



**GO** **FITNESS**

**THE**

**FIT AND  
TONED IN**

**8 WEEKS**

**THE ULTIMATE GUIDE**

**BY: [GOFITNESSCENTER.COM](http://GOFITNESSCENTER.COM)**

# DISCLAIMER

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# WELCOME TO THE PROGRAM

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Within these pages, you'll find a carefully curated workout plan designed to maximize your time and efforts. Each exercise is tailored to help you build strength and sculpt your muscles, creating a powerful foundation for your fitness goals.

But that's not all. We know that true transformation comes from a holistic approach. That's why this ebook goes beyond the workouts. You'll also receive expert advice on nutrition, goal setting and mindset. Empowering you to make healthier choices and stay motivated throughout the entire 8 weeks.

No more excuses. No more procrastination. It's time to take control of your fitness journey and unlock your full potential.

Your transformative journey awaits, let's do this!

## **Nick & Sharon**

Owners & Coaches



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# YOUR 8-WEEK ROAD MAP

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When it comes to feeling your best, optimising your health and building a strong body, there are a few keys areas that we need to cover:

## GOALS

The power of setting goals and understanding your why you're doing what you're doing can be highly motivating and helpful. Think of setting goals like the foundation of a house; the most important first step.

## MINDSET

Mindset is the second most critical piece towards feeling your best and having the health you most desire. We're going to establish some tools you can use to help with you with your mindset directly.

## NUTRITION

Nutrition is one of the most important things to manage in any program. What you eat and how much you eat can be a direct reflection on how you look and feel. We'll educate you with the right tools to get the most out of this area!

## TRAINING

Lastly, within the pages of this ebook, we will unveil the precise steps you need to take with your training to unlock the full potential of your strength, achieve a sculpted physique, and experience a remarkable boost in overall health by the end of the 8 weeks!





*SET YOUR*  
**GOALS**

# GOAL SETTING 101

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Just as a solid foundation supports a sturdy house, setting meaningful fitness and health goals empowers us to lay the groundwork for lifelong well-being. Let's go through the following questions!

## 01 Define Your Goals!

Take a moment to reflect on what you want to achieve in the next 8 weeks. Are you looking to build strength, tone your muscles or lose body fat? Whatever your aspirations may be, write them down here. Be specific, measurable, and realistic in your goal-setting to set yourself up for success.

## 02 Establish Your "Why"

Understanding the reasons behind your goals is crucial for maintaining motivation and commitment. Consider the deeper purpose driving your desire for change. Is it to boost your confidence, feel more energized, or set a positive example for your loved ones?

## 03 Break It Down

Divide your 8-week journey into smaller milestones. By setting achievable targets along the way, you'll experience a sense of progress and accomplishment. For example, aim to increase the weight lifted or the number of reps completed each week.

# PRE-8-WEEK FITNESS ASSESSMENT SHEET

It's not only important to know where you're going in your journey, but also how far you've come. We have created a fitness assessment test for you to undertake throughout the program. The assessment is a comprehensive evaluation of your fitness level and includes physical measurements and strength assessment.

## START

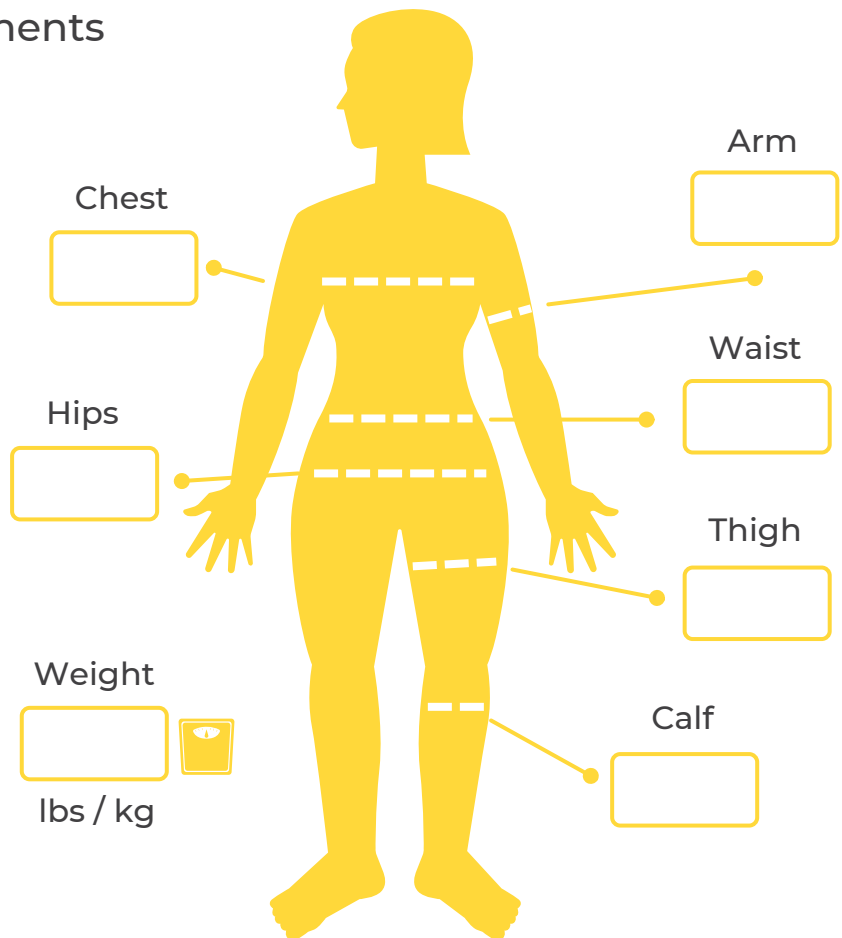
Week 1 Date:

### Physical Measurements

Front Photo

Side Photo

Back Photo



Notes/extras:



## Strength Assessment



**Push-Ups**

**Total**

Perform as many full-body push-ups as you can with proper form. If you can't do full push-ups, opt for modified or knee push-ups.



**Squats**

**Total**

Perform bodyweight squats for one minute, aiming to maintain proper form and technique. If that is too easy for you, feel free to add a barbell or dumbbell.



**Plank Hold**

**Total**

Hold a plank position for as long as possible, maintaining a straight line from head to heels. If you can't do a full plank, opt for a kneeling plank.

Notes/extras:



# POST-8-WEEK FITNESS ASSESSMENT SHEET

It's not only important to know where you're going in your journey, but also how far you've come. We have created a fitness assessment test for you to undertake throughout the program. The assessment is a comprehensive evaluation of your fitness level and includes physical measurements and strength assessment.

## FINISH

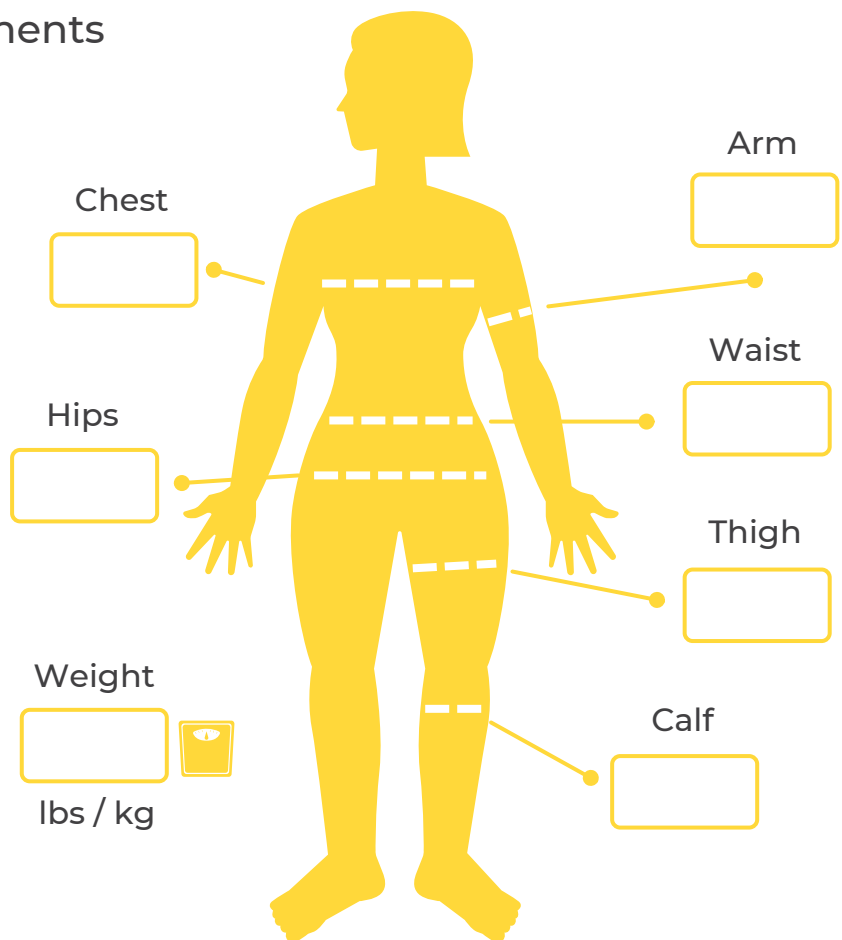
Week 8 Date:

### Physical Measurements

Front Photo

Side Photo

Back Photo



Notes/extras:



## Strength Assessment



**Push-Ups**

**Total**

Perform as many full-body push-ups as you can with proper form. If you can't do full push-ups, opt for modified or knee push-ups.



**Squats**

**Total**

Perform bodyweight squats for one minute, aiming to maintain proper form and technique. If that is too easy for you, feel free to add a barbell or dumbbell.



