



GO FITNESS

**THE
FIT AND
TONED IN
8 WEEKS**

THE ULTIMATE GUIDE

BY: GOFITNESSCENTER.COM

DISCLAIMER

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WELCOME TO THE PROGRAM

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!



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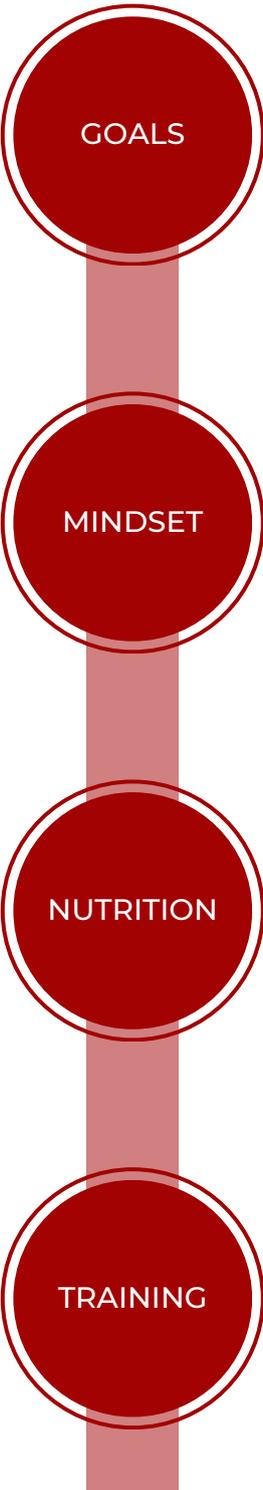
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YOUR 8-WEEK ROAD MAP

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

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

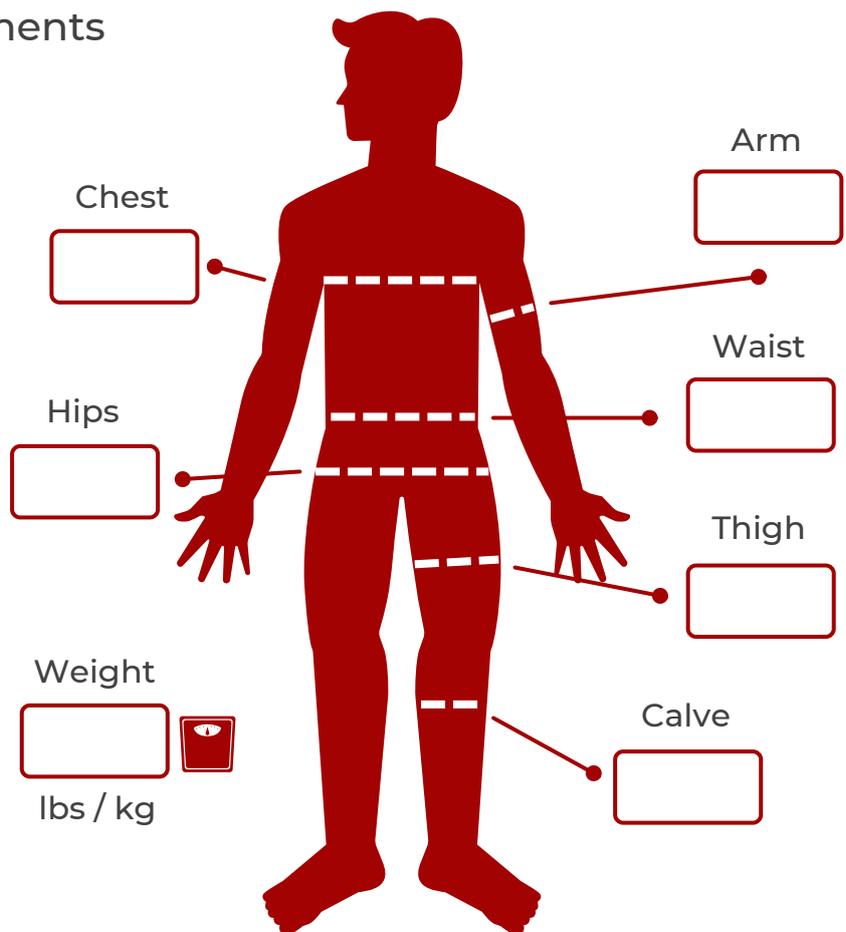
Week 1 Date:

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

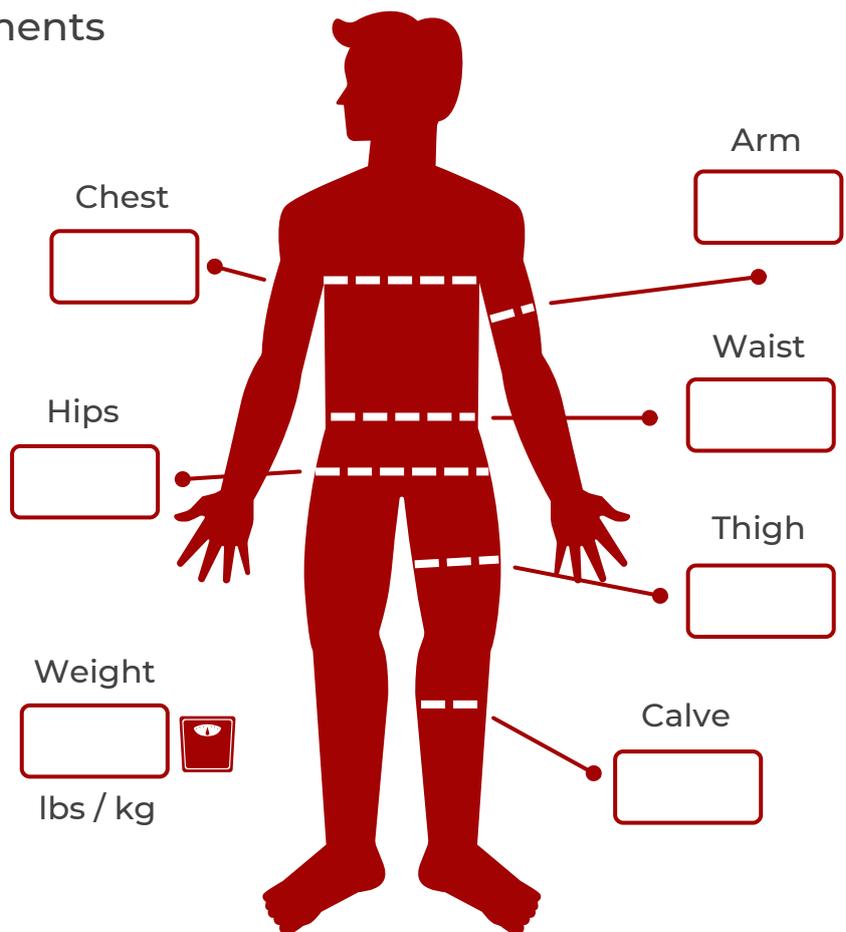
Week 8 Date:

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:



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.

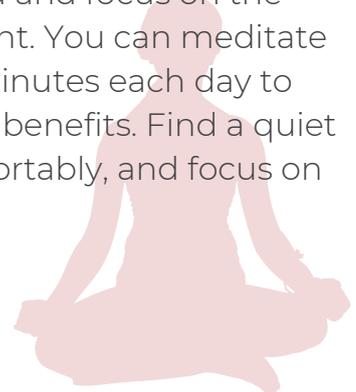
Celebrate the Small Wins

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.



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.



MOTIVATIONAL HANDBOOK

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*



DISCOVER
NUTRITION

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.

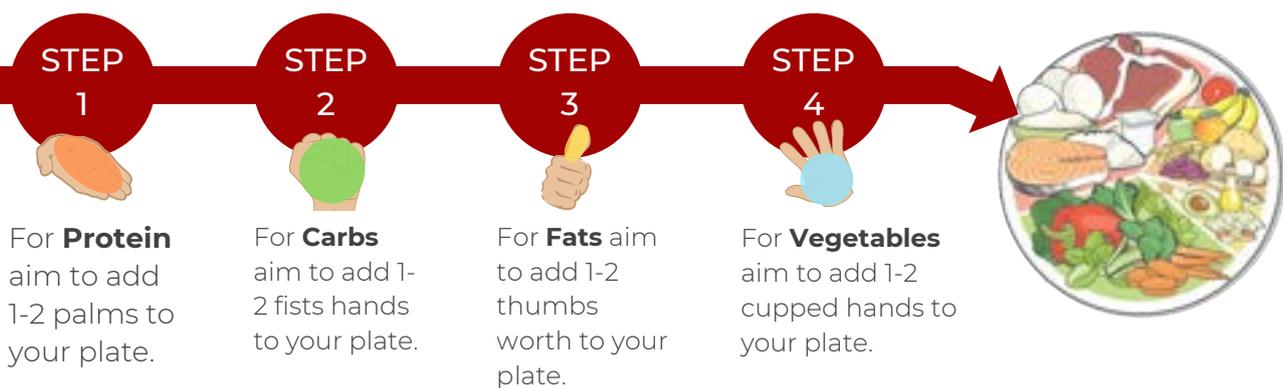
Negative Energy Balance and Weight Loss:

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.

