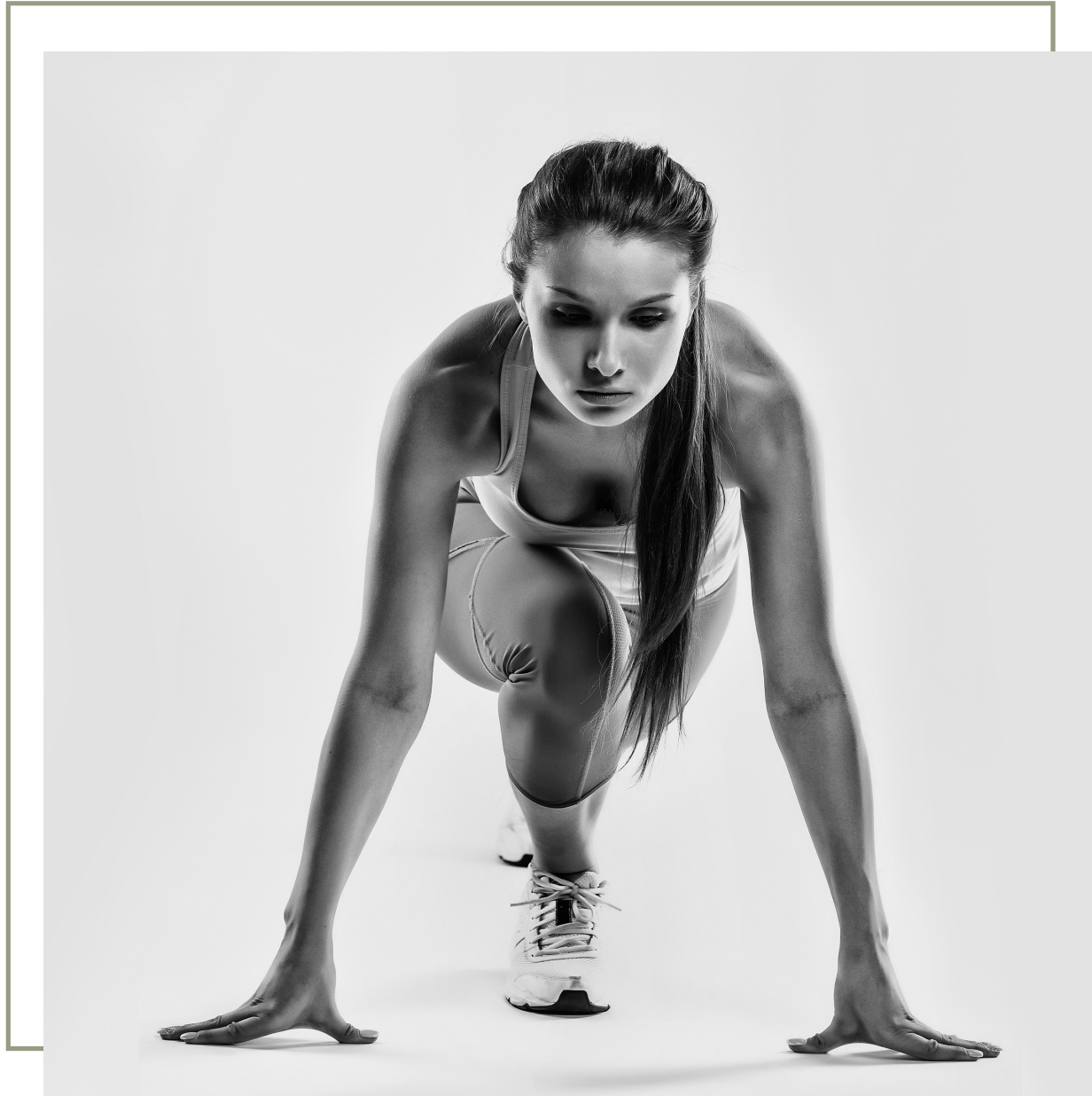


HOLIDAY

Slim Down



WEEK 4

NUTRITION & FITNESS

PB Breakfast Cookies

DAY ONE, MEAL ONE



INGREDIENTS

- ☐ 2 eggs
- ☐ 2 ripe bananas
- ☐ 1.5 cup old fashioned rolled oats
- ☐ 1/2 cup all natural creamy peanut butter
- ☐ 2 tbsp honey
- ☐ 1 tsp cinnamon
- ☐ pinch of Himalayan salt