**Plank Hold**

**Total**

Hold a plank position for as long as possible, maintaining a straight line from head to heels. If you can't do a full plank, opt for a kneeling plank.

Notes/extras:



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*UNLOCK YOUR*  
**MINDSET**

---

# MASTERING YOUR MINDSET

Your mindset plays a crucial role in achieving your fitness goals and maintaining long-term success. By cultivating a positive and resilient mindset, you will overcome challenges, stay motivated, and make lasting lifestyle changes. Let's explore some powerful tools and techniques to strengthen your mindset throughout the 8 weeks:

## Visualisation

Take a few moments each day to visualize yourself successfully completing the workouts, pushing through obstacles, and achieving your goals. See yourself feeling strong, confident, and proud of your progress. Visualization reinforces your belief in your capabilities and primes your mind for success.

## Embracing the Setbacks

It's natural to encounter obstacles along the way. Instead of viewing setbacks as failures, see them as valuable learning opportunities. Ask yourself, "What can I learn from this experience?" and use the insights gained to adjust your approach and grow stronger.

## Gratitude Practice

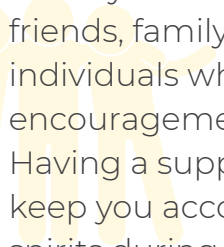
Develop a gratitude practice by reflecting on things you are thankful for each day. Gratitude shifts your focus to the positive aspects of your life, fostering a more optimistic mindset. Write down three things you are grateful for every morning or evening, and let this practice instill a sense of positivity and joy.

## Mindful Breathing

Incorporate moments of mindful breathing into your day, especially during challenging times. Deep, intentional breaths can calm the mind, reduce stress, and improve focus. Practice mindful breathing before or after workouts and whenever you need to center yourself.

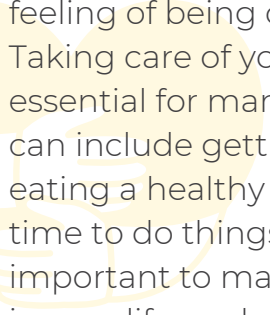


## Get Supportive People



Share your fitness journey with friends, family, or like-minded individuals who can offer encouragement and motivation. Having a supportive network will keep you accountable and uplift your spirits during challenging moments.

## Practice Self-Care

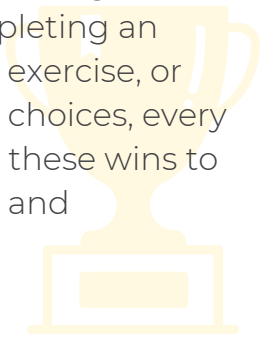


To manage your time more efficiently, try making a to-do list and prioritizing your tasks. This can help you stay organized and reduce the feeling of being overwhelmed. Taking care of yourself is also essential for managing stress. This can include getting enough sleep, eating a healthy diet, and taking time to do things you enjoy. It is important to make self-care a priority in your life, and you will feel more balanced and in control.

Remember, your mindset is the foundation of your success. Embrace these tools and techniques to cultivate a positive, resilient, and determined mindset throughout the 8 weeks. As you build your strength and tone your body, you'll also be empowering your mind for a lifetime of wellness and achievement.

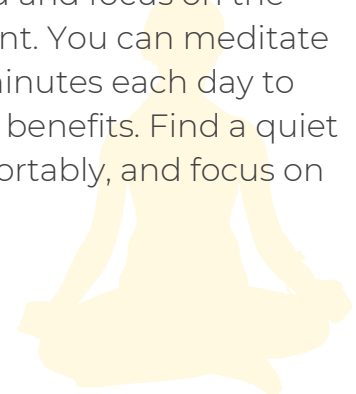
## Celebrate the Small Wins

Acknowledge and celebrate even the smallest achievements along the way. Whether it's completing an extra rep, trying a new exercise, or making healthier food choices, every step counts. Celebrate these wins to boost your confidence and enthusiasm.



## Meditation

Meditation is a powerful tool for managing stress. It can help you clear your mind and focus on the present moment. You can meditate for just a few minutes each day to experience the benefits. Find a quiet space, sit comfortably, and focus on your breath.



# MOTIVATIONAL HANDBOOK

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Throughout this journey, remember to celebrate every milestone, no matter how small. Below we've created a motivational handbook for you to use on your journey where you can add and reflect on your milestones each week.

## Week 1 Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." – Christian D. Larson*

## Week 2 Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"The only limit to our realization of tomorrow will be our doubts of today."  
– Franklin D. Roosevelt*

## Week 3 Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"Success is not final, failure is not fatal: It is the courage to continue that counts."  
– Winston Churchill*

## Week 4 Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"Every morning we are born again. What we do today matters most."  
– Buddha*



Week 5 Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"Your dreams are achievable. You just need the courage to pursue them and the commitment to never give up."*

Week 6 Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"Don't wait for the perfect moment. Take the moment and make it perfect."  
– Zoey Sayward*

Week 7 Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"Success is the sum of small efforts, repeated day in and day out."  
– Robert Collier*

Week 8 Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"What I think is what I shall become."  
– Aaron Bilecki*



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*DISCOVER*  
**NUTRITION**

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# GETTING ON TOP OF ENERGY BALANCE

Achieving a strong and toned physique requires a balanced approach to exercise, nutrition, and energy management. Energy balance plays a crucial role in this process, as it determines whether our bodies gain, maintain, or lose weight. Striking the right energy balance is essential for building strength and toning up, as it directly influences muscle development and fat loss.

## What is Energy Balance?

Energy balance refers to the equilibrium between the number of calories consumed through food and beverages (energy intake) and the number of calories expended through physical activity and metabolic processes (energy expenditure). The body's energy balance is dynamic and can shift based on factors such as age, gender, body composition, activity level, and overall health.

## Positive Energy Balance and Weight Gain:

When energy intake exceeds energy expenditure, a positive energy balance occurs. In this state, the body stores excess calories as fat, leading to weight gain. While this may be beneficial for individuals looking to increase muscle mass (in the form of lean body mass), excessive positive energy balance without proper exercise can result in excessive fat accumulation.

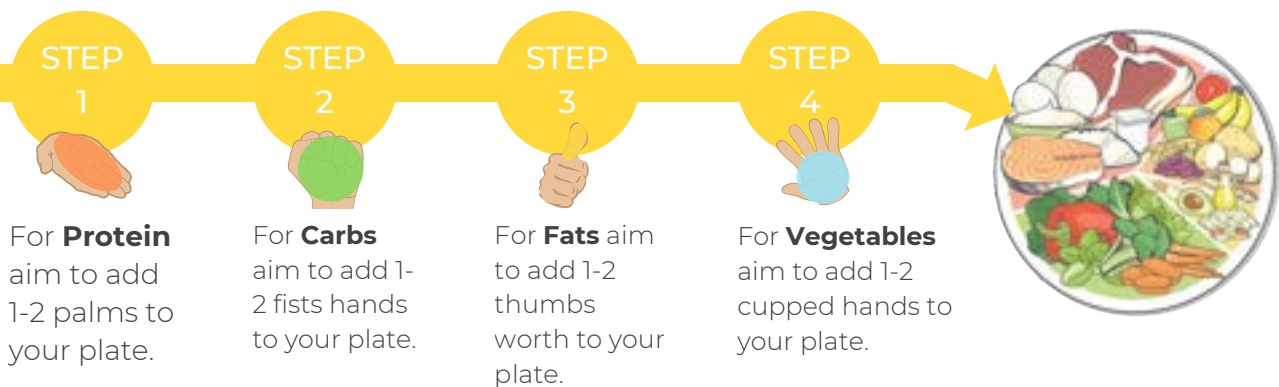
## Negative Energy Balance and Weight Loss:

Conversely, when energy expenditure surpasses energy intake, a negative energy balance occurs. This leads the body to tap into its energy reserves, primarily stored as fat, to meet its energy needs. As a result, weight loss occurs. While this can aid in shedding unwanted body fat, it should be managed wisely to preserve muscle mass and overall health.



# OPTION #1: USING PORTION SIZING



In this section, we'll cover a simple method for nutrition by using portion control as a guide. Being able to lose body fat or build muscle and strength relies on effective portion control. While using measuring tools like scales and cups can be helpful, using your hands as a guide offers a practical and convenient way to estimate portion sizes. For moderately active individuals, consuming 1-2 portions from each food group per meal is generally sufficient for weight maintenance and overall health improvement. However, it's important to note that there is considerable room for variation based on individual needs and preferences. Here's a step-by-step process you can follow in order to achieve the body goals you're after:



## IF YOU NEED MORE FOOD ON YOUR PLATE BECAUSE YOU'RE...

- Not feeling satisfied at meals
- Eating fewer meals through the day
- Not getting muscle-gain results



## THEN START BY ADDING...

- 1 cupped handful of carbs and/or 
  - 1 thumb of fat 
- ...to 2-3 meals each day.

## IF YOU NEED LESS FOOD ON YOUR PLATE BECAUSE YOU'RE...

- Feeling too full at meals
- Eating more meals through the day
- Not losing the weight you'd like

## THEN START BY REMOVING...

- 1 cupped handful of carbs and/or 
  - 1 thumb of fat 
- ...to 2-3 meals each day.

# OPTION #2: TRACKING CALORIES & MACROS

In this section, we'll cover a more advanced protocol with nutrition by calculating and tracking your calories and macros. The precise amount of calories (energy) required to achieve your goals of fat loss, muscle building, or weight maintenance varies from person to person. In the following sections, we will set up a specific quantity that suits your needs.

## Find Your BMR (Basal Metabolic Rate)

This refers to the minimum amount of energy or calories that the body requires to function properly while at rest.

