

Healthy Living Challenge

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Introduction

Welcome,

Thank you for joining the Healthy Living Challenge!

Exercise is wonderful tool and I truly believe everyone should add it to their lifestyle. It helps with many things such as: weight loss, muscle gain, feeling happier, bone density, sleep, and a ridiculous number of other things.

Throughout this challenge you will work not only your body, but also your mind. Being healthy is much more than being in good physical shape. Healthy is state of Physical **AND** Emotional well-being. In my opinion, your mind is just as important, if not more important than your body. My hope for you in joining this challenge is that you get as much out of it mentally as you do physically.

Your first homework assignment (yes, I am giving you homework, it's easy), is to get a notebook. We're going to use this notebook for multiple reasons including – tracking workouts (reps, sets, weight used), tracking nutrition (unless you use an app such as MyFitnessPal), things you are grateful for and your reasons for being healthy.

I recommend breaking up the notebook into 3-4 sections:

- | | |
|--------------------|--|
| 1. Grateful | 3. Food Intake (if not using separate app) |
| 2. Workout Tracker | 4. Reasons Why |

- Grateful – Upon waking up, use the first section of your notebook to write down 1-3 things you're grateful for. This will help shape your mindset for the day by getting you to focus on positive thinking first thing in the morning.
 - Examples include – a day off, no stiffness/soreness, a full night sleep, your family, a job you love, warm showers, etc.

- Workout Tracker – you can write this in your notebook or print off whatever workout program you are following. It's important to keep track of your progress and know the weight used and how many reps/sets were done during your last session, this way you know what numbers specifically you need to improve upon rather than guessing.
 - There are 5 different Workout programs to choose from (Body Weight, HIIT, Size, Strength, 5k) – More details on each program and how to progress can be found on **page 24**.

*Note –

The workouts might be challenge at first and you may find that you don't make it all the way through for the first couple weeks. That's absolutely okay. Accomplish what you can and set your goal on improving every week.

- Food Intake – I go over this much more in depth during the Nutrition section – specifically Tracking Your Diet on **page 13**. I recommend using a mobile app. There are plenty of free, easy to use apps that allow you to track your nutrition. If an app is not your thing, you can also use a section in your notebook. Tracking your diet gives you invaluable information about your eating habits, where you can most improve and gives you accountability. Nutrition is easily the most important aspect of weight loss.
- Reasons Why – in the final section of your notebook, after every workout write down 1-2 reasons why you did it. These can be simple, selfish or have a deeper meaning. I've always found that the deeper the meaning is to you, the more profound the effects of writing it down.
 - Examples include – setting an example for your kids, hitting the beach later, stress release, to look/feel better, for yourself, decrease risk of certain health issues, get off certain medications, etc.

Acronyms

1RM	One Rep Maximum	HSPU	Handstand Push Up
ALAP	As Long As Possible	Kg	Kilogram
AMAP	As Many As Possible	KB	Kettle Bell
AMRAP	As Many Rounds As Possilbe	MB	Medicine Ball
ATG	Ass-to-Grass	METCON	Metabolic Conditioning Workout
BF	Body Fat	MHR	Maximum Heart Rate
BMI	Body Mass Index	OH	Overhead
BMR	Basal Metabolic Rate	PR	Personal Record
BP	Bench Press	RDL	Romanian Deadlift
BW	Body Weight	Rep	Repetition
CNS	Central Nervous System	RFT	Rounds for Time
DB	Dumbbell	ROM	Range of Motion
DL	Deadlift	RPE	Rate of Perceived Exertion
DOMS	Delayed-Onset Muscle Soreness	Rvs	Reverse
DU/DBL Un	Double Unders	Rx'd	As prescribed/written
EMOM	Every Minute on the Minute	Set	A specific number of repetitions
FFM	Fat Free Mass	TTB	Toe-to-Bar
FM	Fat Mass	W/O	Workout
HIIT	High Intensity Interval Training	WOD	Workout of the Day

Motivation

What Drives YOU?

The first step is to figure out what drives you. What is it that's going to keep your foot on the accelerator and remain consistent – not just for a couple weeks, but for a lifetime. Overall, the goal is to fall in love with a healthy lifestyle that includes exercise and proper nutrition. A healthy lifestyle doesn't look the same for every person, just like everyone's motivation comes from varying sources.

Motivation isn't a constant. It's fluid, and changes over time as your goals and aspirations shift. You must look deep within yourself and find the plethora of reasons that are going to keep you behind the wheel and in control of your health. Believe me when I say you won't be 100% motivated every day. You're going to have ups and downs, and you may fall off the wagon a time or two. That's okay. Get up, dust yourself off and get back to the grind. The more reasons you have and the more personal those reasons are, the easier it is to get back on track or push through a hard day. Throughout this process, you need to remain strong physically and mentally. Always remember – **You are worth it, and you WILL do this!**

A workout can be just as much about a mental release as it is physical. Physical activity has proven to create positive thoughts and de-stress your mind. It does this by releasing dopamine and endorphins that make you feel good, almost euphoric. But there are going to be times when you must push yourself mentally as well. You are going to have to dig deep within yourself. Tell yourself that today is going to be a grind, but you'll make it through. And when it's all said and done, you'll be better than when you started. Remember – **You are worth it, and you WILL do this!**

When the going gets tough, physically or mentally, during a workout or in life. Remember why you started and how far you've come. In those moments we prove to ourselves just how strong and capable we are – physically and mentally. Without this struggle and hardship there is no growth. You need that struggle to become better and have something to reflect on.

Use this space below to write out some of your initial motivators & SMART Goals:

Additional Tips for Maintaining Motivation:

- Find a workout buddy. This is one of the most common, tried-and-true tactics. It'll help with accountability and it's more FUN!
- Keep a log of your workouts – Paper or digital. This will show how you're progressing; you don't have to guess which weights you used last and it's required during the challenge.
- Set SMART goals.
 - Example: I will lose 10 pounds over the course of the next 3 months by exercising 3 times per week and tracking my diet.
 - **S** – specific (10 pounds, 3 times per week)
 - **M** – measurable (can track progress on a scale)
 - **A** – attainable (recommended weight loss is 1-2 lbs/week)
 - **R** – relevant (needing to lose weight)
 - **T** – time bound (3 months)
- Celebrate small victories
 - Weight loss – your overall goal may be to lose 100 lbs, but don't be afraid of a little celebration at earned checkpoints (e.g. 5 lbs, 10 lbs, 20 lbs, etc.).
 - Exercise – Your first pull up, push up on your toes, first time you ran 5 minutes straight...
 - Other examples – drop pant size, belt one notch tighter, off medications, full night sleep for a week straight.
 - It's absolutely okay to celebrate yourself and your successes. Try your best not to go too overboard and get back on track the next day if you do.
- **Success isn't measured by a number on the scale!** Focus on how you feel overall. The number on the scale isn't everything. Did you drop a pant size? More energy? Feel better?
- Find the fun. The more fun you find in exercise, the more you smile, the more positive associations you'll have and the more you'll crave your next workout. See Tip #1 – Find a workout buddy.
- Take a "Before" photo and additional photos along the way. Sometimes you don't feel the results but looking back at previous photos can serve as great motivation and reminders – **you can also send them to me so I can put them up on my site!**
- Sleep for 7-9 hours every night. This is crucial for recovery. Your mind and body will thank you!
- Wake up and go to bed at consistent times, including weekends – Your body craves the routine and it'll make it easier to get your 7-9 hours.
- Make it convenient. When you're busy and strapped for time, don't spend 60-90 minutes at the gym. Bust out a [quick AMRAP](#) or [body weight workout](#) at home. Get your sweat on!

- Create a schedule. If you know you have a long day at work with plans after, set an early alarm the night before. Get up early and get your workout in first thing in the morning. Having a consistent schedule makes it easier to develop a routine.
- **MEAL PREP!!!** – (*in my opinion) It is single handily the most important piece of the puzzle. It eliminates all the excuses during the week of not having a healthy, nutritious meal on your plate. Taking a premade meal out of the refrigerator is even quicker and easier than stopping for fast food or making a pizza. [Find mouth-watering recipes here.](#)
- Create a Pre-Workout Ritual – Pick out a matching outfit you feel confident in, create a playlist with your best hype music, or intake a small amount of caffeine for an initial energy boost. Whatever it takes to set yourself up for success.
- Do you thrive on competition? Start the challenge with a significant other or friend and put some money on it. First to lose “X” amount of weight or “X%” body fat wins.
- Take a day to yourself. Sometimes your body physically and mentally needs a break. That’s more than encouraged. You can’t be your best self without being 100% physically **AND** mentally. Take a day off and enjoy your favorite show or comfort meal. Just be sure to get back on track the following day.
- Remember that it’s okay to have a bad day and don’t be too hard on yourself. Trust me when I say it happens to everyone, even us professionals.
- **Be Patient.** We all want to see results immediately, but that’s not how it works. No one gains 30 pounds in a week, don’t expect to lose it that quickly either. Be patient and trust the process.

