



DARIELLE SINGERMEN PRESENTS HER

TRANSFORMATION PROGRAM

6 WEEK PROGRAM / DETAILED WEEK BY WEEK / OVER 50+ INSTRUCTIONAL VIDEOS



THE WORKOUT PLAYLISTS





WEEK 1



MODERATE WEIGHT/REPS

NOTE: This week will be an introduction to the program. If you're a novice to the gym, you'll be learning and getting comfortable with the movements. If you're experienced, you will begin pushing yourself farther than what you have been used to. Beginning with lighter weight, meaning a weight you can easily get to about 5 reps under the amount I provide. (I.e. 20-25 reps of Squats: choose a weight that will be a struggle after 15 reps.) You will need to challenge your mind and your body if you want to see changes! Think about every rep as you're performing the exercise and visualize the muscle moving and contracting. The key point in this week is to choose a weight that will challenge you mentally, increase the weight if by 15 reps you are not struggling! To see changes, you must start strong!

Rest between sets/supersets should be no more than 45-60 seconds. **Supersets** mean you are doing the exercises back-to-back with no rest. 4 SETS of 3 SUPERSET exercises mean you are doing all 3 exercises back to back, 4 times total.

Cardio is 25 minutes , 6 days a week of steady state, meaning no heart rate fluctuations you'd have during HIIT. Choose a challenging level and stick with it the entire time.

DAY 1

2 SETS:

**PUSH-UPS: ON FLOOR,
KNEES OR SMITH MACHINE – 10 REPS**

3 SETS:

DUMBBELL LATERAL RAISE – 15 REPS

SUPERSET

DUMBBELL FRONT RAISE – 15 REPS

4 SETS:

BARBELL SEATED SHOULDER PRESS – 15-20 REPS

SUPERSET

BARBELL INCLINE CHEST PRESS – 15 REPS

3 SETS:

BENT OVER REVERSE FLY – 12 REPS

SUPERSET

**DUMBBELL SEATED OVERHEAD PRESS – 12-15
REPS**

3 SETS:

CABLE TRICEP EXTENSION – 20 REPS

SUPERSET

BENCH DIPS – AT LEAST 10 OR TO FAILURE

3 SETS BACK TO BACK (NO REST):

TRICP KICKBACKS – 10 REPS

DAY 2

3 SETS:

LEG EXTENSIONS – 20 REPS

3 SETS:

**BANDED SIDE WALKING LATERALS
– 10 REPS EACH SIDE**

SUPERSET

**STATIONARY ALTERNATING LUNGES
– 12 REPS EACH SIDE**

4 SETS:

**BARBELL SQUAT
(or Dumbbell/Bodyweight for beginners) – 20 REPS**

4 SETS:

LEG PRESS (Wide) – 15 REPS

SUPERSET

SUMO SQUAT – 15 REPS

3 SETS:

LYING LEG CURL – 20 REPS

SUPERSET

WALKING LUNGES – 15 REPS EACH SIDE

DAY 3

2 SETS:

PULL-UPS (Assisted) – TO FAILURE

3 SETS:

CABLE ROW (Narrow grip) – 15 REPS

4 SETS:

LAT PULLDOWN – 15-20 REPS

SUPERSET

BENT OVER ROW – 12-15 REPS

3 SETS:

PULLOVER – 20 REPS

SUPERSET

CABLE HIGH ROW – 15-20 REPS

4 SETS:

ALTERNATING DUMBBELL CURL – 12 REPS

SUPERSET

STRAIGHT BAR CURL – 15 REPS

DAY 4

3 SETS:

BANDED LATERAL WALKS - 10 REPS EACH SIDE

SUPERSET

ABDUCTOR - 15 REPS

4 SETS:

STRAIGHT LEG [ROMANIAN] DEADLIFT - 20 REPS

SUPERSET

PULSE SQUATS - 20 REPS

3 SETS:

SMITH MACHINE NARROW DEEP SQUAT - 15 REPS

SUPERSET

**ALTERNATING STATIONARY LUNGES - 12 REPS
EACH LEG**

4 SETS:

**SINGLE LEG PRESS - 12 REPS EACH LEG
(NO REST BETWEEN SETS!)**

3 SETS:

BANDED HIP BRIDGES - 25 REPS

3 SETS:

**MOUNTAIN CLIMBERS - 20 REPS EACH SIDE
TOE TOUCHES - 20 REPS
RUSSIAN TWIST - 15 REPS EACH SIDE**

WEEK 2



HIGHER WEIGHT/ LOWER REPS

**** Exercises won't change for this week. You'll be adjusting the weight you started with to reach a new "Repetition" goal. Reps will be lower so this week will be a CHALLENGE. This week the goal is to challenge yourself to push your movements to heavier weight. If you can do more than the reps provided, go for it and make sure to write it down in your training journal!*

