



TIGHT TUMMY VOL 4

AT HOME AB PROGRAM



Hello Beauty's!

My name is Dani, and I am a NASM certified personal trainer who has helped thousands of women around the world! I fell in love with the fitness world when I was 14 years old and I have never looked back since then! My love for a healthy lifestyle stemmed from my struggle to love myself from a very young age & there is no better feeling than being confident in yourself and proud of the work you've achieved! I'm so happy and proud to be able to help so many women make positive changes to their lives, and want to thank you for choosing and trusting me as your coach! 🌸



PROGRESS

Progress pictures help you keep track of your progress. Often times women get discouraged when they focus on the numbers on a scale. My biggest tip is never worry about your scale weight, our weight fluctuates daily due to our hormones, underlying health issues, gut issues or it could be that time of the month!

TAKE PICTURES + VIDEOS



OPEN UP YOUR BLINDS AND STAND IN FRONT OF A WINDOW OR
FIND A ROOM WITH GOOD LIGHTING!

LEAN YOUR PHONE AGAINST SOMETHING AND RECORD A VIDEO
FRONT, SIDES AND BACK VIEW.

USE THIS TO TRACK YOUR PROGRESS FOR THE NEXT 6 WEEKS!

THROW THE SCALE AWAY!

**THE SCALE IS NOT THE BEST
WAY TO TRACK PROGRESS**

MAKE SURE YOU ARE TAKING
PROGRESS PICTURES

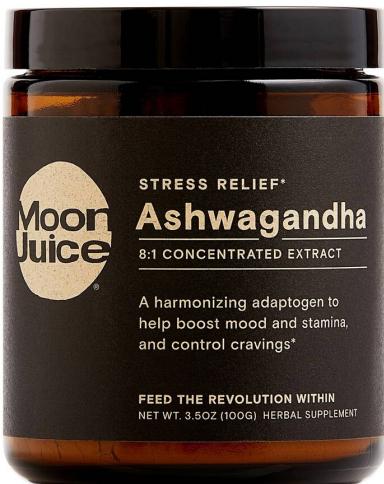


VITAMINS

BEAUTY & HEALTH COME FROM THE INSIDE OUT
Here are some of my go to Vitamins & Probiotics!

EVERY MORNING:

- Helps grow muscle mass
- Reduces joint pain
- Increases endurance and Libido
- Relieves adrenal fatigue
- Combats anxiety and stress



EVERY NIGHT:

- Balances good bacteria in your digestive system
- Essential for gut health which is linked to mood and mental health
- Supports heart health
- Boost your immune system



NUTRITION

CARBS

PROTEIN

FATS

WHY WE NEED THEM

Carbs are the body's main source of fuel and are easily used by the body for energy.

Protein is essential for growth, tissue repair, immune function, preserving lean muscle, and producing essential hormones and enzymes.

Fats are essential in cell, nerve tissue and hormone production. Fats are also essential for absorbing fat-soluble vitamins like vitamins A, D, E, K, and carotenoids.

HOW THEY'RE USED

Carbs break down into glucose, which is used for energy. They're also stored in muscles and liver for later use and are important for the central nervous system, kidneys, brain, muscles and intestinal health.

The body uses protein for energy when carbs aren't available.

Fats are the most concentrated source of energy. If fats consumed aren't burned as energy or used to build body tissues, they're stored in the body's fat cells for later use.

WHERE TO FIND THEM

Grains, fruits, milk and yogurt.

Meat, poultry, fish, cheese, milk, nuts, and legumes

Unsaturated fats such as olive oils, avocado, nuts, fatty fish (like salmon) and canola oil.



STRUCTURING MEALS

WEIGHT LOSS

Meal 1: Protein + Fats

Meal 2: Protein + Veggies + Fats

Meal 3: Protein + Carbs + Veggies

Meal 4: Protein Shake + Fats

Protein should be 4-6 oz

Carbs should be - 1- 1/2 cup

Fats should be a handful

Veggies are unlimited - cooked with salt, pepper & any sodium free seasoning!

WEIGHT GAIN

Meal 1: Protein + Carbs

Meal 2: Protein + Fats + Veggies

Meal 3: Protein + Carbs + Fats

Meal 4: Carbs + Protein

Protein should be 6 oz

Carbs should be 1 1/2 -2 cups

Fats should be the size of your palm

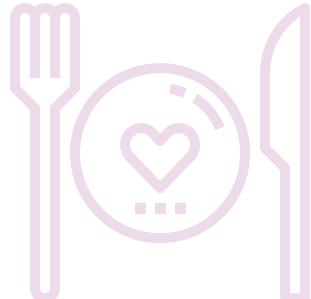
Veggies are unlimited - cooked with salt, pepper & any sodium free seasoning



GROCERY LIST

Find some delicious meals to put together with the options you choose and that's perfect!