Motivational Quotes

“Failure will never overtake me if my determination to succeed is strong enough” – Og Mandino

“Only I can change my life. No one can do it for me” – Carol Burnett

“It does not matter how slowly you go as long as you do not stop” – Confucius

“We are what we repeatedly do. Excellence, then, is not an act, but a habit” – Aristotle

“Victory is not always winning the battle... but rising every time you fall” – Napoleon

“Believe you can and you’re halfway there” – Theodore Roosevelt

“All progress takes place outside the comfort zone” – Michael John Bobak

“If something stands between you and your success, move it. Never be denied” – Dwyane ‘The Rock’ Johnson

“Your body can stand almost anything. It’s your mind you have to convince” – Unknown

“When you feel like quitting. Think about why you started” – Unknown

Myth or Fact

Myth #1 – You can get rid of fat in a specific area by doing a bunch of targeted exercises.

False – Plain and simple, “Spot Reduction” is not possible. You can do all the tricep extensions and crunches in the world and not reduce the amount of fat in the back of your arms or midsection. We can absolutely build strength and muscle in those areas to gain confidence and firmer muscles, but we cannot specifically reduce fat in a specific area.

Myth #2 – No Pain, No Gain

False – There is a difference between fatigue (feeling the “burn”) and pain. Pain is never a good thing. If you experience pain during a lift, move on to something else that’s better suited for your body that day.

Myth #3 – 6 pack abs come from doing lots of crunches

False – Crunches, Leg Lifts, Russian Twists, and every other abdominal movement you can think of help to build a strong and stable core, but they do not give you 6 pack abs. Abs show when you have little body fat which is mainly achieved through diet.

Myth #4 – More time = more results

True/False – While spending more time in the gym can mean more calories burned which leads to weight loss, it is generally recommended to not spend more than an hour. Especially if your goal is to gain size or strength. Our body’s peak testosterone drops after about 60 minutes of physical activity, thus anything more leads to diminishing returns. Your body and CNS need time to recover and heal before the next bout. If you’re training multiple times per day, keep each session under 1 hour and be sure to properly refuel and hydrate after. Exceptions to the rule do apply such as marathon or ironman training, but even then athletes are intaking carbs during the event to stay fueled.

Myth #5 – Exercise will burn excess calories from a poor diet

False – Exercise does burn calories, but not as many as most people would like to believe. A great workout will burn around 500 calories depending on a variety of factors such as muscle mass, weight, intensity, etc. However, most people don’t push themselves as hard as they need to in order to burn a lot of calories.

Myth #6 – You must eat healthy 100% of the time.

False – You'll drive yourself crazy trying to eat healthy 100% of the time. I always recommend having 1-2 cheat meals per week. Not cheat DAYS, but cheat MEALS. You do have to make the healthy choices most of the time (roughly 80% of the time), but you also need to give in to foods you love and crave, or you'll drive yourself insane and end up binge eating.

Myth #7 – Lifting weights, specifically heavy weights will make women bulky.

FALSE!!! – This is one of my most hated myths that I wish would just go away! In the simplest explanation, lifting weights helps build lean muscle which actually burns MORE calories when your body is at rest – See my video on this one ([link](#)).

Myth #8 – You need to drink 8, 8oz glasses of water every day.

False – Just drink LOTS of it!!! There is no one size fits all recommendation or specific amount of water you must consume every day. Everyone is different. A good rule of thumb – if you're thirsty, drink water. Carry a water bottle around with you or have one at your desk, you almost can't drink enough water. (*drinking excessive amounts of water can lead to hyponatremia, however most people don't consume nearly enough water for this to be an issue*).

Myth #8 – Carbs are BAD.

FALSE!!! – Watch the video on this one, as I have a lot to say. Bottom line, carbs are very beneficial and shouldn't be feared.

Myth #9 – You should stretch before exercise.

False – stretching is a wonderful thing, but it has it's time and place. Stretching pre workout has been shown to decrease power output. However, if you're warming up before a sport that requires lots of flexibility (gymnast, hockey goalie) it can be beneficial. Otherwise stretch after your workout. This will not decrease muscle soreness (that's another myth itself), but it's extremely beneficial to your body. Use [DYNAMIC warm ups](#) before exercise.

Myth #9 – It's okay to work out every day.

You guessed it – false. Rest should be a crucial part of your exercise routine. During rest is when our muscles grow and repair themselves, take it seriously. SLEEP & RECOVER!!!

Nutrition

Note – **I am NOT a Registered Dietitian (RD)**. I cannot write a meal plan specifically for you. These sample meal plans are to show healthy eating styles and how you can create one for yourself that's based on your own taste buds and preferences.

As a Certified Personal Trainer, Fitness Nutrition Specialist and an emphasis on nutrition in my BS, I am qualified to explain how nutrition affects the body for exercise and provide science backed information through quality sources such as [ChooseMyPlate](#). Therefore, I give recommendations based on these findings and how to fuel your body and recover from exercise (i.e. amount of protein to build muscle, amount of carbs for activity level, etc.).

****The Macronutrient calculator is done through a third party.**

Tracking Your Diet

In the most simplistic terms, in order to lose weight energy output needs to be greater than energy intake (Energy Out > Energy In).

This can be done in two ways. 1) Burn more calories than you intake by exercising harder, longer or more often. 2) Keep energy output the same and decrease the amount of food you intake.

For weight loss it is recommended an average daily deficit of -500 cal through eating less, exercising more or a combination.

You can add another workout per week into your regimen to burn more calories, but I've always found better results with clients when they track their diet.

And why do we track our diet? Three main reasons. 1. How do you know you've eaten less if you haven't kept track? 2. You really start to identify specific patterns in your diet and learn how to address the problem(s). 3. When you know you must write it down and that someone else is going to see it, you tend to make the better choices, creating healthier habits.

I prefer using an app (MyFitnessPal, Lose It, Carb Manager, etc.). They are easier to get specific numbers, scan barcodes and really user friendly. However, you can use a pen and paper too – you might not get specific calories, but it still helps you identify patterns.

Tracking your diet is truly one of the best ways to lose weight and maintain once you've reached your goal. I can't stress the importance of it enough.

*Pro tip - tracking your diet is extremely easy when you **MEAL PREP!** You just have to input your meals once and you're set. I do this every week! Once your meals are saved it's even easier to track the next time you prep those meals because you've already done the leg work.

The biggest pieces of advice that I can give you regarding nutrition is simply to eat as healthy as you can, track your diet and meal prep!!! You need to find something that works best for you and your schedule. That's why I give you the option of choosing how many times per day you want to eat. By doing this, you can vary your intake day by day to compensate for busy schedules, conflicts or other dieting styles such as intermittent fasting.

There is a [recipe section on my website](#) that I highly recommend taking advantage of. I list all ingredients, instructions, macronutrients and provide pictures.

I also recommend finding vegetables that you truly enjoy. Veggies are a great snack for any time of day as they provide a lot of nutrients with very few calories. I personally snack on a lot of carrots, celery and cucumbers when I get hungry between meals or late at night.

Styles of Eating

I'm going to break down two styles of healthy eating that I firmly believe in.

1. Tracking your Diet / Counting your Macros – more scientific, but more work.
 2. Eating with your “Hand” – not as accurate, easier to follow – uses your hand for portion sizes.
-

#1 Tracking Your Macro Nutrients

This is the process that I use. It is more work and requires more diligence on your part but 100% necessary if you're serious about achieving your fitness goals.

Eating towards your Macros is a more scientific way to eat and doesn't focus on calories alone. Instead it focuses on how much of each Macro nutrient (Protein, Fats, Carbs) you need. When you just focus on calories, you could be undereating certain Macros while overeating others. This new method makes sure you're getting enough protein to build/repair muscles, enough carbs to keep your engine burning and fats to keep you full and hormones producing normally.

This is based off the diet style – If It Fits Your Macros (IIFYM). The only thing I dislike is that people find a way to fit in sodas, candy, etc. as long as it fits into their Macro requirements. I want you to avoid this as much as possible. Try to get all your Macros from fresh, minimally processed food sources (fresh meat, produce, etc.), since these have more vitamins and minerals that your body loves and needs.

[Macro Nutrient Calculator.](#)

A great free resource to calculate your Macros. It will ask you 6 basic questions then give you a calculation of how many Carbs, Proteins and Fats you need to intake daily.

*Use your desired weight or next goal weight. This will give you a caloric deficit if your goal is weight loss, or excess calories if your goal is to gain weight/muscle.

**Be realistic here. If you currently weigh 250 but your goal weight is 180, use a weight such as 230 until you reach that milestone then reset your Macros.

