



THE WORK (IN)

# The Ultimate Peanut Ball Ebook



- ⚡ Learn to inflate the ball
- ⚡ 4 ways to use the Peanut Ball

- ⚡ Create a habit (no will power required)
- ⚡ 5 simple tips to reset your health.
- ⚡ Smoothie 101 formula



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Finally, use your mind (body and soul as well). Nothing in this guide is intended to replace common sense, legal, medical or other professional advice, and is meant to give the reader tools and suggestions for a healthier lifestyle.

*Be Present, Be Yourself,  
Be Inspired, Work(in)*



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## INTRODUCTION

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*Start small. Start where you are.  
Start Today.*



Thank you for allowing us to guide you in. The most loving thing you can do for yourself is taking care of the body that you live in. It may seem overwhelming at first but it doesn't have to be. You are no longer alone. This is a journey and we are here for you.



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*Before you respond, listen.  
Before you react, breathe.  
Before you give up, try*  
- Janna Lozowsky



## HOW TO INFLATE THE PEANUT BALL

- ✓ Your Peanut Ball will include a foot pump.
- ✓ Take the Foot Pump out of the bag – connect the blue tube to the blue side of the pump.
- ✓ Place the blue tube on the ball insert.
- ✓ Step on the yellow pump to start inflating.
- ✓ Once it reaches full potential add the pivot.

[Watch our online video to learn more](#)



## 4 WAYS TO USE THE TRAINER PEANUT BALL

One of the main benefits of the peanut ball is its multi functionality. It can be used to:

**Improve Posture**- The instability of the Trainer will allow you to increase your stability, optimize posture and pelvic floor alignment.

**Shorten Labor**- Research has shown that sitting on a birth ball may open the pelvis by as much as 30%! There is even some evidence suggesting that regular use of a birth ball may encourage a posterior baby to rotate.

**Full Body workout**- Janna Lozowsky has created a routine that will work every muscle in your body.

**Children Physical Therapy**- Since The Trainer peanut ball only rolls 2 ways making it easier to control. It is greatly used great for working on balance, body awareness, core strength, body stability, providing vestibular input, and much more.

## Ab Burner



Start by sitting on the ball and laying back until you feel your abdomen fire up.



Place your hands behind your head and slowly lift up with your exhale.

## Oblique Crunch

1



Lay on your side placing your hip bone in the middle of the ball.

2



Place your forearm on the ground as you engage and extend the upper leg.

3



Lift the leg up. Keeping your abs engaged and lower down.

## Lower back Work



Lay on your belly in the Peanut Ball. Flexing your toes and placing your fingertips on your temples.



Slowly lift up keeping your core engaged and your glutes soft.

## Plank Knee Ins

1



Begin in plank position with your hands underneath your shoulders, body in one straight line. Feet over the ball.

2



Pull your knees in towards your chest until there right under your hips.

3



Extend back into plank position.

## Ball Squats

1



Start standing with your arms extended, lift your core as you engage your legs.

2



Press your hips back and then bend your knees to lower.

3



Lower until you touch the ball with your glutes.

## Booty and Triceps

1



Lay your shoulder girdle in the space between the balls. Lift your glutes and arms up towards the ceiling.

2



Bend at the elbows as you bring the weights towards the temples. Keeping your glutes engaged.

3



Extend your arms back towards the ceiling.

## Booty and arms

1



Lay your shoulder girdle in the space between the balls. Lift your glutes and arms up towards the ceiling.

2



Lower the arms down towards your hips. Keeping your glutes and core engaged.

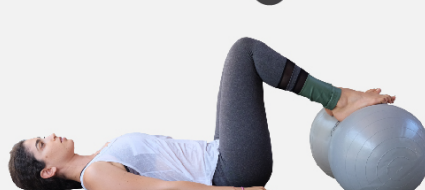
3



Come back to your initial position.

## Hamstring and booty Lifter

1



Lay on your back placing your feet flat over the Trainer ball.

2



Hinge your hips up towards the ceiling into a bridge pose.

3



Slowly extend your legs lifting your toes of the ball.

4



Pull the ball back in using your back leg muscles.

5



Lower your hips back down to touch the ground.

## Single Leg booty

1



Lay on your back placing your feet flat over the Trainer ball.

2



Lift one leg up towards the ceiling, pointing your toes and keeping your hips parallel

3



Lower the leg down towards the center of the room keeping your toes pointed and lift back up towards the ceiling.

## Balancing Plank



Hold your plank with hands underneath your shoulders, body in one straight line. Lift the pit of the abdomen, engage your legs while pushing the crown of the head forward and the heels back.