### Female equation:

$$655 + (4.34 \times \text{___ lbs}) + (4.7 \times \text{___ in}) - (4.7 \times \text{___ yrs}) = \text{_____ BMR calories}$$

For example, a female who weighs 165 lb, is 65 in tall and is 30 years old would have a BMR of 1,371 calories.

## Find Your TDEE (Total Daily Energy Expenditure)

This refers to the total number of calories that an individual burns in a day, including the calories burned during daily activities and exercise. TDEE takes into account an individual's Basal Metabolic Rate (BMR), as well as the calories burned through physical activity and the thermic effect of food (the energy required to digest and process food).

|      |   |
|------|---|
| 1.2  | Sedentary (Little-no exercise)                    |
| 1.35 | Lightly Active (1-3 days of exercise/ week)       |
| 1.55 | Moderately Active (3-5 days of exercise per week) |
| 1.75 | Very Active (6-7 days of exercise per week)       |
| 2    | Extremely Active (7 days of very hard exercise)   |

$$\text{BMR } \text{___} \times \text{Activity Level } \text{___} = \text{_____ calories}$$

For example, a female who has a BMR of 1371 calories and activity level of 1.55 would have a TDEE of 2,125 calories.

## Time to Set Your Goal

Once you have calculated your TDEE, you can set your calorie goal by either subtracting, adding or maintaining calories from your TDEE. For example, a female who has a TDEE of 2,125 calories and wants to aim to lose 1 pound of fat per week would need to set their calories at starting point of 1625 calories.



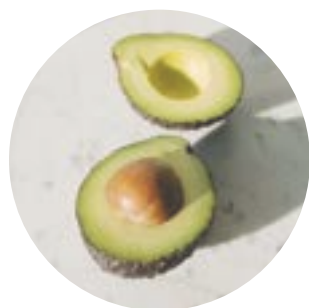
# CALCULATING YOUR MACRO NEEDS

After you've calculated your calorie needs, you can then go through the process to work out how many grams of each macronutrient you need to help you reach your goal.



## Protein

Each gram of protein provides 4 calories. Protein requirements differ based on factors like age, sex, weight, and activity level. Athletes, bodybuilders, and those aiming for weight loss or muscle gain may need higher protein intake, generally around 0.7–0.9 grams of protein per pound of body weight.



## Fat

Each gram of fat provides 9 calories. Recommended fat intake varies based on factors like age, sex, weight, and activity level. The Institute of Medicine advises that adults should aim to consume 20% to 35% of their daily calories from fats.



## Carbohydrates

Like protein, each gram of Carbohydrate provides 4 calories. The number of carbohydrates needed should make up 45-65% of your diet, otherwise can be made up with the remaining amount of calories after protein and fat have been considered.

For example: A female weighing 165 lb., aiming for fat loss while consistently training and eating 1625 calories, the recommended daily protein intake would be approximately 120g, providing 480 calories. 30% (54g) of fat, which contributes 490 calories. The remaining calories would be allocated for carbohydrates, with 637 calories (165g) being recommended.

# USING MY FITNESS PAL TO TRACK CALORIES

MyFitnessPal is a versatile and intuitive fitness app designed to support your health and wellness journey by providing a comprehensive and convenient way to track your daily caloric and macro intake. By inputting your meals and snacks, the app calculates and monitors your calorie consumption, making it easier to stay mindful of your dietary choices and progress towards your fitness goals. Here's a quick run through on how to get started on the app:

## 01 Downloading the app

- Go to your app store (Google Play Store for Android or App Store for iOS).
- Search for "MyFitnessPal" in the search bar.
- Click on the app icon and select "Install" or "Get" to download the app.



## 02 Setting up your calorie & macro goals

Based on the information you provided and your selected goal, MyFitnessPal will suggest daily calorie and macro (carbohydrates, protein, and fat) goals. Review these suggested goals and adjust them if needed. You can customize the calorie and macro goals to suit your specific preferences and dietary needs.

## 03 Start entering your food

Now that you've worked out how to set up your calorie and macros goals it's time to start eating your way to a better you! You'll have your diary which you can enter food in manually or otherwise, you can use the convenient barcode scanner to make things easier.



# 1500 CALORIE MEAL PLAN EXAMPLE

| MEAL                              | CALS        | PRO        | FAT        | CARB        |
|-----------------------------------|-------------|------------|------------|-------------|
| Breakfast Total                   | 350         | 17g        | 17g        | 34g         |
| Scrambled Eggs (2 large eggs)     | 140         | 12g        | 9g         | 1g          |
| Whole Wheat Toast (1 slice)       | 70          | 3g         | 1g         | 14g         |
| Avocado (1/4 med avocado)         | 80          | 1g         | 7g         | 4g          |
| Fresh Berries (1/2 cup)           | 60          | 1g         | 0g         | 15g         |
| Lunch Total                       | 450         | 39g        | 19g        | 40g         |
| Grilled Chicken Breast (4 oz)     | 150         | 32g        | 3g         | 0g          |
| Quinoa (1/2 cup, cooked)          | 111         | 4g         | 2g         | 20g         |
| Mixed Vegetables                  | 100         | 3g         | 0g         | 20g         |
| Olive Oil (1 tbsp, for dressing)  | 120         | 0g         | 14g        | 0g          |
| Afternoon Snack Total             | 200         | 22g        | 9g         | 10g         |
| Greek Yogurt (6 oz, non-fat)      | 100         | 18g        | 0g         | 6g          |
| Almonds (20 almonds)              | 100         | 4g         | 9g         | 4g          |
| Dinner Total                      | 500         | 38g        | 25g        | 32g         |
| Baked Salmon (4 oz)               | 240         | 32g        | 11g        | 0g          |
| Sweet Potato (1 medium, baked)    | 100         | 2g         | 0g         | 24g         |
| Steamed Asparagus (1 cup)         | 40          | 4g         | 0g         | 8g          |
| Olive Oil (1 tbsp, for seasoning) | 120         | 0g         | 14g        | 0g          |
| Evening Snack Total               | 100         | 4g         | 8g         | 28g         |
| Apple (1 medium)                  | 95          | 0g         | 0g         | 25g         |
| Peanut Butter (1 tbsp - dipping)  | 100         | 4g         | 8g         | 3g          |
| <b>TOTAL</b>                      | <b>1500</b> | <b>84g</b> | <b>55g</b> | <b>180g</b> |

This meal plan serves as a mere example and should not be followed without proper consideration of individual dietary needs and preferences. Every person has unique nutritional requirements based on factors such as age, weight, activity level, and health conditions. While this sample plan incorporates a variety of nutrient-dense foods, it may not be suitable for everyone.

# 2000 CALORIE MEAL PLAN EXAMPLE

| MEAL                              | CALS        | PRO         | FAT        | CARB        |
|-----------------------------------|-------------|-------------|------------|-------------|
| Breakfast Total                   | 450         | 30g         | 4g         | 75g         |
| Pancakes (2 med-sized)            | 200         | 6g          | 4g         | 36g         |
| Greek Yogurt (1 cup, non-fat)     | 130         | 23g         | 0g         | 9g          |
| Fresh Berries (1/2 cup)           | 30          | 1g          | 0g         | 8g          |
| Maple Syrup (2 tbsp, for topping) | 90          | 0g          | 0g         | 22g         |
| Lunch Total                       | 551         | 48g         | 22g        | 46g         |
| Grilled Chicken Salad             | 300         | 40g         | 12g        | 10g         |
| Quinoa (1/2 cup, cooked)          | 111         | 4g          | 2g         | 20g         |
| Avocado (1/4 medium avocado)      | 80          | 1g          | 7g         | 4g          |
| Whole Grain Bread (1 slice)       | 60          | 3g          | 1g         | 12g         |
| Afternoon Snack Total             | 250         | 27g         | 4g         | 20g         |
| Cottage Cheese (1 cup, low-fat)   | 210         | 27g         | 4g         | 10g         |
| Pineapple Chunks (1/2 cup)        | 40          | 0g          | 0g         | 10g         |
| Dinner Total                      | 635         | 55g         | 31g        | 35g         |
| Baked Salmon (6 oz)               | 360         | 48g         | 17g        | 0g          |
| Roasted Sweet Potatoes (1 med)    | 100         | 2g          | 0g         | 24g         |
| Steamed Broccoli (1 cup)          | 55          | 5g          | 0g         | 11g         |
| Olive Oil (1 tbsp, for seasoning) | 120         | 0g          | 14g        | 0g          |
| Evening Snack Total               | 150         | 12g         | 0g         | 25g         |
| Low-Fat Greek Yogurt (1/2 cup)    | 65          | 11g         | 0g         | 4g          |
| Mixed Berries (1/2 cup)           | 40          | 1g          | 0g         | 9g          |
| Honey (1 tsp, for drizzling)      | 45          | 0g          | 0g         | 12g         |
| <b>TOTAL</b>                      | <b>2036</b> | <b>172g</b> | <b>61g</b> | <b>201g</b> |

This meal plan serves as a mere example and should not be followed without proper consideration of individual dietary needs and preferences. Every person has unique nutritional requirements based on factors such as age, weight, activity level, and health conditions. While this sample plan incorporates a variety of nutrient-dense foods, it may not be suitable for everyone.



