



# Gabby Gains Guide

For your **Fat Loss** and **Muscle Building** Goals



*#GabbysGirls*  
*#GabbyGains*

# GUIDE CONTENTS

PAGE

Welcome & Disclaimers .....	2
Tracking Progress & Photo Tips .....	3
A Note From Gabby #motivation .....	4
<b>HOW TO USE THE GUIDE .....</b>	<b>5</b>
Fat Loss and Muscle Building.....	6
Cardio and At Home Substitutions .....	7
<b>NUTRITION .....</b>	<b>8</b>
How Do I Lose Fat? .....	9
Calculating Calories & Macronutrients .....	10
Intuitive Eating .....	13
Proteins, Fats, Carbs & Sample Meal Plan.....	14
Supplementation .....	15
<b>WORKOUT SPLIT .....</b>	<b>16</b>
Definitions & Terms .....	17
<b>THE WORKOUTS .....</b>	<b>18</b>
Phase 1 Day 1: <i>#HourglassFigure</i> .....	19
Phase 1 Day 2: <i>#TonedArms</i> .....	20
Phase 1 Day 3: <i>#PeachyGlutes</i> .....	21
Phase 1 Day 4: <i>#ShapelyUpper</i> .....	22
Phase 1 Day 5: <i>#SlimThiccLegs</i> .....	23
Phase 2 Day 1: <i>#LeanArms</i> .....	24
Phase 2 Day 2: <i>#VTaper</i> .....	25
Phase 2 Day 3: <i>#CurveQueen</i> .....	26
Phase 2 Day 4: <i>#PumpkinDelts</i> .....	27
Phase 2 Day 5: <i>#SlimWaist</i> .....	28
Phase 2 Day 6: <i>#BootyBuilder</i> .....	29
Abs & Core .....	30
<b>CARDIO .....</b>	<b>31</b>
LISS: Low Intensity Steady State Cardio .....	31
HIIT: High Intensity Interval Training .....	32
Circuit Suggestions .....	33
<b>WHAT'S NEXT? .....</b>	<b>34</b>
<b>EXERCISE GLOSSARY .....</b>	<b>35</b>

# Welcome

Hi friends! First of all, thank you for your support and love, I appreciate you all so much. I have worked super hard on this eBook. I created all the content and designed the entire thing on my own. I am so excited for everyone to get started! I included a lot of important information for you in this guide. Please read through all of the information before you start. Make sure you understand how the guide works and what your own personal goals are before you dive in.

**LETS MAKE SOME (GABBY) GAINS! #GabbysGirls #GabbyGains**

## Disclaimers

- ▶ This is not a “quick fix/extreme weight loss” program. 8 weeks is a rather short period of time to see massive changes. But if you push yourself you WILL see progress.
- ▶ Everyone is different. Everyone's body is different, Everyone's genetics are different. Therefore everyone's results will be different and come at different times.
- ▶ I am not certified in nutrition or training (I will be soon!). I developed this plan using the knowledge I have acquired during my fitness journey.
- ▶ This plan has been reviewed and approved by a certified personal trainer.
- ▶ I am not liable for injuries that may occur while using this guide.
- ▶ Resale or sharing this guide is prohibited/illegal.
- ▶ Content and design of the Gabby Gains Guide belongs to Gabby Scheyen.

# Tracking Progress

Tracking progress allows you to see how far you have come. You will be surprised how quickly your body can change. To track your progress you DO NOT have to weigh yourself or take progress photos if you are not comfortable. However, in the future, you will most likely wish you took a few “before” photos - trust me!

## Progress Photo Tips:

- ▶ Pose as if you were taking your final progress shot. Flex your arms, pop your booty - even if those muscles do not show yet. You will want your “before” poses to look the same as your “after” poses to create a good comparison.
- ▶ Take photos from all angles - back, front, left, right, diagonal.
- ▶ Wear minimal clothing so you can see new muscle development or fat loss (I recommend a bikini or shorts and a sports bra).
- ▶ Use proper lighting - ensure that the photos are not too dark/poorly lit.
- ▶ Take mirror selfies, use self timer, or get someone to take photos for you.
- ▶ These do not need to be perfect. No one needs to see these photos but you if that is what you are comfortable with.
- ▶ If you do not feel comfortable having progress pictures in the photos app on your phone, download a secret photo album app and store your progress photos there.
- ▶ If you are not where you want to be right now, use your progress photos as a source of inspiration/motivation instead of being hard on yourself.
- ▶ Do not be discouraged by how far you need to go. The tiniest bit of progress is STILL PROGRESS. Your appearance is not all you have to offer.

If you want me (@gabbyscheyen) to see your progress, PLEASE tag me in your photos on Instagram. Also use the hashtags **#GabbysGirls** and/or **#GabbyGains** because I will be looking through those hashtags frequently.

For when you need motivation...

## A Note From Gabby

I never want anyone to restrict themselves or not enjoy fitness. I have been the girl who restricted and I developed a horrible relationship with food that I still struggle with today.

Weighing less is not going to make you happier. Weighing less will not help you land your dream job or find your soulmate. Being confident and happy with who you are as a human will. **This program is about helping you build confidence.** Helping girls (and boys) find their confidence will always and forever be my overall, number one goal. I want to show you that you can reach your goals WITHOUT restricting your calories and doing hours of cardio.

### ☆ MOTIVATION ☆

The amount of results you see depends on how hard you work. If you constantly skip workouts, make excuses, and never eat anything green - you will probably not see the results you want. I have given you the tools you need to see progress, it is now up to you to PUSH YOURSELF. Continue to push yourself when this plan is done. Don't make this a strictly 8 week endeavor that you give up on once the 8 (ish) weeks is over. Integrate fitness into your life until it becomes routine. Make it a lifestyle.

The next 8 weeks will happen whether you work hard or not. At the end of these 8 weeks, don't you want to look back and be proud of yourself for working as hard as you can? You don't want to look back after 8 weeks and be disappointed with your progress because you didn't push yourself to work as hard as you can.

Make your muscles burn.

Do extra reps.

Sprint as fast as you can.

If you feel like giving up, do an extra set.

Fall in love with making your body *feel good*. Notice yourself getting stronger, more flexible, faster, and more confident. Notice the mental changes. Don't focus too much on what you look like. Your body WILL change if you put in the work.

I promise it will be worth it.

**GOODLUCK YOU ARE GOING TO KILL IT! ♥**



## Determining your personal fitness goals.

# How to Use the Guide

## What are your goals?

The first step on your fitness journey is determining what your goals are. Do you want to build a booty? Build your arms? Lose fat? Build muscle all over? It is important to outline a few goals for yourself before you dive into the guide. This will help you stay on track and stay motivated. Write down your goals in a notebook, on sticky notes, in a calendar, or any place that you will consistently see them. For example goals could be: *I want to focus on fat loss. I want to build muscle. I want to build a booty.*

***I want to be a confident badass b\*tch.***

## What are the workouts like?

The workouts I have developed for this program are designed to help you build muscle and look “toned” through lifting weights. Being “toned” just means that you have built muscle and you are lean enough to see that muscle definition.

**There is no difference between being *toned* and being *muscular*.**

The workouts come in 2 phases that get progressively harder. People sometimes ask me why I do not provide 8 weeks of completely different workouts each week and I do not recommend doing that at all. If you change your workouts every day how will you monitor your progress? How will you know if your squat has improved if you only performed them for one week? Aim to improve on form and strength each week for every exercise you do. If you can get a few reps more than you did last week, you're making progress. That being said, I included substitutions for many of the exercises so feel free to make your plan unique to you. I don't want anyone to feel discouraged or pressured to follow exactly what I created. This is YOUR fitness journey. Make it suit you!

# How to Use the Guide

## Fat Loss & Muscle Building

### Should I build muscle or lose fat first?

Build muscle.

You can lose fat and gain muscle at the same time when you first start lifting. When you are lifting (properly and consistently) you will go through “body recomposition” meaning you will lose fat as you build muscle which will alter your proportions. If you are new to lifting, I definitely recommend going straight into building muscle. This is the optimal time for you to put on a decent amount of muscle to give you that “toned” look. In fact, I recommend **EVERYONE** start with a focus on muscle building first (and possibly forever #gains). If you try to lose fat first, with no muscle mass underneath, you will not look toned. Plus, lifting helps with losing fat. I lost the most fat through lifting only. You burn more calories during a weightlifting session than you do during a cardio session.

### But I don't want to get bulky?

In order to look toned you need to build muscle. Doing bodyweight exercises will not help you build a solid muscle base. You will *not* get bulky. Due to our genetics as humans, it is physically impossible for girls to get huge muscles - trust me, I've been trying for 4 years (still a shrimp). In order to build muscle you need to lift weights consistently and eat in a calorie surplus. A calorie surplus means more calories than your body requires. This is how muscles are built. Muscles need that extra food in order to repair and grow. More information on intuitive eating and counting macros is included in the Nutrition section (pg. 8) of this guide.

# How to Use the Guide

## Fat Loss & Muscle Building

### Cardio

Cardio is not *completely* necessary, but I do recommend doing at least something every week - especially if your goal is weight loss. I never like to cut my calories and eat less food, so for me personally I like to add some extra cardio if my goal is to lose some fat. Cardio is a tool that allows you to be in a further calorie deficit.

In the Workout Split section (pg. 16) I have included my cardio recommendations for each phase of the plan. Try to include both HIIT and LISS equally each week. If your goal is solely to put on muscle, look toned, and build a booty, cardio will not be as important as your lifts. This does not mean you have to stop all forms of cardio if your goal is to put on muscle. If you enjoy cardio, do it! Cardio is still *very good for you*. Do not cut it out completely. You could also walk to class or to the store instead of driving a few times a week and consider that enough cardio.

### Workout Substitutions (Home Workouts)

For those of you who do not have access to a gym or are not comfortable in a gym yet, I have included substitutions at the bottom of each workout. With these subs you can do the entire workouts with **DUMBBELLS AND BARBELLS ONLY**. If you do not have access to dumbbells and barbells, either purchase them on Amazon or from a sports store, OR there are ways you can build your own. For example, you could fill water bottles with rice and use those as dumbbells. I *strongly* encourage you to eventually get into the gym to do the real workouts though. There is only so much you can do at home.



# NUTRITION

## Introduction

I am going to give you tools and you can decide what works best for you.

- ➡ Track macronutrients & calories
- ➡ Intuitively eat with a focus on whole foods (recommended)

I personally have stopped counting macros completely. I have tracked macros in the past but as someone who struggles with disordered eating, counting calories and macros is not the right option for me. If you have no issues with tracking or counting calories then you can track macros if you wish.

If you have struggled with *ANY* type of food related issues, **I DO NOT recommend you track your food. You DO NOT NEED TO TRACK MACROS** to see progress. Focusing on eating whole, nutrient dense foods will be your best bet.

Seeing physical results and feeling mental results has A LOT to do with your diet. You can not “work off” a bad diet. I am a huge advocate for balance in every aspect of life. If you are going out to dinner for your mom’s birthday, don’t you dare track your food or decline her invitation because it doesn’t “fit your macros”. Life experiences will always be more important than a diet in my opinion. That does not mean that you can slack every day, eat whatever you want, and expect to see amazing results. You still have to put in the work.

I want you to ENJOY fitness. It should not consume you. It should not prevent you from eating things you love, going out for dinner, and LIVING YOUR LIFE.

# Calories? Macros? Lose Fat? Build Muscle?

## How do I lose fat?

Bottom line - losing fat comes from a **calorie deficit**.

A calorie deficit means lowering your calories and/or burning extra calories through cardio and lifting, resulting in a deficit. For example, if you need 2000 calories to maintain your weight, to lose weight you may need to eat 1900 calories, plus burn an extra couple hundred calories in order to lose fat. Your body will be burning A LOT more calories than you think when you start lifting. Please DO NOT drop your calories too low. This will prevent the process of building muscle. Your muscles NEED calories to repair themselves. The more muscle your body has the more calories you need to eat to maintain those muscles. More muscles = MORE FOOD!

Does this mean you need to restrict your calories? NO please don't. I like to think about adding MORE food in, instead of cutting food out. ADD spinach, ADD beans, ADD rice, ADD sweet potato, ADD chicken. Adding these natural whole foods will leave much less room in your diet for processed foods. A little treat every once and awhile is not going to destroy your progress. Do not cut your calories drastically or it will not be maintainable. Don't restrict when you're hungry. If you're feeling really hungry, feed you body.

## How many calories should I eat?

There is no "right" answer for this. It is completely different for everyone. The amount of calories you eat directly relates to genetics, hunger levels, metabolism, your past workout history, your food choices, and how active you are on a daily basis. For more information on your **TDEE (Total Daily Energy Expenditure)** continue reading pgs. 10-11.

# Calories & Macronutrients

## Introduction to Macros

### What are Macronutrients and Micronutrients?

**MACRONUTRIENTS** are the 3 components that food is made out of. You need a balance of all three to live a healthy lifestyle.

**Protein:** protein is an essential muscle building nutrient. It helps repair cells and body tissue.

**Fats:** fats do not make you fat. Fat is an essential part of your diet - especially for women. Fats help with vitamin absorption, cell function, brain development, and can keep you full for longer.

**Carbohydrates:** carbs also do not make you fat. Carbs provide the vital energy you need to build muscle and live your daily life.

**MICRONUTRIENTS** are the vitamins, minerals, and antioxidants found in food.

### Tracking Macros

A helpful tool to track macros is the app MyFitnessPal. You do not need to be strict with macros, contrary to popular belief. Unless you're competing in a fitness competition, there is no need (in my opinion) to track macros strictly. It is often helpful to calculate your macro/calorie goal just so that you have a base to go off of. You do not need to weigh every gram of food you eat. You do not need to track gum and lettuce into your macros. Don't drive yourself crazy!

Be mindful. Do not let food and macros consume you.

I am simply providing a helpful tool that you can use as you please.

# Calculating Macros

## Calculating Daily Calories

Mifflin St. Jeor formula to calculate REE (Resting Energy Expenditure)

**For Females:**  $(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161 = \text{REE}$

**For Males:**  $(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5 = \text{REE}$

Multiply this total by your activity rate.