## Balancing core work

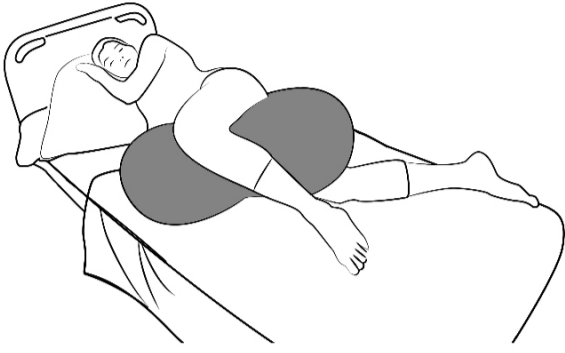
Kneel on the ball, once you find your balance lift your toes of the ground and extend your arms. Engage your core and hold.



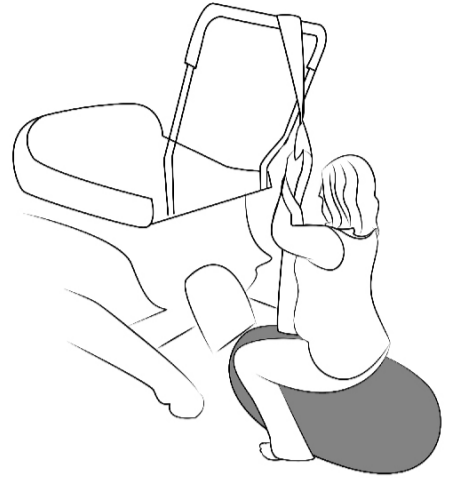


# PEANUT BALL LABOR POSITION GUIDE

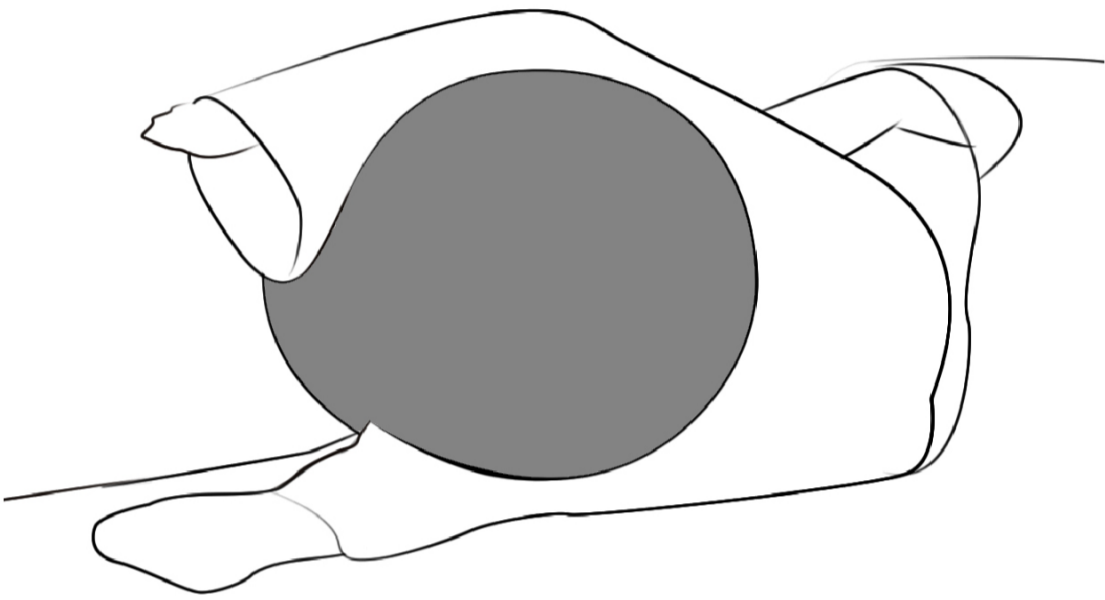
**Lying Down with one Leg over**



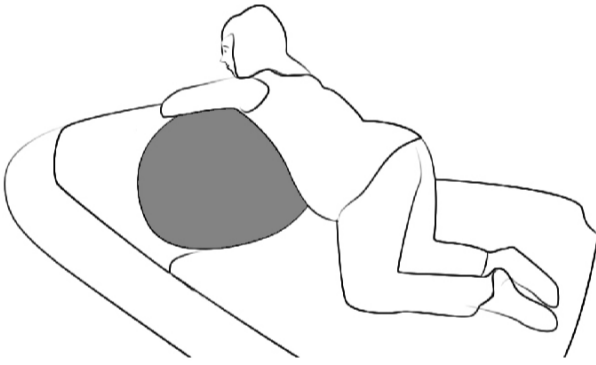
**Straddling**



**Open Pelvis**



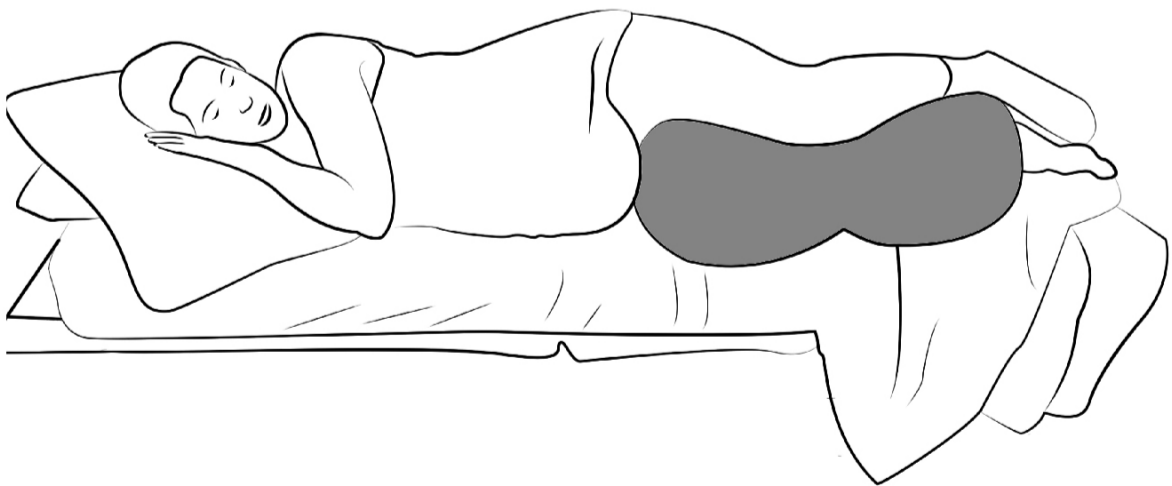
**Forward Leaning**



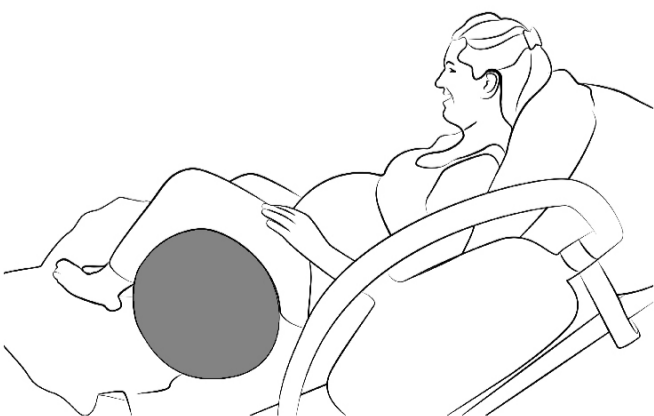
**Pushing Position**



**Side Lying Position**



**Peanut Ball Slide**

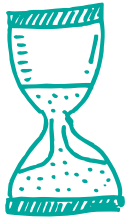


**Sitting with One Leg Over**





## CREATING A HABIT



**1. Visualize.** Take the time to explore what the ideal version of yourself looks and feels like. Here are some questions to consider: what type of food do you eat? How do you feel when you move your body? How often do you stretch? How do you feel when you exercise? How do you feel when you wear an old pair of jeans? How do you feel after you eat? How do you feel when you accomplish a goal you thought was un-achievable?



**2. Find the Why.** Motivation is crucial to success. You need to be clear on your 'why' before you decide to move forward. Why do you want to create change? Why does this have a major meaning in your life? Why is it important for you to do it now? Make a list of your WHY's and review it regularly, especially when feeling low or unmotivated.



**3. Keep it on a visible place.** Make a post-it with a few words that remind you about your wellness vision and place it in your bedroom mirror or the dashboard of your car.



**4. Make a plan.** Choose the days and times you will be working(in). Add them to your calendar: they will become as important as a doctor's appointment (no cancellations, no matter what)



**5. Share your resolutions with The Work(in) and friends.** Take pictures of your wellness board and post them @theworkinmovement. Sharing and talking about it makes it easier to do. Thoughts and ideas become more solid and real when spoken out loud.



**6. Reward yourself for every little accomplishment.** If your intention is to lose weight and you lose one pound a week, pamper yourself with a massage, a new book, or a trip to the movies (not a tub of ice cream).