Creating Your Personal Meal Plan

Once you have your Macros, you'll need to create a meal plan that works for your taste buds and schedule. Follow these steps accordingly:

1. Decide how many meals (and snacks) you want to eat per day and break up your meals accordingly. (I'll later give 2 examples) – doing it this way will allow you to work your meals into your busy schedule and allow for other dieting styles such as intermittent fasting.
2. Protein intake should stay consistent at every meal and snack. Consuming a protein shake or meal directly after a workout is recommended to help repair and build muscles. If your goal is to build muscle, I recommend consuming a casein protein directly before bed.
3. Track your veggies – only to make sure you're actually eating them! Don't worry about the Macros in your veggies. There are very few calories and many vital nutrients, but most people don't eat nearly enough.
 - a. Losing weight eat 1 cup each meal
 - b. Maintaining weight: 1.5 cups/meal
 - c. Building Muscle: 2 cups/meal
4. Carb intake should be consistent at every meal and snack, except for doubling the amount in your post workout meal. This intake replaces your glycogen stores that were used during exercise. I recommend having a piece of fruit PRE-workout if you haven't eaten in a while, since our bodies prefer to burn carbs during workouts. This is quickly absorbed into your blood stream and produces an insulin spike to help promote muscle growth both directly and indirectly.
5. Fat intake should also be consistent throughout your meals, except for the final meal or snack of the night which will be doubled. Fat helps with satiety (feeling full), keeping you satisfied throughout the night. No more midnight snacking!

Once you know how much of each Macro you're supposed to be intaking at each meal, it's time to pick healthy foods that match up with your needs and taste buds. This is where it can get tedious. You must try to do your very best to stick within your Macros. Some days you'll be over, some under, but do your best to hit your Macros every day. I HIGHLY recommend investing in an inexpensive food scale off Amazon. [I bought this one](#). You need to weigh out your portions to be truly accurate. In a pinch, check out the other style of eating "Eating with your Hand" that I explain on **page 21**.

Use the following charts to pick out your Macro sources. *Note – this is **NOT** an all-inclusive list, especially when it comes to veggies. Always try to eat natural, non-processed foods.

You'll also notice that I don't worry about Macro crossovers. For example, Peanut Butter has protein, carbs and fats, but it is predominantly a fat. Therefore, we are only going to track the fat. This is done to keep it more simplistic and easier to follow.

The harder something is to follow, the less likely you'll be to continue. I want to make this as easy as possible on you.

After the charts I've provided you with 2 examples – including my own diet.

Macro Charts

Food:	Macro Nutrient:	Amt of Food:	Macro (g):
Protein Powders	Protein	1 Scoop	24ish
Egg Whites	Protein	1	3.6
Egg (whole)	Protein	1	6
Salmon	Protein	4 oz	21
Talapia	Protein	4 oz	21
Chicken	Protein	3 oz	26
Ground Turkey	Protein	4 oz	22
Turkey Bacon	Protein	1 slice	2.5
Steak	Protein	3 oz	23
Ground Beef	Protein	4 oz	23
Cod	Protein	4 oz	24
Cottage Cheese	Protein	1/2 cup	14
Greek Yogurt (nonfa	Protein	1 cup	15
Tofu	Protein	3 oz	9
Shrimp	Protein	3 oz	21
Crab	Protein	3 oz	20
Ham	Protein	3 oz	18
Pork	Protein	4 oz	23
Tuna	Protein	1 (4 oz)	22

Food:	Macro Nutrient:	Amt of Food:	Macro (g):
Broccoli	Veggies	2 Cups	D
Cauliflower	Veggies	2 Cups	O
Salad Mix	Veggies	2 Cups	N
Asparagus	Veggies	2 Cups	T
Peppers	Veggies	2 Cups	W
Spinach	Veggies	2 Cups	O
Zucchini	Veggies	2 Cups	R
Kale	Veggies	2 Cups	R
Brussels Sprouts	Veggies	2 Cups	Y
Tomatoes	Veggies	2 Cups	A
Cucumber	Veggies	2 Cups	B
Lettuce	Veggies	2 Cups	O
Carrots	Veggies	2 Cups	U
Celery	Veggies	2 Cups	T
Green Beans	Veggies	2 Cups	It

Food:	Macro Nutrient:	Amt of Food:	Macro (g):
Whole Grain Bread	Healthy Carb	1 slice	18
Brown Rice	Healthy Carb	1/2 cup	25.8
Whole Wheat Pasta	Healthy Carb	1/2 cup	20
Oat Meal	Healthy Carb	1/2 cup	27
Sweet Potatoes	Healthy Carb	1 cup	27
Quinoa	Healthy Carb	1 cup	24
Black Beans	Healthy Carb	1/2 cup	19
Lentils	Healthy Carb	1/2 cup	20
Bananas	Healthy Carb	1 medium	27
Grapes	Healthy Carb	1 cup	15.8
Oranges	Healthy Carb	1	15.4
Apples	Healthy Carb	1 medium	22
Strawberries	Healthy Carb	1 cup (halves)	11.7
Blackberries	Healthy Carb	1 cup	13.8
Blueberries	Healthy Carb	1 cup	21
Raspberries	Healthy Carb	1 cup	14.7
Pineapple	Healthy Carb	1 cup	16
Black Bean Burger	Healthy Carb	1 (11 oz)	24
Whole Wheat Tortil	Healthy Carb	1	23
Granola	Healthy Carb	1/2 cup	38
Water Mellon	Healthy Carb	1 cup	12

Food:	Macro Nutrient:	Amt of Food:	Macro (g):
Almonds	Fat	1 oz	14.2
Pistachios	Fat	1 oz	13.2
Cashews	Fat	1 oz	13.2
Peanuts	Fat	1 oz	14
Walnuts	Fat	1 oz	18
Olive Oil	Fat	1 tbsp	13.5
Coconut Oil	Fat	1 tbsp	14
Peanut Butter	Fat	2 tbsp	16
Almond Butter	Fat	2 tbsp	18
Cheese	Fat	1 oz	10
Chia Seed	Fat	1 oz	9
Flax Seed	Fat	1 tbsp	4.3
Avocado	Fat	1 medium	21
Egg Yolk	Fat	1 Lage	4.5

Example #1: My Diet

Macro Requirements:

Protein: 180g
Veggies: 2 Cups/meal
Carbs: 245g
Fat: 90g

Goal: Build Muscle

Sex: Male

Age: 30

Height: 6'

Weight: 180

Step 1: How many meals are you eating?

I try to eat every 3-4 hours. This keeps my body fueled throughout the day and never leaves me feeling like I'm starving at any point. I'm also the type of person that needs to eat breakfast upon waking. Because of this, I break my diet into **4 meals and 2 snacks every day – 6 total.**

Step 2: Protein Intake

180g / 6 (4 meals, 2 snacks) = **30g/meal**

Step 3: Veggies

Goal is to build muscle = **2 cups/meal**

Step 4: Carb Intake

**Remember, we want to have an extra serving of carbs post workout (to replace your glycogen stores). Therefore, we divide by 7 and not 6.

245g / 7 = **35g/meal, 70g for post workout meal**

Step 5: Fat Intake

**Remember, we want to have an extra serving of fat at the end of the night, but none in a post workout shake. Therefore, we divide by 6 and not 5 (4 meals with 2 servings in late night snack).

90g / 6 = **15g/meal, 30g for final meal or snack**

The following is how I break up my Macros for the day and shows examples of eating for training after meal #1 and after meal #2.

