As you design your fitness program, keep these points in mind:

1. Consider your fitness goals.
2. Create a balanced routine.
3. Start low and progress slowly.
4. Build activity into your daily routine.
5. Plan to include different activities.
6. Allow time for recovery.
7. Record your progress.

Break up your training so that you are doing 2 body parts per training session.

**CARDIOVASCULAR TRAINING FREQUENCY**

Strive to work out for 30 minutes a day at a maximum heart rate - MHR - or 65% or greater.

Your MHR is calculated this way:

\[ 220 - \text{YOUR AGE} = \text{MAX HEART RATE} \]

**WEIGHT TRAINING FREQUENCY**

Training should occur on a regular basis during the week.

You can train 2 to 3 days in a row. Then take a rest day. Train another 2 to 3 days in a row. Take another rest day.
## BASIC WEIGHT TRAINING ROUTINE

### WARM UP
- Jumping Jacks
- Running on the Spot
- Trunk Rotation
- Arm Circle

*OR 5 to 10 minutes on the treadmill or elliptical.*

### SETS + REPS
A repetition is one complete motion of an exercise. Each exercise requires from 8 - 15 repetitions to thoroughly train a muscle. A set is a group of consecutive repetitions. Each exercise requires from 2 - 5 sets to thoroughly work the muscle.

### BASIC MOVEMENTS OF A WORKOUT
- Lower body push
- Hip hinge
- Single-leg movement
- Vertical push
- Vertical pull
- Horizontal push
- Horizontal pull
- Plié Squat
- Deadlift
- Bulgarian Split Squat
- Lateral Raise
- Lat pulldowns
- Bench Press
- Bent Over Rows

### WORKOUT COMBINATIONS
Try one of these 3 workout combos for maximum results:

<table>
<thead>
<tr>
<th>LEGS</th>
<th>BACK</th>
<th>ABS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg Extensions</td>
<td>Lat Pulldowns</td>
<td>Deadbugs</td>
</tr>
<tr>
<td>Squats</td>
<td>Single Arm Dumbbell rows</td>
<td>Reverse Crunches</td>
</tr>
<tr>
<td>Leg Curls</td>
<td>Pull-ups</td>
<td>Supermans</td>
</tr>
<tr>
<td>Standing Calf Raise</td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>CHEST</th>
<th>GLUTES</th>
<th>ARMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bench Press</td>
<td>Bulgarian Split Squats</td>
<td>Standing Barbell Curls</td>
</tr>
<tr>
<td>Shrugs</td>
<td>Lunges</td>
<td>Preacher Curls</td>
</tr>
<tr>
<td>Incline Dumbbell Press</td>
<td>Plate Loaded Leg Press</td>
<td>Lying Triceps Extensions</td>
</tr>
<tr>
<td>Dumbbell Shoulder Press</td>
<td></td>
<td>Triceps Pressdowns</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SHOULDERS</th>
<th>ARMS</th>
<th>GLUTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dumbbell Shoulder Press</td>
<td>Prone Hip Raises</td>
<td>Prone Hip Raises</td>
</tr>
<tr>
<td>Bent Over Lateral Raise</td>
<td>Plate Loaded Leg Press</td>
<td>Plate Loaded Leg Press</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leg Extensions</td>
</tr>
</tbody>
</table>
Eating Clean® means to eat whole, nutrient dense, minimally processed, well sourced and properly prepared foods.

PRINCIPLES OF EATING CLEAN®

1. Eat 6 small meals per day.
2. Eat every 2 1/2 to 3 hours.
3. Combine protein fat and complex carbs at every meal.
4. Avoid processed and refined foods particularly sugar.
5. Drink 3 litres of water per day.
6. Carry a cooler filled with clean foods.
KEFIR CHIA SEED

Serves 2
Prep Time: 5 minutes

2 cups full fat plain kefir
6 Tbsp chia seeds
Juice of one fresh orange
1 tsp vanilla
1 tsp coconut flour

1. Combine all ingredients in a Mason jar.
2. Seal the jar and shake until all ingredients are combined.
3. Refrigerate and let stand overnight.
4. Divide into 2 portions.

