

NUTRITION PLAN

OVERVIEW



Welcome to the Love Me Run Nutrition & Training Plan! Our team is excited to guide you to look and feel your best. This plan will help you build a healthy relationship with nutrition, along with building your running endurance. This is a 4-week plan that will increase with intensity as we move forward.

LET'S START WITH THE BASICS.

NUTRITION

Food determines 80% of our results. Exercise is just 20%. Here are a few sample meal plans to give you a good idea of how to eat to fuel your activities. This is not a temporary diet, it's a lifestyle.

Planning Each Meal: Choose a lean protein, complex carb and veggie. Each meal should contain about 20–25g of protein and complex carbs. Healthy fats are great in moderation.

To calculate your daily protein and complex carbohydrates needed, see below.

According to the National Academy of Sports Medicine (NASM), here are the recommended protein intakes depending on your activity level:

PROTEIN INTAKE BASED ON ACTIVITY LEVEL:

SEDENTARY (ADULT): 0.4 grams per pound of body weight (per day)

STRENGTH ATHLETE: 0.5 – 0.8 grams per pound of body weight per day

ENDURANCE ATHLETE: 0.5 – 0.6 grams per pound of body weight per day

BASIC FOOD MEASURING:

If you are just starting out, start measuring your food using this simple method. You don't want to get overwhelmed and quit. We want you to stick with this. Calorie and macro counting can be overwhelming if you are starting out. That's why we give you this simple way to start off if you're wanting to keep things simple and be successful with your goals.

EACH MEAL SHOULD CONSIST OF THE FOLLOWING:

- Protein the size of your palm
- Complex carbohydrate the size of your fist
- A serving of vegetables the size of one to two cupped handfuls (when possible)
- Add one to two cupped handful (small) size portions of healthy fat per day

OR

- A meal replacement shake (limit to twice per day)
- A meal replacement bar (once per day)

NUTRITION PLAN

MEAL MEASUREMENT



MEASURING YOUR MACROS AND CALORIES:

If you are at the point in your journey where you are ready to take your fitness and nutrition to the next level, measuring your macros and calories might be right for you. These are the best ways I have determined how to measure these factors.

CALCULATING CALORIES:

The best way to determine the calories your body needs for training is to take your goal weight for this 8-week plan and multiply it by 10. Then add 300–400 calories for training.

For example, if your goal weight for this 8-week period is 120 pounds, take $120 \times 10 = 1,200$.

1,200 calories is what your body needs to function. Then add 400 more calories for training, which brings us to 1,600 daily calories needed.

If you do not want to lose weight and just want to maintain your weight to build muscle and get leaner, just use your current weight multiplied by 10, then add 300–400 calories for training.

For example, I weigh 145 and I'm happy at that weight. $145 \times 10 = 1,450 + 400 = 1,850$ calories needed per day.

NOTE: That doesn't mean to go out and eat junk food every 3 hours, the quality of your calories makes the biggest difference. Remember, you cannot out train a bad nutrition plan.

MACROS:

Protein, carbohydrates and healthy fats; each nutrient plays a key role in fat loss and makes sure your body has the fuel it needs daily.

If you are interested in calculating your macros, start with a 40–40–20 plan. That's 40% proteins, 40% carbs and 20% fats. If you feel you need to adjust from there, try 40–30–30. Two weeks on a meal plan is long enough to see a difference in your body and energy levels.

An easy way to calculate your percentages is to use the Lose It or My Fitness Pal phone apps. If you do use those apps, just make sure to reset your needed daily calories according to what I advised above. I have found that the apps are set for 1,200 daily calories automatically, which is too low for most people.

Also, keep in mind that the 40–40–20 is your goal for the day, so when using a phone app, it's most helpful to enter in all of your planned meals for the day ahead of time and adjust according to meet your macros. It's harder to adjust if you enter one meal at a time (as you're eating) because you might get to the end of your day and be under or over eating.