Base:	Training After 1 Meals				
Meal	Protein:	Veggies:	Carbs:	Fat:	Workout Carbs:
Breakfast #1:	30	2	35	15	
Protein Shake #1:	30				35
Lunch #1:	30	2	70	15	
Lunch #2:	30	2	35	15	
Dinner:	30	2	35	15	
Protein Shake #2:	30		35	30	

Base:	Training After 2 Meals				
Meal	Protein:	Veggies:	Carbs:	Fat:	Workout Carbs:
Breakfast #1:	30	2	35	15	
Breakfast #2:	30	2	35	15	
Protein Shake #1:	30				35
Lunch:	30	2	70	15	
Dinner:	30	2	35	15	
Protein Shake #2:	30		35	30	

Sample Day (My Diet) – Exercise after 2 Meals

Totals – 180 Protein 245 Carbs 90 Fats

Breakfast #1 –

30g Pro 35g Carb
15g Fat 2 Cup Veggies

Overnight Oats & Carrots

- ½ cup Oats
- ½ cup Unsweetened Almond Milk
- ½ cup Strawberries
- 2 tbsp PB Powder
- 1 scoop Choc Protein Powder
- 1 oz Crushed Almonds
- 2 cups Carrots (eaten separately)

Breakfast #2 –

30g Pro 35g Carb
15g Fat 2 Cup Veggies

Egg Scramble

- 2 Egg Whites – Large
- 4 oz Ground Turkey
- 2 cups Spinach
- 1 1/3 cup Sweet Potato
- 1 tbsp Olive Oil

Post Workout –

30g Pro 35g Carb

- 1 Scoop Protein Powder (whey)
- 1 Banana – Large

Lunch –

30g Pro 70g Carb
15g Fat 2 Cup Veggies

Salmon, Rice & Veggies

- 5 oz Salmon
- 2 cups Asparagus
- 1 tbsp Olive Oil
- 1 cup Rice
- 1 Slice Whole Wheat Bread

Dinner –

30g Pro 35g Carb
15g Fat 2 Cup Veggies

Chicken Tacos

- 4 oz Chicken
- 2 Whole Wheat Tortillas (or 1 Large)
- 2 cups Spring Mix
- 1 ½ oz Cheese

Bedtime Snack –

30g Pro 35g Carb 30g Fat

- 1 Scoop Protein Powder
- 16 oz Unsweetened Almond Milk
- 1 Banana – Medium
- 2 tbsp Natural PB
- 1 oz Almonds

Example Diet #2

Macro Requirements:

Protein: 160g
Veggies: 1 Cups/meal
Carbs: 160g
Fat: 36g

Goal: Lose Weight

Sex: Female

Age: 45

Height: 5'8"

Weight: 200 lbs

Activity: Light

Step 1: How many meals are you eating?

3 meals, 1 snack (4)

Step 2: Protein Intake

$159\text{g} / 4 = 40\text{g}$

Step 3: Veggies

1 Cup

Step 4: Carb Intake

$160\text{g} / 5$ (3 meals (double post workout) and 1 snack) = 32g and 64g post workout

Step 5: Fat Intake

$36\text{g} / 4 = 12\text{g}$ (3 meals + double portion at end of night, no fats in snack = 4) = 9g and 18g

Macro breakdown per meal with training after 1 meal

Meal	Protein	Veggies	Carbs	Fat
Breakfast	40	1	32	9
Lunch	40	1	64	9
Snack	40	1	32	
Dinner	40	1	32	18

Your Diet & Macros:

Protein:

Carbs:

Fats:

Veggies:

Goal:

Age:

Height:

Weight:

Step 1: How many meals and snacks per day will you be eating?

Step 2: Protein Intake (per meal):

Step 3: Veggie intake (per meal):

Step 4: Carb Intake (per meal):

Step 5: Fat Intake (per meal):

Fill in the following chart with your Macro breakdown for your daily needs

Meal/Snack	Protein	Veggies	Carbs	Fat
#1				
#2				
#3				
#4				
#5				
#6				





#2 Eating with Your Hand

***Note** – you can also calculate your Macros through style #1 and instead of using a scale to measure your food, you can now estimate using this process.

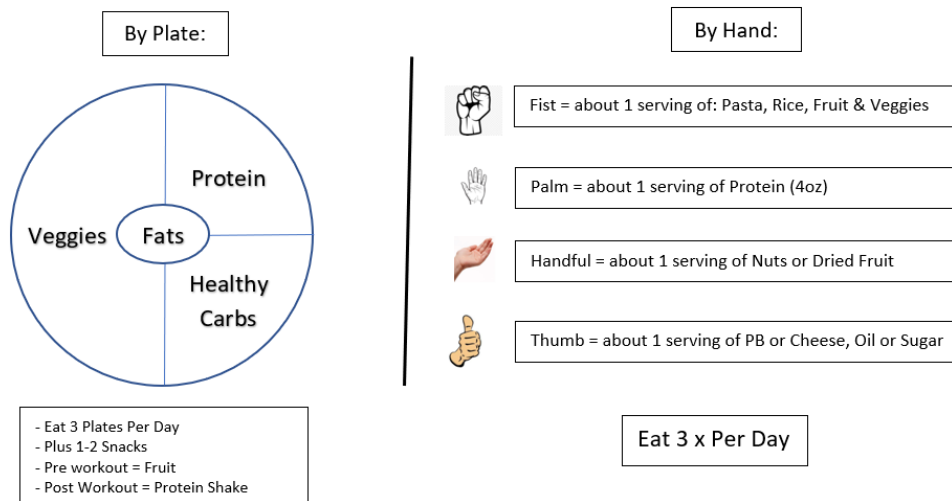
This is a much more simplistic way to create your meal plan – all based on aspects of your hand. The goal is to still eat fresh, non-processed foods. However, if tracking your diet isn't right for you, this is a fantastic alternative. *You can also refer to the Macro charts for healthy examples on **page 16**.

Portion Sizes

Protein	Carbs	Fats	Veggies
<ul style="list-style-type: none"> - Lean Beef (90/10)+ - Turkey - Chicken - Tofu - Fish - Pork Chops - Lentils - Steak - Eggs 	<ul style="list-style-type: none"> - Brown Rice - Sweet Potatoes - Couscous - Quinoa - Fruit - Wheat Bread - Wheat Pasta 	<ul style="list-style-type: none"> - Oils (Olive, Coconut) - Nuts & Seeds (Almonds, Cashews, Peanuts, etc.) - Avocado - Cheese - Dark Chocolate 	<ul style="list-style-type: none"> - Broccoli - Cauliflower - Carrots - Peas - Spinach - Lettuce - Peppers - Asparagus - Etc.

	+		+		+	
Palm Sized		Fist Sized		Thumb Sized		Infinite

Portion Control Without Counting Cals



- Your fist is about a cup of: pasta, rice, fruit, veggies
- Palm is about 4oz of protein

Supplements

What are supplements?

Simply put, a supplement is exactly that – a supplement. It is not intended to replace aspects of your diet but to supplement how you're already eating and address areas you might be missing. If you read a supplements' label, they will use language such as "help" instead of "prevent, cure, diagnose or treat" diseases. This is because supplements are not regulated by the Food & Drug Administration (FDA). Nutrients within a supplement can be from whole food sources, synthetic or a combination.

Are they necessary?

No. Supplements are not necessary to obtain a healthy, balanced diet. Your focus should be on eating whole foods as they provide many more benefits such as water, vitamins and minerals.

Popular Supplements and their Benefits –

All supplements are linked to products through FNX. A company that I affiliate with and truly believe in. Their products use minimal ingredients from quality sources and the flavors are truly AMAZING. Best I've ever had. You can also find these products with more information at [my web store](#).

- **15% off all Products using Discount Code: Lukas15**

Protein – Probably the most popular supplement. Protein can come in a variety of sources such as: [whey](#), [casein](#), egg, soy, [cricket](#), and more. Your body uses protein to build muscle and repair tissue. Using it as a supplement can be an easy way to up your daily protein intake. I personally use a whey protein directly after workout and a casein protein in the evening, often mixing them into a [shake](#). My personal favorites are the Salted Caramel and Mint Chocolate Truffle.

Pre-Workout – Preworkouts are made to increase blood flow, oxygen and nutrients to your muscles. The most common ingredients within preworkout are: *Caffeine* – to wake you up and feel more alert. *Nitric Oxide* – a vasodilator which helps increase blood flow, gives you the "pump" feeling. *Beta-Alanine* – helps increase exercise capacity and decrease muscular fatigue (this is the ingredient that gives people the "tingling" or "jittery" feeling). If you don't like or handle stimulants well, FNX also makes a great [stimulant-free preworkout](#).

Creatine – Creatine is one of the most well researched and proven dietary supplements. It helps to increase muscle mass, strength, and recovery during exercise.

Greens – Hopefully you're eating enough vegetables where this isn't an issue. Greens are great for people that truly don't like eating their greens or on days when you simply haven't had enough. I'm someone that eats a lot of vegetables and generally don't have an issue intaking enough greens. That said, I do take these on days when I don't eat as many as I should, not feeling well, or before traveling to help with gut health. These are truly the best tasting greens I've ever had.

Multi-Vitamin – Multivitamins are just that, a vitamin that contains numerous amounts of vitamins. If you eat a well-balanced diet, there shouldn't be a need for a multi. Multivitamins are good for those who tend to eat the same foods (not enough variety) or may have a deficiency.

Sleep Aid – When compared to only 5 hours of sleep, 8 hours of sleep loses 55% more fat and save 60% more muscle. Sleep allows the body to break down glucose to replenish muscle stores and balances hormones. Sleep helps reduce cortisol, known to break down muscle, allowing your muscles to grow more efficiently and at a faster rate. If you have trouble sleep or staying asleep, this can be a big help!

Oils – Fats are essential for proper nutrition. Oils such as Fish or Krill contain Omega-3 Fatty Acids that aren't produced by our body. Omega-3 helps decrease swelling, lower cholesterol and improve athletic performance.