### Activity Rates:

*Sedentary:* normal everyday activity →  $\text{REE} \times 1.2$

*Light Activity:* activities that burn 200-300 extra calories →  $\text{REE} \times 1.375$

*Moderate Activity:* activities that burn 400 - 600 calories →  $\text{REE} \times 1.55$

*High Activity:* activities that burn over 600 calories →  $\text{REE} \times 1.725$

### Lets use me as an example:

Weight in kg: 59kg (130lbs)

Height in cm: 165cm (5'5")

Age: 21

$(10 \times 59) + (6.25 \times 165) - (5 \times 21) - 161 = \text{REE}$

$(590) + (1031.25) - (105) - 161 = 1355.25$

$1355.25 \times 1.55 \text{ (moderate activity)} = 2100$

**Lose weight:** eat under 2100 calories per day (ex. 1900).

**Gain weight:** eat over 2100 calories per day (ex. 2500).

**Maintain weight:** eat 2100 calories per day = TDEE (Total Daily Energy Expenditure)

# Calculating Macros

## Calculating Daily Macros

1 gram of protein = 4 calories

1 gram of carbohydrates = 4 calories

1 gram of fat = 9 calories

Calculate the totals in the following order: protein, fat, carbs.

### PROTEIN

Some people believe you need 1 gram of protein per pound of body fat, but this is not necessary. Start with 0.825 grams per pound of body fat.

*Me: 130lbs x 0.825 = 107 grams of protein per day.*

*107 grams x 4 calories per gram = 428 calories from protein per day.*

### FAT

25% of your total daily calories should come from fat. This is not exact for everyone, but this is a good starting spot.

*Me: 2100 calories x 0.25 = 525 calories from fat.*

*525 divided by 9 (calories per gram of fat) = 58 grams of fat per day.*

### CARBS

The remainder of your calories should come from carbs.

*Me: 2100 (total calories) - 428 (cals from protein) - 525 (cals from fat) = 1147*

*1147 divided by 4 calories per gram = 287 grams of carbs per day.*

***I ideally need 107g protein, 58g fat, 287g carbs per day to maintain my weight.***

## Making Macro Adjustments

Making macro adjustments each week can help you reach your weight loss or gain goals. Considering you are all different, I cannot predetermine your macro changes. You have to gauge how your body is feeling and looking. A good starting point is decreasing (for fat loss) or increasing (to build muscle) your calories by 50-100 cals per week for a set period of time. Do not keep dropping your food. Macro changes are very specific to each person. There is A LOT of trial and error. Don't make it too complicated or stress yourself out over this (stress can lead to fat storage!). Loosely tracking your food every once and awhile to keep yourself on track can be more beneficial than constantly stressing over a few grams of food.



# Intuitive Eating

## What is intuitive eating?

**Intuitive Eating:** following your body's natural hunger cues (eating when you're hungry, stopping when you're full). A diet free from restrictions and calculations. This is what I am currently doing and it has been amazing. Learning to eat when your body is hungry instead of following a food schedule is sustainable long term and an important skill to have. You can track macros for awhile but I **HIGHLY RECOMMEND** transitioning into intuitive eating at some point because tracking macros is not sustainable or realistic long term. Macros provide a good base, and help you get to know your body and how it works, but you should not plan on tracking macros every day of your life until you die. *Can you imagine being 90 years old and weighing out your birthday cake on a food scale?*

## How to transition from macros to intuitive eating

This will be different for everyone, depending on how long you've been tracking your food and what your goals are. Here are some steps you can take:

- ▶ Have a few untracked meals every week. Maybe even once per day.
- ▶ Delete MyFitnessPal.
- ▶ Learn about a whole foods diet. Look into plant-based eating (you do not need to be vegan to follow some of the same principles).
- ▶ Make healthy choices, fill your day with nutritious, micronutrient-dense foods. Eat healthy foods that you ENJOY.
- ▶ Eat slowly and mindfully. Turn off the TV shows, log off social media, and enjoy your food.
- ▶ Eat when you feel hungry. If you ate 10 minutes ago and you are truly hungry again, eat, don't restrict yourself.
- ▶ Stop when you are full. Not when your plate is empty.

# Protein, Fats, Carbs - Best Sources

This list is NOT exclusive. These are just ideas. Eat what you enjoy.

## Protein

- Chicken breast
- Turkey
- Steak
- Beef jerky
- Salmon, tuna, white fish
- Eggs, egg whites
- Protein powder/bars
- Greek yogurt
- Cottage cheese
- Tofu/meat replacements

## Fats

- Coconut oil, olive oil
- Natural nut butters
- Nuts and seeds
- Omega 3 supplement
- Avocado
- Cheese
- Dark chocolate

## Carbohydrates

- Vegetables
- Leafy greens
- Fruits
- Oats
- Pasta
- Rice (I like basmati)
- Wraps
- Quinoa
- Potatoes (sweet potato)
- Bread/english muffins
- Cream of wheat/rice
- Beans

## SAMPLE MEAL PLAN

### BREAKFAST (moderate protein, fats, carbs)

#### Protein Pancakes

- 1 banana, 1/4 cup oats (blended), 1 egg, almond milk, scoop of protein powder
- blend ingredients in a blender and cook on a pan with coconut oil.
- toppings: peanut butter, syrup, butter, nuts, coconut oil, fruit, cacao nibs.

### LUNCH (moderate protein, fats, carbs)

#### Health Bowl

- brown rice or quinoa as the base
- add veggies and beans (tomatoes, corn, spinach, chick peas, peppers, avocado, carrots)
- add protein source (chicken, falafel, steak)
- add cheese & dressing or salsa

### PRE-WORKOUT MEAL (high carb, high protein)

#### Oatmeal

- 1/2 cup oats, scoop of protein powder, berries

### POST-WORKOUT MEAL (high carb, high protein)

#### Tacos

- corn tortilla, ground turkey, grilled peppers, beans, lettuce, salsa

### EVENING MEAL (lower carbs, higher fat/protein)

#### Omelet

- onions, red pepper, spinach (fry in coconut oil)
- add 2-3 eggs (whisked)
- toppings: cheese, tomatoes, salsa, ketchup, pepper, salt

Rearrange the meals according to when you workout. This sample meal plan may not work for you if you workout in the mornings like I do. I created this plan with an afternoon/evening workout schedule in mind.

# Supplementation

You DO NOT need supplements to see progress. Supplements are additional tools that are not necessary. These are my recommendations for supplements.

## Core Supplements

### BCAA'S: Branched Chain Amino Acids

- ▶ *Why:* to aid in the recovery of muscle tissue and to spark the process of protein synthesis.
- ▶ *When:* taken during and after workouts.

### Multi-Vitamin

- ▶ *Why:* to provide essential vitamins and micronutrients.
- ▶ *When:* with breakfast.

### Greens Powder

- ▶ *Why:* to help get your micronutrients in and aid in getting the optimal serving of veggies each day.
- ▶ *When:* any time of day.

## Additional Supplements

### Creatine

- ▶ *Why:* increased workout intensity, helps with muscle recovery, and increased metabolic rate (burn more fat).
- ▶ *When:* pre or post workout (or both).

### Protein Powder

- ▶ *Why:* to help you get enough protein each day.
- ▶ *When:* any time of day.

### Pre-workout

- ▶ *Why:* as a mental thing to get you hyped for the gym, or for the caffeine.
- ▶ *When:* 15-30 minutes before you workout (refer to package).

### Fish Oil

- ▶ *Why:* for enhanced digestion and metabolic benefits.
- ▶ *When:* with breakfast.

# WORKOUT SPLIT

## PHASE ONE

## WEEKS 1 - 4

**Day 1 - Pull** (BACK + biceps)

**Day 2 - Push** (SHOULDERS + chest, triceps)

**Day 3 - Legs** (BOOTY + legs)

*Suggested Rest Day*

**Day 4 - Upper body**

**Day 5 - Lower body**

*Suggested Rest Day*

**If your goal is fat loss:**

*Beginner:* cardio 2-3x per week for 10-15 minutes.

*Advanced:* cardio after as many workouts as you can/choose to per week for 15 minutes (LISS or HIIT).

## PHASE TWO

## WEEKS 5 - 8

**Day 1 - Push 1** (SHOULDERS + chest, triceps)

**Day 2 - Pull 1** (BACK + biceps)

**Day 3 - Legs 1** (BOOTY + hamstrings)

*Suggested Rest Day (complete or active)*

**Day 4 - Push 2** (SHOULDERS + chest, triceps)

**Day 5 - Pull 2** (BACK + biceps)

**Day 6 - Legs 2** (BOOTY + quads)

*Suggested Rest Day*

**If your goal is fat loss:**

*Beginner:* cardio 2-3x per week for 15-20 minutes.

*Advanced:* cardio after as many workouts as you can/choose to per week for 15-25 minutes (LISS or HIIT).

Only move on to phase two when you feel ready. **REPEAT PHASE ONE IF NEEDED.** The scheduled rest days are *suggestions*. **REST WHEN YOUR BODY (not your mind) NEEDS REST.**

# Definitions - Important Terms

**BB:** barbell.

**DB:** dumbbell.

**AMRAP:** as many reps as possible.

**Reps (repetitions):** how many times you perform an exercise within a set.

**Set:** how many cycles of reps you do within a workout.

**Superset (SS):** a superset is when you perform 2 exercises back to back with no rest between the two. Rest after you have completed the second movement in the superset.

**Drop Set:** drop sets are usually performed as the last set. For example: if you do 4 sets of lateral raises and on your 4th set you do a drop set, you may start by using 10lbs for 10 reps, then immediately drop that weight and use 7.5lbs for 10 reps, then drop that weight and use 5lbs for 10 reps.

**Pyramid Set:** a pyramid set is done by changing reps and weights every set. Lets use lat pull downs as an example. A pyramid set of lat pull downs may look something like this: Set 1: 30lbs x 15 reps, Set 2: 45lbs x 12 reps, Set 3: 60lbs x 10 reps, Set 4: 75lb x 6 reps.

**Circuit:** a circuit is like a superset but with 3-4+ movements included instead of only 2.

**Glute Activation:** activate your glutes using body-weight or resistance band movements. For example: banded side steps, banded kickbacks, monster walks, glute bridge, 1 leg hip thrust, abductor, clam shells, donkey kicks (see. pg. 58 for examples).

**Burnout:** a burnout is a movement or circuit that you complete at the end of a workout to completely “burn” or tire that muscle group out. Rest for 0-30 seconds between sets during a burnout.

**Banded:** banded refers to having a resistance band around your thighs. If you don't have a resistance band, do the movement with just bodyweight. However, I highly recommend getting a resistance band. I use Heavy and XX-Heavy from Amazon.



# THE WORKOUTS

## Why do the “same” workouts for four weeks?

- ▶ There are only so many exercises that work best.
- ▶ There are a few staple movements that should almost ALWAYS be in a workout plan (like squats).
- ▶ How will you know if you are getting stronger if you constantly change your workout plan?
- ▶ To track your progress, you need to give yourself time to
  - ▶ A. Adjust to the workouts and learn how to do them properly.
  - ▶ B. Give yourself time to improve.
- ▶ The workouts should not feel repetitive and boring if you are pushing each week to improve your form, better your technique, and use a heavier weight.

## SUBSTITUTIONS

I have included substitutions so you can complete these workouts with **DUMBBELLS AND BARBELLS ONLY**. You will also need a bench or an elevated surface. However, I *highly* encourage you to get to the gym. You will see the most progress using a variety of equipment. For example, there is really no replacement for assisted pull-ups. In fact, it is very difficult to train upper back with dumbbells and barbells only. The workouts may get repetitive if you are doing the same few movements with dumbbells and barbells.

## SOCIAL MEDIA

Main hashtags: **#GabbysGirls #GabbyGains**

I also named each workout and gave them corresponding hashtags. When you tag me on Instagram, use one of the hashtags so I know which workout you did today!

### Day 1 : PULL → BACK + biceps

EXERCISE	SETS	REPS	GLOSSARY PAGE
Assisted pull ups	4	10 - 12	43
Wide grip pull down	4	10 - 12	36
Cable straight arm pull down ( <i>bar attachment</i> )	3	10 - 12	36
SS Underhand grip cable row ( <i>bar attachment</i> )		12 - 15	
Barbell row	3	10	55
SS Barbell bicep curl		10 - 12	
DB 1 arm row	3	10 - 12	47
SS DB alternating bicep curls		10	51
<b>BURNOUT:</b> Fit-fix row machine <i>no rest between sets</i>	3	10/arm	59

#### SUBSTITUTIONS

- ▶ Pull ups → Long bar row (end of BB in corner of room)
- ▶ Wide grip pull down → Pendlay/BB row
- ▶ Cable straight arm pull down → DB pullover
- ▶ Underhand grip cable row → 2 arm DB row, palms up
- ▶ Fit fix row → 1 arm long bar row

## Day 2 : PUSH → SHOULDERS + triceps, chest

EXERCISE	SETS	REPS	GLOSSARY PAGE
Incline DB bench press	3	10 - 12	51
SS Tricep bench dips		12 - 15	58
DB seated shoulder press	4	10 -12	47
SS Alternating seated 1 arm front raises		10/arm	48
DB 1 arm alternating lateral raises	4	15	48
SS Bent over DB fly		12 - 15	
Cable chest fly	3	10 - 12	41
SS Cable tricep 1 arm push down		15/arm	40
<b>BURNOUT:</b> 2 arm DB lateral raise drop set <i>rest 30 - 60 seconds between sets</i>	3	10 /weight	63

- SUBSTITUTIONS
- ▶ Incline DB bench → Flat bench DB or BB chest press
  - ▶ Cable chest fly → DB chest flys
  - ▶ Cable tricep 1 arm pushdown → DB tricep kickbacks
  - ▶ DB seated shoulder press → BB or machine press
  - ▶ DB lateral raises → 1 arm DB press

Day 3 : LEGS → BOOTY focus

EXERCISE	SETS	REPS	GLOSSARY PAGE
Glute activation <i>(choose 2 - 3 from glossary)</i>	2	15	58
Glute bridge <i>(pause &amp; hold last rep)</i>	4	10	56
SS Kettlebell swings		15	52
Reverse hack squat <i>(go heavy)</i>	4	8 - 10	44
DB straight leg deadlift	4	12	53
SS Goblet squats		12	
Lying (or seated) leg curl	4	12 - 15	44
<b>BURNOUT:</b> hyperextensions <i>(AMRAP pulses after each set)</i>	3	10 - 12	62

- SUBSTITUTIONS
- ▶ Glute bridge → hip thrust (using a bench)
  - ▶ Kettlebell swings → DB swings
  - ▶ Reverse hack squat → barbell front squats
  - ▶ Lying leg curl → lying DB ham curl or Romanian deadlift
  - ▶ Hyperextensions → good mornings or jump squats

### Day 4 : UPPER → Total Upper Body

EXERCISE	SETS	REPS	GLOSSARY PAGE
Close grip pull down	4	10 - 12	37
Seated Arnold press	4	10	49
SS Overhead DB extension ( <i>seated or standing</i> )		10	50
Seated hammer curl to press	3	10	49
SS Bent arm lateral raises		15	
Straight arm pull down ( <i>rope attachment</i> )	4	10 - 12	36
<b>UPPER BURNOUT:</b> → Barbell skull crusher → Barbell bicep curls → Barbell row <i>(don't worry if you can not get to 15 every time)</i>	3	15 of each	57 & 61
			55 & 61
			55 & 61