Rest: *will be a little longer this week. Between each set (unless otherwise noted), will be around 2 minutes.*

Cardio : *You are now at 7 days a week. If you did not lose weight from last week, add on 5 minutes to your cardio. If you did lose weight, do not add more time.*

DAY 1

2 SETS:

PUSH-UPS: ON FLOOR, KNEES OR SMITH MACHINE
– 10 REPS

4 SETS:

DUMBBELL LATERAL RAISE – 15,12,10,10 REPS

SUPERSET

DUMBBELL FRONT RAISE – 15,12,10,10 REPS

3 SETS:

BARBELL SEATED SHOULDER PRESS – 12,10,10
REPS

SUPERSET

BARBELL INCLINE CHEST PRESS – 12,10,10 REPS

3 SETS:

BENT OVER REVERSE FLY – 10 REPS

SUPERSET

DUMBBELL SEATED OVERHEAD PRESS – 10 REPS

3 SETS:

CABLE TRICEP EXTENSION – 15,10,10 REPS

SUPERSET

BENCH DIPS – AT LEAST 10 OR TO FAILURE

3 SETS BACK TO BACK (NO REST):

TRICP KICKBACKS – 10 REPS

3 SETS:

LEG EXTENSIONS – 20,15,15 REPS

3 SETS:

**BANDED SIDE WALKING LATERALS – 10 REPS
EACH SIDE**

SUPERSET

**STATIONARY ALTERNATING LUNGES – 12 REPS
EACH SIDE**

4 SETS:

**BARBELL SQUAT (OR DUMBBELL/BODYWEIGHT
FOR BEGINNERS) – 12,10,10,10 REPS**

3 SETS:

LEG PRESS (WIDE) – 12,10,10 REPS

SUPERSET

SUMO SQUAT – 10 REPS

3 SETS:

LYING LEG CURL – 12 REPS

SUPERSET

WALKING LUNGES – 15 REPS EACH SIDE

DAY 3

2 SETS:

PULL-UPS (ASSISTED) – TO FAILURE

3 SETS:

CABLE ROW (NARROW GRIP) – 15,12,12 REPS

4 SETS:

LAT PULLDOWN – 12,10,8,8 REPS

SUPERSET

BENT OVER ROW – 12,10,10,10 REPS

3 SETS:

PULLOVER – 12 REPS

SUPERSET

CABLE HIGH ROW – 12 REPS

4 SETS:

ALTERNATING DUMBBELL CURL – 10 REPS

SUPERSET

STRAIGHT BAR CURL – 10 REPS

DAY 4

3 SETS:

BANDED LATERAL WALKS - 10 REPS EACH SIDE

SUPERSET

ABDUCTOR - 15 REPS

4 SETS:

**STRAIGHT LEG [ROMANIAN] DEADLIFT - 15,12,12,12
REPS**

SUPERSET

PULSE SQUATS - 20 REPS

3 SETS:

**SMITH MACHINE NARROW DEEP SQUAT - 12,10,10
REPS**

SUPERSET

**ALTERNATING STATIONARY LUNGES - 12 REPS
EACH LEG**

4 SETS:

**SINGLE LEG PRESS - 10,10,8,8 REPS EACH LEG
(NO REST BETWEEN SETS)**

3 SETS:

BANDED HIP BRIDGES - 20 REPS

3 SETS:

MOUNTAIN CLIMBERS - 20 REPS EACH SIDE

TOE TOUCHES - 20 REPS





WEEK 3



HIGH WEIGHT/ LOW REPS

*** This week is another high week. Continue to challenge yourself mentally and physically! The number of Reps I provide should be your absolute max you can do. If you get to the "last rep" and can do 3-5 more, do it then increase your weight for the next set! A change in "Reps" number means an increase in weight.*

REST between sets should be 2-3 minutes. This will give your muscles enough time to recover for the following set. This week will provide a lot of mental challenges, as you dig deep to push more weight. Remember every rep is a step towards your goal!