Male equation:

$$(10 \times \text{___ kg}) + (6.25 \times \text{___ cm}) - (5 \times \text{age}) + 5 = \text{_____ calories}$$

For example, a male who weighs 70kg, is 170cm in height and is 25 years old would have a BMR of 1642 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 male who has a BMR of 1642 calories and activity level of 1.55 would have a TDEE of 2545 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 male who has a TDEE of 2545 calories and wants to aim to lose 500 grams of fat per week would need to set their calories at starting point of 2045 calories.



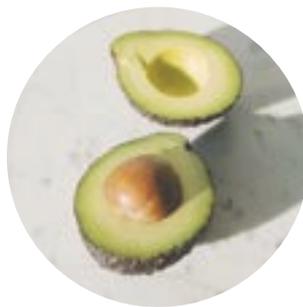
CALCULATING YOUR MACRO NEEDS

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 1.5-2 grams per kilogram 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.

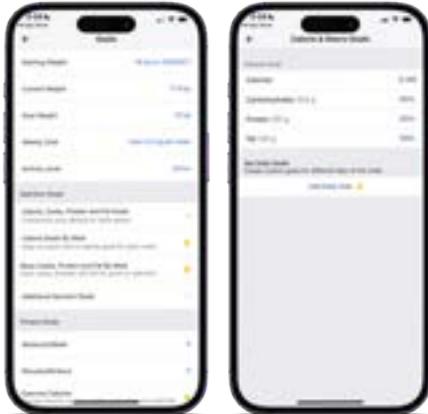
For example: A male weighing 70kg, aiming for fat loss while consistently training and eating 2045 calories, the recommended daily protein intake would be 140g, providing 560 calories. 30% (68g) of fat, which contributes 614 calories. The remaining calories would be allocated for carbohydrates, with 871 calories (218g) 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.

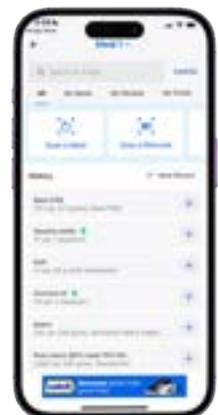


02 Setting up your calorie & macro goals

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
TOTAL	1500	84g	55g	180g

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
TOTAL	2036	172g	61g	201g

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
TOTAL	2537	178g	101g	231g

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.





HEALTHY
RECIPES

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



YOUR TRAINING
PROGRAM

UNDERSTAND YOUR TRAINING PROGRAM

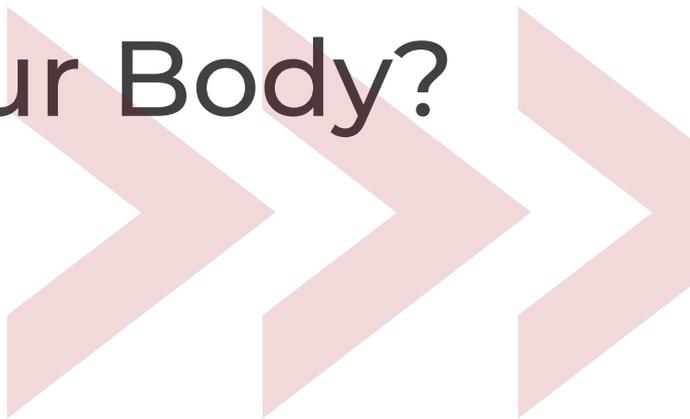


When it comes to transforming your physique and improving overall fitness, incorporating compound exercises into your workout routine is a powerful strategy. Compound exercises are multi-joint movements that engage multiple muscle groups simultaneously, making them highly efficient for building strength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

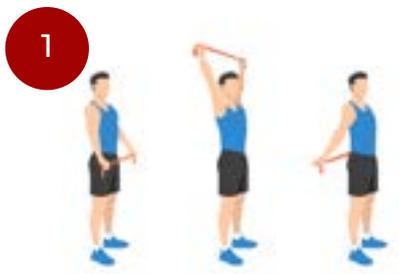


WARMING UP AND STRETCHING

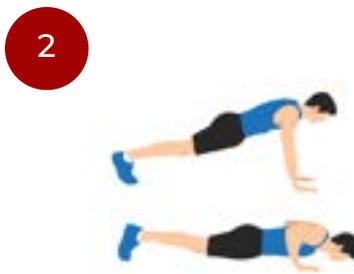
Prior to weight training, warming up and stretching play a crucial role in injury prevention and enhancing performance. A well-executed warm-up gradually elevates the heart rate, improves blood flow to the muscles, and primes the body for the upcoming workout.