### SUBSTITUTIONS

- ▶ Close grip pull down → Landmine row
- ▶ Barbell skull crusher → DB skull crusher
- ▶ Bench push ups → floor push ups or knee push ups
- ▶ Straight arm pull down → DB pullover



### Day 5 : LEGS → Total Lower Body

EXERCISE	SETS	REPS	GLOSSARY PAGE
Glute activation <i>(choose 2 from glossary)</i>	2	15	58
Deadlifts <i>(sumo OR conventional)</i>	4	10 -12	56
Leg press <i>(optional: banded)</i>	3	10	45
SS DB straight leg deadlifts <i>(optional: banded)</i>		12 /leg	53
Cable pull through	3	12	42
SS Cable sumo squat <i>(optional: banded)</i>		12	
Leg extension	3	12 - 15	45
SS Leg extension kickbacks		15 /side	46
<b>BURNOUT:</b> Abductor machine SS 15 abductor pulses	4	10	62

- SUBSTITUTIONS
- ▶ Leg press → box squats or pistol squats
  - ▶ Cable pull through → Romanian or straight leg deadlifts
  - ▶ Cable sumo squat → DB sumo/plie squat
  - ▶ Leg extension kickbacks → banded, cable, air kickbacks
  - ▶ Leg extension → DB alternating lunges or step ups
  - ▶ Abductor machine → Curtsey lunges SS goblet squats

Day 1 : PUSH → SHOULDERS + triceps, chest

EXERCISE	SETS	REPS	GLOSSARY PAGE
Smith machine overhead press	4	10 - 12	44
Rear delt cable fly	3	12 -15	38
SS Cable chest fly		10 -12	41
Face pulls	3	12 - 15	38
SS Tricep push down (rope)		12 - 15	40
DB upright row to press	3	12	54
SS Tricep DB kickbacks		12	51
<b>DELT BURNOUT:</b> → Barbell standing overhead press → Barbell upright row → Barbell front raise  <i>Max 30 seconds rest between sets. Use the same weight for each movement (light).</i>	3	10 of each	60

- SUBSTITUTIONS**
- ▶ Smith machine press → BB Bradford press
  - ▶ Rear delt cable fly → rear delt bent over DB fly
  - ▶ Cable chest fly → DB chest fly or push ups
  - ▶ Face pulls → rear delt BB row
  - ▶ Tricep push down → DB overhead extension

Day 2 : PULL → BACK + biceps

EXERCISE	SETS	REPS	GLOSSARY PAGE
Rack pulls	3	10	55
Wide grip pull down pyramid	4	15, 12, 10, 8	36
Smith machine row pyramid	4	15, 12, 10, 8	43
Seated close grip cable row	3	10 - 12	37
SS 1 arm preacher curl		3 x 12	52
Lawnmower cable rows	3	3 x 12	37
SS Cable 1 arm bicep curls		3 x 10	41
<b>BACK BURNOUT:</b> 1 arm DB row drop set	3	8 - 10 /weight	59

SUBSTITUTIONS

- ▶ Rack pulls → deadlifts
- ▶ Wide grip pull down → DB pullover
- ▶ Smith machine row → BB rows
- ▶ Seated close grip row → dolphin kick or superman
- ▶ Lawnmower cable rows → DB rows

Day 3 : LEGS → GLUTES + quads

EXERCISE	SETS	REPS	GLOSSARY PAGE
Glute activation <i>(choose 2 from glossary)</i>	2	15	58
Barbell squats pyramid <i>Adjust weight each set. Less reps = heavier weight.</i>	4	15, 10, 8, 15	57
Glute bridge	4	10	56
SS Banded/bodyweight kickbacks		15 /leg	58
Smith machine sumo squats	3	10	45
SS Smith machine curtsey lunges		10 /leg	46
Barbell walking lunges	3	10 /leg	57
SS Kettle bell swings		15	52
<b>BURNOUT:</b> banded straight leg deadlift SS banded slow hip thrust <i>(no rest between sets)</i>	3	10	62
		10	58

- SUBSTITUTIONS
- ▶ Glute bridge → hip thrust or 1 leg hip thrust
  - ▶ Smith machine sumo squats → DB sumo/plie squats
  - ▶ Smith machine curtsey lunges → DB/BB curtsey lunges
  - ▶ Kettlebell swings → DB swings

Day 4 : PUSH → SHOULDERS + triceps

EXERCISE	SETS	REPS	GLOSSARY PAGE
DB seated shoulder press pyramid	4	15, 12, 10, 6	47
“L” DB raises	3	10	50
SS DB tricep kickbacks		10	51
Cable lateral raises	3	10	39
SS Cable front raises <i>(30 sec - no rest during this superset)</i>		10	
Bent over DB rear delt flys	3	12 - 15	48
DB lateral raise holds		10 /arm	50
<b>TRICEP BURNOUT:</b> - Tricep pushdown straight down - Tricep pushdown diagonal - Tricep pushdown upper	3	10 - 12 of each	61
<b>DELT BURNOUT:</b> - Wide grip upright row - Close grip upright row - Wide grip rear delt upright row	3	10 of each	60

- SUBSTITUTIONS
- ▶ Cable lateral raises → DB lateral raises
  - ▶ Cable front raises → BB or DB front raises
  - ▶ Tricep burnout → DB overhead extension drop set



Day 5 : PULL → BACK + biceps

EXERCISE	SETS	REPS	GLOSSARY PAGE
Assisted pull up pyramid <i>Adjust weight with each set. Make it harder each time.</i>	4	12, 10, 8, 5	43
Wide grip cable row pyramid	4	15, 12, 10, 8	37
1 arm hammer row	3	10 - 12 /arm	43
2 arm wide grip pulldown SS High bicep curls	3	10 - 12	38
		10 - 12	41
2 arm DB row SS Alternating DB bicep curls	3	10	47
		10	51
<b>BURNOUT:</b> Row drop set	3	10 /weight	43

- SUBSTITUTIONS
- ▶ Assisted pull ups → deadlifts
  - ▶ Wide grip cable row → reverse snow angels
  - ▶ 1 arm hammer row → DB 1 arm row
  - ▶ 2 arm wide grip pulldown → upright row (focus on back)
  - ▶ High bicep curls → hammer bicep curls
  - ▶ Row drop set → BB or DB AMRAP every set

Day 1 : LEGS → Total Lower Body

EXERCISE	SETS	REPS	GLOSSARY PAGE
Glute activation <i>(choose 2 from glossary)</i>	2	15	58
Squat 3s circuit  - BB squat  - Goblet squat  - Bodyweight/banded squat	3	10	63
		12	
		15	
Cable pull through  SS Cable good morning <i>(optional: banded)</i>	4	12 - 15	42
		12 - 15	
Leg press  SS Calf press on leg press machine	4	10	45
Bulgarian split squats  SS Bulgarian split squat pulses	3	10	54
		AMRAP	
<b>BURNOUT:</b> kettlebell (or DB) straight leg deadlift SS kettlebell swings (or DB)	3	12 - 15	52 & 63

- SUBSTITUTIONS
- ▶ Cable pull through → DB pull through (same movement)
  - ▶ Cable good morning → barbell good morning
  - ▶ Leg press → walking lunges or bench step ups
  - ▶ Calf press → calf raises on stairs

# ABS & CORE

## Recommendations

Training abs will *not* give you abs.

Doing crunches will not give you nice ab lines and a small waist. Everyone has abdominal muscles. But not everyone's abs are visible. In order to “get abs” you need to be at a low enough body fat percentage. This is achieved through weight loss via a calorie deficit. However, training your core can be very beneficial. When I started training abs I noticed that my tummy felt tighter and my posture felt better. A strong core can help you lift heavier weights in your other workouts as well.

I recommend training abs 2-3x times per week. They need time to recover just like any other muscle.

## Ab & Core Exercises

Select 3 movements from the list of core exercises below and do them in a circuit or 1 at a time for 3 sets after whichever workout you choose to add them on to. I recommend aiming for 12 - 15 reps for each movement.

**View pages 64 - 66 to see how to perform ab movements.**

- ▶ Ab wheel rollouts (advanced- don't hurt your back)
- ▶ Exercise ball rollouts (an easier version of ab wheel rollouts)
- ▶ Bosu ball crunches
- ▶ Cable crunches
- ▶ Hanging straight leg raises
- ▶ Hanging bent leg raises
- ▶ Bicycles
- ▶ Captains chair bent or straight leg raises
- ▶ Plank (30-90 seconds)
- ▶ Side plank
- ▶ Romanian twists

# CARDIO

## Cardio Recommendations

There are two forms of cardio that will be included in this plan: HIIT and LISS.

- ➡ HIIT: High Intensity Interval Training
- ➡ LISS: Low Intensity Steady State

## Why should I do cardio?

Cardio is primarily a weight loss tool, but is also extremely beneficial for your cardiovascular system.

Cardio is a helpful tool for weight loss because it puts you further into a calorie deficit. I prefer to burn extra calories with some cardio instead of eating less calories. If you absolutely can't stand cardio, you may need to lower your calories more in order to maintain your calorie deficit (if weight loss is your goal).

## LISS: Low Intensity Steady State Cardio

LISS is a relatively easy and straightforward form of cardio. Choose one of the cardio machines - I like to either use the stairmaster, the arc trainer with high incline, or a treadmill with high incline - and use that machine for the suggested time (within the Workout Split on pg. 16). You should be sweating by the end of it, but not feeling like you're dying.

# HIIT: High Intensity Interval Training

I recommend purchasing a timer, downloading a timer app, or just using the generic clock app that comes with your phone to help you with HIIT.

## OPTION 1: Tabata

Select any 2 movements (view pg. 33 for suggestions).

20 seconds on (pushing hard)

10 seconds off (resting, catching your breath)

Complete 6-10 rounds of this.

## OPTION 2: Circuit Training

There are already a few circuits included in this plan (the burnouts). But you can also create your own cardio circuits. Circuits can be extremely customizable.

- ▶ Select 5-8+ movements (view pg. 33 for suggestions).
- ▶ Set up a timer and do 60 seconds of each movement. Rest for 60 seconds and repeat the circuit 3 - 4 times.
- ▶ You can easily do these at home holding weighted objects or doing bodyweight movements.

## OPTION 3: Sprint HIIT

Select a cardio machine (treadmill, stairmaster, arc trainer... etc.). OR go outside!

Warm up for 2 - 5 minutes at an easy pace.

You are going to perform **10 sprints** for a total of **10 minutes**.

Beginner: 20 second sprint, 40 seconds rest

Intermediate: 30 second sprint, 30 seconds rest

Advanced: 40 second sprint, 20 seconds rest

During rest periods: walk at slow pace or stand on the sides of the treadmill.

You do not have to be extremely accurate with the seconds. Really push yourself, you'll see the most progress if you REALLY PUSH. If you only sprint for 25 seconds instead of 30 that is totally fine - but challenge yourself to work harder next time.

# Circuit Suggestions

## Bodyweight

### Lower Body

- ▶ Jump squats
- ▶ Frog jumps
- ▶ Jump lunges
- ▶ Walking squats
- ▶ Lunge to knee up jump
- ▶ Stand up from knees squat
- ▶ Fire hydrants
- ▶ Kneeling kickbacks
- ▶ 1 or 2 leg glute bridge
- ▶ Tuck jumps
- ▶ Side lunges
- ▶ Bulgarian split squats
- ▶ Speed skaters
- ▶ Wall sits

### Upper/Total Body

- ▶ Push ups (on knees or feet)
- ▶ Tricep push ups
- ▶ Donkey kicks
- ▶ Donkey kick to push up
- ▶ Bear crawl
- ▶ Burpees
- ▶ Dips
- ▶ Inchworm
- ▶ Mountain climber
- ▶ Plank
- ▶ Arm circles
- ▶ Bicycle
- ▶ Russian twist

## Weighted

You can really do any weightlifting move here - preferably using just dumbbells or barbells. Lower the weight and prepare to do more reps than usual. Here are some examples:

### Upper Body

- ▶ Dumbbell rows (1 or 2 arms)
- ▶ Bicep curls
- ▶ Tricep extensions
- ▶ Shoulder lateral/front raises
- ▶ Shoulder press
- ▶ Curl to press

### Lower/Full Body

- ▶ Walking lunges
- ▶ Curtsey lunges 1 leg or alternate
- ▶ Glute bridge/hip thrust
- ▶ Goblet DB squats
- ▶ Sumo DB squats
- ▶ Straight leg deadlifts 1 or 2 legs
- ▶ Squat + shoulder press at top
- ▶ Kettlebell swings
- ▶ Bulgarian split squats
- ▶ Battle ropes
- ▶ Tire flips

# WHAT'S NEXT?

The 8 weeks (or however long you did the plan for) are now complete. Did you reach your goals? How do you feel mentally? Check in with yourself. How do you feel?

## **I want to focus on building muscle (RECOMMENDED)**

YAY I'M SO PROUD OF YOU. Building muscle will be so beneficial. Once you have more muscle on your body, you can eat way more food and burn more calories throughout the day. GOOD CHOICE. Continue to lift (you can repeat the plan, switch out some exercises, or make your own workouts). What changes here is you need to start slowly increasing your calories. Muscles *need* food to repair and grow. If you don't eat enough food, your muscles won't grow, it's that simple. How much food you need to eat depends on the person. You *may* gain some fat. That is completely normal - encouraged actually. Fat is not the enemy. Sometimes you need to gain a bit of extra fat to build a booty. IT'S WORTH IT. I promise. *#thicc*

## **I want to maintain my current physique**

If you are happy with your progress, feel like a confident hot a\*\* b\*tch, and want to maintain where you are, GO FOR IT! Continue to lift (you can repeat the plan, switch out some exercises, or make your own workouts) and continue to eat at where you are at now.

## **I want to continue to lose fat**

In order to continue to lose fat, you may need to lower your calories and increase your cardio. Be very careful with this. If you are feeling hungry and tired, I highly recommend going through a muscle building phase before continuing to diet. Dieting for long periods of time can damage your metabolism.



# EXERCISE GLOSSARY

## How it's Organized:

PAGES 36 - 42

**CABLES**

PAGES 43 - 46

**FIT FIX**

PAGES 47 - 54

**DUMBBELLS**

PAGES 55 - 57

**BARBELL**

PAGE 58

**BODYWEIGHT**

PAGES 59 - 63

**BURNOUTS**

PAGES 64 - 66

**ABS & CORE**

The weights I used in the photos are NOT what I use when I workout in real life. I used the lightest weights available so I could hold positions for the photos. Use a weight that CHALLENGES YOU.

# CABLES



## WIDE GRIP PULL DOWN

- ▶ Grip the bar just outside shoulder width (or even wider).
- ▶ Scoot your body as close to the machine as possible and lock your legs in. The bar should start directly above your head.
- ▶ Lock your shoulders down, keep your back tight/flexed and slowly pull the bar down to your collarbone. At the bottom of the motion think about squeezing your elbows together behind your back.



## STRAIGHT ARM PULL DOWN

- ▶ Hold onto the bar, back up, and raise your arms above your head until you feel a stretch in your back.
- ▶ Lock your shoulders down, keeping your back flexed/tight.
- ▶ Keep your chest high and visualize pushing your hands away from your body as you squeeze the bar down and release to the top.
- ▶ You can also do this with a rope attachment.



## UNDERHAND GRIP CABLE ROW

- ▶ Grip the bar from underneath (with your palms facing up) with the cable at the highest position or directly in front of you.
- ▶ Squat down as if you are in a seated position.
- ▶ Bring your elbows to your sides while keeping your core tight and back straight.



# CABLES



## CLOSE GRIP PULL DOWN

- ▶ Follow the same steps as wide grip pull down but use the v-bar.
- ▶ Keep your elbows close to your body.
- ▶ Engage your core as you pull the bar down to your chest.
- ▶ Refrain from leaning backwards.



## SEATED CABLE ROW

- ▶ Keep a slight bend in your knees and lock your shoulders down.
- ▶ Keep your chest up, core tight, and refrain from leaning backwards.
- ▶ Bring your hands to your belly button, really focus on pulling the weight with your back, not your arms.
- ▶ This can be done close grip with a v-bar or wide grip with a wide grip attachment.



## LAWNMOWER CABLE ROWS

- ▶ Using a single handle attachment, adjust the cable to the lowest level.
- ▶ This is like a DB row, while using cables. Lean forwards and place your free hand on your thigh for support/balance.
- ▶ Bring your elbow up as if your turning on a lawnmower.
- ▶ Slowly release the cable back down - don't just let it drop.

# CABLES



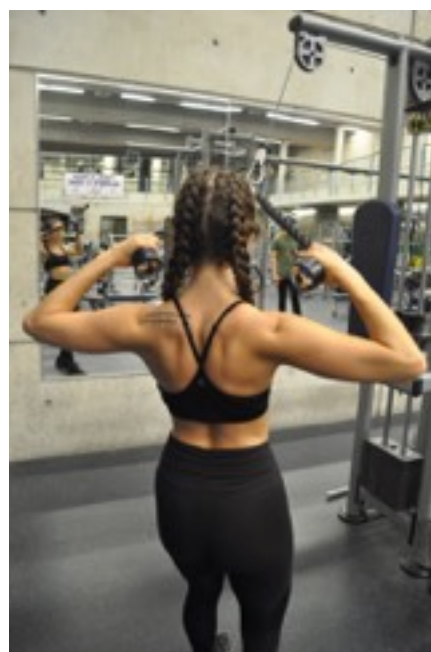
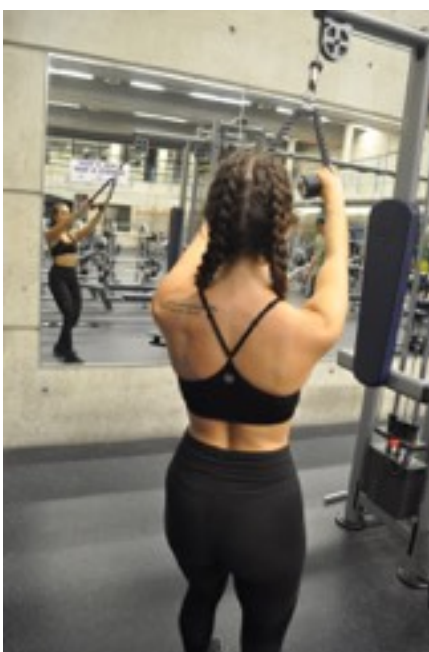
## 2 ARM WIDE GRIP PULL DOWN

- ▶ This can be done kneeling, standing, or seated depending on gym equipment.
- ▶ This is a lot like a wide grip cable pull down with the bar but you can have a wider grip using 2 cables.
- ▶ Try not to lose the tension in your back when you release your arms up to the top.



## REAR DELT CABLE FLY

- ▶ Rear delts are important for rounder looking delts. Rounder delts and a wider back give you the illusion of a smaller waist.
- ▶ Hold the cables directly instead of using an attachment.
- ▶ Cross the cables over one another and keep them at eye level or slightly higher.
- ▶ Pull the cables apart keeping your elbows high.



## FACE PULLS

- ▶ Face pulls are great for rear delts and upper back development.
- ▶ Use a rope attachment at the highest pulley level, or closer to eye level.
- ▶ Keep your chest up and shoulders back throughout this entire movement.
- ▶ You can kneel on 1 knee or stand during this movement.
- ▶ When you pull the rope back, bring your hands in line with your ears.



# CABLES



## CABLE ROPE UPRIGHT ROW

- ▶ Use a rope attachment on the lowest pulley position.
- ▶ Hold the rope with your thumbs pointing up.
- ▶ Stand up straight and keep your back locked down.
- ▶ Pull the rope up using your shoulders until it reaches eye level. Try not to engage your biceps too much as you pull up.



## CABLE LATERAL RAISES

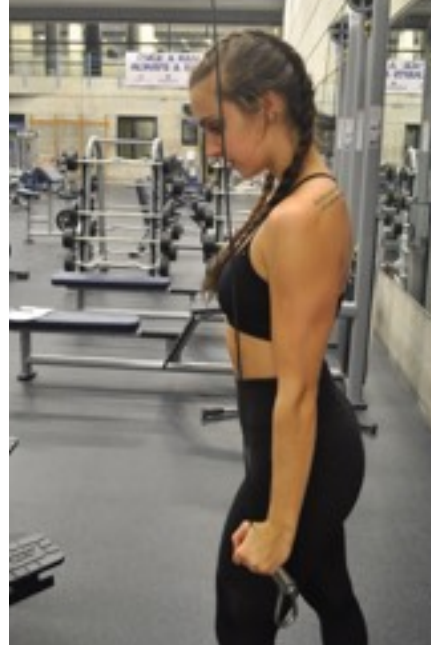
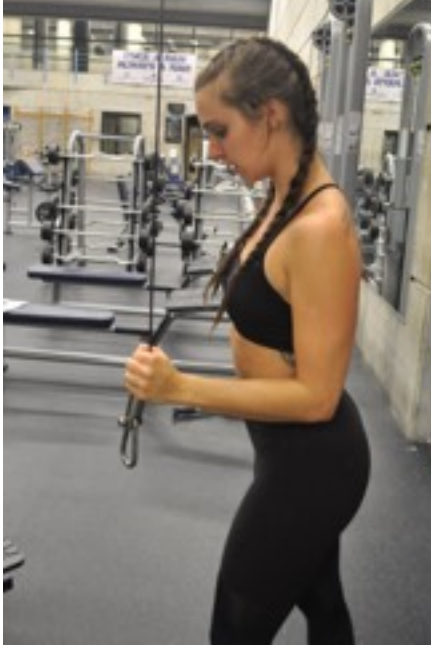
- ▶ You can either pull the cable across your body in front of you or behind you.
- ▶ Keep your chest up, visualize trying to pull the cable as far away from you as possible.
- ▶ You can have a slight bend in your elbow here, keep your elbow up at the same level or higher than your hand.



## CABLE FRONT RAISES

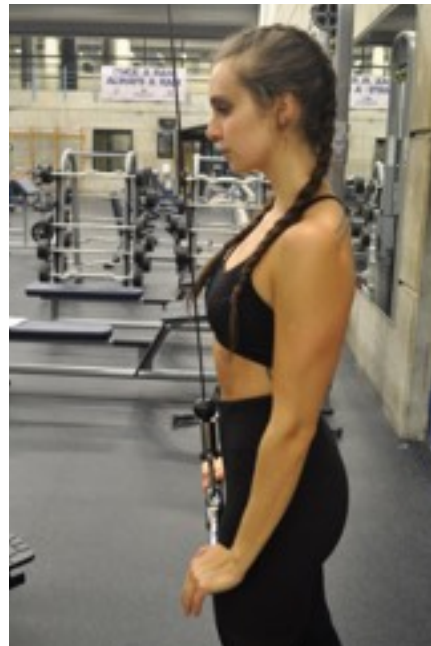
- ▶ You can hold the handle with your palm facing down or facing up.
- ▶ Keep your lats locked down, face away from the cable machine, and bring the cable up in a straight line.
- ▶ Bring your arm up until it is perpendicular with the floor, engaging your shoulder the entire time.
- ▶ This can also be done with a rope attachment with 2 hands. Face away from the cable machine and pull the rope up between your legs.

# CABLES



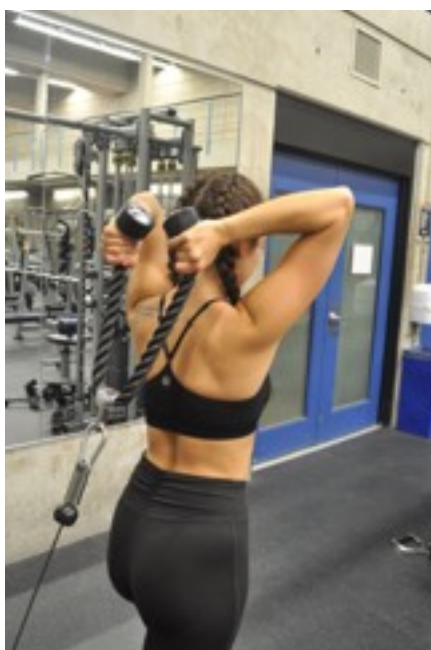
## TRICEP PUSH DOWN (1 ARM)

- ▶ Hold onto the cable without an attachment.
- ▶ Keep your elbow tight to your body for the entire movement.
- ▶ Keep your back straight and refrain from leaning forwards.
- ▶ Take a staggered stance to help you balance.



## TRICEP PUSHDOWN (2 ARMS)

- ▶ This can be done with the rope or the bar attachment.
- ▶ Using a firm grip, pull the cable down keeping both of your arms pinned to your sides.
- ▶ Hinge at your elbows and push through your triceps fully extending your arms down towards the ground, while maintaining good posture.



## OVERHEAD TRICEP EXTENSION

- ▶ Set the pulley to the lowest position or to knee height.
- ▶ Grab the rope and carefully maneuver yourself so that the rope is above your head and you are facing away from the cable machine.
- ▶ Stagger your feet in order to create a more stable base.
- ▶ Keep your core (abs, glutes, lower back) tight while you extend your arms.



# CABLES



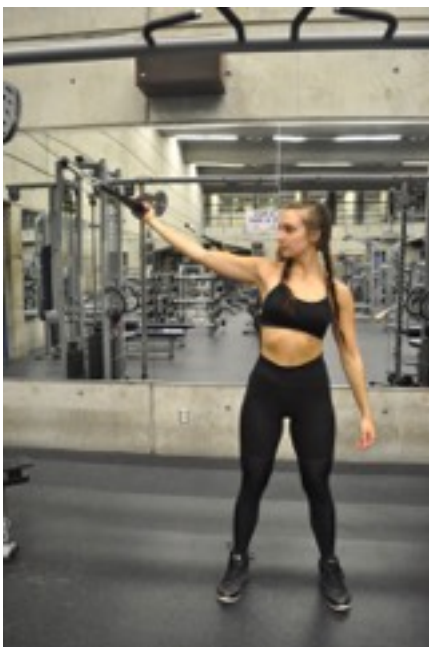
## CABLE CHEST FLY

- ▶ Adjust the pulleys to be anywhere above your head.
- ▶ Stagger your feet for stability.
- ▶ Lean forwards and keep a neutral spine.
- ▶ Force your shoulders back at all times, keeping your chest high and head up.
- ▶ Pull the cables together in front of you at chest level and slowly release back to starting position.
- ▶ Your palms should be facing down when you bring your hands together in the middle.



## BICEP CURLS (1 ARM)

- ▶ Adjust the cable to be at the lowest position and use a handle attachment.
- ▶ Take a step forwards and stagger your feet. Put the opposite foot from the arm you are curling with in front.
- ▶ Squeeze using only your bicep and curl the cable up until your hand reaches chest/shoulder height.

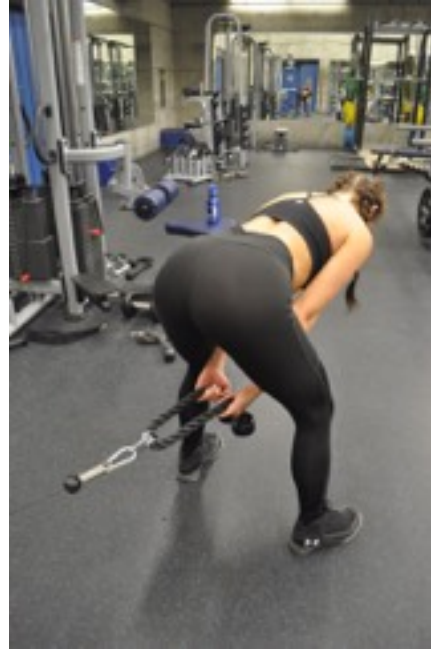
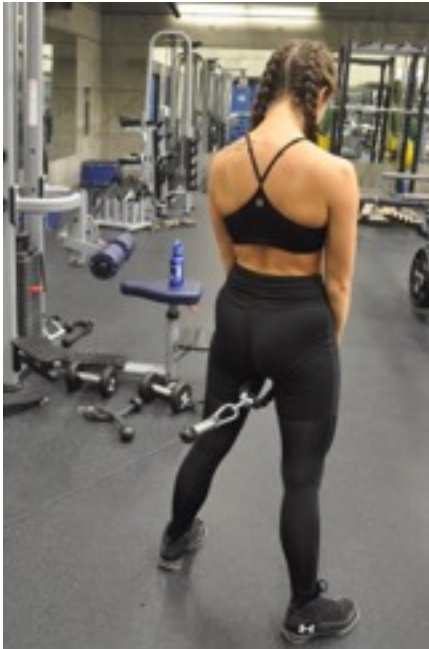


## HIGH CABLE BICEP CURLS (1 ARM)

- ▶ Adjust the cable to be at the highest position and use a handle attachment.
- ▶ The arm that is curling should be perpendicular to the ground.
- ▶ Engage your core the whole time keeping your body perfectly still/stable while curling the handle towards your shoulder.
- ▶ You can put your free hand on your hip for extra stability.