Another great option for macros is 40–30–30. You can play around with your numbers and take notes to determine where you look and feel your best.

NUTRITION PLAN

SAMPLE MEAL PLAN



SAMPLE MEAL PLAN 1:

MEAL 1: 4-5 scrambled egg whites with spinach, 2 pieces of whole wheat toast or a meal replacement shake

MEAL 2: Non-fat yogurt with an apple or any other protein/carb combo

MEAL 3: 4-6 oz of grilled chicken, medium sized sweet potato and steamed broccoli

MEAL 4: Meal replacement shake

MEAL 5: Extra lean beef burger with a whole wheat bun, 2-3 slices of avocado, lettuce, tomato, onion

MEAL 6: 4-5 scrambled egg whites with pico de gallo and spinach, 1/3 cup of oatmeal (measured dry, then cooked)

SAMPLE MEAL PLAN 2:

MEAL 1: Meal replacement shake

MEAL 2: Meal replacement bar

MEAL 3: 4 oz of grilled chicken, ¾ cup of hash browns, steamed broccoli

MEAL 4: Meal replacement shake

MEAL 5: 5 scrambled egg whites, spinach, salsa with two pieces of whole wheat toast, 2 slices of avocado

MEAL 6: 6 oz yogurt, 2-3 rice cakes

MEAL 7: 4-6 oz extra lean ground turkey with salsa and steamed veggies

SAMPLE MEAL PLAN 3:

MEAL 1: 5 scrambled egg whites with ½ cup of berries or a banana

MEAL 2: Meal replacement bar

MEAL 3: 4 oz of baked mahi, ½ cup of quinoa, steamed asparagus or green beans

MEAL 4: Meal replacement shake

MEAL 5: 5 scrambled egg whites, spinach, salsa with two pieces of whole wheat toast, 2 slices of avocado

MEAL 6: Meal replacement shake

MEAL 7: 4-6 oz extra lean ground turkey with salsa

and steamed veggies

SAMPLE MEAL PLAN 4:

MEAL 1: Meal replacement shake

MEAL 2: 6 oz Greek yogurt with a small apple

MEAL 3: 4 oz of grilled lean steak, medium sized baked potato, salad

MEAL 4: Meal replacement shake

MEAL 5: 5 scrambled egg whites mixed with 4 oz hash browns and 2 tablespoons of salsa

MEAL 6: Meal replacement bar

MEAL 7: ½ cup low-fat cottage cheese with pepper and a piece of wheat toast

SAMPLE MEAL PLAN 5:

MEAL 1: 4 egg white french toast (2 pieces on whole wheat bread)

MEAL 2: Meal replacement shake

MEAL 3: 4 oz extra lean beef burger, 1 wheat sandwich round and veggies

MEAL 4: 5 oz baked mahi, 2 slices of avocado, ½ cup quinoa, veggies

MEAL 5: Meal replacement shake

MEAL 6: Meal replacement bar

SAMPLE MEAL PLAN 6:

MEAL 1: 5 egg white protein pancake

MEAL 2: Meal replacement bar

MEAL 3: Meal replacement shake

MEAL 4: 6 oz greek yogurt, 1 medium red apple

MEAL 5: 4 oz salmon, 4 oz sweet potato, salad

MEAL 6: ½ fat free cottage cheese with 1-2 rice cakes

SAMPLE MEAL PLAN 7:

MEAL 1: Meal replacement shake

MEAL 2: 5 egg whites, 4 oz cooked hash browns with salsa and cooked spinach

MEAL 3: Meal replacement bar

MEAL 4: Meal replacement shake

MEAL 5: 4-5 oz grilled chicken, small baked potato, grilled asparagus

MEAL 6: 4 oz extra lean turkey cooked with low sodium taco seasoning, salad and salsa

NUTRITION PLAN

GROCERY LIST



PROTEIN:

Egg whites
Chicken breast or tenders (white meat)
Extra-lean turkey
Extra-lean beef
Fat free or low fat cottage cheese
Tofu
Greek yogurt
White fish, shrimp or tuna

HEALTHY CARBOHYDRATES:

Oatmeal
Brown rice
Quinoa
Whole wheat bread
Ezekiel bread
Beans
Wheat or corn tortillas
Rice cakes
Potatoes
Yams
Whole wheat pasta
Corn
English peas

Edamame

FRUIT:

Apple
Banana
Berries
Cantaloupe, etc.