BCAA's – Branch Chain Amino Acids (BCAA's – Leucine, Isoleucine, Valine) are used to help muscles recover, improve use of fat for energy and reduce fatigue and soreness.

Workouts

The Workouts:

There are 5 different Workout programs to choose from:

- **Body Weight** – No weights or gym membership required. Challenge yourself in the comfort of your own home and gain command of your body.
- **HIIT** – A mix of cardio, power and full body movements designed to keep your heart rate high and the sweat rolling.
- **Size** – Gain muscle mass by focusing on compound movements, alternating weeks of drop sets and taking sets to failure.
- **Strength** – Gain STRENGTH by moving heavy weights in a slow and controlled fashion. Heavy weights require longer periods for recovery between sets.
- **5k** – 10 week, 0-5k program complete with body weight strength training to increase muscular strength and endurance.

All programs come with a warmup, main workout and stretching/foam rolling post workout.

Pick whichever program best fits your goals. Once you have finished the program, you can either: (1) Restart it and try to add more weight or reps to each movement. (2) Progress on to another one of the programs offered (start at BW, then HIIT, Strength, etc.). (3) Choose [another program](#) from my site, or any of the [workout videos](#) I have to offer. Always great to have options!!!

*Even if you're following one of these programs, you can absolutely sub any day's workout for another one at any time. It's always good to keep things fresh and throw new challenges at your body – the same can be said for [Stretching](#). Keep it guessing with any of the workout videos I have to offer.

Categories include:

- [1k Rep Challenge](#) – Your total amount of reps each workout = 1,000
- [AMRAPs](#) – Complete as many rounds as you can in the allotted time. Great workout style if you're in need of a good sweat.
- [CrossFit WODs](#) – From Barbells to Body Weight, Simple to Complex. You can also find a very well-organized CrossFit pdf in the program section.
- [Strength Training](#) – Your "typical" gym workouts. From Total Body to focusing on specific body parts, you'll find great routines for your next workout.
- & Much More – find the entire list of [workout videos here](#).

Proper form is EVERYTHING in exercise. If you're not doing the movement correctly, you're setting your body up for injury. Check your form on the most [common exercises here](#).

During the workouts, if you ever notice your form breaking down, take a quick rest then get back at it. Never sacrifice proper form for anything. If you can't do the move correctly, you're not doing yourself any favors.

Body Weight Workout Program

Schedule #1			
Day 1	Workout	Day 5	Workout
Day 2	Rest	Day 6	Rest
Day 3	Workout	Day 7	Workout
Day 4	Rest	Day 8	Rest

Schedule #2			
Day 1	Workout	Day 5	Rest
Day 2	Rest	Day 6	Workout
Day 3	Workout	Day 7	Rest
Day 4	Workout		

Warm Up #1		
Exercise:	Sets:	Reps:
Knee Pulls	2	10
Hip Cradle	2	10
Lunge w/ Twist	2	10
Arm Circles	2	10

Warm Up #2		
Exercise:	Sets:	Reps:
RVS Lunges	2	30 sec
Jumping Jacks	2	30 sec
Standing Rotations	2	30 sec
Butt Kicks	2	30 sec

Day 1: Total Body & Isometric Core		
Exercise:	Sets:	Reps:
Total Body Extension	4	20
Push Ups	4	15
Plank	4	1 Min
Single Leg Bridges	4	20 (total)
Mnt Climbers	4	40 (total)
Leg Hold	4	30 Sec
Split Squats	4	20 (total)
Dips	4	10
Boat Pose	4	30 sec

Day 2: Legs & Rotational Core		
Exercise:	Sets:	Reps:
Squats	4	20
Calf Raises	4	30
Russian Twists	4	20
RVS Lunges	4	30 (total)
Bridges	4	30
Windshield Wipers	4	20
RDL (Toe Touches)	4	20
Bird Dog	4	20
Bicycle Crunches	4	20

Day 1 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Quads	1 Min
Pigeon (L/R)	1 Min Each
Childs Pose	1 Min
Door Jam (Chest)	1 Min

Day 2 - Stretching	
Quad Pull (L/R)	1 Min Each
Hamstring (Center)	1 Min
Calves (L/R)	30 Sec Each
Triceps (L/R)	30 Sec Each
Spinal Twist (Low Back)	1 Min Each

Warm Up #3		
Exercise:	Sets:	Reps:
Squats	2	30 sec
High Knees	2	30 sec
Jumping Jacks	2	30 sec
Arm Circles	2	30 sec

Warm Up #4		
Exercise:	Sets:	Reps:
Total Body Extensions	2	10
Standing Rotations	2	10
Leg Swings	2	10
Plank	2	30 sec

Day 3: Cardio / HIIT		
Exercise:	Sets:	Reps:
Bike	4	1 Mile
Lunges	4	10 each
Push Ups	4	10
Jog / Run	4	2 min
Plank of Choice	4	30-60
Heel Touches	4	20
Cardio of Choice	1	10 Min

Day 4: Total Body & "Crunch" Core		
Exercise:	Sets:	Reps:
Sumo Squats	4	20
Wide Push Ups	4	15
RVS Crunches	4	20
Burpees	4	10
Wall Sit	4	1 Min
Leg Lifts	4	20
Fire Hydrants	4	40 (total)
Donkey Kicks	4	40 (total)
Reach for Toes	4	15

Day 3 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Quads	1 Min Each
Couch Stretch (L/R)	30 Sec Each
Runners Pose (L/R)	30 Sec Each
Hamstring (L/R)	30 Sec Each

Day 4 - Foam Rolling & Stretching	
Foam Roll - Lats	30 Sec Each
Foam Roll - Quads	1 Min
Foam Roll - IT Bands	30 Sec Each
Seated Hamstring	30 Sec Each
Door Jam (Chest)	1 Min

Day 5: Total Body - Filthy 50		
Choose option #1 or #2		
#1 - Complete 50 Reps then move to next		
#2 - Break up into 5 Sets of 10 Reps		
Exercise:	Sets:	Reps:
Jump Squats	1 or 5	50 or 10
Rvs Lunges	1 or 5	50 or 10
Rvs Crunches	1 or 5	50 or 10
Sumo Squats	1 or 5	50 or 10
Calf Raises	1 or 5	50 or 10
V-Ups	1 or 5	50 or 10
Bridges	1 or 5	50 or 10
Russian Twists	1 or 5	50 or 10
Push Ups	1 or 5	50 or 10
Supermans	1 or 5	50 or 10

Day 6: Total Body - 7's		
Exercise:	Sets:	Reps:
Push Ups	7	7
Knee to Elbows	7	7
Supermans	7	7
V-Ups	7	7
Squats	7	7
Pull Ups/Invt. Row	7	7
Burpees	7	7

Day 5 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Calves	1 Min
Triceps (L/R)	1 Min Each
Elevated Childs Pose	1 Min
Door Jam	1 Min

Day 6 - Stretching	
Runners Pose (L/R)	1 Min Each
Seated Hamstring	1 Min
Downward Dog	1 Min
Calves (L/R)	30 Sec Each
Quad Pull	1 Min Each

Day 7: Total Body - "300"		
Exercise:	Sets:	Reps:
Push Ups	10	10
Squats	10	10
Burpees	10	10

Day 8: Total Body - Pyramid	
Round 1 = 10 Burpees	
Round 2 = Round 1 + 25 Push Ups	
Round 3 = Round 2 + 50 Lunges	
Round 4 = Round 3 + 100 Russian Twists	
Round 5 = Round 4 + 150 Squats	
In total, you'll do 50 Burpees, 100 Squats, 150 Lunges, 200 R Twists & 150 Squats	

Day 7 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Lats	1 Min Each
Spinal Twist (Low Back)	30 Sec Each
Side Reach (L/R)	30 Sec Each
Childs Pose	1 Min

Day 8 - Foam Rolling & Stretching	
Foam Roll - Quads	1 Min
Foam Roll - Hip Flexor	30 Sec Each
Foam Roll - IT Band	30 Sec Each
Couch Stretch (L/R)	30 Sec Each
Elevated Childs Pose	1 Min

HIIT Workout Program

Keep your heart rate high and rest only when absolutely needed

Schedule #1			
Day 1	Workout	Day 5	Workout
Day 2	Rest	Day 6	Rest
Day 3	Workout	Day 7	Workout
Day 4	Rest	Day 8	Rest

Schedule #2			
Day 1	Workout	Day 5	Rest
Day 2	Rest	Day 6	Workout
Day 3	Workout	Day 7	Rest
Day 4	Workout		

Warm Up #1		
Exercise:	Sets:	Reps:
Knee Pulls	2	10
Hip Cradle	2	10
Lunge w/ Twist	2	10
Arm Circles	2	10