GORGEous GREENS SMOOTHIE

Serves 2
Prep Time: 5 minutes

4 large kale leaves
2 cups spinach
1 handful fresh parsley
6” piece cucumber
1 celery stalk
1 green apple
1 Tbsp chia seeds
1 Tbsp flax seeds
1 cup water or coconut water

1. Combine all ingredients in a blender and process until smooth.

PEANUT BUTTER OVERNIGHT OAT PUDDING

Serves 2
Prep Time: 5 minutes

1 cup oats
1 cup almond milk or milk alternative
2 Tbsp chia seeds
2 Tbsp flax seeds
4 Tbsp natural nut butter
2 Tbsp maple syrup
1 tsp ground cinnamon

Toppings: 1/2 cup chopped apple, 1/2 sliced banana or 1/2 cup mixed berries

1. In a 4 cup Mason jar, combine all ingredients (not toppings).
2. Stir with a spoon to ensure ingredients mix well.
3. Cover with a lid and let soak in the refrigerator overnight.
## Sample Meal Plan

<table>
<thead>
<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>2 Easy Over Eggs on Ezekiel Toast</td>
<td>Kefir Chia Seed Pudding</td>
<td>Overnight Oats</td>
<td>Kefir Chia Seed Pudding</td>
<td>2 Eggs Over Easy on 2 cups steamed mixed greens</td>
<td>2 Pieces Avocado Toast</td>
<td>Protein Pancakes + 1/2 cup un-sweetened applesauce</td>
</tr>
<tr>
<td><strong>Mid Morning Snack</strong></td>
<td>Smoothie</td>
<td>1 Piece In Season Fruit + 12 raw, unsalted nuts</td>
<td>1/2 cup cottage cheese + 2 Tbsp flax seed + 1/2 cup chopped fruit</td>
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<td>1/2 cup cottage cheese + 2 Tbsp flax seed + 1/2 cup chopped fruit</td>
<td>1 Piece Avocado Toast</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>2 cups mixed salad greens + 1 cup mixed salad veggies + 4 Tbsp hemp seeds + 4 Tbsp ACV salad dressing*</td>
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<tr>
<td><strong>Mid Afternoon Snack</strong></td>
<td>2 Hard Boiled Eggs (HBEs) + 2 cups crudités</td>
<td>3 Tbsp Hummus + 2 cups crudités</td>
<td>1 Piece In Season Fruit + 12 raw, unsalted nuts</td>
<td>2 Hard Boiled Eggs (HBEs) + 2 cups crudités</td>
<td>3 Tbsp Hummus + 2 cups crudités</td>
<td>1 Piece In Season Fruit + 12 raw, unsalted nuts</td>
<td>2 Hard Boiled Eggs (HBEs) + 2 cups crudités</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>4 ounces chicken breast + 2 cups steamed veggies + 1/2 sweet potato</td>
<td>4 ounces turkey + 2 cups steamed veggies + 1/2 cup brown rice</td>
<td>4 ounces salmon + 2 cups steamed veggies + 1/2 cup quinoa</td>
<td>4 ounces beef + 2 cups steamed veggies + 5 baby roasted potatoes</td>
<td>4 ounces white fish + 2 cups steamed veggies + 1/2 cup brown rice</td>
<td>4 ounces turkey + 2 cups steamed veggies + 1/2 sweet potato</td>
<td>4 ounces chicken breast + 2 cups steamed veggies + 1/2 sweet potato</td>
</tr>
<tr>
<td><strong>Evening Snack</strong></td>
<td>Clear Herbal Tea + 1 - 2 cups hot air popped popcorn</td>
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*if hungry

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