## FOR THE BODY

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**THE STARTING LINE:** Adding these suggestions one at a time is a great way to get started. Slow and steady wins the race—truly.



### HYDRATE

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Get off to a good start by drinking a glass of plain ole' water before you get out of bed (you can also add lemon juice for its detoxification properties). Hydration is key, to energize your muscles, and make your skin feel better; plus, when we're hydrated, it can be easier to make healthy food choices. Carry around a water bottle and be aware of how much water you are drinking during the day.

### GO GREEN

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The more colorful your plate is, the more nutrients you are getting. A smoothie or a simple green juice is an easy way to add more greens into your everyday diet. Aim for a veggie or green per meal.



### PACK SNACKS

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We're really busy and we can't always plan out every little detail. Having healthy food around will help you make healthy choices. Don't wait until you are starving. Make sure your diaper bag is always packed with a snack for you! Seasonal fruits, trail mix, seaweed, carrots, are some of our favorites.

### EAT AT HOME

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The more often you prepare your meals, the cleaner you will be able to eat. This step alone will change the way you feel. When cooking in high heat use coconut oil, avocado oil, or ghee.



### EXERCISE

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Physical activity helps regulate our metabolism, promotes better sleep, and keeps us on track with healthy eating. Regular exercise helps us make wise food choices for the long haul.



# SMOOTHIE 101

Smoothies are the greatest fast-food. All you need is a blender and you can throw together a powerhouse of nutrition in no time at all. These make an amazing breakfast, as they contain all the protein, fiber, and good fats we need to feel balanced, satiated, and energized. Smoothies are an awesome way to get an abundance of raw goodies into our bodies in a highly-digestible form. If you are like me and don't feel full after drinking a smoothie, try eating it with a spoon: it will slow you down and make you feel more satiated.

This guide will help you build your own in no time.

STEP

1

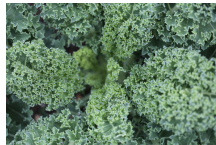


## Liquid 1 cup

Almond Milk, Cashew Milk, Rice Milk, Coconut Water, Water...

STEP

2



## Leafy Greens 1 to 2 cups

Kale, Collard Greens, Spinach, Romaine...

STEP

3



## Fruit or Sweet Vegetable 1 to 1 ½ cups

Banana, Apple, Pear, Sweet Potato, Mango, Pineapple \*If you are using fresh add ice.

STEP

4



## Good Fat

Avocado (1/4- ½), Coconut Oil (1 Tbsp), Almond Butter (1 Tbsp), Peanut Butter (1 Tbsp)

STEP

5



## Sweeten (You can always skip this step )

Stevia, Honey, Dates.

STEP

6



## Add Ons

Chia, Flaxseed, Protein Powder, Spirulina, Maca, Ginger, Turmeric, Cinnamon, Goji Berries



## LACTATION COOKIES



These cookies are probably the tastiest, healthiest things you will ever eat. Every ingredient is thought out to give you stable energy, help your skin, and improve your milk.

*Did I mention you only use one bowl, take less than 15 min to make and 13 min to bake?*

### DIRECTIONS

- 1.** Preheat oven to 350F and line a large baking sheet with parchment paper.
- 2.** In a large mixing bowl add the wet ingredients and mix until combined and smooth (you can use a handheld electric mixer)
- 3.** Add the dry ingredients, one by one, as you go down the ingredient list (baking soda, baking powder, salt, cacao powder, maca, collagen, oat flour). If your dough is a bit dry, add a teaspoon (or two) of non-dairy milk and beat the mixture again. The dough should be moist enough to form balls without cracking, but not super sticky.
- 4.** Chop the chocolate (it should be the size of peas). Beat the chocolate into the batter or simply stir by hand.
- 5.** Shape balls of dough (about the size of a golf ball or 2 heaping tablespoons) and place on the baking sheet 2-3 inches apart. Gently press down on each ball with your hand to form a disc (it should be 1/2-inch thick or so).
- 6.** Bake for about 12-13 minutes.
- 7.** Cool cookies on the baking sheet and enjoy!

### WET INGREDIENTS:

- 1 egg
- 1/4 cup virgin coconut oil
- 1/4 cup almond butter
- 1-2 teaspoons non-dairy milk (only if needed to moisten batter)
- 1 teaspoon vanilla extract

### DRY INGREDIENTS:

- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon fine grain sea salt
- 1/2 cup of coconut sugar
- 2 tablespoons cacao
- 1 tablespoon of Maca
- 1 tablespoon of Collagen (optional but amazing)
- 1 & 1/2 cups of oat flour
- 100gm 72% Chopped dark chocolate bar



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