NOTE: Fruit is a simple carbohydrate. Pair it with a protein to have a complete meal.

VEGETABLES: To be eaten unlimited

HEALTHY FATS:

Avocado
Nuts
Nut butters
Olive oil
Coconut oil
Flax seed

TRACKING SUGAR: Keep sugar intake under 35g per day to achieve weight loss success. Do not count sugar found naturally in fruits or vegetables. raisin and chocolate decadence.

NUTRITION PLAN

SUPPLEMENT STACK



“My biggest obstacle in eating clean is finding the time for food prep. It’s easier to go to a drive-through than it is to cook a chicken breast. When I found Isagenix, I finally found something that worked for my busy lifestyle. My favorite thing is the meal replacement bars, specifically the IsaLean Bars & FiberSnacks. I keep them with me during busy days and they curb my cravings. I have lost ten pounds in two and half months since starting Kelsey’s plan with Isagenix.” –Camilla

Love Me Run has partnered with Isagenix as part of the recommended healthy lifestyle products we love and stand behind.

The following supplements are part of our team’s daily routine and are **all-natural with no artificial sweeteners – they are also gluten-free.**

For a custom consultation over the phone or through email, fill out our contact form [HERE](#)

To place your order, click “sign-up and save” as an Associate on autoship on LoveMeRunNutrition.com to order.

The products have a 30-day money back guarantee. Isagenix meals are cheaper than meal prepping at home and will save you time and money. They make missing meals impossible.

Isagenix is a wholesale membership similar to Sam’s Club, so there is an annual \$29 wholesale fee.

- 1. SHAKES \$2.85 per meal** Order 4 canisters per month and drink 2 chocolate shakes per day. The protein is undenatured, which means it maintains its nutritional value. If you are dairy sensitive, check out the dairy-free shakes.
- 2. VITAMINS \$2.30 per day** Each box comes with a 30 day supply. There is an AM and PM pack which has the exact vitamins we need with no guessing involved. It’s so easy!
- 3. MEAL REPLACEMENT BARS \$2.99 per meal bar** Each box contains 10 bars. Order 3 boxes a month. Our favorite flavors are lemon crunch, oatmeal raisin and chocolate decadence.
- 4. FIBERSNACK** Satisfy hunger and stay fuller longer. With 6 grams of filling undenatured whey and milk protein and 24 percent of the daily recommended value of filling fiber, Fiber Snacks are the perfect appetite-curbing snacks.
- 5. ISA-FLUSH** Combines 200mg of magnesium with gentle and effective cleansing herbs and minerals to aid in digestive regularity and improved overall health. A balanced digestive system improves the body’s ability to absorb nutrients and eliminate waste.

FITNESS PLAN

GYM WORKOUT – WEEK 1



LIFTING WEIGHTS

When choosing weights, you always want to challenge yourself. Keep a workout journal to track the amount of weight you lift from week to week. The goal is to increase the amount of weight you lift, while maintaining proper form. Try increasing your weight each week. This program is not a circuit style. Perform 3 sets of each exercise before moving to the next exercise. Rest 30 seconds between sets unless otherwise indicated.

GYM PLAN – WEEK 1 PERFORM 3 SETS OF 10: AB EXERCISES 3 SETS OF 15

MONDAY: GLUTES & LEGS

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Dumbbell walking lunge
2. Curtsy lunge
3. Bulgarian split squat
4. Kettlebell one-leg deadlift
5. Box jump
6. Calf press on leg press machine

TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Barbell Rear Delt Row
2. External rotations
3. Back flyes on machine
4. Upright row (wide grip)
5. Leg lowers
6. Plank twist
7. Squirms
8. Crunches

CARDIO: 10 minute run outside, 15 minute speed walk.