NUTRITION

- Serving Size: 2 cookies
- Nutrition (per serving):
 - Calories: 168
 - Total Fat: 7.6g
 - Carbohydrate: 21g
 - Protein: 5.2g

DIRECTIONS

- Preheat the oven to 350F.
- Spray a baking sheet with a non stick cooking spray.
- In a medium bowl, mash the bananas with a fork. Add in the eggs and beat with the fork, mixing into the bananas.
- Add the remaining ingredients and mix until smooth.
- Drop scoopfuls onto the baking sheet and bake 12 minutes.
- Makes about 20 cookies.
- Option: Drizzle a tsp of no sugar jam on top of the cookies when serving.

BLT Salad

DAY ONE, MEAL TWO



INGREDIENTS

- ☐ 1 boiled egg
- ☐ 2 slices turkey bacon
- ☐ 1/4 avocado, sliced
- ☐ 1/2 tomato, sliced
- ☐ 2 cups mixed greens
- ☐ 1 tbsp feta
- ☐ 1 tbsp Maison Orphee Maple Dijon Vinaigrette

NUTRITION

- Serves: 1
- Nutrition (per serving):
 - Calories: 373
 - Total Fat: 26.2
 - Carbohydrate: 13g
 - Protein: 24.7g

DIRECTIONS

- Cook your turkey bacon while the egg is boiling.
- Lay the greens in a bowl. Lay the avocado, tomato and crumbled feta on top.
- Slice the egg and crumble the turkey bacon and lay on top.
- Drizzle with dressing.



Buddha Bowl

DAY ONE, MEAL THREE

INGREDIENTS

Main Ingredients

- ☐ 1 cup butternut squash, cubed
- ☐ 1/4 red onion, sliced
- ☐ 1/2 sweet potato, sliced
- ☐ 3/4 cup kale
- ☐ 2 tsp olive oil
- ☐ 1 can chickpeas
- ☐ 1 tsp chili powder
- ☐ 1 tsp garlic powder
- ☐ Himalayan sea salt & pepper (sprinkle of each)
- ☐ 1 cup brown basmati rice
- ☐ 1/2 avocado, sliced

NUTRITION

- Serves: 2
- Nutrition (per serving):
 - Calories: 389
 - Total Fat: 12g
 - Carbohydrate: 65g
 - Protein: 10g

Note: You can add additional vegetables to roast such as beets or mushrooms

CILANTRO TAHINI SAUCE (367 CALS FOR RECIPE)

- | | |
|---|---|
| <input type="checkbox"/> 1/4 cup tahini | <input type="checkbox"/> 3 tbsp fresh lemon juice |
| <input type="checkbox"/> 1/2 tsp minced garlic | <input type="checkbox"/> 1 tbsp apple cider vinegar |
| <input type="checkbox"/> 1/2 cup fresh cilantro | <input type="checkbox"/> 1/4 tsp Himalayan salt |
| <input type="checkbox"/> 4 tbsp water | |

DIRECTIONS

- Heat the oven to 450F. Line a baking sheet with parchment paper.
- Drain the chickpeas and rinse with water. Transfer to a bowl with 1 tsp of olive oil, chili powder, garlic powder and salt and pepper. Mix well and transfer to baking sheet. Cook for 20 minutes, turning the chickpeas halfway. Remove and set aside to cool.
- Turn down the oven to 425F. Add the squash, onion, sweet potato, and 1 tsp of olive oil to a bowl. Sprinkle with salt and pepper and lay out evenly on parchment paper. Bake for 30 minutes and add the kale for the last 5 minutes.
- While the vegetables are roasting, make your rice wither stove top or in a rice cooker.
- Make the cilantro tahini sauce by combining everything in either a magic bullet, food processor or high speed blender. Add water as necessary. Store in fridge until ready to use.
- Once the vegetables are ready, remove from the oven.
- Assemble the bowl with 1 cup of rice, half of the vegetables, 2 tablespoons of chickpeas, avocado, seasame seeds (optional) and any other topping you may want. Drizzle with sauce.