# 2500 CALORIE MEAL PLAN EXAMPLE

| MEAL                                | CALS        | PRO         | FAT         | CARB        |
|-------------------------------------|-------------|-------------|-------------|-------------|
| Breakfast Total                     | 350         | 14g         | 15g         | 41g         |
| Whole Grain Oatmeal (1 cup, cook)   | 150         | 6g          | 3g          | 27g         |
| Almond Butter (1 tbsp, for topping) | 95          | 2g          | 9g          | 3g          |
| Chia Seeds (1 tbsp, for topping)    | 60          | 2g          | 3g          | 5g          |
| Skim Milk (1 cup)                   | 45          | 4g          | 0g          | 6g          |
| Mid-Morning Snack Total             | 250         | 27g         | 4g          | 20g         |
| Low-Fat Cottage Cheese (1 cup)      | 210         | 27g         | 4g          | 10g         |
| Fresh Pineapple Chunks (1/2 cup)    | 40          | 0g          | 0g          | 10g         |
| Lunch Total                         | 642         | 49g         | 27g         | 55g         |
| Grilled Chicken Salad               | 300         | 40g         | 12g         | 10g         |
| Quinoa (1 cup, cooked)              | 222         | 8g          | 4g          | 39g         |
| Avocado (1/2 medium avocado)        | 120         | 1g          | 11g         | 6g          |
| Afternoon Snack Total               | 350         | 12g         | 18g         | 37g         |
| Greek Yogurt (1 cup, full-fat)      | 300         | 11g         | 18g         | 25g         |
| Mixed Berries (1 cup)               | 50          | 1g          | 0g          | 12g         |
| Dinner Total                        | 755         | 73g         | 24g         | 59g         |
| Grilled Steak (8 oz)                | 500         | 64g         | 24g         | 0g          |
| Roasted Sweet Potatoes (2 med)      | 200         | 4g          | 0g          | 48g         |
| Steamed Broccoli (1 cup)            | 55          | 5g          | 0g          | 11g         |
| Evening Snack Total                 | 190         | 3g          | 13g         | 19g         |
| Dark Chocolate (1 oz)               | 150         | 1g          | 9g          | 17g         |
| Almonds (10 almonds)                | 40          | 2g          | 4g          | 2g          |
| <b>TOTAL</b>                        | <b>2537</b> | <b>178g</b> | <b>101g</b> | <b>231g</b> |

This meal plan serves as a mere example and should not be followed without proper consideration of individual dietary needs and preferences. Every person has unique nutritional requirements based on factors such as age, weight, activity level, and health conditions. While this sample plan incorporates a variety of nutrient-dense foods, it may not be suitable for everyone.



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*HEALTHY*  
**RECIPES**

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# ZUCCHINI AND PESTO ITALIAN OMELETTE

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 10 MINS



## Ingredients

- Salt and Pepper, to taste
- 2 tablespoons Nutritional yeast seasoning
- 2 cups chopped Zucchini
- 1 slice Bread
- 1 medium Egg
- 1 tsp Oil
- 1 cup Cherry tomatoes
- 1 tsp Italian seasoning, dried
- 2 tsp Pesto
- 3/4 cup Egg whites
- 1 cup Arugula

## Instructions

1. In a bowl, whisk egg whites, whole egg, and nutritional yeast. Season with salt and pepper.
2. Heat oil in a nonstick pan. Cook the egg mixture on low heat, 3 minutes per side, to make the omelette.
3. Transfer the omelette to a plate. In the same pan, cook zucchini with salt, pepper, and Italian seasoning until tender.
4. Add cherry tomatoes, arugula, and pesto to the pan. Stir for a minute, then remove from heat.
5. Place some veggies on the omelette and fold it in half to make a half-moon shape.
6. Serve the remaining veggies as a side dish.
7. Enjoy with toast on the side.

|             | Calorie | Protein | Carb | Fat |
|-------------|---------|---------|------|-----|
| Per Serving | 464     | 45g     | 35g  | 17g |



# SCRAMBLED SWEET POTATO PANCAKES

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 10 MINS



## Ingredients

- 1 tsp Pumpkin spice
- 2 tsp Vanilla extract
- 2 tsp Cinnamon
- 2 tsp Baking powder
- 2 scoops Raw organic vanilla plant protein powder
- 1/2 cup, mashed Baked sweet potato
- 1 tbsp Peanut butter
- 1/2 cup Silk almond milk
- 1 tbsp Chia seeds
- 2 sprays (about 1/3 second each spray) Vegetable cooking spray oil

## Instructions

1. Blend all the ingredients (except peanut butter) to form a smooth pancake batter.
2. Heat a skillet and spray vegetable oil. Pour the pancake mix onto the skillet and cook.
3. Use a spatula to crumble the pancake into small pieces. Cook and stir for 2-3 minutes over medium heat until fully cooked and slightly crispy.
4. Transfer the scrambled pancake to a bowl.
5. Top with peanut butter and garnish with extra pumpkin spice.

|             | Calorie | Protein | Carb | Fat |
|-------------|---------|---------|------|-----|
| Per Serving | 545     | 52g     | 46g  | 19g |



# VEGAN GARLIC, ZUCCHINI AND SPINACH STEW

1 SERVING | PREP TIME: 15 MINS | COOK TIME: 30 MINS



## Ingredients

- 2 medium Zucchini, raw
- 1 1/2 cloves Garlic
- 2 tsp Italian seasoning, dried
- 1/4 cup Vegan mozzarella cheese, shredded
- 2 sprays (about 1/3 second each spray) Vegetable cooking spray oil
- 1 cup Spinach
- 1/2 cup pieces or slices Mushrooms
- 1/3 cup Tomatoes, diced (canned)
- 2 tablespoons Nutritional yeast seasoning
- 1 1/2 cups Beef-free crumble
- 1/2 small Onion

## Instructions

1. Preheat the oven to 365°F (185°C). Cut the zucchini lengthwise.
2. In a large skillet over medium heat, sauté onions and garlic until soft. Add Beyond Meat and cook briefly. Then, add tomatoes, mushrooms, spinach, and Italian seasoning. Cook until vegetables are tender. Season with salt and pepper.
3. In a baking dish, layer zucchini and Beyond Meat mixture. Sprinkle yeast seasoning and vegan mozzarella cheese on top.
4. Bake for 15 minutes or until zucchini is tender and cheese is melted.
5. Serve hot and enjoy

|             | Calorie | Protein | Carb | Fat |
|-------------|---------|---------|------|-----|
| Per Serving | 548     | 55g     | 44g  | 18g |



# EGG, RADISH AND AVOCADO SALAD BAGEL

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 0 MINS



## Ingredients

- 2 large Eggs, whole, hard-boiled
- 3 Egg whites, boiled
- 1 oz (28 g) Alfalfa seeds, sprouted, raw
- 1 tablespoon Light or Lite mayonnaise
- 1 100% whole wheat whole-grain pre-sliced breakfast bagel
- 1/4 cup slices Cucumber, with peel, raw
- 1/4 cup slices Radishes, raw
- 1/4 Avocado, fruit without skin and seeds, raw (California)

## Instructions

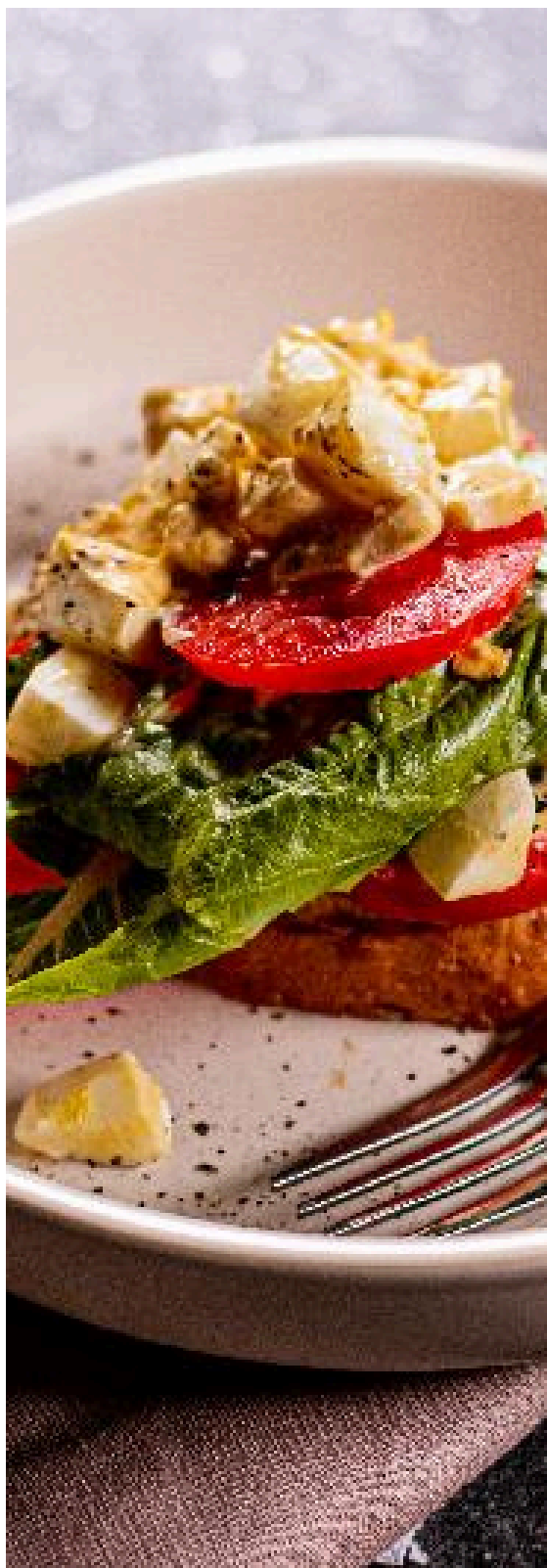
1. In a bowl, mix the chopped boiled eggs with mayonnaise, salt, and pepper.
2. Place the egg mixture on the sliced bagel.
3. Top the egg mixture with sliced cucumber, sliced radishes, mashed avocado, and sprouts.
4. Assemble the sandwich by placing the other half of the bagel on top.
5. Enjoy your delicious Avocado and Egg Bagel Sandwich!