CARBS



- Oatmeal (oats)
- Whole grains
- Whole wheat pastas
- Brown rice
- Bean
- Corn
- Couscous
- Quinoa
- Squash
- Potatoes (all kinds)
- Yams
- Bananas
- Strawberries
- Plantains
- Lentils
- Broccoli
- Cauliflower
- Asparagus
- Carrots
- Mushrooms
- Spinach
- Tomatoes

PROTEIN

- Turkey bacon
- Salmon
- Chicken breast
- Lean ground turkey
- Lean ground chicken breast
- Shrimp
- Tilapia
- Egg whites
- Plant protein
- Tempeh tofu
- Seitan
- Nuts
- Nut butters
- Edamame
- Beans
- Lentils
- Hemp seeds
- Chia seeds

FATS

- Avocado
- Avocado oil
- Nuts
- Nut butters
- Olives
- Olive oil
- Sunflower oil
- Canola oil
- Flax seed oil
- Flax seeds
- Plant based butters



SEASONINGS

SEA SALT
HIMALAYAN SALT
LEMON PEPPER MRS DASH
ANY MRS DASH SEASONING
PEPPER
GARLIC
PARSLEY
COCONUT OIL
AVOCADO OIL
OLIVE OIL
SUGAR FREE KETCHUP
SUGAR FREE BBQ
LIME JUICE
LEMON

GROCERY LIST CONT.

VEGGIES

RED PEPPERS
GARLIC
GREEN PEPPER
ONIONS
CILANTRO
LETTUCE
SPINACH
ASPARAGUS
BROCCOLI
SQUASH
CAULIFLOWER

FRUITS

PINEAPPLE
STRABERRY
GRAPEFRUIT
BLUE BERRY
BLACK BERRY
DRAGON FRUIT
PAPAYA
GUAVA
ORANGE
TANGERINE
WATERMELON



DO IT FOR YOU



STRETCHING

Stretching is SO important - do this stretching circuit before you workout
EVERY DAY

hold each stretch for 10-15 seconds & transition to the next one. Should be done before cardio



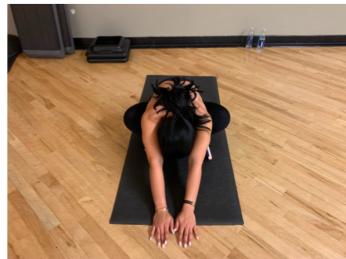
pigeon pose



quad stretch



hamstring stretch



pretzel stretch



hurdler stretch



upwards dog



standing tricep/shoulder stretch



single leg downward dog



childs pose



CARDIO

HIIT = HIGH INTENSITY INTERVAL TRAINING

IF YOU ARE TRYING TO
LOSE FAT

HIIT SHOULD BE DONE 3-5 TIMES A WEEK

IF YOU ARE TRYING TO
GAIN WEIGHT

HIIT SHOULD BE DONE 2 TIMES A WEEK
10-15 MINUTES

IF YOU ARE TRYING TO
GAIN MUSCLE & LOSE
FAT

HIIT SHOULD BE DONE 4 TIMES A WEEK



HIIT

PICK ONE CIRCUIT

(High Intensity Interval Training)

This cardio exercise strategy involves alternating short periods of high intensity exercise (at 70–90% of your maximum heart rate) with less intense recovery periods (at 60–65% of your maximum heart rate). HIIT lasts for no longer than 20 minutes so it can be integrated easily into a workout. You will kick start your engine, activate more muscles and burn calories for up to 24 hours after!

HIIT will be done two to three times a week if you are trying to burn fat.

Once a week if you are trying to maintain or gain. 40 seconds on, 10 seconds transition time to move between exercises. 90 seconds rest after each round. 3 rounds.

CIRCUIT 1

KNEE TO SQUAT
JUMP
JUMP SQUAT
JUMP LUNGE
BURPEES

CIRCUIT 2

PLYO LUNGE
POWER KNEES
LINE JUMPS
SQUAT TO TOGETHERS

CIRCUIT 3

BUTT KICKS
SIDE LUNGE
JUMPUNG
JACKS
SKI SQUAT +
KICK

PUSH YOURSELF BECAUSE NO
ONE ELSE IS GONNA DO IT FOR
YOU



DO IT FOR YOU

This workout guide
will be 6 weeks long,
no gym equipment is
needed.

The only thing you
need is your body and
consistency!

WEEK 1 - WEEK 3

Monday - ABS

Wednesday - ABS

Friday - ABS

**(repeat these workouts from your first week to
the third week of the guide)**

WEEK 4-6

Monday - ABS

Wednesday - ABS

Friday - ABS

**(repeat these workouts from your fourth week to
the sixth week of the guide)**



A LITTLE PROGRESS EACH DAY ADDS
UP TO BIG RESULTS



MONDAY

PLANK CHALLENGE:

Plank 3 x 1 minute

Side Plank 3 x 1 minute
EACH SIDE

Reverse Plank 3 x 1
minute

HIIT



WEDNESDAY

NO WAIST CHALLENGE

Bicycle crunch 3 x 30

Toe Taps 3 x 20

Ankle Taps 3 x 20

Spidermans 3 x 30

HIIT



FRIDAY

SLIM THICC CHALLENGE

Mountain Climbers 3 x 20

Scissor kicks 3 x 20

Legs straight crunch 3 x 20

V Ups 3 x 20

Leg raises 3 x 20

HIIT



WEEK 4-6

MONDAY

WAIST? GONE CHALLENGE

In and outs 3 x 20

Side Raises 3 x 20

Side to side plank 3 x 20

Shoulder Taps 3 x 20

Sit Up 3 x 20

HIIT



WEDNESDAY

FREE BBL CHALLENGE

Oblique crunch 3 x 20 each side

High to Low Plank 3 x 20

Legs at 90 crunch 3 x 20

Straight Leg Crunch 3 x 20

HIIT



FRIDAY

NEW B*%\$*H CHALLENGE

Reverse Crunches 3 x 200

Plank Walkouts 3 x 20

Heel Taps 3 x 20

High to low flutter kicks 3 x 20

HIIT



YOU DID IT!

