LOWER Slide & Burn	UPPER Pulse & Sculpt	REST	Sliding CORE	Total Slide & Sweat!	Slide & Reset	REST
2	LOWER Slide & Burn	UPPER Pulse & Sculpt	REST	Sliding CORE	Total Slide & Sweat!	Slide & Reset	REST
3	LOWER Slide & Burn	UPPER Pulse & Sculpt	REST	Sliding CORE	Total Slide & Sweat!	Slide & Reset	REST
4	LOWER Slide & Burn	UPPER Pulse & Sculpt	REST	Sliding CORE	Total Slide & Sweat!	Slide & Reset	REST



Track each workout on your calendar as you complete it.

Gold star stickers, checkmarks, or notes ... whatever keeps you motivated! Seeing your progress adds momentum and accountability.



This calendar is your guide ... adjust it to fit your schedule.

Need to swap days? No problem! The key is to stay consistent and keep moving.



Always listen to your body.

If you need an extra rest day, take it! But don't let it turn into a habit ... get right back on track and keep going.



Use the daily trackers below ...

Dot down your weights, sliders, and personal notes about each session. This is where real motivation happens! Tracking lets you see how far you've come and helps you stay consistent.

LOWER Slide & Burn

Date:				
Round 1 = 60 seconds - Alternating sides Round 2 = 50 seconds - Complete all same side Round 3 = 40 seconds - Add a double pulse Round 4 = 30 seconds - Full pulse				
Sliding Reverse Lunges				
Sliding Lateral Lunges				
Sliding Curtsey Lunges				
Sliding Burpees				
Workout Comments:				

UPPER Pulse & Sculpt

Date:				
Round 1 = Straight set Round 2 = Alternating Sides Round 3 = Add a double pulse Round 4 = Full pulse				
Lateral Raises				
Bicep Curls				
Triceps Kickbacks				
Chest Openers				
Tabata Burn Out (Alternate Moves 20/10)				
Superman Snow Angels				
Lateral Sliding Push ups				
Workout Comments:				

Sliding CORE

Date:				
SuperSet 1 - 30 seconds ea - Repeat x2				
Pilates Hundreds				
Sliding Side Plank Crunch (R & L)				
SuperSet 2 - 30 seconds ea - Repeat x2				
Slider Sit Ups				
Sliding Bicycle				
SuperSet 3 - 30 seconds ea - Repeat x2				
Plank Knee Tucks				
Plank Sliding Rockers				
Workout Comments:				

TOTAL Slide & Sweat

Date:				
SuperSet 1 - 30 seconds ea - Repeat x2				
Sliding Curtsey Curl & Pulse (R & L)				
Sliding Hamstring Curls (R & L)				
SuperSet 2 - 30 seconds ea - Repeat x2				
Sliding Burpee				
Lateral Sliding Push Up R				
Sliding Burpee				
Lateral Sliding Push Up L				
SuperSet 3 - 30 seconds ea - Repeat x2				
Sliding Twisted Climbers				
Plank Sliding Rockers				
Workout Comments:				

It's Time to Slide, Pulse & Sculpt!

You've got your sliders, your schedule, and the energy to move with strength, control, and confidence. Now it's time to put in the work and feel the results!

Over the next four weeks, you'll challenge your body in new ways, fire up muscles you didn't even know existed, and unlock next-level strength. Every slide, every pulse, and every sculpting move is designed to help you build lean muscle, improve mobility, and feel your absolute best.

How to Make the Most of The SPS Method:

- ✓ **Check your calendar daily** – Know what's on deck and get in the zone.
- ✓ **Hit play & show up** – Ro will be right there, coaching you through every move.
- ✓ **Track your progress** – Small wins add up, and seeing your growth will push you forward.
- ✓ **Trust the process** – Sliders and pulses are the secret to low-impact, high-result training.

Stick with it, and you'll FEEL the difference.

What's Ahead?

- 🔥 Stronger, more sculpted muscles
- 🔥 Better mobility & control
- 🔥 A workout style that keeps your body engaged & challenged

By the end of these four weeks, you'll feel stronger, more confident, and more in control of your movement than ever before.

On behalf of Ro & the entire team, THANK YOU for being part of The SPS Method! Your commitment, energy, and drive are what make this program so powerful.

Now go crush it ... and remember, every slide, every pulse, every rep brings you closer to your strongest self. Let's do this!

Your Health Coach - **Steven N. Day, Sr.**
<https://ChurchCorporateWellness.com>
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Disclaimer

You are responsible for exercising within your limits and assume all risk of injury to your person or property. Consult your medical professional before attempting the exercises in the videos and follow his or her advice.

Do not attempt the exercises in the videos if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (back or neck) problems or injury. If you feel you are exercising beyond your current abilities, or if you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately.