



FALL into  
FITNESS  
2016

# FALL

into

## FITNESS

2016

## Intro

So the summer is over and it's time the kids go back to school, and the routine finally goes back to normal. I love routine. And for that reason, I love fall!

It's a great time to focus on yourself for a (nice) change, to put down bad habits and restart good ones. But do you know what to do? What not to do? And where to start? Sometimes even if we do, we don't have the accountability to follow through or take the time to design a program for ourselves.

So here's what I have for you. A 6-week get-back-into-fitness program that'll get you stronger, leaner and helluva lot fitter. It's gradual and progressive, there will be no guesswork, and there will be results.

## *You will need:*

- 30-45 minutes x 3-4 mornings a week
- Access to a gym (or dumbbells, barbells, some weight training machines)
- A blender
- Committing to a morning workout and one new healthy habit each week

Here's what I want you to do week by week...

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### Week 1:

#### Organize yourself

- Get out your blender and workout gear
- Restart your gym membership
- Fill your fridge with healthy food
  - buy kale, spinach, berries, proteins, veggies and fruit
- Calendar 3 workouts in the morning next week (before noon).
  - I want you to get your workouts in and if you leave it for after work or after the kids get home, it probably won't happen.
  - This might mean getting up earlier and going to bed earlier. Try to commit to this.
- Take measurements
  - Take your starting weight
  - measure your lower abs – the widest part of your tummy below your belly button
  - Write down the date and measurements on your program card (found at the end of the document.) We want to see your progress.

#### Healthy Habit: Confidence with working out

- Watch my workout video
- Make sure you feel comfortable with the exercises
- Ask me if you don't!

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### Week 2

#### Strength workout 3 days/week – split routine in the morning

- One day Chest/Shoulders/Triceps (bench, shoulder press, front raise, dips, triceps extension, pushups)
- One day Legs/core (squat, deadlift, calf raises, side leg raise circuit, glute bridges, core sequence)
- One day Back/Biceps (lat pulldown, seated row, bicep curl, bent over row,
- Aim for 10-12 reps of each exercise.
  - For body weight exercises, you can do as many as 20 reps
- Keep track of your weight and reps on your program card (near the end of this document)

#### Healthy Habit #1: Morning Shake

- Details in the healthy habits section



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### Week 3:

#### Strength workout 3 days/week – split routine in the morning

- Same as week 2, but try to improve from last week by adding a few extra reps or taking the weight up by 5 lbs
- Remember to keep track of your weight and reps
- Keep having your daily morning shake

#### Healthy Habit #2: Drink a glass of water before each meal

- Details in the healthy habits section



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### Week 4:

Do the same exercises as the previous 2 weeks but do them in a circuit format 3 days/week

- The exercises are outlined for you on your program card at the end of this document
- Do the exercises in circuit 1 in succession without any rest, then rest for 1 minute and repeat another 2 times
  - Then do the same for the exercises in circuit 2
- Try to do the same weights and reps as you were doing last week
- Keep up healthy habits 1 & 2

**Healthy Habit #3: Incorporate proper plate portions for all meals and snacks**

- Details in the healthy habits section

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### Week 5:

Keep working on your circuit style workouts 3 days/week

- Try to improve upon your reps or weights this week
- Maintain healthy habits 1-4

**Healthy Habit #5: Cut out dessert, eat fresh (not dried) fruit instead**  
(more details below)

- Details in the healthy habits section



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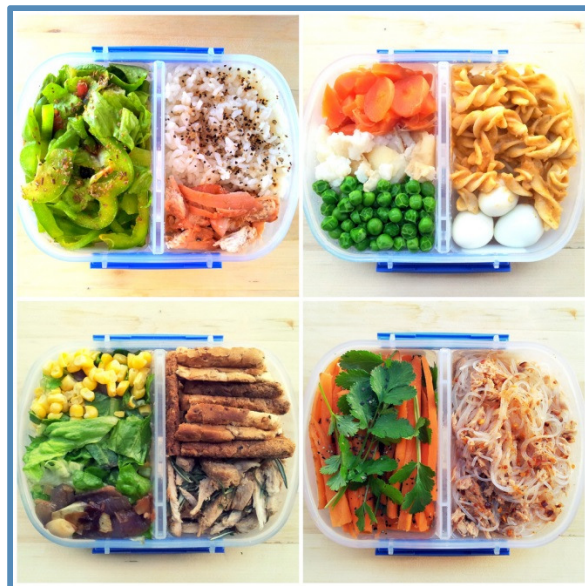
### Week 6:

#### Do your circuits 4 days/week

- Maintain healthy habits 1-5

#### Healthy Habit #6: Pack healthy lunches for yourself

- Details in the healthy habits section





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## Healthy Habits

I want you to slowly incorporate these daily habits into your life. I will be providing one of these to focus on each week. But if you want to know what they will be beforehand, here they are! Simple, and easy to implement - designed with busy moms in mind.

1. **Morning shake.** I want your first meal in the morning to be a healthy shake. Easy to make and quick nutrition for us busy moms. Mix in kale/spinach/berries with water, and protein powder or greek yogurt for protein. You will rehydrate yourself and give yourself energy for busy mornings.
2. **Drink lots of water.** Drinking water reduces hunger, makes you more alert and energetic, and flushes out toxins and the by-products of fat. It also means you're not reaching for higher-calorie drinks. I want you feeling your best. After your shake, fill up a bottle of water to carry with you and take sips throughout the day. Make sure to drink a full glass of water before each meal.
3. **Watch portions.** At each meal or snack, make sure you are eating half a plate of veggies, a quarter plate of protein and a quarter plate of carbs. The vegetables should be non-starchy vegetables (broccoli, spinach, kale, lettuce, asparagus, cauliflower, cucumber, mushrooms, peppers, onions, tomatoes), otherwise they count towards your carb portion. Try to eat good carbs (beans, lentils, nuts, or whole grains, such as quinoa, oats or brown rice.) Aim for good sources of protein (salmon, tuna, grass fed beef, eggs, free-range chicken or tofu).

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## Healthy Habits (Continued)

4. **Cut out desserts.** Eat fresh fruits instead. We've had enough junk over the summer; it's time to cut out all of that refined sugar that's not helping you reach your goals. If you feel like something sweet, have fruit, preferably citrus fruits or berries. Try not to have too much, especially dried fruits as they have more calories.
5. **Pack yourself lunch.** You pack a healthy lunch for your kids. So why not pack yourself one too? That way you know you're eating healthy foods throughout the day. Remember to follow your plate portion rule of mostly veggies, with some protein and carbs. And a piece of fruit.



|           |                    | Week 4 |  |  | Week 5 |  |  | Week 6 |  |  |  |
|-----------|--------------------|--------|--|--|--------|--|--|--------|--|--|--|
| Date      |                    |        |  |  |        |  |  |        |  |  |  |
| Circuit 1 | Barbell Squat      |        |  |  |        |  |  |        |  |  |  |
|           | Cable Rows         |        |  |  |        |  |  |        |  |  |  |
|           | Side Lying Series* |        |  |  |        |  |  |        |  |  |  |
|           | Pushups            |        |  |  |        |  |  |        |  |  |  |
| Circuit 2 | Glute Bridges      |        |  |  |        |  |  |        |  |  |  |
|           | Shoulder Press     |        |  |  |        |  |  |        |  |  |  |
|           | Bicep Curls        |        |  |  |        |  |  |        |  |  |  |
|           | Tricep Extension   |        |  |  |        |  |  |        |  |  |  |
| Circuit 1 | Bench Press        |        |  |  |        |  |  |        |  |  |  |
|           | Lat Pulldown       |        |  |  |        |  |  |        |  |  |  |
|           | Deadlift           |        |  |  |        |  |  |        |  |  |  |
|           | Calf Raises        |        |  |  |        |  |  |        |  |  |  |
| Circuit 2 | Front Raises       |        |  |  |        |  |  |        |  |  |  |
|           | Dips               |        |  |  |        |  |  |        |  |  |  |
|           | Bent Over Row      |        |  |  |        |  |  |        |  |  |  |
|           | Core Exercises*    |        |  |  |        |  |  |        |  |  |  |

**Measurements**

| Date      |  |  |  |  |  |  |  |  |  |  |
|-----------|--|--|--|--|--|--|--|--|--|--|
| Weight    |  |  |  |  |  |  |  |  |  |  |
| Lower Abs |  |  |  |  |  |  |  |  |  |  |

\*Side lying series = leg lifts, inner thigh lifts, leg kicks;

Core exercises = Ab vacuum, bridged ab vacuum, fire hydrant