|             | Calorie | Protein | Carb | Fat |
|-------------|---------|---------|------|-----|
| Per Serving | 519     | 34g     | 44g  | 23g |



# EGG AND DIJON MUSTARD OPEN SANDWICH

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 0 MINS



## Ingredients

- 1 tsp Dijon Mustard
- 1 large Egg, whole, hard-boiled
- 1 thin slice Whole-wheat bread
- Salt and Pepper, to taste
- Lettuce romaine, raw (as desired for serving)
- 1/4 medium Tomato, red, raw (2-3/5" diameter)
- 1 1/2 tsp Light mayonnaise

## Instructions

1. In a bowl, mix the roughly chopped egg with mayonnaise, Dijon mustard, salt, and pepper.
2. Place the lettuce on the slice of whole-wheat bread.
3. Top the lettuce with thinly sliced tomatoes.
4. Spread the egg mixture over the tomatoes.
5. Place another slice of bread on top to form the sandwich.
6. Enjoy your delicious Egg Salad Sandwich!

|             | Calorie | Protein | Carb | Fat |
|-------------|---------|---------|------|-----|
| Per Serving | 203     | 10g     | 21g  | 8g  |



# TURKEY ROLL UPS WITH CREAM CHEESE

1 SERVING | PREP TIME: 10 MINS | COOK TIME: 0 MINS



## Ingredients

- 1 1/3 slices Turkey breast, sliced (prepackaged or deli meat)
- 2/3 slices (1 oz) Low-fat Swiss cheese
- 1/3 medium Tomatoes, red, raw (2-3/5" diameter)
- Lettuce romaine, raw (as desired for serving)
- 2/3 medium Tortillas, white flour (approx 6" diameter)
- 1/3 tbsp Cranberry sauce
- 0.67 oz (19 g) Low-fat Cream cheese

## Instructions

1. In a small bowl, mix cream cheese with cranberry sauce until combined.
2. Lay the tortillas flat on a cutting board and spread a layer of the cream cheese mixture all the way to the edges. Layer lettuce leaves down the centre of the wraps.
3. Layer two slices of turkey and Swiss cheese on top of the lettuce. Top with thinly sliced tomatoes.
4. Starting at one end of the tortilla, roll tightly towards the filling. Continue rolling until the filling is tightly wrapped and the cream cheese holds the wrap closed.
5. Slice the wrap into 8 1-inch rounds all the way across.

|             | Calorie | Protein | Carb | Fat |
|-------------|---------|---------|------|-----|
| Per Serving | 211     | 15g     | 18g  | 7g  |





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*YOUR TRAINING*  
**PROGRAM**

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# UNDERSTAND YOUR TRAINING PROGRAM



When it comes to transforming your physique and improving overall fitness, incorporating compound exercises into your workout routine is a powerful strategy. Compound exercises are multi-joint movements that engage multiple muscle groups simultaneously, making them highly efficient for building strength and muscle mass.

So whether you're a seasoned fitness enthusiast or a beginner, this exercise program will guide you through the process of incorporating compound exercises into your workout routine to achieve your strength and muscle-building goals.

Keep in mind that the program you're about to embark on will be focused on an intermediate level of fitness. If you're a beginner, feel free to reduce the number of sets or training days to suit your needs.

## Are You Ready To Transform Your Body?



# WARMING UP AND STRETCHING

Prior to weight training, warming up and stretching play a crucial role in injury prevention and enhancing performance. A well-executed warm-up gradually elevates the heart rate, improves blood flow to the muscles, and primes the body for the upcoming workout.

Adapting your warm-up and stretching routine to suit your body's needs is of utmost importance. Listening to your body's signals allows you to make necessary adjustments. If you have specific injuries or concerns, seeking guidance from a specialist or healthcare provider ensures the development of a tailored warm-up and stretching regimen that addresses your individual requirements.

Here are a few warm-up/stretching options you can consider before starting your workouts:

1



Banded Shoulder Stretch

2



Bodyweight Push Ups

3



Bodyweight Curtsy Lunge

4



Hip Flexor Stretch

5



Cobra Back Stretch

6



Glute Stretch

# WEEKLY WORKOUT SCHEDULE

| PHASE 1:<br>WEEK 1-4 | Fit & Tone        | 5 Exercises | 20 Sets | 10 Reps |
|----------------------|-------------------|-------------|---------|---------|
|                      | Day 1 Upper Body  |             |         |         |
|                      | Day 2 Lower Body  |             |         |         |
|                      | Day 3 Upper Body  |             |         |         |
|                      | Day 4 Lower Body  |             |         |         |
|                      | Day 5 Upper Body  |             |         |         |
|                      | Rest/Recovery Day |             |         |         |
|                      | Rest/Recovery Day |             |         |         |

| PHASE 2:<br>WEEK 5-8 | Fit & Tone        | 5 Exercises | 24 Sets | 8 Reps |
|----------------------|-------------------|-------------|---------|--------|
|                      | Day 1 Upper Body  |             |         |        |
|                      | Day 2 Lower Body  |             |         |        |
|                      | Day 3 Upper Body  |             |         |        |
|                      | Day 4 Lower Body  |             |         |        |
|                      | Day 5 Upper Body  |             |         |        |
|                      | Rest/Recovery Day |             |         |        |
|                      | Rest/Recovery Day |             |         |        |



BARBELL BENCH PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on a flat bench and start by holding a barbell above your chest with your hands slightly wider than shoulder width.
2. Slowly lower the barbell to the middle of your chest and then press the barbell back up to the same start position until your arms are straight.
3. Repeat.

SETS x REPS **4 x 10** WEIGHTS Week 1 Week 2 Week 3 Week 4

BARBELL INCLINE BENCH PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on an incline bench set at 45 degrees.
2. Start by holding the bar over your upper chest with your arms straight and grip slightly wider than shoulder width.
3. Slowly lower the bar until the barbell makes contact with your upper chest.
4. Then press the barbell straight up over your chest until your elbows are locked.

SETS x REPS **4 x 10** WEIGHTS Week 1 Week 2 Week 3 Week 4

DUMBBELL INCLINE CHEST FLYS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on an incline bench set at 45 degrees, holding dumbbells over your chest with your arms straight and palms facing each other.
2. Lower the dumbbells to the sides of your body in an arc-like motion, aligning with the middle of your chest until your hands are at chest level.
3. Raise the dumbbells back up over your chest, maintaining straight arms throughout the movement.
4. Repeat for the desired number of repetitions.

SETS x REPS **4 x 10** WEIGHTS Week 1 Week 2 Week 3 Week 4

ASSISTED PULL UPS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Select your appropriate weight for the exercise on the machine. Using more weight makes it easier.
2. Grab the pull-up bar with hands facing forward. Place your knees on the machine's rest pad and slowly load your body weight onto the machine. Let your arms go to full extension, and your body is in a straight line from hands to knees.
3. Pull your body upwards until your nose is just over the level of the bar.
4. Lower your body, returning to the starting position.
5. Repeat.

SETS x REPS **4 x 10** WEIGHTS Week 1 Week 2 Week 3 Week 4

SEATED CABLE ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit upright holding the handle with your arms straight out in front and your back flat.
2. Pull the handle straight in to your chest, bending at the elbows and squeezing your shoulder blades together.
3. Release the handle, returning to the starting position. Remain upright throughout and do not sway back and forth.
4. Repeat.

SETS x REPS **4 x 10** WEIGHTS Week 1 Week 2 Week 3 Week 4

SEATED LEG PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Start seated on the leg press machine, with feet shoulder-width apart on the plate.
2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control.
3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top.
4. Repeat.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

BARBELL STIFF LEG DEADLIFT

[TAP FOR VIDEO DEMONSTRATION](#)



1. Start by standing with your feet shoulder-width apart.
2. Pick up the barbell by bending your knees and hinge at your hips to grasp the barbell with a shoulder-width overhand grip while keeping your back straight.
3. Lift the weight to a standing position, keeping your back straight and core tight.
4. Begin by bending your hips to lower the bar to the top of your feet.
5. As you descend, make sure to bend your knees slightly with your waist kept straight.
6. With your knees still bent, lift the bar by extending at your hips until standing upright.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

TRX HAMSTRING CURLS

[TAP FOR VIDEO DEMONSTRATION](#)



1. When performing this exercise, use your glutes to lift your body up off the mat.
2. Also, keep your abdominals engaged to ensure that you don't overarch your lower back.
3. Lie down on the mat, arms on the side, palms flat on the ground.
4. With your feet suspended on the straps, lift your body up with your arms steady on the side. This will be your starting position.
5. Flex the knees, bringing your feet towards you while engaging your core. Then return to the starting position.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

REVERSE DUMBBELL LUNGES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand with dumbbells in both hands hanging down your sides.
2. Extend one leg back and lower your body on the other leg until the knee of the rear leg is almost in contact with the floor.
3. Return to the original standing position.
4. Make sure your torso is straight during the whole exercise.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

SEATED MACHINE CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Position the ball of your foot on the edge of a step, leaving your heels hanging off the edge.
2. Adjust the lever pad on the calf raise machine to the height of your lower thighs.
3. Lower your heels by bending at the ankles until you feel a full stretch in your calves. Inhale as you do this.
4. Raise your heels by extending your ankles as high as possible, contracting your calves, and exhaling. Hold the top position for a second to maximize the contraction.
5. Repeat for the desired number of repetitions.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4



DUMBBELL BENT OVER ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. When performing this exercise, maintain a safe back by arching or keeping a neutral spine throughout the movement.
2. Assume a position similar to that of the deadlift, with your feet shoulder-width apart and a slight bend in your knees.
3. Hold a dumbbell in each hand with your palms facing your body.
4. Pull the dumbbells towards your stomach, retracting your shoulder blades and flexing your elbows.
5. Lower the dumbbells back down in a controlled manner, fully extending your arms.