Breakfast Wrap

DAY TWO, MEAL ONE



INGREDIENTS

- ☐ 2 eggs
- ☐ 1 handful of spinach
- ☐ 1/2 tomato, sliced
- ☐ 1/4 avocado, sliced
- ☐ 1 slice low-fat cheddar cheese
- ☐ 1 whole wheat wrap

NUTRITION

- Serves: 1
- Nutrition (per serving):
 - Calories: 382
 - Total Fat: 21.6g
 - Carbohydrate: 26g
 - Protein: 20.7g

DIRECTIONS

- Whisk your eggs in a small bowl and add to a skillet on medium heat. Season with salt & pepper.
- Scramble your eggs and transfer to the wrap. Lay the cheese, spinach, avocado and tomato on top. Fold in ends and roll up.

Spinach Salmon Salad

DAY TWO, MEAL TWO



INGREDIENTS

- ☐ 2 cup spinach
- ☐ 4 oz Salmon
- ☐ 1 tbsp goat cheese
- ☐ 2 strawberries
- ☐ 1/4 avocado
- ☐ 1 tsp pumpkin seeds
- ☐ red onion - sliced (preference)
- ☐ Dressing: 1 tsp olive oil & 1 tbsp balsamic vinegar

NUTRITION

- Serves: 1
- Nutrition (per serving):
 - Calories: 475
 - Total Fat: 32.6g
 - Carbohydrate: 12.3g
 - Protein: 32.8g

DIRECTIONS

- In a small container, combine the dressing. Set aside.
- Combine all of the ingredients in a salad bowl and lay the salmon from last night's dinner on top. You can heat up the salmon if preferred or keep it cold.
- Drizzle the dressing on top.

Cauli Pizza

DAY TWO, MEAL THREE



INGREDIENTS

- ☐ 1 head cauliflower
- ☐ 1/2 cup tomato sauce
- ☐ 3/4 cup light shredded cheese
- ☐ 1 cup diced chicken
- ☐ 1/2 cup mushrooms, sliced
- ☐ 1/2 cup pineapple
- ☐ 1 tsp olive oil
- ☐ Sprinkle of Himalayan salt & pepper

NUTRITION

- Serves: 2
- Nutrition (per serving):
 - Calories: 446
 - Total Fat: 15.2g
 - Carbohydrate: 36.7g
 - Protein: 45.5g

DIRECTIONS

- Preheat oven to 450F.
- Cut the cauliflower lengthwise into thick slices. Brush olive oil on both sides and season with S&P. Lay on tin foil and bake 10 minutes per side.
- Remove from oven, spread the tomato sauce on each slice followed by the cheese and toppings.
- Place back in the oven on broil for 3 minutes watching carefully that the cheese doesn't burn.

Note: Feel free to use any combination of toppings that you like!

ALREADY
PREPPED!

CKG FIT

DAY 3

PB Breakfast Cookies

DAY THREE, MEAL ONE



Cookies for breakfast!

Mediterranean Bowl

DAY THREE, MEAL TWO



INGREDIENTS

- ☐ 2 cups mixed greens
- ☐ 1/4 cup brown rice or quinoa
- ☐ 6 kalamata olives
- ☐ 1 mini cucumber, sliced
- ☐ 1/2 tomato, chopped
- ☐ Red onion slices, preference
- ☐ 2 tbsp chickpeas (previously made)
- ☐ 2 tbsp hummus
- ☐ 1 tbsp feta

NUTRITION

- Serves: 1
- Nutrition (per serving):
 - Calories: 461
 - Total Fat: 17g
 - Carbohydrate: 58.8g
 - Protein: 20.6g

DIRECTIONS

- In a small pot, bring 1/2 a cup of water to boil with 1/4 cup of quinoa or rice. Once the water boils, turn down heat to simmer and cover about 15 minutes. Fluff with fork.
- Lay the greens in a bowl, Top with quinoa or rice, vegetables, chickpeas, feta and hummus.