Cardio is 30 minutes , 7 days a week of HIIT (High Intensity Interval Training) . I suggest the Stairmill, Arc Trainer or Sprint/Walk/Run if no equipment is available. HIIT cardio will focus on fluctuating your heart rate. For example, get to 85-90% max heart rate for 30 seconds, recover for 90 seconds. ****Sample HIIT Cardio provided below****

DAY 1

2 SETS:

PUSH-UPS: FAILURE

2 SETS:

LATERAL RAISE (WARM UP, CAN BE LIGHTER) – 15 REPS

4 SETS:

SEATED DUMBBELL OVERHEAD PRESS – 12,10,8,8

3 SETS:

CABLE ROPE FACE PULL (REAR DELT) – 10 REPS

SUPERSET

CABLE FRONT RAISE – 10 REPS

4 SETS:

WIDE GRIP UPRIGHT ROW (BARBELL) – 10 REPS

SUPERSET

BARBELL OVERHEAD PRESS (STANDING) – 8 REPS

2 SETS:

LATERAL RAISE – DROP SET! – 6 REPS – DROP WEIGHT – 8 REPS – DROP WEIGHT – 10 REPS

4 SETS:

CABLE OVERHEAD ROPE EXTENSION – 15, 12, 10, 10

SUPERSET

CABLE ROPE EXTENSION – 12, 12, 10, 10

DAY 2

3 SETS:

LEG EXTENSION – 20 REPS

5 SETS:

BARBELL SQUATS – 12, 10, 8, 8, 8

4 SETS:

LEG PRESS – 12, 10, 10, 10

3 SETS:

BULGARIAN SQUAT – 10 REPS EACH LEG

(30 SECOND REST BETWEEN THESE SETS)

3 SETS:

LEG CURL – 12, 10, 10

SUPERSET

WALKING LUNGES – 20 EACH SIDE

DAY 3

4 SETS:

LAT PULLDOWN (SHOULDER WIDTH) – 15, 12, 10, 10

3 SETS:

T-BAR ROW – 10, 8, 8

3 SETS:

SINGLE-ARM HIGH PULL (CABLE) – 10 REPS
(30 SECOND REST BETWEEN SETS)

4 SETS:

SEATED CABLE ROW (WIDE GRIP) – 10, 10, 8, 8

4 SETS:

DEADLIFTS OR GOODMORNINGS – 10 REPS

4 SETS:

DUMBBELL HAMMER CURLS – 12 REPS

SUPERSET

DUMBBELL STRAIGHT ARM CURLS – 12 REPS

DAY 4

3 SETS:

STEP-UPS (ONE SIDE AT A TIME) – 15, 12, 12 REPS

3 SETS:

GLUTE KICKBACKS (CABLE) – 12, 10, 10

SUPERSET EACH LEG

CABLE ABDUCTOR – 12 REPS

4 SETS:

BARBELL HIP BRIDGES – 15, 12, 10, 10

SUPERSET

JUMP SQUATS – 10 REPS

3 SETS:

**SMITH MACHINE SPLIT SQUAT – 10 REPS EACH
SIDE (30 SECOND REST BETWEEN SETS)**

6 SETS:

SUMO SQUAT WITH DUMBBELL – 10 REPS

3 SETS:

CABLE ROPE CRUNCH – 20 REPS

WOOD CHOPPER WITH ROPE – 12 REPS EACH SIDE

LEG RAISES WITH TWIST – 20 REPS TOTAL



WEEK 4



LOWER WEIGHT/HIGHER REPS

*** This week you'll be bringing the weights down, focusing on muscular endurance and training in higher rep ranges. Mentally you'll need to focus on powering through these sets, while keeping form and making that mind to muscle connection. The Rep ranges I provide will dictate what kind of weight you will use, as you still want to be struggling at the very end of the set. If you feel you can not finish the set, take 2-3 seconds to pause and continue in increments until you finish the entire set. (i.e. Reps should be 20-25, struggling to finish at 15 reps, pause in a "rest" position for 2-3 seconds and continue until you've completed at least 5-7 more)*

REST between sets will be 60-90 seconds.