SETS x REPS **4 x 10** WEIGHTS Week 1 Week 2 Week 3 Week 4

ASSISTED PULL UPS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Select your appropriate weight for the exercise on the machine. Using more weight makes it easier.
2. Grab the pull-up bar with hands facing forward. Place your knees on the machine's rest pad and slowly load your body weight onto the machine. Let your arms go to full extension, and your body is in a straight line from hands to knees.
3. Pull your body upwards until your nose is just over the level of the bar.
4. Lower your body, returning to the starting position.
5. Repeat.

SETS x REPS **4 x 10** WEIGHTS Week 1 Week 2 Week 3 Week 4

SINGLE ARM DUMBBELL ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. Place one knee on a bench, one hand in a push-up position. Keep your body parallel to the floor with your back straight. Hold a dumbbell in your free hand, allowing it to hang down to your side.
2. Pull the dumbbell up to the side of your chest, keeping your elbow close to the body and squeezing your shoulder blade.
3. Lower the dumbbell, returning to the starting position with your arm fully extended.
4. Complete all reps on one side before switching to the other side.

SETS x REPS **4 x 10** WEIGHTS Week 1 Week 2 Week 3 Week 4

DUMBBELL DECLINE CHEST PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on a decline bench with two dumbbells.
2. Start with dumbbells positioned just below the nipples.
3. Raise the dumbbells all the way up, pause, and then lower the weights. Make sure to keep your back flat on the bench at all times.

SETS x REPS **4 x 10** WEIGHTS Week 1 Week 2 Week 3 Week 4

CHEST PRESS MACHINE

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit upright on the chest press machine, making sure your back is rested on the backrest. Hold both handles in a horizontal position close to your shoulders, with your elbows bent.
2. Push both handles forward to a straight arm position in front of your chest.
3. Bending at the elbows, slowly return to the starting position.
4. Repeat.

SETS x REPS **4 x 10** WEIGHTS Week 1 Week 2 Week 3 Week 4

BARBELL SQUATS

[TAP FOR VIDEO DEMONSTRATION](#)



1. With the barbell across your upper back, set your feet slightly wider than shoulder-width apart. Have your feet turned out slightly.
2. Keep your chest up and knees out as you sit back and down into your hips.
3. Under control, reverse the motion and push yourself back up to a standing position.

SETS x REPS 4 x 10

WEIGHTS Week 1 Week 2 Week 3 Week 4

SEATED LEG PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Start seated on the leg press machine, with feet shoulder-width apart on the plate.
2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control.
3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top.
4. Repeat.

SETS x REPS 4 x 10

WEIGHTS Week 1 Week 2 Week 3 Week 4

SEATED LEG EXTENSIONS

[TAP FOR VIDEO DEMONSTRATION](#)



1. For this exercise, ensure that the pad rests just above the ankle.
2. Secondly, you want to make sure that the weights don't tap down in between each repetition.
3. Keep a tall body throughout the exercise.
4. Extend your knees fully, raising your legs straight out.

SETS x REPS 4 x 10

WEIGHTS Week 1 Week 2 Week 3 Week 4

SUMO DEADLIFTS

[TAP FOR VIDEO DEMONSTRATION](#)



1. When performing this exercise, get your hips as low as you can while maintaining a slight extension throughout your spine.
2. Stand with your feet wide and turned out at about 45 degrees.
3. Position your knees in line with your feet and hips while keeping your rib cage high and both hands on the barbell. This will be your starting position.
4. Drive up through your heels, slightly pushing your knees laterally. Pause at full extension. Then return to the starting position.

SETS x REPS 4 x 10

WEIGHTS Week 1 Week 2 Week 3 Week 4

SEATED CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. When performing this exercise, put the ball of your foot on the step.
2. Place your lower thighs under the lever pad, which will need to be adjusted according to the height of your thighs.
3. Slowly lower your heels by bending at the ankles until the calves are fully stretched. Inhale as you perform this movement.
4. Raise the heels by extending the ankles as high as possible as you contract the calves and breathe out. Hold the top contraction for a second.

SETS x REPS 4 x 10

WEIGHTS Week 1 Week 2 Week 3 Week 4

STANDING DUMBBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

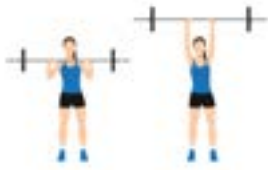


1. Stand upright, holding dumbbells at shoulder height with your fists facing outwards.
2. Press the dumbbells overhead by extending your arms fully. Keep your back flat and maintain an upright posture throughout the movement.
3. Lower the dumbbells back to shoulder height in a controlled manner.
4. Repeat the exercise for the desired number of repetitions.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

BARBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Begin by standing with your feet shoulder-width apart and the barbell resting on the front of your shoulders, just below your chin. Grip the barbell with your hands slightly wider than shoulder-width apart, palms facing forward.
2. Press the barbell overhead by extending your arms fully while keeping the barbell balanced over your head and in line with your ears.
3. Lower the barbell back down to the starting position, slowly and with control.
4. Repeat the movement for the desired number of repetitions.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

REAR DELT DUMBBELL FLYS

[TAP FOR VIDEO DEMONSTRATION](#)

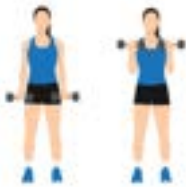


1. Start by standing with your feet shoulder-width apart and a dumbbell in each hand.
2. Hinge at your hips and slightly bend your knees to maintain a flat back position. Your chest should be almost parallel to the floor.
3. Keep a slight bend in your elbows and raise both arms out to the sides until they are parallel to the floor. Focus on squeezing your shoulder blades together during this movement.
4. Lower the dumbbells back down in a controlled manner to the starting position.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

CABLE BICEP CURLS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand up straight with a dumbbell in each hand, palms facing forward, and your arms hanging down at your sides.
2. Keep your elbows close to your body and curl the dumbbells upwards, squeezing your biceps as you lift.
3. Continue the curl until the dumbbells reach shoulder level or slightly higher.
4. Slowly lower the dumbbells back down to the starting position in a controlled manner.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

DUMBBELL TRICEP SKULL CRUSHERS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Begin by holding the dumbbells with your hands, keeping your grip less than 12 inches apart.
2. Extend your arms straight up towards the ceiling, with the dumbbells directly above your shoulders.
3. Slowly lower the dumbbells towards the sides of your head, allowing your elbows to bend.
4. Pause briefly when the dumbbells are near your head, then raise them back up to the starting position, fully extending your arms.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

|                          |       |        |         |      |
|--------------------------|-------|--------|---------|------|
| <b>Day 1 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 2 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 3 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 4 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 5 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 6 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 7 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |

|                          |       |        |         |      |
|--------------------------|-------|--------|---------|------|
| <b>Day 1 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 2 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 3 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 4 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 5 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 6 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 7 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |

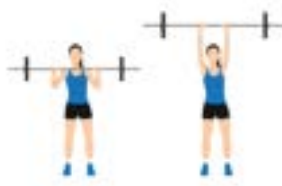
|                          |       |        |         |      |
|--------------------------|-------|--------|---------|------|
| <b>Day 1 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 2 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 3 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 4 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 5 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 6 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 7 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |

|                          |       |        |         |      |
|--------------------------|-------|--------|---------|------|
| <b>Day 1 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 2 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 3 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 4 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 5 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 6 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 7 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |



BARBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Begin by standing with your feet shoulder-width apart and the barbell resting on the front of your shoulders, just below your chin. Grip the barbell with your hands slightly wider than shoulder-width apart, palms facing forward.
2. Press the barbell overhead by extending your arms fully while keeping the barbell balanced over your head and in line with your ears.
3. Lower the barbell back down to the starting position, slowly and with control.
4. Repeat the movement for the desired number of repetitions.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

SEATED ARNOLD SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on a bench with back support and hold a dumbbell in each hand at shoulder height with palms facing your body and elbows bent.
2. Start with the dumbbells at shoulder height and your palms facing your body.
3. Press the dumbbells overhead while rotating your palms outward until your arms are fully extended.
4. Lower the dumbbells back down to the starting position, reversing the palm rotation.
5. Repeat for the desired number of repetitions.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

DUMBBELL SIDE LATERAL RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand with your feet shoulder-width apart, holding a dumbbell in each hand with your palms facing your body.
2. Keep a slight bend in your elbows and your back straight.
3. Raise both dumbbells to the sides at the same time until your arms are parallel to the floor.
4. Keep your elbows slightly bent as you lift the dumbbells to shoulder height.
5. Pause briefly at the top of the movement, squeezing your shoulder muscles.
6. Lower the dumbbells back down to the starting position in a controlled manner.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

T-BAR ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. Position one end of a barbell into a landmine attachment or T-bar row machine.
2. Stand with feet shoulder-width apart, gripping the barbell with both hands using an overhand grip.
3. Bend at hips and knees, keeping back straight at a 45-degree angle.
4. Pull the barbell towards your torso, retracting shoulder blades and bending elbows.
5. Squeeze back muscles at the top, then lower the barbell in control.
6. Repeat for desired reps.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

WIDE GRIP LAT PULLDOWN

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on a lat pulldown machine with your knees positioned under the leg pads and your feet flat on the floor.
2. Reach up and grasp the wide bar with an overhand grip (palms facing away from you), hands wider than shoulder-width apart.
3. Keep your chest up, shoulders back, and maintain a slight arch in your lower back.
4. Pull the bar down towards your chest by engaging your lats and squeezing your shoulder blades together.
5. Lower the bar back up to the starting position with control, fully extending your arms.