# CABLES



## CABLE PULL THROUGH

- ▶ Stand with the rope attachment between your legs, facing away from the cables.
- ▶ Think of this as a hip thrust movement.
- ▶ Bend your knees slightly, hinge at the hips as if you're doing a straight leg deadlift, and lower the cable between your legs.
- ▶ Thrust up and squeeze your glutes at the top. Pause and hold this for 2 seconds before releasing back down.



## CABLE SUMO SQUAT

- ▶ This can be done with the rope or bar attachment.
- ▶ Take a few steps back from the cable machine, taking a wide stance.
- ▶ Squat down slowly and really focus on engaging your glutes the entire time.
- ▶ Pause and squeeze at the top of each rep.



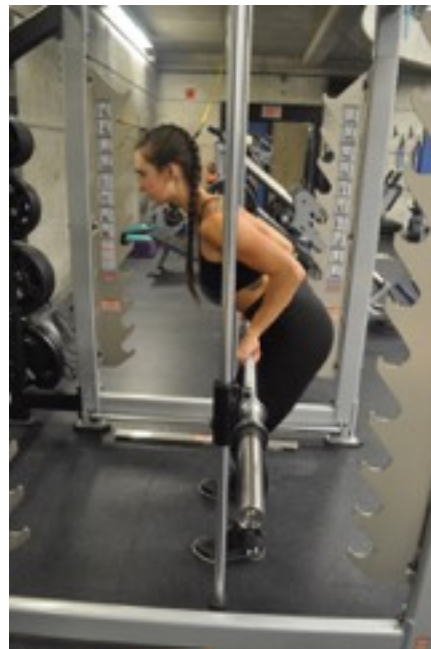
## CABLE GOOD MORNING

- ▶ This can be done with the rope or bar attachment.
- ▶ Take a few steps back from the cable and take a shoulder width stance.
- ▶ Hinge at the hips and stick your butt backwards until you feel a stretch in your hamstrings.



## ASSISTED PULL UP

- ▶ Using whichever grip you prefer, and a weight that allows you total control, start at the top of the machine by locking your shoulders down.
- ▶ Think about keeping your arms as fixed as possible and letting the movement happen through your back.
- ▶ Keep your shoulders locked down even as you lower yourself, then when fully extended, squeeze through your back to pull yourself to the top.



## SMITH MACHINE ROW

- ▶ Grip the bar at shoulder width apart.
- ▶ Hinge at the hips to about 45 degrees.
- ▶ Pull the bar towards your belly button and think about bringing your elbows together behind your back.
- ▶ As a burnout: Put layers of plates on each end of the smith machine. Ex. 10s, 5s, 2.5s
  - ▶ Do 10 reps with all plates on the machine, then take 1 plate off each end and immediately do 10 more reps, then take another set of plates off and do 10 more reps. This is 1 set.



## HAMMER OR FIT FIX ROW

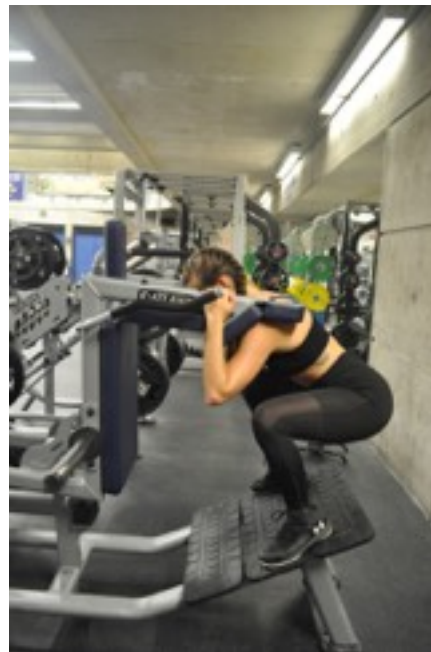
- ▶ Adjust the seat so sitting with proper posture allows you to barely reach the handles.
- ▶ Pull your elbows back towards your lower ribs.
- ▶ Use your back to pull, not your arms.
- ▶ As a burnout:
  - ▶ Do 1 arm at a time and continue to switch back forth until all 3 sets are completed (with no rest).





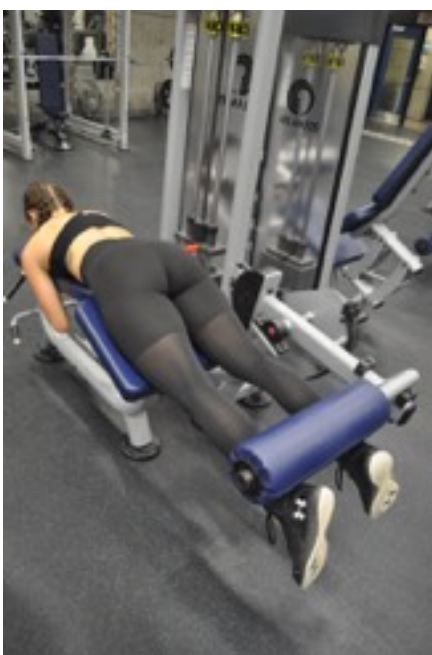
## SMITH MACHINE PRESS

- ▶ Place a bench in the seated position under the smith machine bar.
- ▶ Grip the bar at shoulder width apart.
- ▶ Lower the bar until your arms make 90 degree angles OR lower the bar just passed your chin.
- ▶ You can also perform standing overhead press or Military press in place of this movement.



## REVERSE HACK SQUAT

- ▶ It is important to keep your core engaged for this entire movement.
- ▶ Face the hack squat and place the pads on your shoulders.
- ▶ Lower yourself down, play with your range of motion and find the best depth you can reach to get an optimal stretch in your legs/glutes.
- ▶ As you feel the stretch intensify, contract your glutes as hard as you can and stand up getting a full squeeze.



## LYING LEG CURL

- ▶ Lay down keeping your core and glutes locked in a fixed position.
- ▶ Squeeze your hamstrings and glutes to pull the weight up.
- ▶ Make sure you keep your butt down as it will want to lift up.
- ▶ Squeeze for a brief pause at the top and then lower *slowly* down.





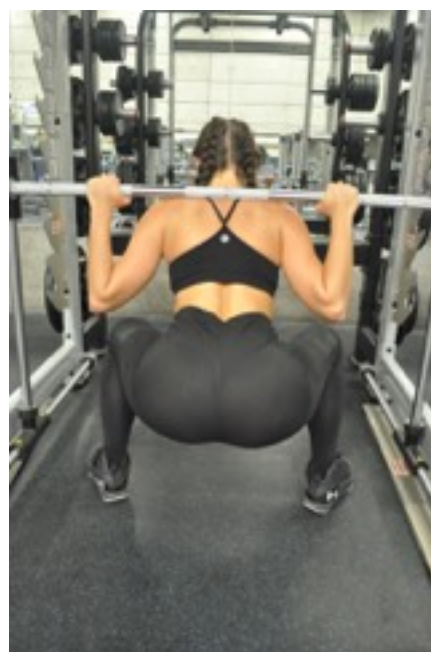
## LEG PRESS

- ▶ Get as close as physically possible to the push pad to maximize your range of motion.
- ▶ Legs should be slightly further than shoulder width apart.
- ▶ Press through your glutes, squeeze them constantly and keep your butt and back pressed firmly against the seat at all times.
- ▶ When doing a calf press on the leg press machine, simply put your toes on the bottom of the push pad and push the weight with your calves.



## LEG EXTENSION

- ▶ Set up the seat so that the backs of your knees are firmly tucked to the seat.
- ▶ Keep your chest held high, locking your body down by holding on tight to the handles.
- ▶ Keeping your abs tight, squeeze your quads slowly all the way to the top, going as high as you can. Pause briefly, then *slowly* lower.



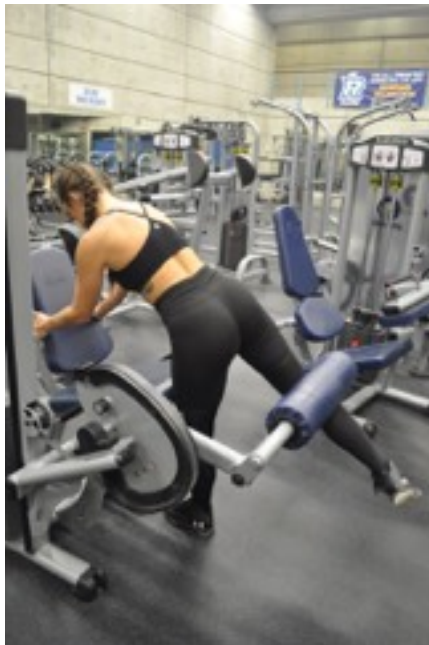
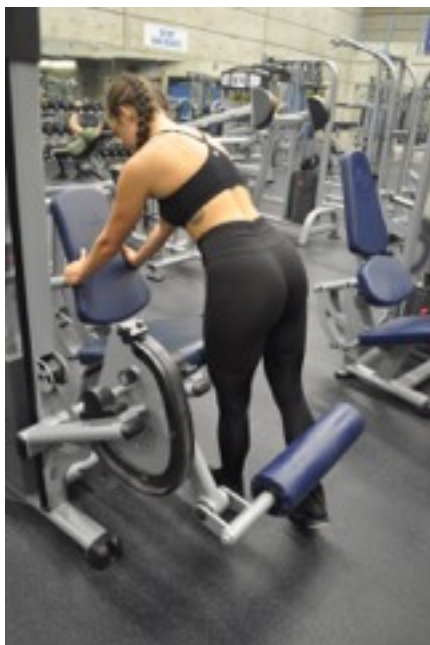
## SMITH MACHINE SUMO SQUAT

- ▶ The smith machine helps you maintain your balance and keep your core strong.
- ▶ Stand with the bar on your back and your feet slightly further than shoulder width apart.
- ▶ Step forwards so your feet are in front of the bar. This allows you to sit back into the squat as if you're sitting into a chair.



## SMITH MACHINE CURTSEY LUNGE

- ▶ Stand with the bar on your back.
- ▶ Place one foot forwards, slightly in front of the bar.
- ▶ Lift the other foot off the ground and curtsey backwards.
- ▶ Do all reps on one side first and then switch to the other leg.

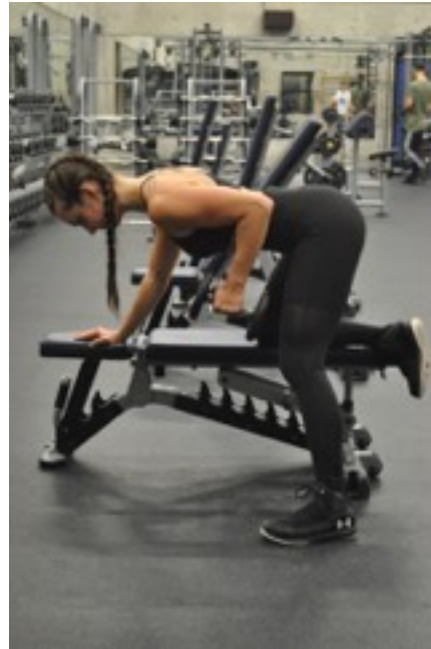


## LEG EXTENSION KICKBACK

- ▶ Use a relatively light weight for this.
- ▶ Stand facing the leg extension machine, with the pad resting against the back of your thigh, knee, or calf, depending on your machine.
- ▶ Use your glute to push the pad up.
- ▶ Hold onto the seat in front of you for balance.



# DUMBBELLS



## DB 1 ARM ROW

- ▶ You can place one knee on a bench for this move, or you can stand and hold onto something. For example, you can use an incline bench.
- ▶ Take a staggered stance. The leg that is farther back should be on the same side as arm you are “rowing” the DB with.
- ▶ Be sure to bring the DB up with your back, not your arm. If you struggle with this, shorten your range of motion. Bring the DB up until your elbow is pinned against your side.



## DB 2 ARM ROW

- ▶ Stand holding two dumbbells and hinge at the hips. Keep your shoulders pushed back.
- ▶ You can do palms facing in towards each other, palms facing upwards, or palms facing down.
- ▶ Imagine pulling your arms backwards so that your elbows touch behind you.



## DB SEATED SHOULDER PRESS

- ▶ Set a bench up to the highest seated position (straightest back possible).
- ▶ When pressing the DB's above your head, press them up and bring them close together over your head.
- ▶ Keep a slight bend in your arms (don't lock out your elbows).
- ▶ You can bring the DB's down until your elbows make 90 degree angles, or you can bring the DB's slightly lower than that.

# DUMBBELLS



## ALTERNATING DB FRONT RAISE

- ▶ This can be done standing or seated. If you tend to swing your body while standing, I suggest sitting with your back against a bench. This will make it harder, and isolate your shoulders more.
- ▶ You can also perform this movement without your back on a bench and engage your abs to steady yourself.
- ▶ When raising the DB you can either keep your palms facing in, or turn them as you lift and have your palms face down at the top of the movement.



## DB 1 ARM LATERAL RAISES

- ▶ This can be done sitting, standing, or standing while holding onto something.
- ▶ I usually stand and hold an incline bench with my free hand for stabilization.
- ▶ When lifting your arm, don't shrug your shoulders - keep them steady in one place.
- ▶ Keep a slight bend in your arm.
- ▶ Keep your elbow at the same height as your hand. You can even try to raise your elbow slightly higher than your hand.



## SEATED BENT OVER FLY

- ▶ This can be done with plates or DB's.
- ▶ Sit on a bench and hinge at the hips until your chest is touching your knees.
- ▶ Bring the DB's together under your legs and then use your rear delts to lift the DB's out to the side.
- ▶ Use the back side of your shoulders (rear delts) instead of your back muscles to do this. It can be tricky so be patient.



# DUMBBELLS



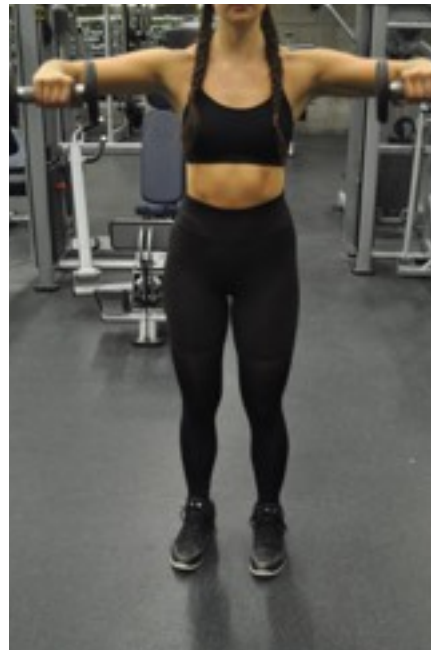
## ARNOLD PRESS

- ▶ Begin by holding DB's in front of you with your palms facing your face.
- ▶ As you press up, rotate your palms so they end up facing away from you (like in a standard shoulder press).
- ▶ Reverse this movement on the way down.
- ▶ When the DB's are at the bottom of the movement they should be in line with your chin.