Cardio remains the same, 7 days a week of 30 minutes HIIT Cardio.

DAY 1

2 SETS:

PUSH-UPS – FAILURE

4 SETS:

POWER PRESS – 20, 25, 30, 30

4 SETS:

LATERAL RAISE (DUMBBELL) – 25, 30, 30, 30

SUPERSET

PUNCH WITH ROTATION – 35 EACH SIDE

3 SETS:

**SINGLE ARM KETTLEBELL PRESS – 25 REPS (USE
DUMBBELL IF NO KETTLEBELL. CAN SQUAT TO
PRESS) SUPERSET EACH SIDE
SINGLE ARM KETTLEBELL SWING – 15 REPS**

3 SETS:

NARROW PUSH UP – 12 REPS

SUPERSET

BENCH DIPS – 15 REPS

SUPERSET

CABLE EXTENSION – 20 REPS

DAY 2

4 SETS:

LEG PRESS:

SUMO-STANCE (WIDE) – 10 REPS

HIP-WIDTH – 10 REPS

NARROW/FEET TOGETHER – 10 REPS

SQUAT JUMP IN PLACE – 10 REPS

3 SETS:

**SMITH MACHINE (OR BARBELL) SPLIT SQUAT – 12
EACH LEG, BACK TO BACK TWO TIMES
(TOTAL OF 24 REPS IN EACH SET)**

4 SETS:

BARBELL SQUAT – 30, 30, 35, 35

SUPERSET

HIP EXTENSION OVER INCLINE BENCH – 15 REPS

5 SETS:

LEG EXTENSIONS – 10 REPS

**SUPERSET WITH NO REST BETWEEN SETS. THESE
WILL BE BACK TO BACK**

LEG CURL – 10 REPS

2 SETS:

FAST WALKING LUNGES – 25 EACH SIDE

DAY 3

4 SETS:

STANDING CABLE ROW (WIDE GRIP) – 20, 20, 25, 25

SUPERSET

SEATED (ON FLOOR) CABLE HIGH ROW – 20 REPS

3 SETS:

SINGLE ARM HIGH ROW – 15 REPS EACH SIDE

3 SETS:

SINGLE ARM BENTOVER ROW – 20 REPS

4 SETS:

LAT PULLDOWN – 30 REPS

SUPERSET

BAND ROWS – 40 REPS

4 SETS:

CABLE STRAIGHT BAR CURL – 25 REPS

3 SETS:

PREACHER CURLS – 20 REPS

DAY 4

2 SETS:

**FLOOR GLUTE KICKBACKS – 35 REPS EACH SIDE
SUPERSET**

FLOOR PLANKS – 30 SECOND HOLD

3 SETS:

ABDUCTOR – 20 REPS

3 SETS:

CURTSEY SIDE LUNGES W/ WEIGHT – 15 REPS

SUPERSET

JUMPING SPLIT SQUAT – 15 REPS EACH SIDE

4 SETS:

**WEIGHTED HIP BRIDGES (OPTIONAL: WITH BAND)
– 25 REPS**

SUPERSET

NARROW PULSE SQUATS – 25 REPS

4 SETS:

ROMANIAN DEADLIFT (STRAIGHT LEG) – 20 REPS

SUPERSET

WALKING LUNGES – 15 REPS EACH SIDE

3 SETS:

HANGING LEGS RAISES – 20 REPS

SUPERSET

LYING LEG RAISES – 20 REPS

SUPERSET

MOUNTAIN CLIMBERS – 20 REPS EACH SIDE

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WEEK 5



HIGH WEIGHT/ LOW REPS

***This week we'll bring our focus back to building muscle through heavier lifting while keeping the repetition range on the low end. As any week you'd be training with this intensity, the key is to stay mentally focused and disciplined. Pushing yourself physically farther than you have the previous "low" week.*

REST will be 2-3 minutes between sets.

CARDIO is bumped up to 45 minutes of steady state. Again, this means little to no heart fluctuations, but continue to challenge your body and mind! This still should not be a "stroll", just a steady state of lower level cardio.