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:



Banded Shoulder Stretch



Bodyweight Push Ups



Bodyweight Side Lunge



Hip Flexor Stretch



Cobra Back Stretch



Glute Stretch

WEEKLY WORKOUT SCHEDULE

**PHASE 1:
WEEK 1-4**

Strength & 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:
WEEK 5-8**

Strength & 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

CABLE CHEST FLYS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Bend over at the waist holding handles with your arms straight out to your sides at shoulder height and your feet split.
2. Pull the handles down together in front until they meet, keeping your arms straight.
3. Return to the starting position.
4. Repeat.

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

STANDING MACHINE CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand straight at a standing calf raise machine with your shoulders under the pads and your heels hanging off the foot step.
2. Begin by raising up on your toes as high as you can go, pause, and then return to the starting position.

SETS x REPS

4 x 10

WEIGHTS

Week 1

Week 2

Week 3

Week 4



BENT OVER BARBELL ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand in a half deadlift-like position -- bent at the hips, midline set in neutral (spine in neutral), and grasp a barbell with your hands shoulder-width apart and arms hanging.
2. Pull the bar towards your body by squeezing your shoulder blades together.
3. Pause at the top, and return to the starting position.

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



DUMBBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Start with both dumbbells positioned to each side of the shoulders with a 90-degree bend in the elbows.
2. Press the dumbbells upwards until the arms are extended overhead.
3. Lower the dumbbells back down to the starting position and repeat.

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 facing a cable machine with your feet shoulder-width apart and a slight bend in your knees.
2. Grasp the cable handles or bar with an underhand grip (palms facing up).
3. Keep your elbows close to your sides and your upper arms stationary.
4. Begin by curling the handles or bar towards your shoulders, contracting your biceps as you do so.
5. Pause at the top of the movement, squeezing your biceps.
6. Slowly lower the handles or bar back to the starting position under control.

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

BARBELL TRICEP SKULL CRUSHERS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on a bench with feet flat on the floor. Hold a barbell with an overhand grip, hands shoulder-width apart.
2. Extend arms fully above your chest.
3. Slowly lower the barbell towards your forehead by bending your elbows.
4. Push back up to the starting position, squeezing your triceps.
5. Repeat for desired reps.

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

Day 1 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 2 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 3 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 4 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 5 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 6 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 7 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10



Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 1 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 2 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

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Day 3 Reflections

Sleep

Energy

Water

Mood

/Hrs

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Day 4 Reflections

Sleep

Energy

Water

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Day 5 Reflections

Sleep

Energy

Water

Mood

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Day 6 Reflections

Sleep

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Day 7 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

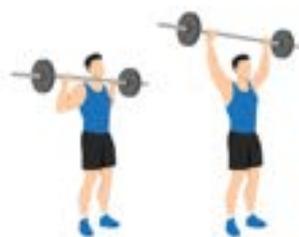
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BARBELL SHOULDER PRESS

[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](#)

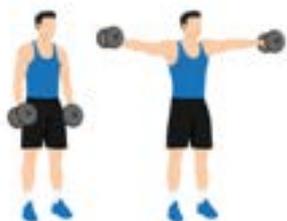


1. Sit on a bench with back support and hold a dumbbell in each hand at shoulder height with palms facing your body and elbows bent.
2. Start with the dumbbells at shoulder height and your palms facing your body.
3. Press the dumbbells overhead while rotating your palms outward until your arms are fully 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

INCLINE DUMBBELL ROW

[TAP FOR VIDEO DEMONSTRATION](#)

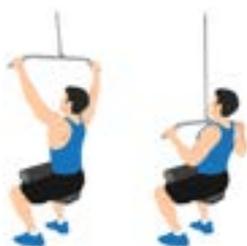


1. Set an adjustable incline bench to approximately 45 degrees and stand facing it.
2. Hold a dumbbell in each hand and rest your chest on the inclined bench, with your arms fully extended and hanging down toward the floor.
3. Keep your back flat, and your neck in a neutral position throughout the movement.
4. Row the dumbbells upward toward your chest by bending your elbows and squeezing your shoulder blades together.
5. Lower the dumbbells back down under control to the starting position.
6. Repeat for the desired number of repetitions.

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
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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
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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
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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
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STANDING SINGLE LEG CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand on one foot with the other foot lifted slightly off the ground.
2. Place the balls of your working foot on the edge of a step or platform.
3. Slowly raise your heel as high as you can by using your calf muscles.
4. Hold the top position briefly and feel the contraction in your calf.
5. Lower your heel back down without letting it touch the ground.
6. Repeat for the desired number of repetitions, then switch legs.