Warm Up #2		
Exercise:	Sets:	Reps:
RVS Lunges	2	30 sec
Jumping Jacks	2	30 sec
Standing Rotations	2	30 sec
Butt Kicks	2	30 sec

Day 1:		
Exercise:	Sets:	Reps:
Run	1	1 Mile
Squats	1	200
Push Ups	1	100
Russian Twists	1	100
Burpees	1	50

Day 2:		
Exercise:	Sets:	Reps:
Push Ups	1	30
Cardio	1	1/4 Mile
Squats	1	50
Cardio	1	1/4 Mile
Burpees	1	30
Cardio	1	1/4 Mile
V-Ups	1	40
Cardio	1	1/4 Mile
Plank	1	ALAP

Day 1 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Quads	1 Min
Pigeon (L/R)	1 Min Each
Childs Pose	1 Min
Door Jam (Chest)	1 Min

Day 2 - Stretching	
Quad Pull (L/R)	1 Min Each
Hamstring (Center)	1 Min
Calves (L/R)	30 Sec Each
Triceps (L/R)	30 Sec Each
Spinal Twist (Low Back)	1 Min Each

Warm Up #3		
Exercise:	Sets:	Reps:
Squats	2	30 sec
High Knees	2	30 sec
Jumping Jacks	2	30 sec
Arm Circles	2	30 sec

Day 3:		
Exercise:	Sets:	Reps:
Bike	1	10 Miles
Perform 30 Lunges at the top of every minute		

Day 3 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Quads	1 Min Each
Couch Stretch (L/R)	30 Sec Each
Runers Pose (L/R)	30 Sec Each
Hamstring (L/R)	30 Sec Each

Warm Up #4		
Exercise:	Sets:	Reps:
Total Body Extensions	2	10
Standing Rotations	2	10
Leg Swings	2	10
Plank	2	30 sec

Day 4:		
Exercise:	Sets:	Reps:
KB Deadlift	8	15
Wall Balls	8	20
Cardio	8	1/4 Mile

Day 4 - Foam Rolling & Stretching	
Foam Roll - Lats	30 Sec Each
Foam Roll - Quads	1 Min
Foam Roll - IT Bands	30 Sec Each
Seated Hamstring	30 Sec Each
Door Jam (Chest)	1 Min

Day 5:		
Exercise:	Sets:	Reps:
KB Swings	5	22
Box Jumps	5	22
Cardio	5	1/4 Mile
Push Ups	5	22
DB Shoulder Press	5	22

Day 6:		
Exercise:	Sets:	Reps:
Walking Lunges	1	100
Burpees	1	40
Wall Balls	1	50
Cardio	1	1/2 Mile
Wall Balls	1	50
Burpees	1	40
Walking Lunges	1	100

Day 5 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Calves	1 Min
Triceps (L/R)	1 Min Each
Elevated Childs Pose	1 Min
Door Jam	1 Min

Day 6 - Stretching	
Runners Pose (L/R)	1 Min Each
Seated Hamstring	1 Min
Downward Dog	1 Min
Calves (L/R)	30 Sec Each
Quad Pull	1 Min Each

Day 7:		
Exercise:	Sets:	Reps:
Pull Ups	7	5
Box Jumps	7	10
DB Curl & Press	7	15
DB Goblet Squats	7	20
Cardio	1	1 Mile

Day 8:		
Exercise:	Sets:	Reps:
Cardio	1	1/2 Mile
DB Chest Press	10	10
DB Row	10	10
KB Swings	10	10
Cardio	1	1/2 Mile

Day 7 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Lats	1 Min Each
Spinal Twist (Low Back)	30 Sec Each
Side Reach (L/R)	30 Sec Each
Childs Pose	1 Min

Day 8 - Foam Rolling & Stretching	
Foam Roll - Quads	1 Min
Foam Roll - Hip Flexor	30 Sec Each
Foam Roll - IT Band	30 Sec Each
Couch Stretch (L/R)	30 Sec Each
Elevated Childs Pose	1 Min

Size Workout Program

***Week 1 – Drop Set.** On your final set after completing your reps, decrease the weight and perform the same number of reps.

***Week 2 – Volitional Fatigue.** On your final set keep going until failure.

Schedule #1			
Day 1	Workout	Day 5	Workout
Day 2	Rest	Day 6	Rest
Day 3	Workout	Day 7	Workout
Day 4	Rest	Day 8	Rest

Schedule #2			
Day 1	Workout	Day 5	Rest
Day 2	Rest	Day 6	Workout
Day 3	Workout	Day 7	Rest
Day 4	Workout		

Warm Up #1		
Exercise:	Sets:	Reps:
Knee Pulls	2	10
Hip Cradle	2	10
Lunge w/ Twist	2	10
Arm Circles	2	10

Warm Up #2		
Exercise:	Sets:	Reps:
RVS Lunges	2	30 sec
Jumping Jacks	2	30 sec
Standing Rotations	2	30 sec
Butt Kicks	2	30 sec

Day 1: Push		
Exercise:	Sets:	Reps:
Bench Press	5	10
Incline Press	4	15
DB Shoulder Press	4	10
DB Fly	4	20
Tricep Kickback	4	20
Arnold Press	4	15
Dips	4	AMAP

Day 2: Legs		
Exercise:	Sets:	Reps:
Squat	5	10
RDL	4	15
Hamstring Curls	4	20
DB Step Ups	4	20
Calf Raises	4	40
Leg Press	4	15
Calf Raises	4	AMAP

Day 1 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Quads	1 Min
Pigeon (L/R)	1 Min Each
Childs Pose	1 Min
Door Jam (Chest)	1 Min

Day 2 - Stretching	
Quad Pull (L/R)	1 Min Each
Hamstring (Center)	1 Min
Calves (L/R)	30 Sec Each
Triceps (L/R)	30 Sec Each
Spinal Twist (Low Back)	1 Min Each

Warm Up #3		
Exercise:	Sets:	Reps:
Squats	2	30 sec
High Knees	2	30 sec
Jumping Jacks	2	30 sec
Arm Circles	2	30 sec

Warm Up #4		
Exercise:	Sets:	Reps:
Total Body Extensions	2	10
Standing Rotations	2	10
Leg Swings	2	10
Plank	2	30 sec

Day 3: Pull		
Exercise:	Sets:	Reps:
Deadlift	5	10
DB Rows	4	15
Pull Ups	4	10
Lat Pulldowns	4	20
Hammer Curls	4	20
Rvs Fly	4	15
Curls	4	AMAP

Day 4: Total Body		
Exercise:	Sets:	Reps:
Barbell Shoulder Press	5	10
Squats	4	15
DB Chest Press	4	10
DB Lunges	4	20
Seated Row	4	20
Curls	3	AMAP
Tricep Pushdown	3	AMAP

Day 3 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Quads	1 Min Each
Couch Stretch (L/R)	30 Sec Each
Runers Pose (L/R)	30 Sec Each
Hamstring (L/R)	30 Sec Each

Day 4 - Foam Rolling & Stretching	
Foam Roll - Lats	30 Sec Each
Foam Roll - Quads	1 Min
Foam Roll - IT Bands	30 Sec Each
Seated Hamstring	30 Sec Each
Door Jam (Chest)	1 Min

Day 5: Push		
Exercise:	Sets:	Reps:
Decline Bench Press	5	10
DB Shoulder Press	4	15
DB Skull Crusher	4	10
DB Chest Press	4	20
DB Front/Lat Raises	4	20
Dips	4	15
Push Ups	4	AMAP

Day 6: Legs		
Exercise:	Sets:	Reps:
Front Squats	5	10
DB RDL	4	15
Goblet Squats	4	20
Leg Press	4	20
Calf Raises	4	40
Hamstring Curls	4	15
Calf Raises	4	AMAP

Day 5 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Calves	1 Min
Triceps (L/R)	1 Min Each
Elevated Childs Pose	1 Min
Door Jam	1 Min

Day 6 - Stretching	
Runners Pose (L/R)	1 Min Each
Seated Hamstring	1 Min
Downward Dog	1 Min
Calves (L/R)	30 Sec Each
Quad Pull	1 Min Each

Day 7: Pull		
Exercise:	Sets:	Reps:
Barbell Row	5	10
Deadlift	4	15
Lat Pulldown	4	10
Pull Ups	4	20
Curls - Curl Bar	4	20
DB Row - Underhand	4	15
Curls - of Choice	4	AMAP

Day 8: Total Body		
Exercise:	Sets:	Reps:
RDL	5	10
Bench Press	4	15
Goblet Squats	4	10
Seated Row	4	20
V-Ups	4	20
Incline Press	4	20
Russian Twists	4	20

Day 7 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Lats	1 Min Each
Spinal Twist (Low Back)	30 Sec Each
Side Reach (L/R)	30 Sec Each
Childs Pose	1 Min