DAY 1

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**TRANSFORMATION
PROGRAM**

2 SETS:

PUSH-UPS: FAILURE

2 SETS:

LATERAL RAISE (WARM UP, CAN BE LIGHTER)
– 15 REPS

4 SETS:

SEATED DUMBBELL OVERHEAD PRESS – 12,10,8,8

3 SETS:

CABLE SIDE LATERAL RAISE – 10 REPS

SUPERSET EACH ARM

CABLE FRONT RAISE – 10 REPS

4 SETS:

WIDE GRIP UPRIGHT ROW (BARBELL) – 10 REPS

SUPERSET

BARBELL OVERHEAD PRESS (STANDING) – 8 REPS

4 SETS:

CABLE OVERHEAD ROPE EXTENSION
– 15, 12, 10, 10

SUPERSET

CABLE ROPE EXTENSION – 12, 12, 10, 10



DAY 2

3 SETS:

LEG EXTENSION – 20 REPS

5 SETS:

BARBELL SQUATS – 12, 10, 8, 8, 8

4 SETS:

LEG PRESS – 12, 10, 10, 10

3 SETS:

BULGARIAN SQUAT – 10 REPS EACH LEG

(30 SECOND REST BETWEEN THESE SETS)

3 SETS:

LEG CURL – 12, 10, 10

SUPERSET

WALKING LUNGES – 20 EACH SIDE

DAY 3

4 SETS:

LAT PULLDOWN (SHOULDER WIDTH) – 15, 12, 10, 10

3 SETS:

T-BAR ROW – 10, 8, 8

3 SETS:

SINGLE-ARM HIGH PULL (CABLE) – 10 REPS
(30 SECOND REST BETWEEN SETS)

4 SETS:

SEATED CABLE ROW (WIDE GRIP) – 10, 10, 8, 8

4 SETS:

DEADLIFTS OR GOODMORNINGS – 10 REPS

4 SETS:

DUMBBELL HAMMER CURLS – 12 REPS

SUPERSET

DUMBBELL STRAIGHT ARM CURLS – 12 REPS

DAY 4

3 SETS:

STEP-UPS WITH DUMBBELLS (ONE SIDE AT A TIME)
– 15, 12, 12 REPS

3 SETS:

GLUTE KICKBACKS (CABLE) – 12, 10, 10

SUPERSET EACH LEG
CABLE ABDUCTOR – 12 REPS

4 SETS:

BARBELL HIP BRIDGES – 15, 12, 10, 10

SUPERSET

JUMP SQUATS – 10 REPS

3 SETS:

SMITH MACHINE SPLIT SQUAT – 10 REPS EACH
SIDE (30 SECOND REST BETWEEN SETS)

6 SETS:

SUMO SQUAT WITH DUMBBELL – 10 REPS

3 SETS:

CABLE ROPE CRUNCH – 20 REPS

WOOD CHOPPER WITH ROPE – 12 REPS EACH SIDE

LEG RAISES WITH TWIST – 20 REPS TOTAL



WEEK 6



LOW WEIGHT/HIGHER REPS

***For the final week of the 6 weeks, we'll focus more on the cardio and endurance part of training, keeping weight lighter and Reps higher. This is the final push and when you mentally may want to tap out. You've been disciplined for the last 5 weeks, finish the final week off strong! This is also a crucial week in remembering WHY you're doing this in the first place. This is a lifestyle change so take these changes as a positive impact on your life, not a race to a finish line. Continue this program even once finished to maintain a healthy, fit lifestyle!*

REST between sets will be 60-90 seconds.

Cardio is 7 days a week of 60 minutes steady state cardio. At the end of the 6 weeks, continue with 5 days of cardio for 45 minutes, then 4 days of cardio for 30 minutes the following week. To maintain, aim for 3-4 days of HIIT cardio/week. This is a **LIFESTYLE**.