SETS x REPS	4 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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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
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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
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STRAIGHT ARM CABLE PULLDOWN

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand facing a cable machine with the pulley set to the highest position.
2. Grasp the handle with an overhand grip and arms fully extended overhead.
3. Keep your feet shoulder-width apart and a slight bend in your knees for stability.
4. Engage your lats and pull the cable down towards your thighs while keeping your arms straight.
5. Focus on using your back muscles to control the movement.
6. Slowly release the cable back to the starting position with control, maintaining tension in your lats.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED DUMBBELL 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 your palms facing forward.
2. Keep your feet flat on the floor and engage your core for stability.
3. Press the dumbbells upward until your arms are fully extended overhead, but not locked out.
4. Lower the dumbbells back down to shoulder height in a controlled manner.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SMITH MACHINE SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Position an adjustable bench underneath a Smith machine with the backrest in an upright position.
2. Sit on the bench and grip the Smith machine bar with an overhand grip, hands slightly wider than shoulder-width apart.
3. Adjust the height of the bar so that it is at shoulder level when you are seated.
4. Keep your feet flat on the floor and engage your core for stability.
5. Press the bar upward until your arms are fully extended overhead, but not locked out.
6. Lower the bar back down to shoulder level in a controlled manner.

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

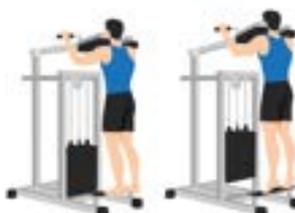
Week 2

Week 3

Week 4

STANDING MACHINE CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand straight at a standing calf raise machine with your shoulders under the pads and your heels hanging off the foot step.
2. Begin by raising up on your toes as high as you can go, pause, and then return to the starting position.

SETS x REPS

4 x 8

WEIGHTS

Week 1

Week 2

Week 3

Week 4



DUMBBELL CHEST PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on a flat bench with a dumbbell in each hand, positioned at shoulder level with your palms facing forward.
2. Keep your feet flat on the floor and your back pressed against the bench.
3. Engage your core and press the dumbbells upward, extending your arms fully until they are directly above your chest.
4. Lower the dumbbells back down to the starting position with control, bending your elbows to about 90 degrees.
5. Repeat for the desired number of repetitions.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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DECLINE BARBELL BENCH PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Set up a decline bench at an angle of around 15 to 30 degrees, with the head higher than the feet.
2. Lie down on the bench with your feet securely anchored at the bottom.
3. Grasp the barbell with an overhand grip, hands wider than shoulder-width apart.
4. Unrack the barbell and lower it down towards your lower chest, keeping your elbows at a 90-degree angle.
5. Push the barbell back up to the starting position, fully extending your arms.
6. Repeat for the desired number of repetitions.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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CABLE CHEST FLYS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Bend over at the waist holding handles with your arms straight out to your sides at shoulder height and your feet split.
2. Pull the handles down together in front until they meet, keeping your arms straight.
3. Return to the starting position.
4. Repeat.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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ASSISTED TRICEP DIPS

[TAP FOR VIDEO DEMONSTRATION](#)

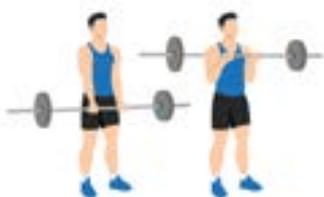


1. Set up a dip machine with the appropriate assistance for your strength level.
2. Step onto the platform or kneel on the knee pads, depending on the machine's design.
3. Grasp the parallel bars with your palms facing down and hands slightly wider than shoulder-width apart.
4. Lower your body by bending your elbows until your upper arms are parallel to the floor, and your elbows are at around 90 degrees.
5. Push through your palms to extend your arms and lift your body back up to the starting position.

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



Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 1 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 2 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 3 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 4 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 5 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 6 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 7 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10



Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 1 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 2 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

/10

Day 3 Reflections

Sleep

Energy

Water

Mood

/Hrs

/10

/Litres

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Day 4 Reflections

Sleep

Energy

Water

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/Hrs

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Day 5 Reflections

Sleep

Energy

Water

Mood

/Hrs

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/Litres

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Day 6 Reflections

Sleep

Energy

Water

Mood

/Hrs

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/Litres

/10

Day 7 Reflections

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

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

Q Who is the 8-week program suitable for?

A 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.

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

A 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.

Q Will the program help me lose weight?

A 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.

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

A 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

BOOK A CALL

*If You Need to Chat
Further With Us!*