## HAMMER CURL TO PRESS

- ▶ Begin in a seated position holding DB's at your sides (let your arms hang).
- ▶ Hammer curl the DB's up, keeping your elbow's pinned to your sides.
- ▶ Once you've curled all the way up (elbows bent at 90 degrees), pause for 1-2 seconds, then begin to press the DB's up.
- ▶ When you press the DB's up keep your palms facing in towards each other the entire time.
- ▶ Keep your back pressed against the bench at all times.



## BENT ARM LATERAL RAISES

- ▶ This is done the same as standard lateral raises. The only difference is that you bend your arms at 90 degrees instead of keeping them relatively straight.
- ▶ Focus on lifting with your shoulders by keeping your elbows higher than your hands.
- ▶ This can also be done on a lateral raise fit-fix machine.

# DUMBBELLS



## “L” RAISES

- ▶ These are a combination of front raises and lateral raises.
- ▶ Take a staggered stance in order to help with balance.
- ▶ With one arm you will perform a lateral raise, while the other arm performs a front raise.
- ▶ Your arms should make a “L” shape - hence the name of this movement.
- ▶ Try not to pause at the bottom of each lift. Keep the movement flowing.



## LATERAL RAISE HOLDS

- ▶ This move is generally the same as 1 arm lateral raises.
- ▶ The only difference is, instead of holding one arm at your side while the other does raises, you keep that arm in the air.
- ▶ Hold 1 arm steady in place at the top of a raise. Perform your set on the other side and then switch.
- ▶ Start your raises on your stronger side, this will make it more challenging for your weaker arm.

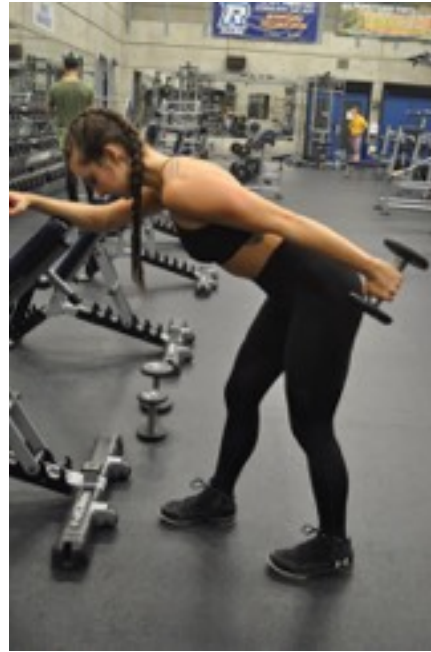


## OVERHEAD EXTENSION

- ▶ This can be done seated or standing.
- ▶ If you are standing during this movement, take a slightly staggered stance and brace your core.
- ▶ Lift a DB over your head. Make a triangle with your hands around the DB to hold it easier.
- ▶ The only part of your body moving here should be your arms and forearms. Keep your shoulders locked in place and bend only at the elbows.



# DUMBBELLS



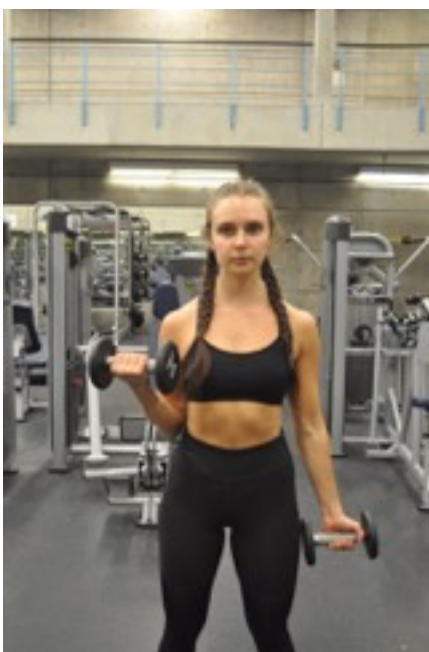
## TRICEP KICKBACKS

- ▶ I find that the best way to do these is using an incline bench for support.
- ▶ Place one hand or forearm on the top of the bench for support.
- ▶ Pin the other arm to your side - from your shoulder to your elbow.
- ▶ You don't need to go heavy with this. I find if I go too heavy, my shoulder starts taking over.
- ▶ Fully extend your arm until it is straight, pause for 2-3 seconds and slowly release down.



## INCLINE BENCH PRESS

- ▶ Set a bench up so that it is on an incline. The angle of that incline is personal preference, but aim for a position that is closer to flat. If your bench is too upright, this will become a shoulder movement.
- ▶ When bringing the dumbbells down to your chest, your elbows should be parallel with the ground.
- ▶ Keep your upper back pressed flat against the bench at all times. Keep your delts pinned back.
- ▶ Think about squeezing up and together with your chest.



## ALTERNATING BICEP CURLS

- ▶ Pick a manageable weight. You do not want to be swinging your arms or using your whole body to curl the weight up.
- ▶ Start with your palms facing forwards, as you curl up, keep your wrists locked.
- ▶ Curl the DB up to your shoulder area and slowly lower it down again.
- ▶ Your elbows should stay in line with your body the entire time.

# DUMBBELLS



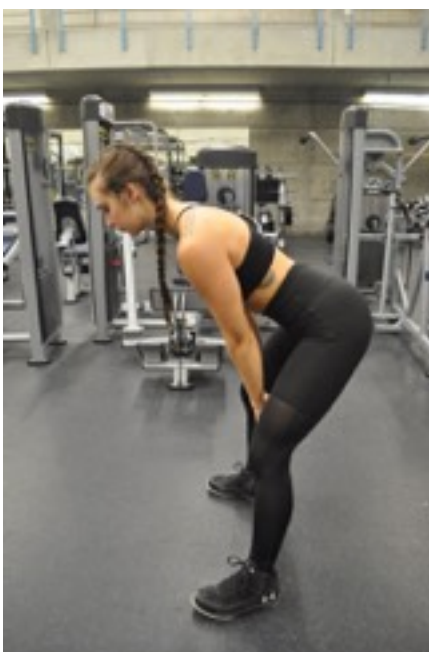
## PREACHER CURLS

- ▶ These can be done using a preacher curl bench set up, a preacher curl fit fix machine, or DB's.
- ▶ When using DB's, sit with your legs apart. Place one forearm on your thigh and lower the weight between your legs.
- ▶ You are using your leg as a preacher curl bench here.
- ▶ This move really isolates your bicep and prevents you from recruiting other muscles while performing curls.



## HAMMER CURLS

- ▶ Hammer curls are done with the same form as standard bicep curls.
- ▶ The only difference is that your palms face in towards each other for the entire movement.
- ▶ Be careful not to swing the DB's at the bottom of the movement. Keep the movement controlled.

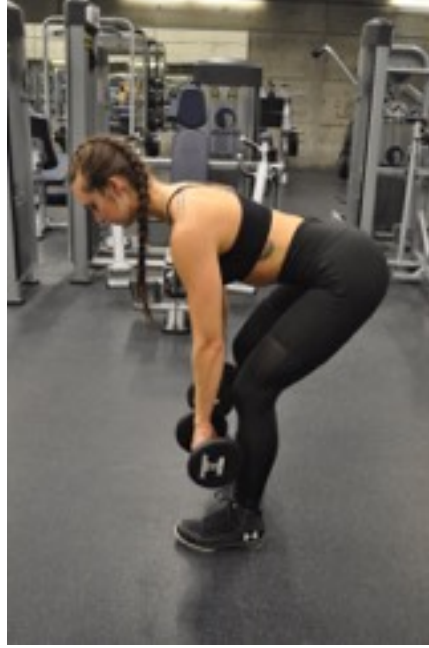


## KETTLE BELL SWINGS

- ▶ Choose a weight that is manageable but challenges you.
- ▶ Take a stance slightly further than shoulder width apart and point your toes slightly outwards.
- ▶ Bring the KB between your legs and swing it all the way up to the top.
- ▶ Bend your knees slightly, but don't turn this into a squat movement.
- ▶ You should feel a pull on your hamstrings at the bottom of the exercise.
- ▶ Keep your core tight to protect your back.



# DUMBBELLS



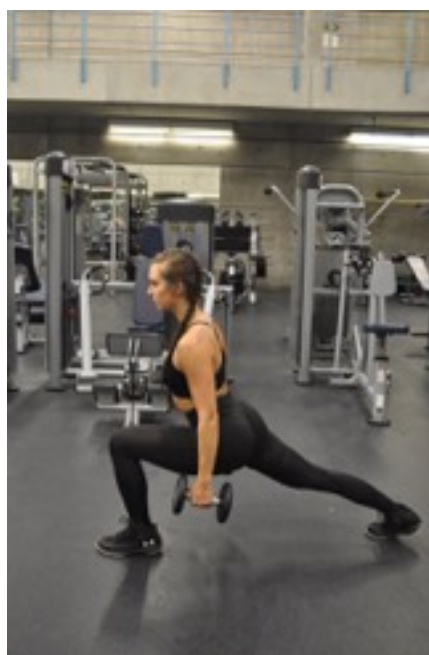
## STRAIGHT LEG DEADLIFT

- ▶ Stand with your feet shoulder width apart.
- ▶ Keep a neutral back for this entire movement.
- ▶ If you want to focus on your hamstrings, really try to stretch as far down as you can.
- ▶ To focus more on your glutes, you don't necessarily need to lower the DB's all the way to the floor. Lower them to your knees or just passed your knees and focus on contracting your glutes.



## GOBLET SQUATS

- ▶ This can be done with a KB or a DB.
- ▶ Hold the weight to your chest.
- ▶ As you get better at this movement, really challenge yourself with the weight you use.
- ▶ You can add a resistance band around your thighs to engage your glutes more.
- ▶ Engage your core in order to protect your back.



## WALKING LUNGES

- ▶ Be sure to take big steps when doing walking lunges. This helps recruit your glutes instead of your quads.
- ▶ Point your knee slightly outwards when you lunge forwards.
- ▶ When you push up off the floor, use your glutes to stand up.
- ▶ Walking lunges can be done with a barbell on your back or dumbbells at your side.

# DUMBBELLS



## BULGARIAN SPLIT SQUATS

- ▶ Bulgarians can be done holding DB's, with a barbell on your back, or on the smith machine.
- ▶ Think of these as doing a squat with 1 leg, while the other is lightly on a bench behind you. You can also think of these as more of a lunge movement.
- ▶ The distance that your front foot is in front of you is personal preference. Try out some different distances.



## DB UPRIGHT ROW TO PRESS

- ▶ Do one arm at a time when doing this move.
- ▶ Begin by doing a DB upright row: bring the DB up to shoulder height keeping your palms facing down the entire time.
- ▶ Next, instead of lowering it back down, flip your wrist so your palm is facing forwards and do a 1 arm DB press above your head.
- ▶ This should be done in 1 fluid movement, and then reversed back down.
- ▶ This can also be done with a barbell with 2 arms (as shown in images).

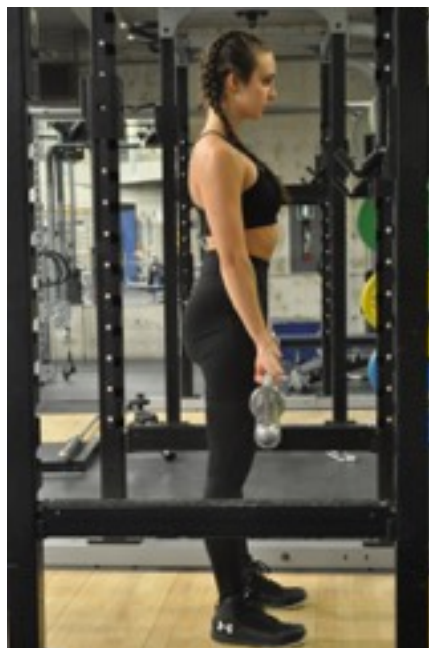
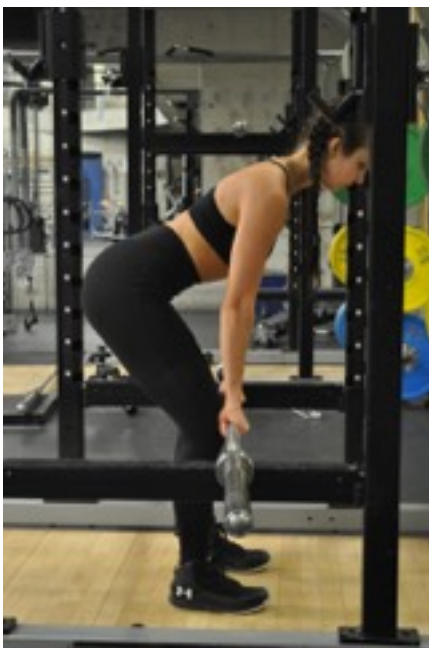


# BARBELL



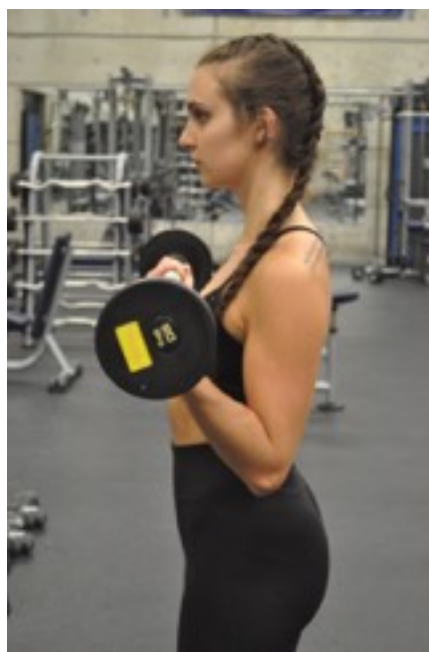
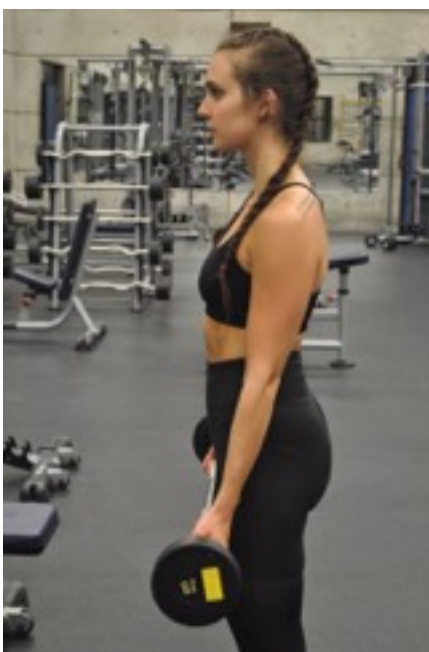
## BARBELL ROW

- ▶ Hold onto a barbell with a shoulder width grip.
- ▶ Keep your spine neutral, try not to lift your head and neck up.
- ▶ With your shoulders locked down, pull the bar towards your lower ribs/belly button.
- ▶ Think about pulling your elbows behind you instead of just moving the weight, this will keep the tension in your lats instead of your arms.