DAY 1

2 SETS:

PUSH-UPS ON FLOOR: FAILURE

3 SETS:

DUMBBELL LATERAL RAISE – 15 REPS

SUPERSET

DUMBBELL FRONT RAISE – 15 REPS

4 SETS:

BARBELL SEATED SHOULDER PRESS – 25 REPS

SUPERSET

BARBELL INCLINE CHEST PRESS – 15 REPS

3 SETS:

BENT OVER REVERSE FLY – 20 REPS

SUPERSET

DUMBBELL SEATED OVERHEAD PRESS – 20 REPS

3 SETS:

CABLE TRICEP EXTENSION – 25 REPS

SUPERSET

BENCH DIPS – FAILURE

3 SETS BACK TO BACK (NO REST):

TRICEP KICKBACKS – 12 REPS

3 SETS:

LEG EXTENSIONS – 30 REPS

3 SETS:

**BANDED SIDE WALKING LATERALS – 10 REPS
EACH SIDE**

SUPERSET

**STATIONARY ALTERNATING LUNGES – 20 REPS
EACH SIDE**

4 SETS:

BARBELL SQUAT – 25 REPS

4 SETS:

LEG PRESS (WIDE) – 15 REPS

SUPERSET

SUMO SQUAT – 15 REPS

3 SETS:

LYING LEG CURL – 20 REPS

SUPERSET

WALKING LUNGES – 20 REPS EACH SIDE

DAY 3

2 SETS:

PULL-UPS (ASSISTED) – TO FAILURE

3 SETS:

CABLE ROW (NARROW GRIP) – 25 REPS

4 SETS:

LAT PULLDOWN – 20 REPS

SUPERSET

BENT OVER ROW – 15 REPS

3 SETS:

PULLOVER – 20 REPS

SUPERSET

CABLE HIGH ROW – 15-20 REPS

4 SETS:

ALTERNATING DUMBBELL CURL – 15 REPS

SUPERSET

STRAIGHT BAR CURL – 20 REPS

DAY 4

3 SETS:

BANDED LATERAL WALKS - 10 REPS EACH SIDE

SUPERSET

ABDUCTOR - 15 REPS

4 SETS:

STRAIGHT LEG [ROMANIAN] DEADLIFT - 20 REPS

SUPERSET

PULSE SQUATS - 30 REPS

3 SETS:

SMITH MACHINE NARROW DEEP SQUAT - 20 REPS

SUPERSET

**ALTERNATING STATIONARY LUNGES - 12 REPS
EACH LEG**

4 SETS:

**SINGLE LEG PRESS - 12 REPS EACH LEG (NO REST
BETWEEN SETS!)**

3 SETS:

BANDED HIP BRIDGES - 30 REPS

3 SETS:

MOUNTAIN CLIMBERS - 25 REPS EACH SIDE

TOE TOUCHES - 25 REPS

RUSSIAN TWIST - 15 REPS EACH SIDE



DIET

REDCON1

BORN
READY



MED-KIT

MED-KIT

Supplement Facts

Amount Per Serving	% Daily Value
100% Pure	100%
100% Natural	100%
100% Effective	100%
100% Guaranteed	100%
100% Satisfaction	100%

THE OBJECTIVE:
THE ONLY WAY TO GET THE MOST OUT OF YOUR GYM IS WITH A BETTER
PRICE TAG. YOUR VICTORIES COME WITH CONFIDENCE,
BUT WE KNOW YOUR BACK, SHOULDERS, THIGHS, HEEL
AND SUPPORT YOUR COMFORT.



MED-KIT SUGGESTED USE:
CONSUME 10-15g 2-3x PER DAY. WE RECOMMEND YOU
TAKE IT WITH OR WITHOUT FOOD. TAKE WITH
TEA OR WATER. SPACE DOSES EVENLY
APPROXIMATELY 10 MINUTES APART FOR BEST USE.



- ◆ *This is a very generalized diet, based on a 130lb 30 year old woman. Based on individual weight, etc, you may need more/-less calories from carbohydrates, proteins and fats.*
- ◆ *If you prefer an IIFYM approach, then it will be a numbers game where you plug in whatever types of foods you'd want based on your macro needs.*
- ◆ *I prefer this approach because it provides the fundamentals of nutritious eating. I find this way of eating creates a healthy, balanced lifestyle where there is little complication and you can easily maintain your end goal indefinitely.*
- ◆ *If you know what qualifies as your whole food sources for proteins, carbs and fats, then all you do is plug in foods and adjust amounts as needed.*
- ◆ *Cheats or Refeeds are crucial. Not only mentally to enjoy the things you like in moderation, but to feed your metabolism and avoid a plateau on a weightless journey. You will find random cheats may spike and speed up your weightloss*
.
- ◆ *Drink at least 3 Liters of water a day, take a multivitamin, Omega-3 daily*
- ◆ *You can put Redcon1 Breach aminos in your water*
- ◆ *Have a craving for sweets?
Try sugar-free jello and sugar-free popsicles!*

