



Post Holiday Reset

Intro

The holidays are great for getting together with family and enjoying ourselves. But it's really hard to keep up with an exercise routine and diet. New Year's gives us a chance to start back up again and work hard to undo the damage of the holidays.

I've put together a 4 week diet and fitness program to help you re-focus, lose any holiday weight and start of 2018 on the right foot!

You will need

- 30 minutes, 6 days per week
- Access to a gym (or dumbbells, barbells and a mat)
- Committing to a workout most days of the week and healthy eating
- Reducing how many meals you eat (but not necessarily your amount of total food)

I've broken down the 4 week program – here's what I want you to do each day...

The Program

4 weeks

Your day 1 can be any day you chose. Hopefully it's today! See below for more info on your workouts and guidelines on what to eat.

Day 1: Hydrate, get rid of treats at home and at work. 30 minute workout.

Day 2: Grocery shop healthy staples. 30 minute workout.

Day 3: Meal Prep 5 healthy meals. Eat 2 meals. 30 minute workout.

Day 4: 30 minute workout. Eat 1 meal and fast.

Day 5: 30 minute workout. Eat 2 meals.

Day 6: Meal prep 5 healthy meals. 30 minute workout. Eat 2 healthy meals

Day 7: (Rest day) Fast and Eat 1 healthy meal. Grocery shop for the next week.

Day 8: Day 1 workout. Eat 2 healthy meals.

Day 9: Meal prep 5 healthy meals. Day 2 workout. Eat 2 healthy meals.

Day 10: Day 3 workout. Eat 1 healthy meal.

Day 11: Day 4 workout. Eat 2 healthy meals.

Day 12: Meal prep 5 healthy meals. Day 5 workout. Eat 2 healthy meals.

Day 13: Day 6 workout. Eat 1 healthy meal.

Day 14: (Rest day) Grocery shop for the week. Eat 2 healthy meals.

Day 15: Day 1 workout. Prep 5 healthy meals. Eat 2 healthy meals.

Day 16: Day 2 workout. Eat 1 healthy meals.

Day 17: Day 3 workout. Eat 2 healthy meal.

Day 18: Day 4 workout. Meal prep 5 healthy meals. Eat 2 healthy meals.

Day 19: Day 5 workout. Eat 1 healthy meals.

Day 20: Day 6 workout. Eat 2 healthy meals.

Day 21: (Rest day) Grocery shop for the week. Prep 5 healthy meals. Eat 2 healthy meals.

Day 22: Day 1 workout. Eat 1 healthy meals.

Day 23: Day 2 workout. Eat 2 healthy meals.

Day 24: Day 3 workout. Prep 5 healthy meals. Eat 2 healthy meals.

Day 25: Day 4 workout. Eat 1 healthy meal.

Day 26: Day 5 workout. Eat 2 healthy meals

Day 27: Day 6 workout. Meal prep 4 healthy meals. Eat 2 healthy meals.

Day 28: (Rest day) Eat 2 healthy meals.

The Diet

Healthy Staples

Eat only the foods on this list, but cooked any way you like and as much as you want at a single meal:

- Seafood
- Meat
- Eggs
- Broccoli
- Kale
- Cauliflower
- Mushrooms
- Celery
- Paneer
- Heavy Cream
- Butter
- Cheese
- Avocado
- Olive oil
- Olives
- Unsweetened tea or coffee
- Coconut oil

Sample healthy meals

- Caesar salad with Chicken, bacon or boiled eggs
- Butter chicken/paneer with cauliflower rice
- Omlette with cheese and veggies
- Grilled Salmon with sauteed veggies
- Steak and grilled veggies
- Boiled eggs with olives and avocado

The Workouts

Here is a program card for you to track your weights and sets, so you can improve from week to week. It outlines what you have to do each day.

Guidelines

- Perform one exercise after the next without rest
- Aim for 3-5 reps for the first exercise
- Aim for 10-12 reps for the second exercise
- Aim for 15-20 reps for the third exercise
- Rest 30-60 seconds between rounds
- Perform 3-5 rounds

		Week 1	Week 2	Week 3	Week 4
Day 1	Barbell Squat				
	Pushups				
	Bridges				
Day 2	Bent Over Row				
	Bicep Curls				
	Switch Lunges				
Day 3	Deadlift				
	Arnold Press				
	Heel taps				
Day 4	Bench Press				
	Pulse Squats				
	Clambshells				
Day 5	Hip Thrusts				
	Triceps Extension				
	Figure 8's				
Day 6	Cable Pull Through				
	Lat Pulldown				
	Fire Hydrant				

