



WORKOUT OVERVIEW

Life is crazy enough. Getting fit shouldn't be.

This plan is simple and easy to follow: Frequency, Intensity, Time, and Type of Exercise (FITT). I follow the FITT principles when designing a workout program for all my clients. It is important to train often with intensity, appropriate time, and the right kind of exercises to prevent a plateau.

Frequency of Exercise: How often should I work out? I have designed this program to start with a 3-day workout. If you are not working out at least 3 days a week, you will not see the results in a timely manner.

Intensity of Exercise: How hard should I be working out? Train with intensity! Always challenge yourself to work harder. As you progress in the program, so will your reps and weights.

Time to Exercise: How long should I be exercising? I have designed each workout day to be completed in 1 hour. If you are on a cardio day, you will be finished in 20-40 minutes.

Type of Exercise: Which muscle groups should I be focusing on? It is very important to train all muscle groups to achieve your overall goal of becoming fit and toned. I have designed this program to incorporate high intensity training/ endurance with strength training. Following my program as it is designed, you will work all the muscles groups with the proper amount of rest in between each muscle group. You need 48 hours rest in between each muscle group to recover.

Warm-Up

Before you start any workout, always warm up your body for 10 minutes to get your blood flowing and to prevent injuries. Your warm-up should be a very light version of your workout. You can do a number of things to warm up: walking lunges, no-weight squats, jumping jacks, etc.





WORKOUT OVERVIEW

Cardio

My program has some cardio filtered into each workout. Cardio is important in keeping your heart rate up to help burn fat. However, I always suggest doing a “cardio session” as well. You can add this into a day that you are strength training or on a separate day. You can add in before or after your workout, whichever works best for you and your body.

Now that you are ready to get to work, here is an overview of the program and how it will work.

Equipment Needed:

Mat, Exercise Ball, Dumbbells, Kettlebell, Jump Rope Booty Bands*, Box

*For Booty Bands, I love and use thexbands.com





WORKOUT FAQ'S

How heavy of weights do I start with?

Start at a weight that feels comfortable to you. If your weights are not challenging for the last few reps, you need to bump your weights up. Remember, you want to continue to challenge yourself so that you do not plateau!

Will I “bulk up” if I lift heavier weights?

Many women want to be toned and not have a “body builder” physique. You will NOT “bulk up” if you are lifting heavier weights and following the meal plan. You will be building lean, toned muscle. Naturally, women will not “bulk up” like a man because we have different hormones and metabolism.

What is the importance of the Warm-Up?

A 10-minute warm-up prepares the body to use oxygen, gets the blood flowing, and helps prevent injury to the muscles. The warm-up is a light version of your workout. (Examples: walking lunges, no-weight squats, jumping jacks, etc.) Keep it light...it is only the warm-up.

What is the importance of the Cool Down?

It is very important to cool down after your workout, due to the lactic acid that you have accumulated during your workout. You need to walk and stretch for 5–10 minutes after your workout.

Why do I need a post-workout protein shake?

After your workout you need to drink a post-workout protein shake. This is very important to have within 90 minutes to repair and build lean muscles. The more muscle mass you build, the more calories your body burns off.





WORKOUT FAQ'S

When do I add in my cardio?

You can add cardio in after your workouts or on a separate day when you are not strength training.

What if I don't have time or if I'm traveling?

This is what is so great about this home workout. There is very little equipment and you can take it with you as you travel! In order to find time to workout, you have to schedule it into your day, just like you would for an appointment to get your hair done. Create a routine that involves working out.

Can I get rid of my cellulite?

Yes!!! A well-planned exercise program and clean diet will help you reduce your cellulite. Work hard and you will see the results!

Should I eat before my workout?

Yes, you should eat 1½ hours before you workout. If you are working out as soon as you wake in the morning, eat something light. For example, an apple or Greek yogurt.

How important is Stretching?

Stretching after your workout helps lengthen your muscles, giving them room for growth. Plus, stretching helps aid in muscle recovery.





THE FIVE "R" PRINCIPLES

Range of Motion: Complete movement capability of the joint. Every exercise must be performed through the complete range of motion from a fully stretched position of the targeted muscle to a fully contracted position.

Resistance: The resistance or the weight moved must be enough that the exercise can be performed through full range of motion without using body swing. Yet, the resistance must be taxing to the muscles for the desired number of repetitions.

Repetitions: Choosing the number of repetitions is determined by your goals. Low reps with heavier weights produce strength, while high reps with lighter weight create and aerobic strength endurance. It is important to mix it up as you progress in your program. In the beginning, start with 10-12 reps each. As you progress, add more weight to build strength or increase your reps for more of a fat burn.

Rest: A working muscle needs about 2-4 minutes rest between each set before it is ready to function again. In our get fit program you will work one muscle then, while it is resting, we are doing another muscle. This keeps your heart rate up and allows rest time for the muscles too.

Recovery: It is very important to have adequate time between workouts so the muscles can complete their recovery process. A general rule is you should not exercise the same muscle groups two days in a row and, usually, not more than three times a week. Otherwise, your body will become fatigued and reach a stale or over-trained state or, even worse, create injury.

It is very important to stay hydrated with water during your workout, and after your workout you need to drink a post-workout protein shake. It is very important to have within 90 minutes, to repair and build lean muscles. The more muscle mass you build, the more calories your body burns off.

Cool Down/Stretching: Everyone needs a cool down period for 5-10 minutes after working out, to walk off the lactic acid that you have accumulated during your workout. Stretching your muscles is equally as important before and after a workout.

Stretching helps to lengthen our muscles, giving them room to grow, plus it will aid in muscle recovery and prevent injuries.

Two Common Types of Stretching:

Static Stretching is holding a position for a certain period of time. Static stretching helps to alleviate muscle soreness and tightness, plus helps decrease the likelihood of injury.

Dynamic Stretching is stretching while you are moving. Dynamic stretching helps improve your range of motion and prepares your body for higher intensity workouts. Dynamic stretching is great to use at the beginning of your workout, for a warm-up, while static stretching is perfect at the end of your workout.