WEDNESDAY: CARDIO ONLY

CARDIO: 30 minutes of HIIT or steady state: elliptical, stairmill or walking uphill.

NOTE: On a "cardio only" day, I typically do about 20 minutes of high intensity intervals, followed by 10-20 minutes of steady state cardio. HIIT might include jumping rope for 100 rotations, resting or walking 1 minute, then repeat. Steady state cardio is performed at a moderate speed in your fat burning zone.

Formula: $220 - \text{your age}$. Take that number x 70% and then 80% to find your fat burning zone.

THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Pull ups or assisted pull ups
2. One arm dumbbell row (aka lawnmowers)
3. Bent over row (barbell)
4. Hyperextensions
5. Bicep curls with barbell
6. Hammer curls

CARDIO: 10 minute run outside, 15 minute speed walk.

FRIDAY: GLUTES & ABS

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Fire hydrants
2. Hip thrust (aka bridge)
3. Stationary lunges
4. Leg press
5. Exercise ball in
6. Knee/Hip Raise
7. Russian twist

SATURDAY: REFLECTION, REST & HAVE A CHEAT MEAL

Meal prep and plan workouts for next week.

SUNDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Dips with bodyweight
2. Close grip barbell bench press
3. Skull crusher
4. Reverse grip triceps pushdown
5. Pushups or modified
6. Dumbbell bench press

CARDIO: 30 minutes of HIIT or steady state: elliptical, stairmill or walking uphill

FITNESS PLAN

GYM WORKOUT – WEEK 2



GYM PLAN – WEEK 2 3 SETS OF 12; AB EXERCISES 3 SETS OF 15

MONDAY: GLUTES & LEGS

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Lying leg curls
2. Glute cable kickback
3. Crossover reverse lunge (holding dumbbells)
4. Kettlebell one-leg deadlift
5. Barbell walking lunge
6. Jump squats
7. Calf press on leg press machine

TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Alternating cable shoulder press
2. Bent over dumbbell rear delt raise with head on bench
3. Back flies with bands (rear delts)
4. Arnold press
5. Dumbbell raise
6. Leg lowers
6. Plank twist
7. Air bike
8. Crunches

CARDIO: 10 minute run outside, 15 minute speed walk

WEDNESDAY: CARDIO ONLY

CARDIO: 30 minutes of HIIT or steady state: elliptical, stairmill or walking uphill.

NOTE: On a "cardio only" day, I typically do about 20 minutes of high intensity intervals, followed by 10 minutes of steady state cardio. HIIT might include jumping rope for 100 rotations, resting or walking 1 minute, then repeat. Steady state cardio is performed at a moderate speed in your fat burning zone (see calculation on first page of workout).

THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. One arm lat cable pull down
2. One arm dumbbell row (aka lawnmowers)
3. Bent over row (barbell)
4. Hyperextensions
5. Cross body hammer curl
6. Cable hammer curls

CARDIO: 15 minute run outside, 20 minute speed walk.

FRIDAY: GLUTES & ABS

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Glute squeeze on stability ball
2. Squat pulse holding dumbbells
3. Stationary lunges
4. Leg press
5. Exercise ball in
6. Knee/Hip Raise
7. Side bridge

SATURDAY: REFLECTION, REST & HAVE A CHEAT MEAL

Meal prep and plan workouts for next week.

SUNDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 MIN STRETCHING, 5 MIN CARDIO

1. Dips with bodyweight
2. Reverse grip triceps pushdown
3. Tricep dumbbell kickback
4. Triceps overhead press with dumbbell
5. Incline dumbbell press
6. Dumbbell bench press

CARDIO: 15 minute run outside, 20 minute speed walk

FITNESS PLAN

GYM WORKOUT – WEEK 3



SUPERSETS are two exercises to be performed back to back without rest. For example, do **SUPERSET #1** back to back and rest 30 seconds before moving into the second rotation of it. Once you have completed three sets of **SUPERSET #1**, move on to **SUPERSET #2**.