Loaded Potato Soup

DAY THREE, MEAL THREE

INGREDIENTS

- ☐ 4 cups baby creamy potatoes cut in half (any kind work)
- ☐ 1 yellow onion, diced
- ☐ 1/2 cup celery, diced
- ☐ 1 cup of rainbow carrots, diced
- ☐ 4 cups chicken or vegetable broth
- ☐ 1 tbsp olive oil
- ☐ 1 tsp minced garlic
- ☐ 1 tsp fresh rosemary, chopped
- ☐ 2 cups coconut or almond milk
- ☐ Himalayan salt & pepper, to taste

Optional Toppings: low fat shredded cheese, low fat sour cream, green onion, turkey bacon

NUTRITION

- Serves: 4
- Nutrition (per serving):
 - Calories: 220
 - Total Fat: 5g
 - Carbohydrate: 39g
 - Protein: 6g



SIDE SALAD (99 CALS)

- ☐ 1 cup mixed greens
- ☐ 5 cherry tomatoes
- ☐ 1 mini cucumber
- ☐ 1 tsp sunflower seeds
- ☐ 1 tbsp balsamic vinegar
- ☐ 1 tsp olive oil

DIRECTIONS

- In a large pot, heat the olive oil on medium heat until shimmering. Add in onions, carrots, celery, salt & pepper, rosemary and garlic and cook until translucent (about 10 minutes).
- Add in the potatoes and broth and let it boil for at least 30 minutes.
- If topping with turkey bacon, cook it now.
- Once cooked, transfer to a blender and add in the milk.
- Blend and serve immediately.
- Save one bowl for tomorrow's lunch!

Serve with a side green salad (double the ingredients if serving 2).

Protein Oats

DAY FOUR, MEAL ONE



INGREDIENTS

- ☐ 1/2 cup old fashioned rolled oats
- ☐ 1 scoop vanilla protein powder
- ☐ 1 tbsp almond butter
- ☐ 1 tsp chia seeds
- ☐ 1/2 cup strawberries, sliced
- ☐ 1 cup water
- ☐ 1/2 tsp vanilla
- ☐ 1/2 tsp cinnamon

NUTRITION

- Serves: 1
- Nutrition (per serving):
 - Calories: 454
 - Total Fat: 13.8g
 - Carbohydrate: 43.9g
 - Protein: 44.3g

DIRECTIONS

- Heat the oats , vanilla, cinnamon and water on the stove at medium heat for about 8 minutes or until the oats have absorbed the water.
- Remove from heat and stir in the protein powder.
- Top with sliced strawberries, chia seeds and almond butter.

Loaded Potato Soup

DAY FOUR, MEAL TWO



Holiday Salad with Grilled Chicken

DAY FOUR, MEAL THREE



INGREDIENTS

- ☐ 2 cups mixed greens
- ☐ 30 g light Brie
- ☐ 1/2 apple, cut into cubes
- ☐ 1 tbsp dried cranberries
- ☐ 2 tbsp chopped pecans
- ☐ 1 green onion, finely chopped
- ☐ 4 oz grilled chicken breast
- ☐ 1 tsp olive oil
- ☐ 1 tsp lemon zest
- ☐ 1/4 tsp dried oregano
- ☐ 1/4 tsp minced garlic
- ☐ 1/4 tsp thyme
- ☐ Himalayan sea salt & pepper

NUTRITION

- Serves: 1
- Nutrition (per serving):
- Calories: 520
- Total Fat: 28.2g
- Carbohydrate: 41.1g
- Protein: 34g

Dressing Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1/2 tbsp apple cider vinegar
- ☐ 1/2 tbsp apple cider
- ☐ 1/4 tsp honey
- ☐ 1/16 tsp ground ginger
- ☐ Himalayan sea salt & pepper (sprinkle of each)

DIRECTIONS

- Combine the dressing ingredients in a jar and shake to combine. Place in Fridge.
- In a ziplock bag combine olive oil, lemon zest, oregano, garlic and a pinch of S & P. Shake to combine.
- Pound your chicken breast to slightly flatten and add into marinade. If prepping ahead of time, place the chicken into the fridge to marinate.
- When ready to cook, slice the chicken into long strips and cook on medium high heat in the about 3 minutes per side. Lay the salad ingredients in a bowl.
- Toss in the dressing and serve immediately.