SETS x REPS **4 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4



WALKING DUMBBELL LUNGES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Begin by standing with your feet hip-width apart, holding a dumbbell in each hand with your arms at your sides.
2. Take a step forward with your right foot, and simultaneously lower your body into a lunge position, ensuring both knees are bent at 90-degree angles.
3. As you lower into the lunge, keep your chest up and core engaged for stability.
4. Push through your front heel to return to the starting position and take a step forward with your left foot, repeating the lunge on the opposite side.
5. Continue alternating legs as you walk forward.

|             |       |         |        |        |        |        |
|-------------|-------|---------|--------|--------|--------|--------|
| SETS x REPS | 5 x 8 | WEIGHTS | Week 1 | Week 2 | Week 3 | Week 4 |
|-------------|-------|---------|--------|--------|--------|--------|

SEATED LEG EXTENSIONS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on a leg extension machine with your back against the backrest and your feet positioned under the leg pads.
2. Adjust the machine so that the leg pads are just above your ankles.
3. Grip the handles on the sides of the seat for stability.
4. Straighten your legs and extend them fully, lifting the weight until your legs are straight in front of you.
5. Slowly lower the weight back down to the starting position with control, bending your knees.

|             |       |         |        |        |        |        |
|-------------|-------|---------|--------|--------|--------|--------|
| SETS x REPS | 5 x 8 | WEIGHTS | Week 1 | Week 2 | Week 3 | Week 4 |
|-------------|-------|---------|--------|--------|--------|--------|

DUMBBELL STIFF LEG DEADLIFT

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand with your feet shoulder-width apart and a slight bend in your knees.
2. Hold a dumbbell in each hand with a neutral grip (palms facing your body) and your arms fully extended down in front of your thighs.
3. Keeping your back flat, hinge at your hips and lower the dumbbells down towards the ground while maintaining a slight bend in your knees.
4. Lower the dumbbells as far as your flexibility allows, feeling a stretch in your hamstrings.
5. Engage your hamstrings and glutes to raise your body back up to the starting position, keeping your back straight throughout the movement.

|             |       |         |        |        |        |        |
|-------------|-------|---------|--------|--------|--------|--------|
| SETS x REPS | 5 x 8 | WEIGHTS | Week 1 | Week 2 | Week 3 | Week 4 |
|-------------|-------|---------|--------|--------|--------|--------|

TRX HAMSTRING CURLS

[TAP FOR VIDEO DEMONSTRATION](#)



1. When performing this exercise, use your glutes to lift your body up off the mat.
2. Also, keep your abdominals engaged to ensure that you don't overarch your lower back.
3. Lie down on the mat, arms on the side, palms flat on the ground.
4. With your feet suspended on the straps, lift your body up with your arms steady on the side. This will be your starting position.
5. Flex the knees, bringing your feet towards you while engaging your core. Then return to the starting position.

|             |       |         |        |        |        |        |
|-------------|-------|---------|--------|--------|--------|--------|
| SETS x REPS | 5 x 8 | WEIGHTS | Week 1 | Week 2 | Week 3 | Week 4 |
|-------------|-------|---------|--------|--------|--------|--------|

STANDING CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand up straight with a dumbbell in each hand, palms facing your body, and arms fully extended down at your sides.
2. Keep your feet shoulder-width apart and your toes pointed forward.
3. Rise up on the balls of your feet as high as possible, lifting your heels off the ground.
4. Hold the top position for a second to fully contract your calf muscles.
5. Slowly lower your heels back down to the starting position in a controlled manner.

|             |       |         |        |        |        |        |
|-------------|-------|---------|--------|--------|--------|--------|
| SETS x REPS | 4 x 8 | WEIGHTS | Week 1 | Week 2 | Week 3 | Week 4 |
|-------------|-------|---------|--------|--------|--------|--------|



SEATED CABLE ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit upright holding the handle with your arms straight out in front and your back flat.
2. Pull the handle straight in to your chest, bending at the elbows and squeezing your shoulder blades together.
3. Release the handle, returning to the starting position. Remain upright throughout and do not sway back and forth.
4. Repeat.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

WIDE GRIP LAT PULLDOWN

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on a lat pulldown machine with your knees positioned under the leg pads and your feet flat on the floor.
2. Reach up and grasp the wide bar with an overhand grip (palms facing away from you), hands wider than shoulder-width apart.
3. Keep your chest up, shoulders back, and maintain a slight arch in your lower back.
4. Pull the bar down towards your chest by engaging your lats and squeezing your shoulder blades together.
5. Lower the bar back up to the starting position with control, fully extending your arms.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

HIGH CABLE ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. Set the cable pulleys at the highest position on both sides of the cable machine.
2. Stand facing the machine, grab one handle in each hand with an overhand grip, and step back to create tension on the cables.
3. Position your feet shoulder-width apart and slightly bend your knees.
4. Keep your back straight and chest up as you pull the handles back towards your upper abdomen, retracting your shoulder blades.
5. Squeeze your back muscles at the peak of the movement, then slowly release the tension and bring the handles back to the starting position.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

STANDING DUMBBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand upright, holding dumbbells at shoulder height with your fists facing outwards.
2. Press the dumbbells overhead by extending your arms fully. Keep your back flat and maintain an upright posture throughout the movement.
3. Lower the dumbbells back to shoulder height in a controlled manner.
4. Repeat the exercise for the desired number of repetitions.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

STANDING ALTERNATING FRONT RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand up straight with a dumbbell in each hand, palms facing your body.
2. Keep your feet shoulder-width apart and your knees slightly bent.
3. Begin by lifting one dumbbell straight out in front of you, keeping your arm extended and your palm facing down.
4. Raise the dumbbell to shoulder level or slightly higher.
5. Lower the dumbbell back down in a controlled manner.
6. Repeat the same movement with the other arm, raising it alternately with the first arm.

SETS x REPS **4 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4



SEATED LEG PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Start seated on the leg press machine, with feet shoulder-width apart on the plate.
2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control.
3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top.
4. Repeat.

SETS x REPS

5 x 8

WEIGHTS

Week 1

Week 2

Week 3

Week 4

REVERSE BARBELL LUNGES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand with your feet hip-width apart and hold a barbell on your upper back, resting it behind your shoulders.
2. Take a step backward with one foot and lower your body into a lunge position, bending both knees at 90-degree angles.
3. Ensure your front knee is directly above your ankle and your back knee hovers just above the floor.
4. Push through your front heel to return to the starting position.
5. Alternate legs and repeat for the desired number of repetitions.

SETS x REPS

5 x 8

WEIGHTS

Week 1

Week 2

Week 3

Week 4

SEATED LEG EXTENSIONS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on a leg extension machine with your back against the backrest and your feet positioned under the leg pads.
2. Adjust the machine so that the leg pads are just above your ankles.
3. Grip the handles on the sides of the seat for stability.
4. Extend your legs fully, lifting the weight until your legs are straight in front of you.
5. Slowly lower the weight back down to the starting position, bending your knees.
6. Repeat for the desired number of repetitions.

SETS x REPS

5 x 8

WEIGHTS

Week 1

Week 2

Week 3

Week 4

STIFF LEG BARBELL DEADLIFTS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Start by standing with your feet shoulder-width apart.
2. Pick up the barbell by bending your knees and hinge at your hips to grasp the barbell with a shoulder-width overhand grip while keeping your back straight.
3. Lift the weight to a standing position, keeping your back straight and core tight.
4. Begin by bending your hips to lower the bar to the top of your feet.
5. As you descend, make sure to bend your knees slightly with your waist kept straight.
6. With your knees still bent, lift the bar by extending at your hips until standing upright.

SETS x REPS

5 x 8

WEIGHTS

Week 1

Week 2

Week 3

Week 4

SEATED MACHINE CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on a calf raise machine with your back resting against the back pad and your feet on the foot platform.
2. Adjust the machine so that the balls of your feet are on the platform, and your heels can move freely off the edge.
3. Place your hands on the side handles or hold onto the front handles for stability.
4. Press through the balls of your feet to raise your heels as high as possible.
5. Hold the top position for a second to fully contract your calf muscles.
6. Slowly lower your heels back down until you feel a stretch in your calves.