GYM PLAN – WEEK 3 3 SETS OF 15; AB EXERCISES 3 SETS OF 20

MONDAY: GLUTES & LEGS

WARM-UP: 5 MIN STRETCHING,
5 MIN CARDIO

SUPERSET 1:

1. Lying leg curls
2. Bulgarian split squat

SUPERSET 2:

3. Barbell squat
4. Jump squats

SUPERSET 3:

5. Leg press
6. Scissors jump

SUPERSET 4:

7. Dumbbell walking lunge
8. Seated calf raise machine

SUPERSET 5:

9. Glute cable kickback
10. Side squats

TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 MIN STRETCHING,
5 MIN CARDIO

SUPERSET 1:

1. Cable rope rear-delt rows
2. Car drivers

SUPERSET 2:

3. Dumbbell raise
4. One arm side lateral

SUPERSET 3:

5. Cable rope rear-delt rows
6. Back flyes on machine

SUPERSET 4:

7. Plank twist
8. Air bike

SUPERSET 5:

9. Toe touchers
10. Side bridge

CARDIO: 20 minute
run outside, 15 minute
speed walk.

WEDNESDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 MIN STRETCHING,
5 MIN CARDIO

SUPERSET 1:

1. Seated tricep press
2. Cable one arm tricep extension

SUPERSET 2:

3. One arm floor press
4. Weighted bench dip

SUPERSET 3:

5. Close grip push-up
6. Close grip dumbbell press

SUPERSET 4:

7. Butterfly machine
8. Incline dumbbell press

CARDIO: 20 minute
run outside, 15 minute
speed walk.

THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 MIN STRETCHING,
5 MIN CARDIO

SUPERSET 1:

1. Band assisted pull-ups
2. Bent over row (dumbbells)

SUPERSET 2:

3. Seated good morning
4. Hyperextensions

SUPERSET 3:

5. Bicep curls with dumbbells
6. Incline dumbbell curl

SUPERSET 4:

7. Cable hammer curls
8. Wide grip lat pulldown

CARDIO: 20 minute
run outside, 15 minute
speed walk.

FITNESS PLAN

GYM WORKOUT – WEEK 3



SUPERSETS are two exercises to be performed back to back without rest. For example, do **SUPERSET #1** back to back and rest 30 seconds before moving into the second rotation of it. Once you have completed three sets of **SUPERSET #1**, move on to **SUPERSET #2**.

GYM PLAN – WEEK 3 3 SETS OF 15; AB EXERCISES 3 SETS OF 20

FRIDAY: GLUTES & ABS

WARM-UP: 5 MIN STRETCHING,
5 MIN CARDIO

SUPERSET 1:

1. Bench step-ups
2. Bench sprint

SUPERSET 2:

3. Bulgarian split squat:
4. Box squat

SUPERSET 3:

5. Goblet squat
6. Mountain climbers

SUPERSET 4:

7. Thigh abductor
8. Lunge pass through

SATURDAY: CARDIO ONLY

CARDIO: 30–40 minutes of HIIT or steady state: elliptical, stairmill or walking uphill.

NOTE: On a “cardio only” day, I typically do about 20 minutes of high intensity intervals, followed by 10–20 minutes of steady state cardio. HIIT might include jumping rope for 100 rotations, resting or walking 1 minute, then repeat. Steady state cardio is performed at a moderate speed in your fat burning zone (see calculation on first page of workout).
Sunday: Cardio: 20 minute run outside, 15 minute speed walk.

SUNDAY: CARDIO: 20 minute run outside, 15 minute speed walk.