Matcha Smoothie Bowl

DAY FIVE, MEAL ONE



INGREDIENTS

- ☐ 1/2 cup 0%MF plain Greek yogurt
- ☐ 1 frozen banana
- ☐ 1 cup spinach
- ☐ 1/4 cup unsweetened almond milk
- ☐ 1/2 frozen pineapple chunks
- ☐ 1 tsp matcha

NUTRITION

- Serves: 1
- Nutrition (per serving):
 - Calories: 249
 - Total Fat: 1g
 - Carbohydrate: 42g
 - Protein: 15g

DIRECTIONS

- Combine all of the ingredients in a blender and blend until smooth.
- Pour into a bowl and top with favourite toppings such as chia seeds, granola, and shredded coconut.

Hummus Wrap

DAY FIVE, MEAL TWO



INGREDIENTS

- ☐ 1 tbsp hummus
- ☐ ½ tomato, sliced
- ☐ 1 mini cucumber, sliced
- ☐ Handful alfalfa sprouts
- ☐ Handful mixed greens
- ☐ 1/4 red bell pepper, sliced
- ☐ 1 tbsp feta cheese
- ☐ 1 whole wheat wrap

NUTRITION

- Serves: 1
- Nutrition (per serving):
- Calories: 325
- Total Fat: 12g
- Carbohydrate: 46g
- Protein: 16g

DIRECTIONS

- Spread the hummus on the tortilla.
- Lay the remaining ingredients on top.
- Fold in the ends and rollup.

Mediterranean Spaghetti Squash

DAY FIVE, MEAL THREE



INGREDIENTS

- ☐ 2 spaghetti squash
- ☐ 1 lb extra lean ground turkey
- ☐ 1 14oz can of tomatoes
- ☐ 1/2 cup of feta
- ☐ 1 yellow onion, diced
- ☐ 2 tsp minced garlic
- ☐ 2 cups mushrooms, sliced
- ☐ 1 cup spinach
- ☐ 2 tbsp Italian spice
- ☐ 1/2 tsp salt
- ☐ 1/2 tsp fresh thyme

NUTRITION

- Serves: 6
- Nutrition (per serving):
 - Calories: 261
 - Total Fat: 7.5g
 - Carbohydrate: 30.9g
 - Protein: 21.1g

DIRECTIONS

To make this recipe in the slow cooker: Reduce the chicken broth to 1 cup and brown the turkey and onions before adding to the slow cooker. Cook it on high for 4-6 hours.

- Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and sauté for 5-7 minutes, stirring frequently.
- Add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
- Add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavours come together. Taste and adjust seasonings and salt as necessary.
- Garnish with anything you'd like. Makes 6 servings, about 1 1/2 cups each.

Poached Egg & Avocado Toast

DAY SIX, MEAL ONE



INGREDIENTS

- ☐ 1 slice sprouted whole wheat bread
- ☐ ¼ avocado
- ☐ 1 egg
- ☐ Everything but the bagel spice
- ☐ 2 slices turkey bacon
- ☐ Optional: pea shoots to top

NUTRITION

- Serves: 1
- Nutrition (per serving):
 - Calories: 320
 - Total Fat: 15g
 - Carbohydrate: 23.2g
 - Protein: 22.8g

DIRECTIONS

- Use an egg poacher to poach your egg or follow the next steps.
- Heat the water on high until the water boils, lower the heat until a couple of bubbles remain, crack the egg into a small bowl and gently slip it into the water. Turn off the heat, cover and cook for 4 minutes.
- While the egg cooks, cook the turkey bacon and toast your bread.
- Spread the avocado on your toast, top with the egg and sprinkle Everything but the bagel spice.
- Top with pea shoots.