## RACK PULLS

- ▶ Think of rack pulls like a deadlift from a raised position. This puts the focus on your back instead of your legs.
- ▶ Set up a power rack with safety bars at shin height. Place a barbell across the safety bars and add weight to both sides.
- ▶ Keep your shoulders and chest pushed back the entire time. Be sure to focus on contracting your back with each pull.



## BARBELL BICEP CURLS

- ▶ When doing bicep curls, be sure to only engage your bicep muscles. Do not use your whole body to curl the weight up.
- ▶ If you need to swing at all or use your body to move the weight, you need to go lighter.
- ▶ Keep your elbows in line with your body. Do not let them come up in front of you when you curl.



# BARBELL



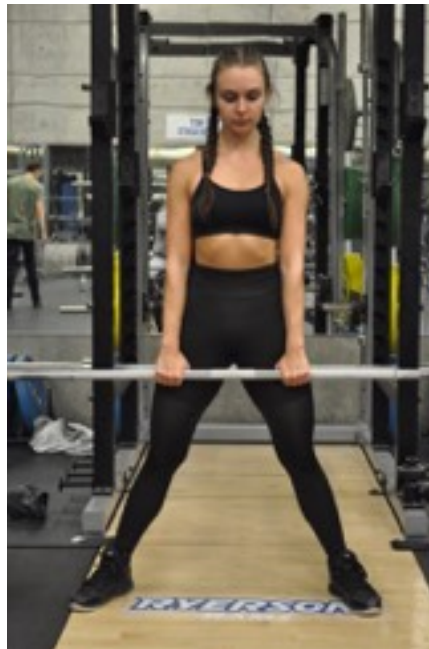
## GLUTE BRIDGE

- ▶ A glute bridge is the same movement as a hip thrust except your upper back is on the floor instead of a bench.
- ▶ Place a barbell across your hips (using a towel, barbell pad, or mat to protect your hip bones).
- ▶ Thrust up and think about tucking your butt under you. Pause briefly at the top of each rep.



## DEADLIFTS (CONVENTIONAL)

- ▶ The conventional deadlift engages your entire body. It can be tricky and if you feel any pain in your lower back, fix your form or use a substitution here.
- ▶ Stand with your feet shoulder width apart. Grip the bar slightly wider than your feet.
- ▶ Sit back and keep your back neutral. Keep your neck in line with your back.
- ▶ Once you've lifted the bar up towards your hips, lower it slowly down (do not drop it).



## DEADLIFTS (SUMO)

- ▶ Sumo deadlifts are performed with generally the same form as conventional deadlifts.
- ▶ What's different is your foot position. Instead of standing shoulder width apart, take a wide stance.
- ▶ How wide your stance is depends on personal preference.
- ▶ When you perform the lift you want to lift the bar straight up, pushing through the outsides of your feet, keeping your spine neutral the whole time and thrusting through your hips engaging your glutes.

# BARBELL



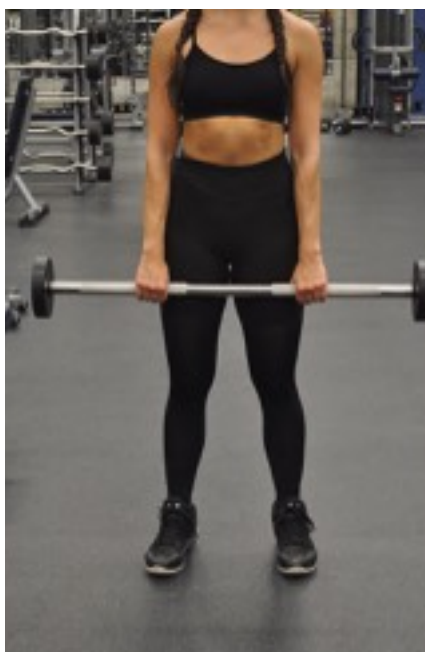
## SQUATS

- ▶ Position the bar resting on your upper traps, find a comfortable spot that doesn't irritate or cause pain.
- ▶ How far apart your feet are depends on personal preference but start with just outside shoulder width apart.
- ▶ Point your toes slightly outwards.
- ▶ Brace your core to protect your back and create a sturdy base.
- ▶ Try to at least hit parallel (legs at a 90 degree angle) or below that.



## WALKING LUNGES

- ▶ Be sure to take big steps when doing walking lunges.
- ▶ Point your knee slightly outwards when you lunge forwards.
- ▶ When you push up off the floor, use your glutes to stand up.
- ▶ Walking lunges can be done with a barbell on your back or dumbbells at your side.



## BARBELL UPRIGHT ROW

- ▶ Grip the barbell at shoulder width apart.
- ▶ Using your shoulders, lift the bar up until it is just under your chin.
- ▶ Keep your shoulders locked down. If you shrug your shoulders at the top of this movement, it will engage your traps more than your delts.

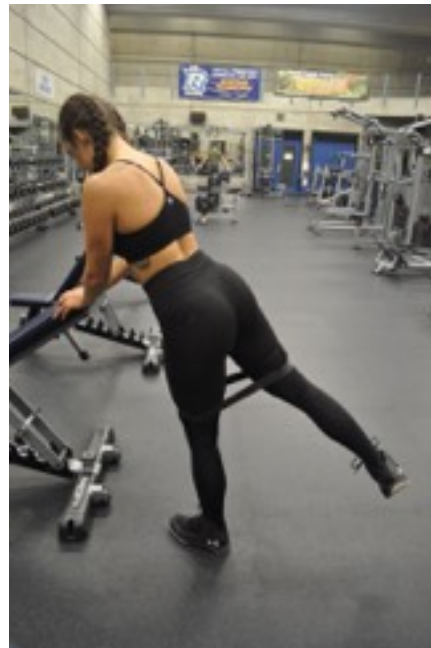
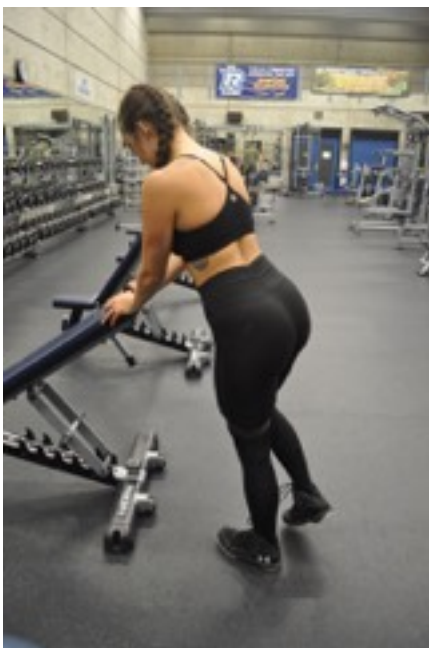


# BODYWEIGHT



## TRICEP BENCH DIPS

- ▶ If you find these to be too easy, you can add a plate onto your thighs.
- ▶ Face away from a flat bench and place your palms on the bench.
- ▶ When you dip down, bend at the elbows and try to only engage your triceps.
- ▶ If you feel this movement in your delts in any way, bring your feet in closer to you and take a slightly lower dip.



## BANDED KICKBACKS

- ▶ If you do not have a resistance band, do these without one (I highly recommend getting a resistance band though).
- ▶ Place a resistance band (Heavy - X Heavy) around your thighs.
- ▶ Keep one foot planted and hold onto something in front of you.
- ▶ Using your glute, kick backwards on a slight diagonal.



## GLUTE ACTIVATION

- ▶ Banded side steps (shown in photo): hold a squat position and either walk forwards and backwards, or step side to side.
- ▶ Glute bridge (shown in photo): you can also use a bench and do a hip thrust.
- ▶ Other examples: kickbacks, side kicks, donkey kicks, clam shells, lying abductor lifts, seated abductor (look these up on Google if need be). There are a lot of options.

# BURNOUTS



## FIT FIX ROW

- ▶ The fit fix area of your gym should have some sort of row machine. It might be a hammer row, a high row, or a standard row. Try some different ones out if you have options.
- ▶ When performing any sort of row movement, keep your arm close to your body at all times. Pull the handle towards your belly button height.
- ▶ Do 1 arm at a time, and don't rest between sets - just alternate arms.



## DB ROW DROP SET

- ▶ Select a DB that you feel comfortably challenged with when doing DB rows.
- ▶ Select 2 DB's that are lighter than this.
- ▶ Set these DB's up in a line beside a bench.
- ▶ Perform 10 reps with the heaviest DB, then put that one down and immediately do 10 reps with the medium weight DB, then place that one down and immediately do 10 reps with the lightest weight. All of this together is 1 set.
- ▶ Do three sets on both sides.

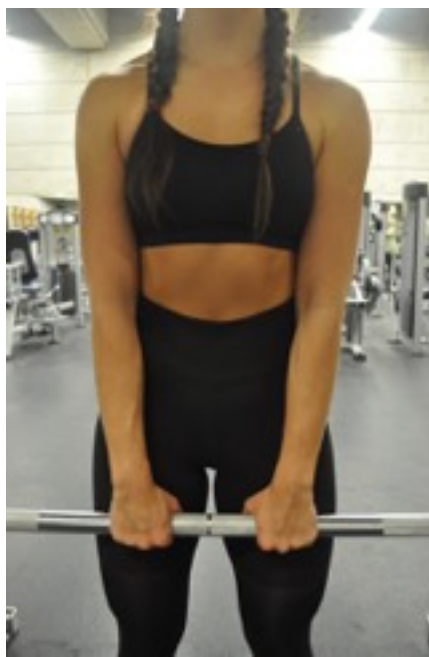


## ROW DROP SET

- ▶ These can be done on the smith machine, using DB's (shown), or BB's.
- ▶ Keep your shoulders locked, don't let them move forwards with the weight(s).
- ▶ BB or DB: get 2-3 different weights of BB's or DB's and drop the weight each set.
- ▶ Smith machine: take plates off for each set.
- ▶ Example: get a 20lb DB's, 15lb DB's and 10lb DB's and do 10 reps with each weight. That is one set.

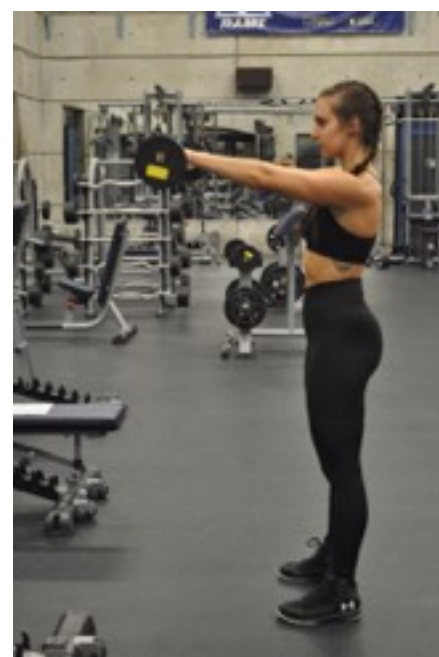
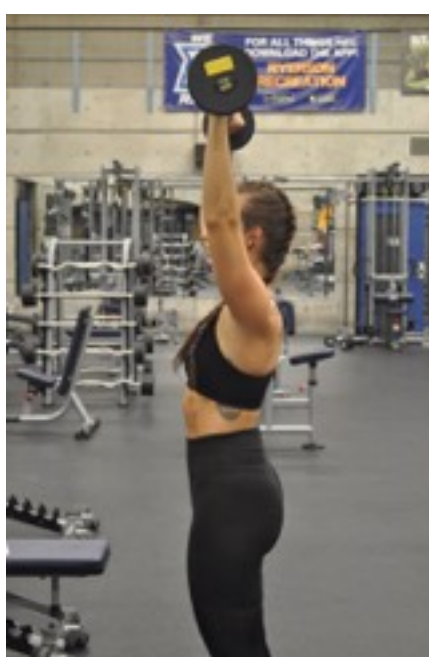


# BURNOUTS



## SMITH MACHINE 3's

- Move 1: wide/moderate grip upright rows (image 1).
- Move 2: close grip upright rows (image 2).
- Move 3: bent over rear delt rows (image 3).
- Go light for this and really focus on raising the bar with your shoulders not your arms.
- The images show the hand placement for each movement. Bring the bar up to your upper chest.
- See Barbell Upright Row (pg. 57) for more information on upright row form.



## DELT BURNOUT CIRCUIT

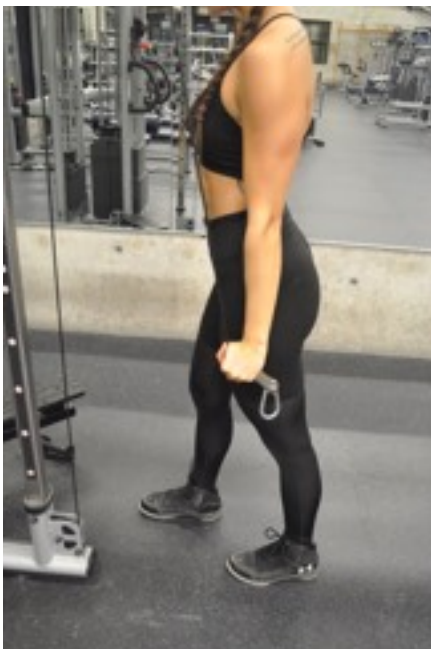
- Move 1: barbell overhead press (image 1 & 2).
- Move 2: barbell upright row (pg. 57).
- Move 3: barbell front raises (image 3).
- Go light with this. If you can't get through all the movements, that's ok, this is HARD. Take little rests if you really need to, but try to get all the reps in.
- No rest between movements within the set. 30 - 60 seconds rest between sets.

# BURNOUTS



## ARMS BURNOUT

- Move 1: skullcrusher (image 1 & 2).
- Move 2: barbell rows (pg. 55).
- Move 3: bicep curls (image 3).
- You will most likely use two different weights for the barbell rows and the bicep curls.
- No rest between movements within the set. 30 - 60 seconds rest between sets.