Day 8 - Foam Rolling & Stretching	
Foam Roll - Quads	1 Min
Foam Roll - Hip Flexor	30 Sec Each
Foam Roll - IT Band	30 Sec Each
Couch Stretch (L/R)	30 Sec Each
Elevated Childs Pose	1 Min

Strength Workout Program

Focus on SLOW and CONTROLLED movements. Don't rush. The point is to develop absolute strength, not power. Heavy weights require longer rest periods (about 2 min for reps 5 and under)

Schedule #1			
Day 1	Workout	Day 5	Workout
Day 2	Rest	Day 6	Rest
Day 3	Workout	Day 7	Workout
Day 4	Rest	Day 8	Rest

Schedule #2			
Day 1	Workout	Day 5	Rest
Day 2	Rest	Day 6	Workout
Day 3	Workout	Day 7	Rest
Day 4	Workout		

Warm Up #1		
Exercise:	Sets:	Reps:
Knee Pulls	2	10
Hip Cradle	2	10
Lunge w/ Twist	2	10
Arm Circles	2	10

Warm Up #2		
Exercise:	Sets:	Reps:
RVS Lunges	2	30 sec
Jumping Jacks	2	30 sec
Standing Rotations	2	30 sec
Butt Kicks	2	30 sec

Day 1: Push		
Exercise:	Sets:	Reps:
Bench Press	5	3
Incline Press	4	6
DB Shoulder Press	4	8
Chest Press	4	10
DB Skull Crusher	4	10
Cable Fly	4	15
Diamond Push Ups	4	AMAP

Day 2: Legs		
Exercise:	Sets:	Reps:
Squats	5	5
RDL	4	6
Front Squats	4	8
Leg Press	4	10
Calf Raises	4	20
Lunges	4	15
Calf Raises - BW	4	AMAP

Day 1 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Quads	1 Min
Pigeon (L/R)	1 Min Each
Childs Pose	1 Min
Door Jam (Chest)	1 Min

Day 2 - Stretching	
Quad Pull (L/R)	1 Min Each
Hamstring (Center)	1 Min
Calves (L/R)	30 Sec Each
Triceps (L/R)	30 Sec Each
Spinal Twist (Low Back)	1 Min Each

Warm Up #3		
Exercise:	Sets:	Reps:
Squats	2	30 sec
High Knees	2	30 sec
Jumping Jacks	2	30 sec
Arm Circles	2	30 sec

Warm Up #4		
Exercise:	Sets:	Reps:
Total Body Extensions	2	10
Standing Rotations	2	10
Leg Swings	2	10
Plank	2	30 sec

Day 3: Pull		
Exercise:	Sets:	Reps:
Bentover Row	5	3
Pull Ups - Weighted	4	6
Lat Pulldown	4	8
Pulldown - Straight Arm	4	10
Curls - Cable	4	10
DB Row	4	15
Curls - Curl Bar	4	AMAP

Day 4: Total Body		
Exercise:	Sets:	Reps:
Deadlift	5	5
Barbell Shoulder Press	4	6
Chest Press	4	8
Goblet Squats	4	10
Bridges - Weighted	4	15
Hamstring Curls	4	15
Dips	4	AMAP

Day 3 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Quads	1 Min Each
Couch Stretch (L/R)	30 Sec Each
Runers Pose (L/R)	30 Sec Each
Hamstring (L/R)	30 Sec Each

Day 4 - Foam Rolling & Stretching	
Foam Roll - Lats	30 Sec Each
Foam Roll - Quads	1 Min
Foam Roll - IT Bands	30 Sec Each
Seated Hamstring	30 Sec Each
Door Jam (Chest)	1 Min

Day 5: Push		
Exercise:	Sets:	Reps:
Bench Press	5	5
Decline Press	4	6
Arnold Press	4	8
DB Shoulder Press	4	10
Tricep Pushdown	4	15
Incline Fly	4	15
Push Ups	4	AMAP

Day 6: Legs		
Exercise:	Sets:	Reps:
Squats	5	3
Leg Press	4	6
DB RDL	4	8
DB Step Ups	4	10
Calf Raises	4	20
Hamstring Curl	4	15
Bridges - Single Leg	4	15

Day 5 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Calves	1 Min
Triceps (L/R)	1 Min Each
Elevated Childs Pose	1 Min
Door Jam	1 Min

Day 6 - Stretching	
Runners Pose (L/R)	1 Min Each
Seated Hamstring	1 Min
Downward Dog	1 Min
Calves (L/R)	30 Sec Each
Quad Pull	1 Min Each

Day 7: Pull		
Exercise:	Sets:	Reps:
Bentover Row	5	5
Lat Pulldown	4	6
DB Row	4	8
Pull Ups	4	10
Shrugs	4	10
Face Pulls	4	15
Curls	4	15

Day 8: Total Body		
Exercise:	Sets:	Reps:
Deadlift	5	3
Chest Press	4	6
DB Pullover	4	8
Barbell Shoulder Press	4	10
Calf Raises	4	20
Goblet Squats	4	15
KB Swings	4	20

Day 7 - Foam Rolling & Stretching	
Foam Roll - Back	1 Min
Foam Roll - Lats	1 Min Each
Spinal Twist (Low Back)	30 Sec Each
Side Reach (L/R)	30 Sec Each
Childs Pose	1 Min

Day 8 - Foam Rolling & Stretching	
Foam Roll - Quads	1 Min
Foam Roll - Hip Flexor	30 Sec Each
Foam Roll - IT Band	30 Sec Each
Couch Stretch (L/R)	30 Sec Each
Elevated Childs Pose	1 Min

Running Program

0-5K --> 10 Week Program

Week:	Day 1	Day 2	Day 3	Day 4	Day 5
1	Run - 1 Min Jog, 4 Min Walk - 5 sets	Strength & Mobility Training	Run - 1 Min Jog, 4 Min Walk - 5 sets	Strength & Mobility Training	Run - 1 Min Jog, 4 Min Walk - 5 sets
2	Run - 2 Min Jog, 3 Min Walk - 5 Sets	Strength & Mobility Training	Run - 2 Min Jog, 3 Min Walk - 5 Sets	Strength & Mobility Training	Run - 2 Min Jog, 3 Min Walk - 5 Sets
3	Run - 3 Min Jog, 2 Min Walk - 5 Sets	Strength & Mobility Training	Run - 3 Min Jog, 2 Min Walk - 5 Sets	Strength & Mobility Training	Run - 3 Min Jog, 2 Min Walk - 5 Sets
4	Run - 4 Min Jog, 1 Min Walk - 5 Sets	Strength & Mobility Training	Run - 4 Min Jog, 1 Min Walk - 5 Sets	Strength & Mobility Training	Run - 4 Min Jog, 1 Min Walk - 5 Sets
5	Run - 5 Min Jog, 1 Min Walk - 5 Sets	Strength & Mobility Training	Run - 5 Min Jog, 1 Min Walk - 5 Sets	Strength & Mobility Training	Run - 5 Min Jog, 1 Min Walk - 5 Sets
6	Run - 6 Min Jog, 2 Min Walk - 4 Sets	Strength & Mobility Training	Run - 6 Min Jog, 2 Min Walk - 4 Sets	Strength & Mobility Training	Run - 6 Min Jog, 2 Min Walk - 4 Sets
7	Run - 7 Min Jog, 3 Min Walk - 3 Sets	Strength & Mobility Training	Run - 7 Min Jog, 3 Min Walk - 3 Sets	Strength & Mobility Training	Run - 7 Min Jog, 3 Min Walk - 3 Sets
8	Run - 8 Min Jog, 2 Min Walk - 3 Sets	Strength & Mobility Training	Run - 8 Min Jog, 2 Min Walk - 3 Sets	Strength & Mobility Training	Run - 8 Min Jog, 2 Min Walk - 3 Sets
9	Run - 9 Min Jog, 1 Min Walk - 3 Sets	Strength & Mobility Training	Run - 9 Min Jog, 1 Min Walk - 3 Sets	Strength & Mobility Training	Run - 9 Min Jog, 1 Min Walk - 3 Sets
10	Run - 30 Min Jog	Strength & Mobility Training	Run - 30 Min Jog	Strength & Mobility Training	Run - 30 Min Jog

Program Notes:

1. During the first couple weeks your main focus should be on time, not distance - run at your own pace.
2. Don't be afraid to repeat a week if it was too difficult. It's better to repeat a week than to progress too quickly and risk injury.
3. Stretch AFTER each workout, not before.
4. Warm Up with a brisk walk of 5-10 min before every workout
5. Core Workout is done 2 x Wk. Pick any 2 days (rest min 24-48hrs between days).