Mediterranean Spaghetti Squash

DAY SIX, MEAL TWO



Salmon Burgers

DAY SIX, MEAL THREE



INGREDIENTS

- ☐ 1/2 tsp olive oil
- ☐ 1 can salmon
- ☐ 2 tbsp almond flour
- ☐ 1 egg
- ☐ 1/4 yellow onion, diced
- ☐ 1 green onion, finely chopped
- ☐ Sprinkle of garlic powder
- ☐ 1 tbsp fresh cilantro, chopped
- ☐ 1/4 lemon, juiced
- ☐ 1/2 avocado or guacamole
- ☐ 1 tomato, sliced
- ☐ Sprouts
- ☐ Butter lettuce for wrapping

NUTRITION

- Serves: 3
- Nutrition (per serving):
 - Calories: 200
 - Total Fat: 12g
 - Carbohydrate: 6g
 - Protein: 19g

DIRECTIONS

- In a mixing bowl combine salmon, egg, flour, spices, lemon juice, onion and cilantro.
- Form the patties using your hands into three burgers.
- Heat up a frying pan with the olive oil on low-medium heat.
- Cook the burgers 2-3 minutes per side.
- Wrap in lettuce, top with guac or avocado, sprouts and tomato.

PB & C Smoothie

DAY SEVEN, MEAL ONE



INGREDIENTS

- ☐ 1 scoop chocolate whey protein powder
- ☐ ½ banana
- ☐ 1 tbsp all-natural peanut butter
- ☐ 1 cup unsweetened almond milk
- ☐ 1 icecube

NUTRITION

- Serves: 1
- Nutrition (per serving):
 - Calories: 333
 - Total Fat: 8.7g
 - Carbohydrate: 22g
 - Protein: 40.6g

DIRECTIONS

- Combine all ingredients and blend.

Tuna Melt

DAY SEVEN, MEAL TWO



INGREDIENTS

- ☐ 2 slices sprouted whole wheat bread
- ☐ 1 can of tuna
- ☐ 1 tbsp avocado
- ☐ 1 tsp chosen foods avocado mayo
- ☐ 1 tsp dijon mustard
- ☐ 1 slice low fat cheddar cheese

NUTRITION

- Serves: 1
- Nutrition (per serving):
 - Calories: 448
 - Total Fat: 13.9g
 - Carbohydrate: 35.2g
 - Protein: 43g

DIRECTIONS

- Drain the tuna and add to a bowl with the mayo and avocado. Mix until combined. Season with salt and pepper.
- Spread the avocado on one slice of the bread, add the tuna mixture and cheese on top.
- Lay the second slice on top and transfer to a panini press or cook stovetop on a frying pan until the bread is lightly toasted and heated throughout.
- Slice in half and serve.

Fajita Bake

DAY SEVEN, MEAL THREE



INGREDIENTS

- ☐ 4 oz shrimp
- ☐ 1/2 red pepper, sliced
- ☐ 1/2 yellow pepper, sliced
- ☐ 1/2 onion, sliced
- ☐ 1 tsp olive oil
- ☐ 1/4 tsp ground cumin
- ☐ 1/2 tsp chili powder
- ☐ 1/2 tsp garlic powder
- ☐ 1/2 tsp onion powder
- ☐ Himalayan sea salt & pepper (sprinkle of each)
- ☐ 2-3 tortillas

NUTRITION

- Serves: 1
- Nutrition (per serving):
 - Calories: 345
 - Total Fat: 10g
 - Carbohydrate: 42g
 - Protein: 21g

Optional: serve with a side of salsa and greek yogurt or low fat sour cream

DIRECTIONS

- Preheat the oven to 400F and line a baking tray with foil.
- In a mixing bowl, toss shrimp, vegetables, spices and olive oil and lay over prepared baking tray. Bake for 8-10 minutes or until shrimp are fully cooked.
- Heat a frypan on medium heat stovetop and flash fry your tortillas on each side until they are light golden brown.
- Remove the baking tray from oven, place shrimp in a dish and return the vegetables to the oven on broil for about 3 minutes keeping a careful watch so they don't burn.
- Remove and serve with the shrimp and any additional toppings.