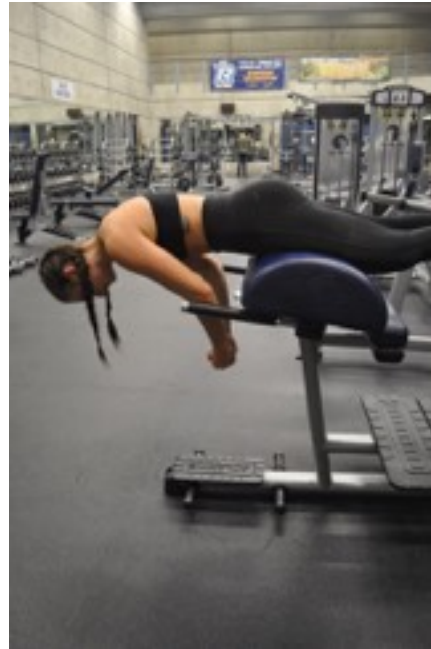


## TRICEP BURNOUT - 1 ARM TRICEP PUSH DOWN

- Move 1: tricep pushdown straight down (regular, image 1).
- Move 2: tricep pushdown diagonal (across body, image 2).
- Move 3: tricep pushdown upper (arm parallel with the ground at shoulder level, image 3).
- Your triceps will be burning by the end of this. Choose a light enough weight that you can get through all the reps.
- No rest between movements within the set. 30 - 60 seconds rest between sets.



# BURNOUTS



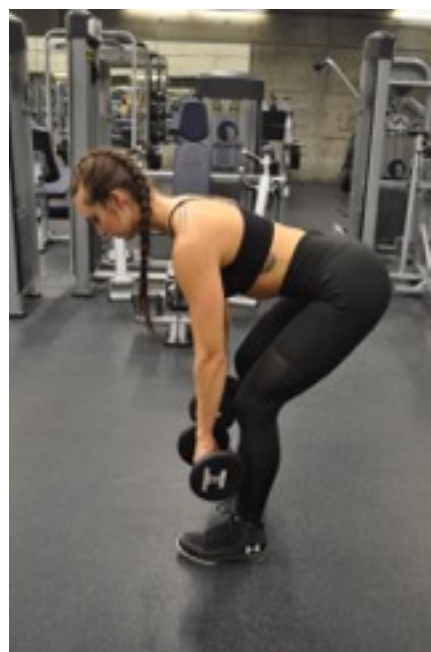
## HYPEREXTENSIONS

- ▶ Adjust the machine to suit your height.
- ▶ You can do this without weight, holding a plate to your chest, or with a BB on your back. No weight is still effective if you really squeeze.
- ▶ Turn your feet outwards so your toes point to the sides.
- ▶ Keep a neutral back, don't hyperextend it at the top.
- ▶ Pause and squeeze your glutes at the top of each rep.
- ▶ Do AMRAP pulses after each set.



## ABDUCTOR MACHINE

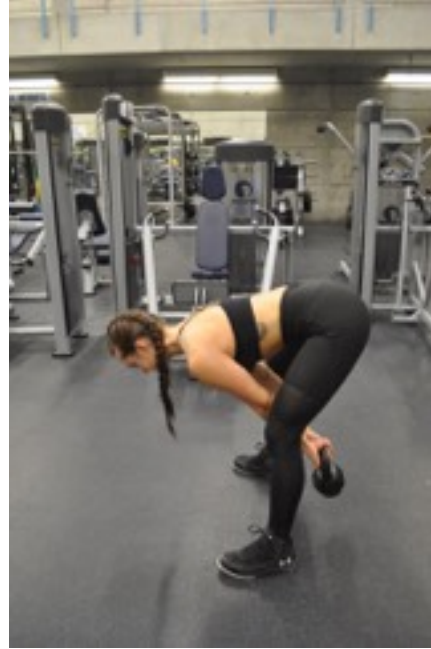
- ▶ I like to sit forwards in the seat when doing this movement.
- ▶ Go as heavy as you can with these.
- ▶ Do pulses at the end of each set. Lower the weight when doing the pulses.
- ▶ If your gym doesn't have an abductor, use a resistance band and sit on a bench.



## BANDED STRAIGHT LEG DEADS

- ▶ This can be done with DB's, a BB, or the smith machine. I recommend DB's for this burnout.
- ▶ If you don't have a band, simply do normal straight leg deadlifts (shown in the images).
- ▶ Stand with your feet shoulder width apart. Keep a neutral back for this entire movement.
- ▶ Band should go just above your knees.
- ▶ To engage your glutes more than your hamstrings, only bring the dumbbells down to your knees instead of further down your shins.

# BURNOUTS



## KETTLEBELL BURNOUT

- Move 1: the first move is like a straight leg deadlift combined with a cable pull through. Take a wide stance and hold a KB between your legs. Hinge at the hips as if doing a straight leg deadlift, but bring the KB further back behind your legs. When you bring the KB back up, squeeze your glutes at the top of each rep (shown in images).
- Move 2: kettlebell swings (pg. 52).



## DB LATERAL RAISES

- Get 3 different weights of DB's. Select one that you can do for 10 reps, and then choose 2 weights under that (ex. 10lbs, 7.5lbs, 5lbs).
- Do 8 - 10 reps with each weight, lowering the weight each time. Once you do 8 - 10 reps of each weight, that is 1 set.



## SQUAT 3's

- Move 1: barbell squats (pg. 57).
- Move 2: goblet squats (shown in images).
- Move 3: banded or air squats (pg. 58).
- Think of this move as a circuit or one big dropset. Begin by doing 10 barbell squats, then immediately go into goblet squats, and then into banded squats.
- No rest between the 3 movements.

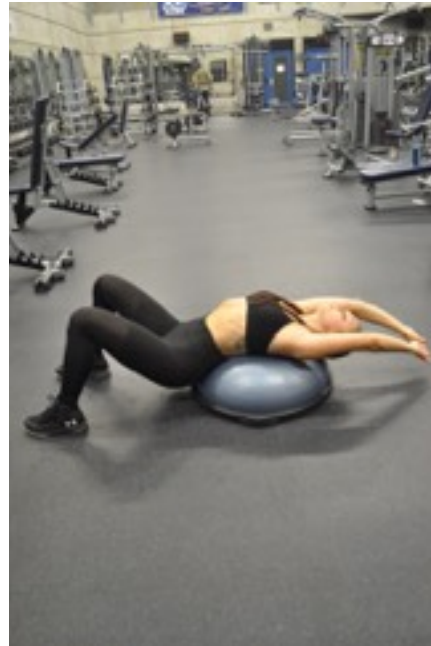


# ABS & CORE



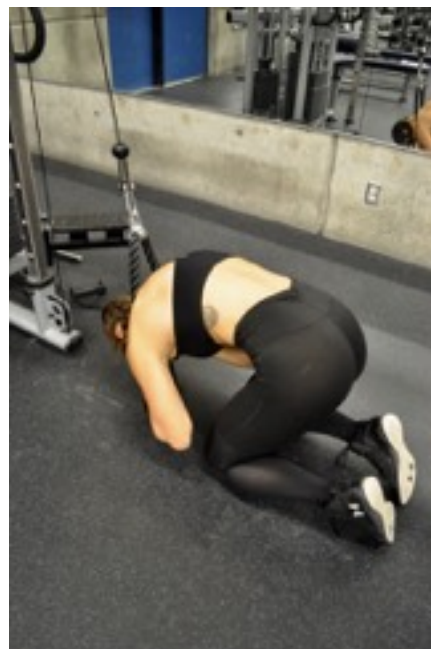
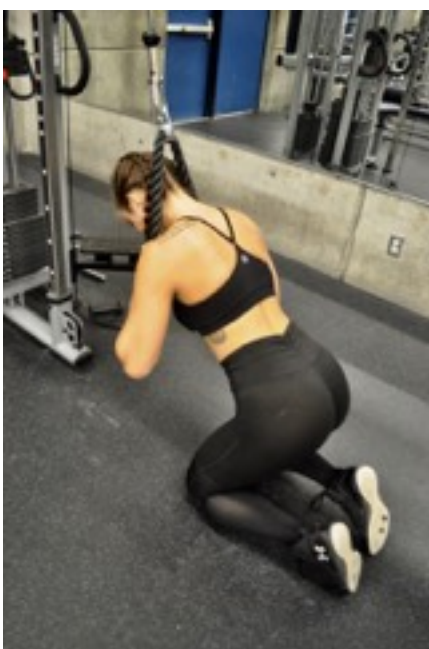
## EXERCISE BALL ROLLOUTS

- ▶ This is like an easier version of an ab rollout with the wheel.
- ▶ Place your forearms on an exercise ball. The distance is up to you.
- ▶ The key with these is to keep your core tight, and your body straight. Don't curve your back or let your butt sink when you roll forwards.
- ▶ I think about tucking my tummy and butt in when I roll forwards.



## BOSU BALL CRUNCHES

- ▶ Lay on a bosu ball so that your bum is almost touching the ground.
- ▶ It is important to really stretch your arms over your head and let your abs stretch out.
- ▶ This move is all about really engaging your core muscles.
- ▶ You do not need to come far off the ball at the top of the movement.



## CABLE CRUNCHES

- ▶ You will be able to go relatively heavy for this movement.
- ▶ Kneel holding the cable with the rope attachment. Place the rope on your shoulders and crunch forwards.
- ▶ Keep your bum and legs in the same position the entire time.
- ▶ At the top of the movement, let your back arch slightly, and then crunch forwards and round your back completely, tucking your abs in.

# ABS & CORE



## HANGING LEG RAISES

- ▶ These are hard (honestly I can't even do them properly) so only do these if you can really nail down the form.
- ▶ Hang from a power rack or other gym amenity. Be sure to keep your body completely straight (don't swing).
- ▶ You can either do this with bent legs or straight legs. Bending your legs and bringing your knees to your chest will be easier than bringing your feet up as high as you can.



## BICYCLES

- ▶ Your glutes are the only thing touching the ground during this movement.
- ▶ Put your hands on the back of your head and lift your feet up so you are in a V shape.
- ▶ Bring one knee in towards your chest and bring the opposite elbow down to touch that knee.
- ▶ Rotate back and forth.



## PLANK

- ▶ Engage your entire core during this movement. Keep your abs tight and squeeze your glutes.
- ▶ Be careful not to arch your back or lift your bum too far into the air.

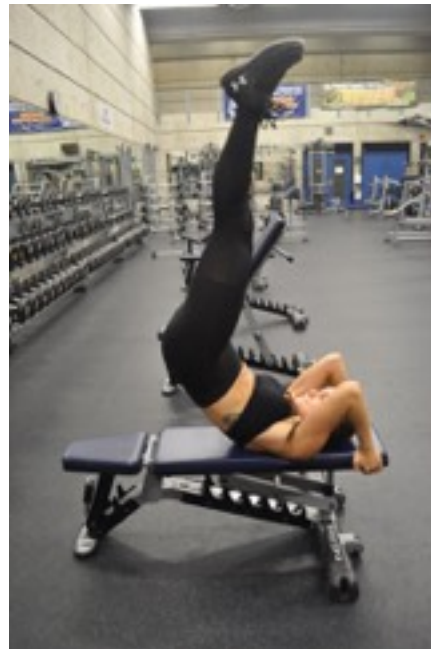
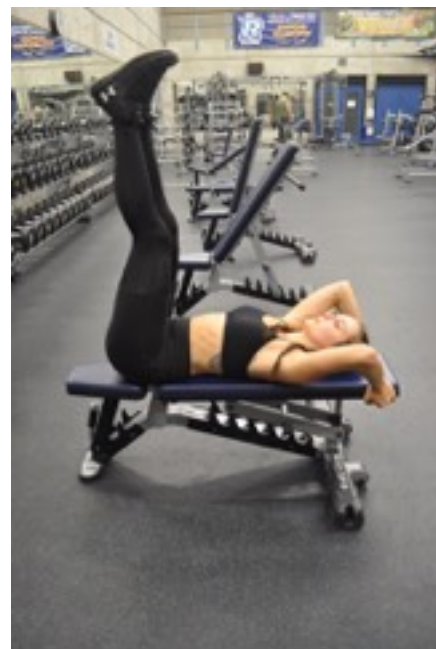


# ABS & CORE



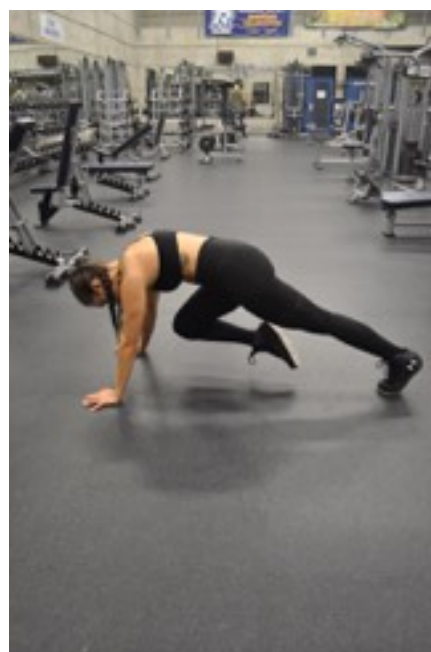
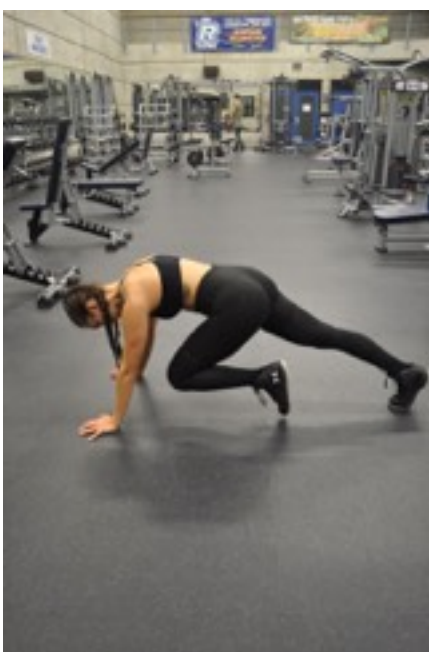
## CAPTAINS CHAIR

- ▶ Most gyms have a captains chair which will help you do an easier version of hanging leg lifts.
- ▶ With your arms supported on the chair, you can either bend your legs and bring your knees to your chest, or lift your legs keeping them straight.
- ▶ Don't let your upper body sink so that you are shrugging. Keep your ears far from your shoulders.



## REVERSE CRUNCH

- ▶ Lay on your back on the floor or on a bench. If you are on a bench, bring your hands over your head and hold the top of the bench. If you are on the floor, hold onto something behind you (like the base of a machine).
- ▶ Keep your legs straight. Using your abs bring your legs up so that your feet are facing the ceiling.
- ▶ If this is all you can do that is totally fine. To challenge yourself, lift your bum up off the bench, and slower lower yourself back down.



## MOUNTAIN CLIMBERS

- ▶ Take a plank position (hands on the ground, not on your elbows).
- ▶ You can do this move fast paced or slowly.
- ▶ Bring one knee into your chest and then the other - like you are running with your hands on the ground.
- ▶ Focus on squeezing your abs each time you bring your knee to your chest.