

# WEED & WORKOUT

## STONERS CAN WORKOUT TOO!

Step 1: Select your workout:  
Light or Sweaty

Step 2: Pick your high:  
Chill or Ambitious

Step 3: Spark: Indica/CBD for  
sweaty and ambitious or  
CBD/Sativa for light and chill.

Step 4: Blow: Full exhale out  
until your stomach contracts.  
Pulse mini inhales thru nose.

Step 5: Go: There is no thinking,  
there is only doing.

Step 6: Listen: Sync repetitious  
breathing with your movement.

Step 7: Engage: Squeeze proximal  
tension (belly button) for distal  
power (arms & legs).

Step 8: Reset: Flex, reach and  
breath. Eyes closed, traction  
joints, spiral muscle.

Step 9: Hydrate: Cotton mouth,  
pumping heart, dizzy, drink  
water!

Step 10: Fire up!: You did it,  
you're done! Lay supine, flop  
and stretch. Burn Indica.

SMOKE AT YOUR HOUSE, BURN AT MINE