Week 4 Snacks

CHOOSE UP TO TWO DAILY SNACKS

*Torn between
looking like
a snack
or eating one?*



NOW YOU DONT HAVE TO CHOOSE. HEALTHY SNACKS TO FUEL YOU: CHOOSE 2 PER DAY

1. 1 banana with 1 tbsp almond butter and 1 tsp chia seeds (234 Cals)
2. 14 mini carrots, 1 mini cucumber sliced with one mini hummus single cup (185 Cals)
3. Yogurt Parfait - $\frac{3}{4}$ cup 0% MF Plain Greek Yogurt, 1 tbsp almond butter, $\frac{1}{4}$ cup raspberries, 1 tsp chia seeds (245 Cals)
4. 2 Ryvita Multi-Grain Rye Crisps, $\frac{1}{2}$ cup low fat cottage cheese, $\frac{1}{4}$ cup sliced cucumbers (185 Cals)
5. Holiday Bark: see recipe (32 cals/piece)
6. Energy Smoothie: $\frac{1}{2}$ cup frozen peaches, 1 mandarin orange, $\frac{1}{2}$ cup greek yogurt, $\frac{3}{4}$ cup coconut water, $\frac{1}{4}$ banana, 2 dates (325 cals)

Holiday Bark



INGREDIENTS

- ☐ 1 cup plain 0%MF Greek Yogurt
- ☐ 1 tbsp honey
- ☐ 1/4 tsp vanilla
- ☐ Pinch of lemon (juice)
- ☐ Pinch of Himalayan sea salt
- ☐ Strawberries, thinly sliced
- ☐ Blueberries
- ☐ 1 tsp slivered almonds



DIRECTIONS

- 1) Line a baking sheet with wax or parchment paper.
- 2) In a mixing bowl combine yogurt, vanilla, honey, lemon juice and salt. Mix until combined.
- 3) Pour onto the baking sheet, spreading to ensure it's even and top with berries and nuts.
- 4) Transfer to freezer for a couple of hours.
- 5) Cut into pieces and store in freezer. Makes 6 large pieces (or 12 small)

Note: You can use any toppings you like for berries and nuts or sprinkle some dark chocolate.

WORKOUT 1

Abs & Legs



Supersets (perform each exercise back-to-back)

Superset 1

Sumo Goblet Squat - 12 reps

Reverse Lunge - perform 6 on each leg for 12 reps total
30 second rest and then do it again, a total of 3 times.

Superset 2

Bent-Leg Sit-Up - 12 reps

Plank Hold - 30 seconds

30 second rest and then do it again, a total of 3 times.

Burnouts

(30 second rest between burnouts, perform once)

Squat Jumps - 60 seconds

Toe Taps - 60 seconds

Cooldown & Stretching

Hold each stretch for 20 seconds or 20 seconds each side

Warm Up

Optional: perform 3-5 minutes of cardio before starting warm-up exercises.

Downward Dog - hold for 30 seconds

Lunge and Twist - 30 seconds

Kung Fu Kicks - perform 8 on each side

Move on to activations to get those muscles ready to work!

Activation

Clam - perform 10 on each leg for 20 reps total

Mountain Climbers - 30 reps

Sumo Squat - 10 reps

Repeat each exercise three times then move on to the circuit.

Circuit

(Do all exercises back-to-back)

Knee Up - perform 10 on each leg for 20 reps total

Weighted Bent-Leg Jackknife - 12 reps

Jump Lunge - perform 6 on each leg for 12 reps total

Flutter - perform 10 on each leg for 20 reps total

45 Second rest and then do it again, a total of 3 times.



WORKOUT 2

Chest & Triceps



Supersets (perform each exercise back-to-back)

Superset 1

Pushup - 12 reps

Tricep Extension - 12 reps

30 second rest and then do it again, a total of 3 times.

Superset 2

Chest Fly - 12 reps

Tricep Dip - 12 reps

30 second rest and then do it again, a total of 3 times.

Burnouts

(30 second rest between burnouts, perform once)

Pushup and Side Plank - 60 seconds

Burpees - 60 Seconds

Cooldown & Stretching

Hold each stretch for 20 seconds or 20 seconds each side

Warm Up

Optional: perform 3-5 minutes of cardio before starting warm-up exercises.

Knee Push-ups - 30 seconds

Backward Arm Swing- 30 seconds

Forward Arm Swing- 30 seconds

Inchworm - 30 seconds

Move on to activations to get those muscles ready to work!