Post Run Stretch

Stretch:	Hold:
Hip Flexor	45 sec.
Kneeling Hamstring	45 sec.
Quad	45 sec.
Calf	45 sec.
I.T. Band	45 sec.
Lower Back	45 sec.
Pretzel	45 sec.
Perform 2-3 Sets	

Post Strength Day Stretch

Stretch:	Hold:
Downward Dog	45 sec.
Cobra	45 sec.
Child's Pose	45 sec.
Pigeon	45 sec.
Runner	45 sec.
Quad Pull	45 sec.
Hamstring	45 sec.
Perform 2-3 Sets	

Strength Training & Mobility Workout (Odd Weeks)			
Mobility Workout			
Exercise:	Sets:	Reps:	Rest:
Knee Pull	1	10	N/A
Hip Cradle	1	10	N/A
Arm Swings	1	10	N/A
Pendulum Rotations	1	10	N/A
Arm Circles	1	10	N/A
Inch Worm	1	10	N/A
Plank	1	30 Sec	N/A
Squats	1	10	N/A
Strength Training Workout			
Exercise:	Sets:	Reps:	Rest:
Lunges (each)	7	7	Rest as little as possible between rounds - 3 min MAX
1 Leg RDL (each)	7	7	
Bridges (1 Leg if poss.)	7	7	
Push Ups	7	7	
Supermans	7	7	
Firehydrans (each)	7	7	
Burpees	7	7	

Strength Training & Mobility Workout (Even Weeks)			
Mobility Workout			
Exercise:	Sets:	Reps:	Rest:
Core Rotation (each)	1	10	N/A
Squat w/ OH Reach	1	10	N/A
OH RVS Lunges	1	10	N/A
Leg Swings	1	10	N/A
Knee Pulls	1	10	N/A
Ankle Hops	1	10	N/A
Arm Circles	1	10	N/A
Side Plank (each)	1	30 sec	N/A
Strength Training Workout			
1 - Ladder Drill - For the Following Exercises Complete Reps of 20-2 decreasing by 2 each set.			
Exercise:	Sets:	Reps:	Rest:
Squats	10	20-2	2 min between sets
Calf Raises	10	20-2	
Bridges	10	20-2	
Push Ups	10	20-2	
2 - 12 min AMRAP -			
Exercise:	Sets:	Reps:	Rest:
Lunges	As Many	10	No REST - 12 min
RDL	Rounds	10	
Bird Dog	As	10	
Superman	Possible	10	AMRAP

Core Workout - Odd Weeks	
Exercise:	Hold:
Plank (Hands)	30-60 sec
Plank Jacks	30-60 sec
Superman	30-60 sec
Plank Jump Ins	30-60 sec
Side Plank (L)	30-60 sec
Side Plank (R)	30-60 sec
Perform 2-3 Sets. Rest 2 min	

Core Workout - Even Weeks		
Exercise:	Sets:	Reps:
Leg Lifts	4	20/15/10/5
Bicycle Crunches	4	20/15/10/5
Russian Twists	4	20/15/10/5
Perform 1 set of each: 20, 15, 10 & 5 Reps. Rest no more than 2 min between		

Additional Resources

- [LMPersonalWellness](#) – ME & my website. Please reach out at any time.
- [ChooseMyPlate](#) is a great free resource. They even have an option to build a meal plan for you based on your personal goals. It will also tell you if you're being over ambitious (e.g. trying to lose 60 lbs in 2 months) → [ChooseMyPlate – Meal Plan](#)
- [Supercook](#) – Supercook is an amazing website that allows you to enter which foods you have in your home then provides you with a list of recipes you can make.
- [Budget Bytes](#) – Budget Bytes not only gives you awesome recipes, it also breaks down the cost as a total & per serving. A great tool for shopping on a budget.
- [17 Charts to Keep You Healthy](#)
- [Clean Eating Grocery List](#)

Tip: Find [healthy recipes](#) that are easily interchangeable. This makes it very easy to prep and doesn't leave you bored, eating the same thing over and over.



How to Read a Nutrition Label

How to Read a Nutrition Label

Be Careful Here.
Look at Serving size
And measure amount

How Many Grams (g)
of Fat per Serving

How Many Grams (g)
of Carbs per Serving

How Many Grams (g)
of Protein per Serving

Nutrition Facts
Serving Size ¼ cup (28g)
Servings Per Container about 17

Amount Per Serving	Honey Nut Cheerios	with ½ cup skim milk
Calories	110	150
Calories from Fat	15	15
% Daily Value**		
Total Fat 1.5g*	2%	3%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	11%
Potassium 115mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		
Protein 3g		

The Number of
Calories per Serving

Avoid Trans Fats
At All Cost

Aim for 25-35g
Fiber per Day

Vitamin & Mineral
Quantities listed here

Calculating Calories from MacroNutrients

1.5g x 9 cal/g
= 13.5 cal

22g x 4 cal/g
= 88 cal

3g x 4 cal/g
= 12 cal

Nutrition Facts
Serving Size ¼ cup (28g)
Servings Per Container about 17

Amount Per Serving	Honey Nut Cheerios	with ½ cup skim milk
Calories	110	150
Calories from Fat	15	15
% Daily Value**		
Total Fat 1.5g*	2%	3%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	11%
Potassium 115mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		
Protein 3g		

13.5 cal +
88 cal +
12 cal =
113.5 cal/serving
=
1,929.5 cal/box

* Nutrition labels don't have to report readings under .5g.

Macro Cheat Sheet

Pick Any Combo
Of the Following:

Protein:

Chicken – 3 oz
Tuna – 4 oz
Grnd Turkey – 4 oz
Salmon – 4 oz
Steak – 3 oz
Grnd Beef – 4 oz
Cottage Cheese –
½ cup
Greek Yogurt – 1
cup
Shrimp – 3 oz
Tofu – 6 oz
Protein Powders

Healthy Carbs:

Brown Rice – ½
cup
Whole Grain Pasta
– ½ cup
Sweet Potatoes –
½ cup
Granola – ½ cup
Fruit/Berries – 1
cup
Quinoa – 1 cup
Oat Meal – ½ cup

Healthy Fats:

Avocado – ½
Nuts – 1 oz
Seeds – 1 oz
Cheese – 1 oz
Oil – 1 tbsp
Natural Nut Butter
– 2 tbsp

Veggies:

As Much as You
Want – Min 1-2
cups pre meal

Spinach/Lettuce/
Kale
Carrots
Peppers
Broccoli
Asparagus
Cauliflower
Zucchini
Green Beans
Etc.

QUICK TIPS & TAKE AWAYS

GENERAL

- MEAL PREP!!!
- TRACK YOUR DIET!!!
- EAT BREAKFAST WITHIN 30 MIN OF WAKING
- EAT PROTEIN AT EVERY MEAL
- DRINK LOTS OF WATER
- DRINK A GLASS OF WATER BEFORE EVERY MEAL
- EAT UNTIL YOU'RE SATISFIED, NOT FULL
- EAT SLOW

GROCERY STORE

- MAKE A LIST & STICK TO IT!
 - PREPLAN YOUR MEALS
- SHOP THE PERIMETER OF THE STORE
 - PRODUCE, MEAT COUNTER, FROZEN VEGGIES
 - EAT FROM THE RAINBOW
- NEVER SHOP WHILE HUNGRY
 - HAVE A SNACK BEFORE OR WHILE THERE
- READ LABELS
- HAVE SELF-CONTROL

6 Ways to Progress During Your Workouts



Bigger Load (Heavier Wt),
Same Reps



Same Load,
More Reps



Longer ROM
(Range of Motion)



Add more Sets,
Same Load



Shorter Rest Periods
Same Reps, Sets & Wt



Slow Your Pace
(Time Under Tension)



Fat Loss Hierarchy



Trifecta for Fat Loss



How Many Calories are in Your Vegetables???



This



Should



Be



The



Very



Least



Of



Your



Concerns



If you don't let this happen to your phone
Why do you let it happen to yourself???

Self-care shouldn't be an option.
It needs be a priority

Why Popular Diets Work

Diet Type	How it Works	Why it Works	Drawback
Keto Diet	Zero Carbs, High Fat & Protein	Creates a Caloric Deficit	Removes entire Macro Nutrient from Diet
IIFYM	Eat based on specific ratio of Macro Nutrients	Creates a Caloric Deficit	Can fit unhealthy foods into Macros. Tedious
Atkins/Low Carb	High Protein, Moderate Fat, Low Carbs	Creates a Caloric Deficit	Restrictive
Paleo	No Dairy, No Processed Foods	Creates a Caloric Deficit	Can be Expensive
Intermit. Fasting	Eating only during a specific time frame	Creates a Caloric Deficit	Can't eat outside of specified time frame
Caveman	Meat Only	Creates a Caloric Deficit	Removes two important Macronutrients
Weight Watchers	Track Points based on values given to food	Creates a Caloric Deficit	Can be tedious and expensive