



DROP THE WEIGHTS

Happy Healthy Fitness

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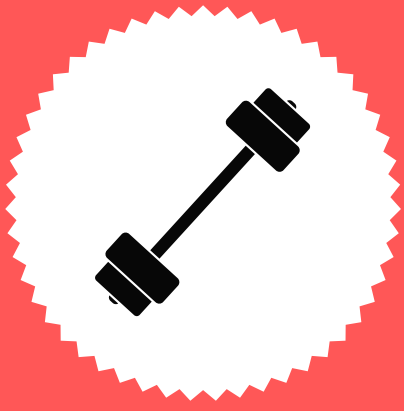
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www.HappyHealthy.Fitness

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INTRODUCTION



Welcome to Drop the Weights!

We are very excited and proud that you picked this program to begin (or begin again) with your health and fitness journey.

Drop the Weights can be done anywhere and does not require an expensive gym membership or long hours on a treadmill.

It will take intentional effort to achieve the body you want, but we are here to help you!

Drop the Weights includes the following:

- Fitness Test
- Workout programs for: Upper Body, Lower Body, Cardio, Core, and Stretching.
- 30 day workout schedule
- Meal Planner

Drop the Weights is perfect for new athletes, people with busy schedules, or someone who does not have a gym membership. By following this step-by-step guide you will see results!

Training hard will not be enough to achieve your fitness goals. You will have to train effectively and fuel your body with the proper nutrients.

In order to get the best results out of this program you must strictly follow the workout calendar and the meal plan.

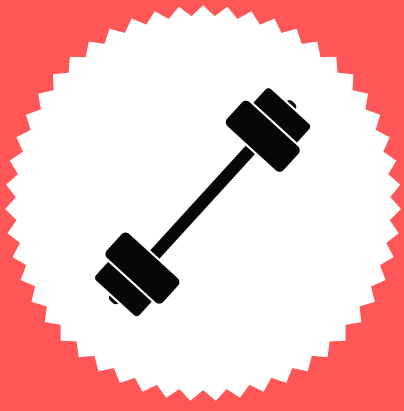
Everyone has their own preferences when it comes to food, so we have left the meal planning up to you!

Enjoy the foods that you want, just make sure you are following the calories-in calories-out formula in the nutrition section.

It is our hope that as you progress in the program that you will continue to learn more about what foods fuel your body the best.

We have one goal with this program: After 30 days, to look and feel the best by dropping the weights!

NUTRITION



Fitness can be broken down into three principles:

- Exercise
- Rest
- Nutrition

They all correlate and have an intimate relationship with one another. When one of these components are lacking it is hard to lose or gain weight.

Exercise will stimulate your muscles to grow and burn excess calories, but only when you are in a caloric deficit.

In order for your training to be effective you will need a sufficient amount of energy (calories) to get the true potential of results from your exercise.

The fundamentals of nutrition are basic math:

$$\text{calories in} - \text{calories out}$$

The first step is to find out how many calories your body burns each day doing your activities of daily living. You can find these online by searching "calories burned calculator" into Google. The tracker will take into account your gender, age, height, and weight.

In order to lose weight you will need to be in a calorie deficit. A caloric deficit is when you are burning more calories through exercise than you are consuming.

If you are at a caloric deficit of 300-500 calories per day, you can expect to lose weight at about 2.5 - 4 lbs per month.

It is also important to stay hydrated! We suggest drinking half of your body weight in ounces of water per day.

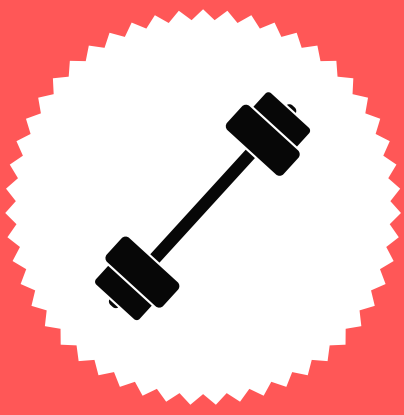
(ex: 200 lb male should drink 100 ounces of water per day)

It might take a couple days to get the hang of tracking calories, water, and exercise so do not sweat the small stuff.