Activation

Arm Circles - 20 reps

Jumping Jacks - 30 reps

Tricep Pushup (from knee, keep arms and elbows close to sides)
- 10 reps

Repeat each exercise three times then move on to the circuit

Circuit

(Do all exercises back-to-back)

Tricep Kickbacks - 12 reps

Chest Press - 12 reps

Skull Crusher - 12 reps

X Mountain Climbers - 20 reps

45 second rest and then do it again, a total of 3 times.



WORKOUT 3

Back & Shoulders



Supersets (perform each exercise back-to-back)

Superset 1

Side to Front Raise - 12 reps

Bent-Over Reverse Fly - 12 reps

30 second rest and then do it again, a total of 3 times.

Superset 2

Bicep Curl to Shoulder Press - 12 reps

Bent-Over-Row - 12 reps

30 second rest and then do it again, a total of 3 times.

Burnouts

(30 second rest between burnouts, perform once)

Crossover Hammer Curls - 60 seconds

High Knees - 60 seconds

Cooldown & Stretching

Hold each stretch for 20 seconds or 20 seconds each side

Warm Up

Optional: perform 3-5 minutes of cardio before starting warm-up exercises.

Inchworms - perform for 30 seconds

Forward Arm Swing - perform for 30 seconds

Backward Arm Swing - perform for 30 seconds

4 Point Thoracic Rotation- perform 8 on each side for 16 reps total

Move on to activations to get those muscles ready to work!

Activation

Banded Shoulder Rotation - 10 reps

Inchworm - 10 reps

Side Raise (choose a light weight) - 10 reps

Repeat each exercise three times then move on to the circuit.

Circuit

(Do all exercises back-to-back)

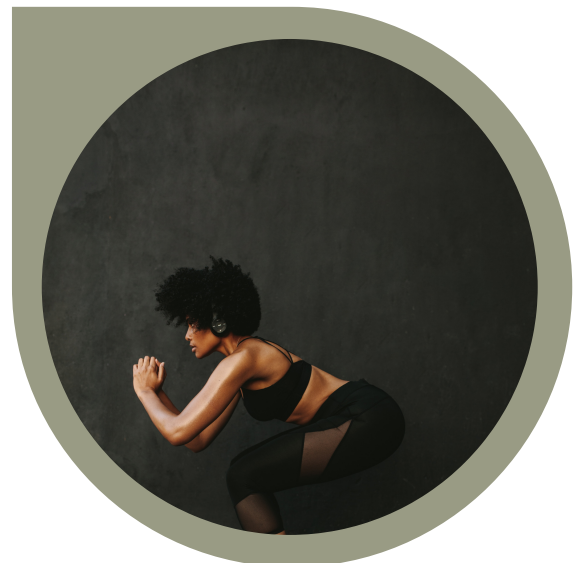
Arnold Press - 12 reps

Renegade Row - 6 reps per side, 12 reps total

Front Raise - 12 reps

Mountain Climbers - 20 reps

45 second rest and then do it again, a total of 3 times.



Fitness Planner

GOALS

☐☐☐

MONDAY

WORKOUT PLANS

ACTUAL WORKOUT

TUESDAY

WORKOUT PLANS

ACTUAL WORKOUT

WEDNESDAY

WORKOUT PLANS

ACTUAL WORKOUT

THURSDAY

WORKOUT PLANS

ACTUAL WORKOUT

FRIDAY

WORKOUT PLANS

ACTUAL WORKOUT

SATURDAY / SUNDAY

WORKOUT PLANS

ACTUAL WORKOUT

Food Tracker

	SU	MO	TU	WE	TH	FR	SA
BREAKFAST	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>
LUNCH	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>
DINNER	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>
SNACK	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>	<div><div></div><div>Calories</div></div>
WATER	<div><div></div><div>Total</div></div>	<div><div></div><div>Total</div></div>	<div><div></div><div>Total</div></div>	<div><div></div><div>Total</div></div>	<div><div></div><div>Total</div></div>	<div><div></div><div>Total</div></div>	<div><div></div><div>Total</div></div>

NOTES