FITNESS PLAN

GYM WORKOUT – WEEK 4



GYM PLAN – WEEK 4 3 SETS OF 15; AB EXERCISES 3 SETS OF 25

MONDAY: GLUTES & LEGS

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Abductor
2. Glute squeeze on stability ball

SUPERSET 2:

3. Hamstring Curls with Dumbbell
4. Mountain climbers

SUPERSET 3:

5. Leg press
6. Stability ball hamstring curl

SUPERSET 4:

7. Stationary lunges
8. Seated calf raise machine

TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Arnold press
2. Cable rope rear-delt rows

SUPERSET 2:

3. Shoulder press: (barbell)
4. One arm side lateral

SUPERSET 3:

5. Alternating shoulder press
6. Back flyes on machine

SUPERSET 4:

7. Scissor kick (aka scissors)
8. Sit-up

SUPERSET 5:

9. Toe touchers
10. Cocoons

CARDIO: 30 minute run outside,
10 minute speed walk.

WEDNESDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Cobra triceps extension
2. Dips

SUPERSET 2:

3. Triceps overhead extension with rope
4. Triceps pushdown v-bar

SUPERSET 3:

5. Decline skull crusher
6. Close grip barbell bench press

SUPERSET 4:

7. Butterfly machine
8. Pushups

CARDIO: 30 minute run outside,
10 minute speed walk.

THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Bent arm barbell pullover
2. Inverted row

SUPERSET 2:

3. Seated cable row
4. Hyperextensions

SUPERSET 3:

5. Drag curl
6. Bicep curls with barbell

SUPERSET 4:

7. Cable hammer curls
8. Wide grip lat pulldown

CARDIO: 30 minutes of HIIT (jumping rope, sprinter/walk intervals).

FITNESS PLAN

GYM WORKOUT – WEEK 4



GYM PLAN – WEEK 4 3 SETS OF 15; AB EXERCISES 3 SETS OF 25

FRIDAY: GLUTES & ABS

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Barbell squat
2. Fire hydrants

SUPERSET 2:

3. Glute cable kickback
4. Hip thrust (aka bridge)

SUPERSET 3:

5. Thigh abductor
6. Lunge pass through

Finish with 20 walking lunges per leg.

SATURDAY: CARDIO ONLY

CARDIO: 40 minute run outside,
10 minute walk to cool down.

SUNDAY: CARDIO: 40 minute run
outside, 10 minute walk to cool down.

FITNESS PLAN

HOME WORKOUT – WEEK 1



HOME PLAN – WEEK 1 PERFORM 3 SETS OF 10: AB EXERCISES 3 SETS OF 15

MONDAY: GLUTES & LEGS

WARM-UP: 5 min stretching, 5 min cardio

1. Lunge pass through
2. Stationary lunges
3. Squat holding dumbbell in front of body or at sides
4. Hip thrust (aka bridge)
5. Glute kickback (with resistance band)
6. Calf raises with bands

TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 min stretching, 5 min cardio

1. Upright row
2. Side lateral raise
3. Back flyes with bands (rear delts)
4. Front dumbbell raise
5. Air bike: http
6. Side bridge
7. Plank

CARDIO: 10 minute run outside, 15 minute speed walk

WEDNESDAY: CARDIO ONLY

CARDIO: 10 minute run outside, 15 minute speed walk.

THURSDAY: BACK, BICEPS & CARDIO

Warm-up: 5 min stretching, 5 min cardio

1. Bent over row (barbell) *(you may also use dumbbells)*
2. Seated good morning
3. Seated resistance band row on floor
4. Bicep curls with dumbbells
5. Hammer curls
6. Resistance band curls

CARDIO: 10 minute run outside, 15 minute speed walk.

FRIDAY: GLUTES & ABS

1. Band steps
2. Bench sprint
3. Scissors jump
4. Standing glute kickback (use ankle weights or a resistance band)
5. Hip thrust (aka bridge)
6. Exercise ball in
7. Scissor kick (aka scissors)
8. Seated leg tucks

SATURDAY: CHEAT MEAL & SPEND TIME WITH FRIENDS AND FAMILY.

SUNDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 min stretching, 5 min cardio

1. Alternating floor press
2. Pushups
3. Dips
4. Tricep dumbbell kickback
5. Skull crusher

CARDIO: 30 minutes of HIIT or steady state: elliptical or walking uphill. If you are home and don't have many options, you can always jump rope between sets. I typically aim for 50-100 rotations. Jumping jacks are great, too.

FITNESS PLAN

HOME WORKOUT – WEEK 2



HOME PLAN – WEEK 2 PERFORM 3 SETS OF 12: AB EXERCISES 3 SETS OF 15

MONDAY: GLUTES & LEGS

WARM-UP: 5 min stretching, 5 min cardio

1. Bench step-ups
2. Box squat
3. Bulgarian split squat
4. Hip thrust (aka bridge)
5. Glute kickback (with resistance band)
6. Calf raises with bands
7. Fire hydrants

TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 min stretching, 5 min cardio

1. Arnold press
2. Side lateral raise
3. Back flyes with bands (rear delts)
4. Shoulder press: (barbell)
5. Crunches
6. Side bridge
7. Plank twist

CARDIO: Cardio: 15 minute run outside, 20 minute speed walk.

WEDNESDAY: CARDIO ONLY

CARDIO: Cardio: 15 minute run outside, 20 minute speed walk.

THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 min stretching, 5 min cardio

1. Alternating kettlebell row
2. Wide grip lat pulldown with resistance band
3. Seated resistance band row on floor
4. Lying dumbbell curl
5. Cross body hammer curl
6. Resistance band curls

CARDIO: Cardio: 15 minute run outside, 20 minute speed walk.

FRIDAY: GLUTES & ABS

WARM-UP: 5 min stretching, 5 min cardio

1. Mountain climbers
2. Lunge pass through
3. Side squats
4. Stability ball wall squats
5. Hip thrust (aka bridge) *(hold a dumbbell on each thigh)*
6. Exercise ball in
7. Leg lowers
8. Russian twist

SATURDAY: CHEAT MEAL & SPEND TIME WITH FRIENDS AND FAMILY

SUNDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 min stretching, 5 min cardio

1. Dumbbell bench press
2. Pushups
3. Dips
4. Body Up
5. Close grip push-up
6. Resistance band pulldown

Cardio: Cardio: 15 minute run outside, 20 minute speed walk.

FITNESS PLAN

HOME WORKOUT – WEEK 3



SUPERSETS are two exercises to be performed back to back without rest. For example, do **SUPERSET #1** back to back and rest 30 seconds before moving into the second rotation of it. Once you have completed three sets of **SUPERSET #1**, move on to **SUPERSET #2**.

HOME PLAN – WEEK 3 3 SETS OF 15; AB EXERCISES 3 SETS OF 20

MONDAY: GLUTES & LEGS

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Lunge hops
2. Stationary lunges

SUPERSET 2:

3. Kettlebell one-leg deadlift
4. Sumo squat holding weight

SUPERSET 3:

5. Mountain climbers
6. Seated calf raise with dumbbell

SUPERSET 4:

7. Glute kickback (with resistance band)
8. Squat pulse holding dumbbells

TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 min stretching, 5 min cardio

SUPERSET 1:

1. Dumbbell raise
2. Arnold press

SUPERSET 2:

3. Lateral raise with bands
4. Seated military press

SUPERSET 3:

5. One arm rear delt raise
6. Scissor kick (aka scissors)

SUPERSET 4:

5. Russian twist
6. Elbow to knee

CARDIO: 20 minute run outside,
15 minute speed walk.

WEDNESDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Alternating floor press
2. Incline dumbbell press

SUPERSET 2:

3. Body Up
4. Seated overhead tricep press

SUPERSET 3:

5. Reverse grip triceps pushdown
6. Close grip dumbbell press

CARDIO: 20 minute run outside,
15 minute speed walk.

THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. One arm dumbbell row (aka lawnmowers)
2. Bent arm barbell pullover

SUPERSET 2:

3. Bicep curls with barbell
4. Hammer curls

SUPERSET 3:

5. Resistance band curls
6. Dumbbell deadlift

CARDIO: 20 minute run outside,
15 minute speed walk.

FITNESS PLAN

HOME WORKOUT – WEEK 3



SUPERSETS are two exercises to be performed back to back without rest. For example, do **SUPERSET #1** back to back and rest 30 seconds before moving into the second rotation of it. Once you have completed three sets of **SUPERSET #1**, move on to **SUPERSET #2**.

HOME PLAN – WEEK 3 3 SETS OF 15; AB EXERCISES 3 SETS OF 20

FRIDAY: CARDIO & GLUTES

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Glute squeeze on stability ball
2. Bulgarian split squat

SUPERSET 2:

3. Lunge pass through
4. Jump squats

SUPERSET 3:

5. Hamstring Curls with Dumbbell
6. Sumo squat holding weight:

SUPERSET 4:

7. Standing glute kickback (use ankle weights or a resistance band)
8. Stability ball hamstring curl

CARDIO: 30 minutes of HIIT or steady state: elliptical or walking uphill. If you are home and don't have many options, you can always jump rope between super sets. I typically aim for 50-100 rotations. Jumping jacks are great, too.

SATURDAY: REST DAY

SUNDAY: CARDIO: 20 minute run outside, 15 minute speed walk.

FITNESS PLAN

HOME WORKOUT – WEEK 4



HOME PLAN – WEEK 4 3 SETS OF 15; AB EXERCISES 3 SETS OF 25

MONDAY: GLUTES & LEGS

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Dumbbell walking lunge
2. Goblet squat

SUPERSET 2:

3. Kettlebell one-leg deadlift
4. Hip thrust (aka bridge)

SUPERSET 3:

5. Side squats
6. Seated calf raise with dumbbell

SUPERSET 4:

7. Glute kickback (with resistance band)
8. Curtsy lunge

TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Back flyes with bands (rear delts)
2. Arnold press

SUPERSET 2:

3. Upright row
4. Front dumbbell raise

SUPERSET 3:

5. Bent over dumbbell rear delt raise with head on bench
6. Scissor kick (aka scissors)

SUPERSET 4:

5. Squirms
6. Side bridge

CARDIO: 30 minute run outside,
10 minute speed walk.

WEDNESDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Pushups
2. Incline dumbbell press

SUPERSET 2:

3. Dips
4. Tricep dumbbell kickback

SUPERSET 3:

5. Triceps overhead press with dumbbell
6. Close grip dumbbell press

CARDIO: 30 minute run outside,
10 minute speed walk.

THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Seated good morning
2. Bent over row (barbell)

SUPERSET 2:

3. Bicep curls with dumbbells
4. Hammer curls

SUPERSET 3:

5. Resistance band curls
6. One arm dumbbell row (aka lawnmowers)

CARDIO: 30 minute run outside,
10 minute speed walk.

FITNESS PLAN

HOME WORKOUT – WEEK 4



HOME PLAN – WEEK 3 3 SETS OF 15; AB EXERCISES 3 SETS OF 20

FRIDAY: CARDIO & GLUTES

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Barbell squat
2. Bulgarian split squat

SUPERSET 2:

3. Lunge pass through
4. Glute squeeze on stability ball

SUPERSET 3:

5. Mountain climbers
6. Sumo squat holding weight

SUPERSET 4:

7. Standing glute kickback (use ankle weights or a resistance band)
8. Scissors jump

CARDIO: 40 minute run outside, 10
minute walk to cool down.

SATURDAY: REST DAY

SUNDAY: CARDIO: 40 minute run
outside, 10 minute walk to cool down.