NUTRITION

	PLAN #1	PLAN #2	PLAN #3
MEAL 1	2 WHOLE EGGS 2 EGG WHITES 1/2 CUP OATS 4 SMALL STRAWBERRIES	3/4 CUP EGG WHITES 1/4 AVOCADO 1/3 CUP OATS 10 BLUEBERRIES	1 CUP EGG WHITES 1/3 CUP OATS 10 BLUEBERRIES
MEAL 2	1 CUP UNSWEETENED ALMOND MILK 1 SCOOP ISOTOPE 1 tsp NUT BUTTER 1 RICE CAKE	1 CUP WATER 1 SCOOP ISOTOPE 1/2 BANANA	1 CUP WATER 1 SCOOP ISOTOPE 1 TSP NUT BUTTER
MEAL 3	5 OZ. CHICKEN BREAST 1/2 CUP RICE 1 CUP VEGGIES STEAMED	5 OZ CHICKEN BREAST 1/3 CUP RICE 1 TBSPN OLIVE OIL	5 OZ CHICKEN BREAST 1/2 AVOCADO SIDE SALAD OR CUP OF VEGGIES
MEAL 4	1 SCOOP ISOTOPE 1 CUP WATER 15 ALMONDS	1 SCOOP ISOTOPE 1 CUP WATER 15 ALMONDS	1 SCOOP ISOTOPE 1 CUP WATER 10 ALMONDS
MEAL 5	4 OZ STEAK OR FISH 4 oz SWEET POTATO 1 CUP VEGGIES	4 OZ STEAK OR FISH 1 TBSPN OLIVE OIL 1 CUP VEGGIES	5 OZ STEAK OR FISH 1 CUP VEGGIES
MEAL 6	1 CUP PLAIN NON-FAT GREEK YOGURT	1 CUP PLAIN NON-FAT GREEK YOGURT 1 TEASPOON NATURAL PEANUT BUTTER	1 CUP PLAIN NON-FAT GREEK YOGURT 10 ALMONDS

DAYS & MEAL PLAN NUMBER TO FOLLOW

Week 1:

Monday-Sunday: Meal Plan #1

Week 2-4 :

Monday - #2

Tuesday - #2

Wednesday - #3

Thursday - #3

Friday - #1

Saturday - #2 + cheat meal at Meal #5

Sunday - #2

Week 5-6:

Monday - #3

Tuesday - #3

Wednesday - #1

Thursday - #2

Friday - #2

Saturday - #1 + cheat meal at meal #5

Sunday - #2

CARDIO

Stairmill:

A)

Level 3 : 3 Minutes

Level 5 : 2 Minutes

Level 7 : 2 Minutes

Level 9 : 2 Minutes

Level 11 : 1 Minute

= 10 Minutes

Repeat until desired time is reached. I.e Repeat 2 times for 20 minutes, etc.

B)

Level 3 : 3 Minutes

Level 10: 1 Minute

Level 3 : 2 minutes

Level 11 : 1 Minute

Level 3 : 2 Minutes

Level 12 : 1 Minute

Level 3 : 2 Minutes

Return to Level 10 and repeat until desired time is reached.

Elliptical:

2 Minute Warm Up

Incline: 5, Level: 6 – 2 Minutes

Incline: 8, Level: 8 – 3 minutes

Incline: 12, Level 10 – 3 Minutes

Incline: 14, Level 12 – 2 Minutes

Repeat until desired time is reached. I.e. Twice for 20 minutes, etc.

Treadmill/Outside:

Walk Warm up – 3 Minutes

Jog – 2 Minutes

Sprint – 20 seconds

Walk – 90 Seconds

Sprint – 20 Seconds

Walk – 90 Seconds

Jog – 2 Minutes

Sprint – 20 Seconds

Walk – 2 Minutes

Repeat 3 Times, starting from first Jog.

