DISCIPLINECLUB

DC 15 WORKOUT





DISCIPLINECLUB

THE 15-MINUTE EXECUTIVE WORKOUT FOR BUSY PROFESSIONALS

Bro this is your DC15 workout from Discipline Club.
Watch the instructions, follow the workout, and record your effort.

THIS IS YOUR NEW DAILY STANDARD.

JOIN DISCIPLINE CLUB

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THE 15-MINUTE EXECUTIVE WORKOUT FOR BUSY PROFESSIONALS

THIS IS YOUR NEW DAILY STANDARD

Watch the instructions first. Then follow the workout.





JOIN DISCIPLINE CLUB


DISCIPLINECLUB
HOW TO EXECUTE
RULE
NO REST BETWEEN MOVEMENTS
GO ALL-OUT—MODIFY IF NEEDED, BUT NEVER SKIP
RECORD YOUR REPS—BEAT THEM TOMORROW
FINISH WITH HIGH-EFFORT CARDIO
REASON
KEEPS INTENSITY HIGH, BURNS FAT FAST
EFFORT BEATS PERFECTION
DISCIPLINE IS DATA
LOCKS IN METABOLIC SPIKE
CARDIO INTENSITY GUIDE
IF YOU WEAR A TRACKER: AIM FOR ≥ 80 % OF MAX HR.
NO TRACKER? WORK UNTIL SWEATING AND HOLDING A CONVERSATION IS DIFFICULT.
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15-MINUTE BREAKDOWN

4 EXERCISES (90 SEC EACH)

→ 1. PUSH-UPS – 90 SEC

→ 2. SQUATS – 90 SEC

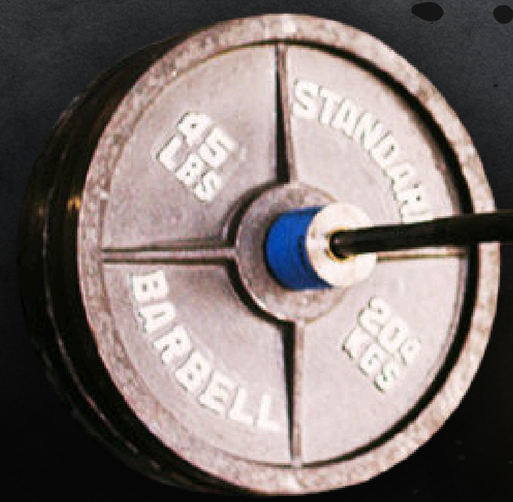
→ 3. PLANK – 90 SEC

→ 4. SUPERMANS – 90 SEC

9-MINUTE CARDIO FINISH

CHOOSE ONE AND GO FULL THROTTLE:

OUTDOOR RUN • TREADMILL •
AIR BIKE • STAIR-CLIMBER •
SHADOW-BOXING • BURPEES





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30-DAY TRACKER

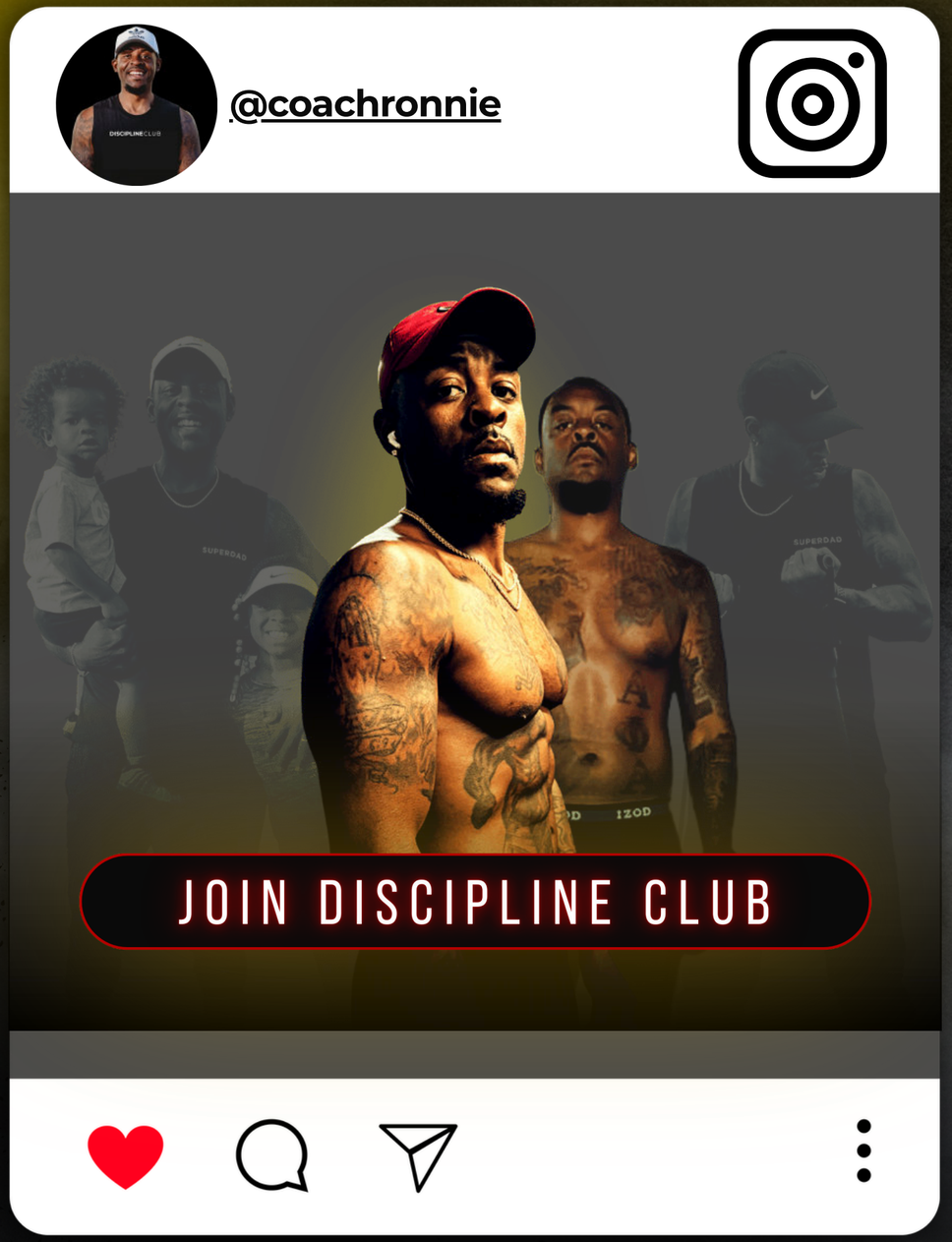
You don't rise to your goals;
you fall to your standards.
TRACK EVERY SESSION, AIM FOR AN UNBROKEN STREAK.

JOIN DISCIPLINE CLUB



DC15_30DAY_TRACKER
CLICK HERE

DISCIPLINECLUB



ACCOUNTABILITY STARTS HERE

Post your post-workout photo or stats and tag ***@coachronnie.***

Use the hashtag: ***#DC15***

REAL COMMITMENT LIVES IN THE OPEN.

Instagram

YouTube **TikTok** **Facebook**

DISCIPLINECLUB

COACH RONNIE



DISCIPLINE CLUB | DOE — DISCIPLINE OVER EVERYTHING


DISCIPLINECLUB
WHAT'S NEXT?
THE WORKOUT IS JUST THE BEGINNING.
WHEN YOU'RE READY TO REBUILD UNBREAKABLE SELF DISCIPLINE, DISCIPLINE CLUB IS THE NEXT STEP.
LEARN ABOUT THE DISCIPLINE CLUB

DISCIPLINE CLUB | DC15

30 DAY WORKOUT TRACKER

Record your session and the correction you want to make next.

Day	Date	Workout / reps	Cardio	Next correction
1				
2				
3				
4				
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