SETS x REPS

4 x 8

WEIGHTS

Week 1

Week 2

Week 3

Week 4



DUMBBELL ALTERNATING CHEST PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on a flat bench with a dumbbell in each hand, held at shoulder level, and your palms facing away from you.
2. Start with both arms fully extended, holding the dumbbells directly above your chest.
3. Lower one dumbbell down towards your chest while keeping the other arm extended.
4. As you press the first dumbbell back up to the starting position, lower the other dumbbell down to your chest.
5. Continue alternating the movement, pressing one dumbbell up while lowering the other down.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

DECLINE DUMBBELL BENCH PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie down on a decline bench with your head lower than your feet, securing your feet under the footpads or having a spotter hold them in place.
2. Hold a dumbbell in each hand at shoulder level with your palms facing forward.
3. Lower the dumbbells down towards your chest, keeping your elbows at a 90-degree angle or slightly lower.
4. Press the dumbbells back up to the starting position, fully extending your arms.
5. Keep your core engaged and maintain control throughout the movement.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

DUMBBELL INCLINE CHEST FLYS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on an incline bench set at 45 degrees, holding dumbbells over your chest with your arms straight and palms facing each other.
2. Lower the dumbbells to the sides of your body in an arc-like motion, aligning with the middle of your chest until your hands are at chest level.
3. Raise the dumbbells back up over your chest, maintaining straight arms throughout the movement.
4. Repeat for the desired number of repetitions.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

TRICEP BENCH DIPS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on the edge of a bench with hands beside hips, fingers pointing forward.
2. Slide hips off the bench, knees bent at 90 degrees.
3. Lower body by bending elbows until arms are parallel to the ground.
4. Push through palms to extend arms and return to starting position.
5. Keep core engaged and repeat for desired reps.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

BARBELL CURL

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand with your feet shoulder-width apart, holding a barbell with an underhand grip (palms facing up) and your hands shoulder-width apart.
2. Keep your elbows close to your sides and your upper arms stationary throughout the exercise.
3. Curl the barbell upward by bending your elbows, while keeping your upper arms stationary.
4. Continue to curl until the bar is at shoulder level and your biceps are fully contracted.
5. Lower the barbell back down to the starting position in a controlled manner.

SETS x REPS **4 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

|                          |       |        |         |      |
|--------------------------|-------|--------|---------|------|
| <b>Day 1 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 2 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 3 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 4 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 5 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 6 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 7 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |

|                          |       |        |         |      |
|--------------------------|-------|--------|---------|------|
| <b>Day 1 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 2 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 3 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 4 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 5 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 6 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 7 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |

|                          |       |        |         |      |
|--------------------------|-------|--------|---------|------|
| <b>Day 1 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 2 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 3 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 4 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 5 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 6 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 7 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |

|                          |       |        |         |      |
|--------------------------|-------|--------|---------|------|
| <b>Day 1 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 2 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 3 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 4 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 5 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 6 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |
| <b>Day 7 Reflections</b> | Sleep | Energy | Water   | Mood |
| .....                    | /Hrs  | /10    | /Litres | /10  |
| .....                    |       |        |         |      |

# RECOVERY AND INJURY PREVENTION

In your pursuit of building strength and toning up, recovery and injury prevention are essential aspects to ensure progress and long-term well-being. Let's discuss the importance of sleep and rest, injury prevention strategies, managing stress, and the role of nutrition.

## SLEEP & REST

Adequate sleep and rest are crucial for effective recovery and muscle repair. During sleep, the body undergoes essential processes to heal and regenerate, allowing muscles to recover from the stress of intense workouts. Aim for 7-9 hours of quality sleep each night and incorporate rest days into your weekly routine. Rest days give your muscles time to recuperate and reduce the risk of overuse injuries.

## STRESS

Managing stress is crucial for overall health and recovery. High-stress levels can hinder progress and lead to an increased risk of injuries. Incorporate stress-reducing techniques into your routine, such as yoga, meditation, or spending time in nature.

## NUTRITION

Proper nutrition is a key component of recovery and injury prevention. Ensure you consume a balanced diet rich in protein, complex carbohydrates, healthy fats, and essential nutrients. Protein is vital for muscle repair and growth, while carbohydrates replenish glycogen stores for energy. Staying well-hydrated is equally important, as it supports nutrient transport to muscles and aids in recovery.

## INJURY PREVENTION

Injury prevention post-training is essential for optimizing recovery and reducing the risk of injuries. After workouts, focus on proper cool-down exercises, such as stretching and foam rolling, to promote muscle flexibility and reduce muscle soreness.



# RECOMMENDED SUPPLEMENTS

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Supplements can be valuable additions to your diet, aiding in supporting your strength and fitness goals. However, it's crucial to remember that supplements should never replace a balanced diet, but rather complement it. This page will explore some recommended supplements that may benefit your fitness journey, promoting muscle recovery, strength gains, and overall performance.



GET THIS ONE

## Protein Powder

Protein powder is a popular and convenient supplement to increase your protein intake. Protein powders provide essential amino acids to support muscle repair and growth, making them particularly useful for individuals engaging in strength training and toning exercises.



GET THIS ONE

## Creatine

Creatine is a naturally occurring compound found in small amounts in certain foods and produced by the body. Supplementing with creatine has been shown to enhance performance during high-intensity, short-duration exercises like weight lifting and sprinting.



GET THIS ONE

## Omega-3 Fatty Acids

Omega-3 fatty acids, found primarily in fish oil supplements, are essential for heart health and inflammation reduction. They also support joint health and recovery, making them beneficial for individuals engaging in intense workouts.



## Multivitamin

A high-quality multivitamin can help fill potential nutrient gaps in your diet, providing a range of vitamins and minerals essential for overall health and well-being. While a well-balanced diet should ideally cover all nutritional needs, a multivitamin can act as a safety net.

GET THIS ONE



## Branched-Chain Amino Acids (BCAAs)

BCAAs are a group of three essential amino acids: leucine, isoleucine, and valine. They play a crucial role in muscle protein synthesis and energy production during exercise. Supplementing with BCAAs before or during workouts may help reduce muscle breakdown and improve exercise performance.

GET THIS ONE



# FREQUENTLY ASKED QUESTIONS

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Who is the 8-week program suitable for?



This program is suitable for individuals of various fitness levels, from beginners to intermediate and advanced athletes. The program can be tailored to individual needs, making it accessible for those looking to start or progress their fitness journey.



How often should I work out during the 8-week program?



The frequency of workouts in the program will be 5 days a week. The specific number of weekly workouts will depend on individual fitness goals, preferences, and available time. Beginners may start with 3 days a week and gradually increase to 5 days as they build stamina and strength.



Will the program help me lose weight?



Certainly! Combining strength training and a balanced diet can create a calorie deficit, leading to fat loss. Additionally, as you build lean muscle mass through strength training, your body's metabolism may increase, contributing to long-term weight management.



Can I modify the program if I have specific health concerns or limitations?



Absolutely! The program is completely modifiable so that anyone can participate. If you have specific health conditions or injuries, it is recommended to consult with a healthcare professional or fitness specialist before starting the program. They can help you modify certain exercises or suggest alternative movements to accommodate your needs safely and effectively.



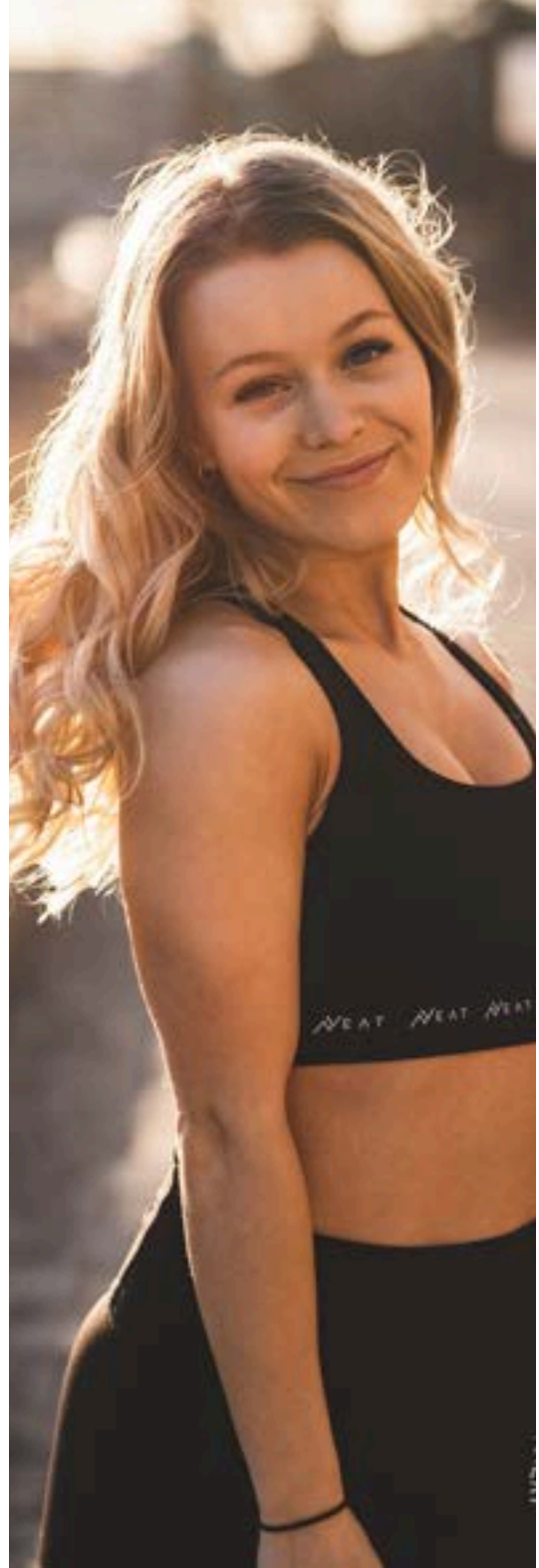
# THANK YOU

We are grateful for the opportunity to be your guide on this journey. Your curiosity and willingness to learn have inspired us to create a comprehensive resource that aims to empower you in your pursuit of better health.

Remember, knowledge is the key to transformation. By arming yourself with the understanding of proteins and their significance, you have taken a significant step towards achieving your health and wellness goals.

As you continue on your wellness journey, remember that small changes can lead to significant results. Embrace the power of protein and apply the knowledge you've gained to make positive choices for yourself and those around you.

We wish you all the best on your path to a healthier and happier life.



## Nick & Sharon

Owners/Coaches

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