



GIRLS NIGHT OUTTOSCARENO

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.

DAY 1 Legs and Abs
DAY 2 Chest
DAY 3 Back and Glutes
DAY 4 Rest or Active Rest

DAY 5 Shoulders and Abs
DAY 6 Arms and Glutes
DAY 7 Rest or Active Rest

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.

A 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

LEGS

Leg Extensions

Squats

Leg Curls

Standing Calf Raise

ABS

Plyo Ball Crunches

Planks

Bicycles

CHEST

Bench Press

Shrugs

Incline Dumbbell Press

Dumbbell Shoulder Press

BACK

Lat Pulldowns

Single Arm Dumbbell rows

Pull-ups

GLUTES

Bulgarian Split Squats

Lunges

Plate Loaded Leg Press

SHOULDERS

Dumbbell Shoulder Press

Bent Over Lateral Raise

ABS

Deadbugs

Reverse Crunches

Supermans

ARMS

Standing Barbell Curls

Preacher Curls

Lying Triceps Extensions

Triceps Pressdowns

GLUTES

Prone Hip Raises

Plate Loaded Leg Press

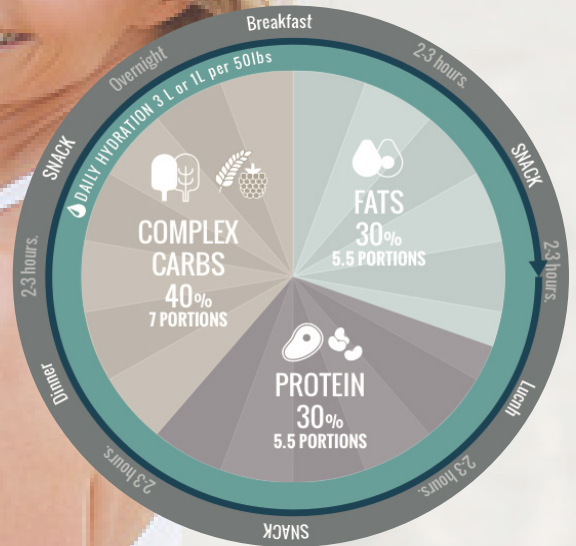
Leg Extensions

HOW TO BUILD AN EAT CLEAN[®] PLAN

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.



BODY BEAUTIFUL
BODY HEALTHY
FORMULA



EATCLEAN[®] RECIPES

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.



ASAMPLE MEALPLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
BREAKFAST	2 Easy Over Eggs on Ezekiel Toast	Kefir Chia Seed Pudding	Overnight Oats	Kefir Chia Seed Pudding	2 Eggs Over Easy on 2 cups steamed mixed greens	2 Pieces Avocado Toast	Protein Pancakes + 1/2 cup un-sweetened applesauce
MID MORNING SNACK	Smoothie	1 Piece In Season Fruit + 12 raw, unsalted nuts	1/2 cup cottage cheese + 2 Tbsp flax seed + 1/2 cup chopped fruit	Smoothie	1 Piece In Season Fruit + 12 raw, unsalted nuts	1/2 cup cottage cheese + 2 Tbsp flax seed + 1/2 cup chopped fruit	1 Piece Avocado Toast
LUNCH	2 cups mixed salad greens + 1 cup mixed salad veggies + 4 Tbsp hemp seeds + 4 Tbsp ACV salad dressing*	2 cups mixed salad greens + 1 cup mixed salad veggies + 4 Tbsp hemp seeds + 4 Tbsp ACV salad dressing*	2 cups mixed salad greens + 1 cup mixed salad veggies + 4 Tbsp hemp seeds + 4 Tbsp ACV salad dressing*	2 cups mixed salad greens + 1 cup mixed salad veggies + 4 Tbsp hemp seeds + 4 Tbsp ACV salad dressing*	2 cups mixed salad greens + 1 cup mixed salad veggies + 4 Tbsp hemp seeds + 4 Tbsp ACV salad dressing*	2 cups mixed salad greens + 1 cup mixed salad veggies + 4 Tbsp hemp seeds + 4 Tbsp ACV salad dressing*	2 cups mixed salad greens + 1 cup mixed salad veggies + 4 Tbsp hemp seeds + 4 Tbsp ACV salad dressing*
MID AFTERNOON SNACK	2 Hard Boiled Eggs (HBEs) + 2 cups crudité	3 Tbsp Hummus + 2 cups crudités	1 Piece In Season Fruit + 12 raw, unsalted nuts	2 Hard Boiled Eggs (HBEs) + 2 cups crudités	3 Tbsp Hummus + 2 cups crudités	1 Piece In Season Fruit + 12 raw, unsalted nuts	2 Hard Boiled Eggs (HBEs) + 2 cups crudités
DINNER	4 ounces chicken breast + 2 cups steamed veggies + 1/2 sweet potato	4 ounces turkey + 2 cups steamed veggies + 1/2 cup brown rice	4 ounces salmon + 2 cups steamed veggies + 1/2 cup quinoa	4 ounces beef + 2 cups steamed veggies + 1/2 sweet potato	4 ounces white fish + 2 cups steamed veggies + 5 baby roasted potatoes	4 ounces turkey + 2 cups steamed veggies + 1/2 cup brown rice	4 ounces chicken breast + 2 cups steamed veggies + 1/2 sweet potato
EVENING SNACK <i>*if hungry</i>	Clear Herbal Tea + 1 - 2 cups hot air popped popcorn	Clear Herbal Tea + 1/2 Apple + 2 Tbsp natural nut butter	Clear Herbal Tea + 1 - 2 cups hot air popped popcorn	Clear Herbal Tea + 1/2 Apple + 2 Tbsp natural nut butter	Clear Herbal Tea + 1 - 2 cups hot air popped popcorn	Clear Herbal Tea + 1/2 Apple + 2 Tbsp natural nut butter	Clear Herbal Tea + 1 - 2 cups hot air popped popcorn