Take each day one at a time and do not forget to have some fun!

NUTRITION

Continued



We suggest using a free app like My Fitness Pal to track your daily calories.

However, if you want to use our meal planner it can be found on the next page.

It is very easy to eat too many or too few calories so keeping a food diary is important to achieving your goals.

You are the master of your journey here.

Eat as much and as little as you want, but what you eat, you will see results from.

EX: DAILY MEAL PLAN

Meal 1

2 eggs, scrambled
1 cup of fruit
8 oz of 2% milk

Meal 2

4 - 8 oz of chicken, beef, or fish
1 cup of green vegetables
1 cup of brown rice

Meal 3

Post Workout Protein Shake

Meal 4

8 - 16 oz of chicken, beef, or fish
1 large green salad
1 whole sweet or red potato

MEAL PLANNER

MEALS	TOTAL CALORIES
BREAKFAST	
LUNCH	
DINNER	
SNACKS	

FITNESS TEST

It is important to track the progress you will make throughout the next 30 days. This fitness test will be performed in the beginning, middle, and end of our program.

Set an interval timer for 30 seconds of work and 30 seconds of rest.

Write down your total number of reps below:

DAY 1 TEST		
Exercise	Time	Reps
Push ups	30 secs	
Squats	30 secs	
Crunches	30 secs	
Jumping Jacks	30 secs	

DAY 15 TEST		
Exercise	Time	Reps
Push ups	30 secs	
Squats	30 secs	
Crunches	30 secs	
Jumping Jacks	30 secs	

DAY 30 TEST		
Exercise	Time	Reps
Push ups	30 secs	
Squats	30 secs	
Crunches	30 secs	
Jumping Jacks	30 secs	

DROP THE WEIGHTS CHALLENGE

1 Day 1 Test	2 Lower Workout	3 Stretch Core	4 Upper Workout	5 Stretch Core
6 Cardio	7 Stretch Core	8 Cardio Core	9 Stretch	10 Lower Workout Core
11 Stretch	12 Upper Workout Core	13 Stretch	14 Total Rest	15 Day 15 Test
16 Lower Workout	17 Stretch Core	18 Upper Workout	19 Stretch Core	20 Cardio
21 Stretch Core	22 Cardio Core	23 Stretch	24 Upper Workout Core	25 Stretch
26 Lower Workout Core	27 Cardio	28 Stretch	29 Total Rest	30 Day 30 Test

Upper Body

Beginner: 1 round

Intermediate: 2 rounds

Advanced: 3 rounds

***Rest: 15 seconds between exercises**

2 minutes between each round*

ACTIVITY		TIME
WARM UP	• Arm Circles: Forward	45 sec
	• Jog in place	60 sec
	• Arm Circles: Reverse	45 sec
UPPER BODY CIRCUIT	• Push Up	30 sec
	• Downward Dog	30 sec
	• Chair Dip	30 sec
	• Arm Circles: Forward	30 sec
	• Incline Push Up	30 sec
	• Arm Circles: Reverse	30 sec
	• Plank Hold	30 sec
	• Extended Side Plank: Right	30 sec
	• Extended Side Plank: Left	30 sec
	• Bridge	30 sec
COOL DOWN	• Arm Circles: Forward	30 sec
	• Jog in place	30 sec
	• Arm Circles: Reverse	30 sec

Lower Body

Beginner: 1 round
Intermediate: 2 rounds
Advanced: 3 rounds

***Rest: 15 seconds between exercises**
2 minutes between each round*

ACTIVITY		TIME
WARM UP	• Jog in place	45 sec
	• Butt Kicks	60 sec
	• High Knees	45 sec
UPPER BODY CIRCUIT	• Squat	45 sec
	• Calf Raises	45 sec
	• Lunge: Right Leg	45 sec
	• Lunge: Left Leg	45 sec
	• Dead Lift	45 sec
	• Wall Sit	45 sec
	• Sumo Squat	45 sec
	• Donkey Kick: Straight back	45 sec
	• Donkey Kick: Up	45 sec
	• Fire Hydrant	45 sec
COOL DOWN	• Jog in place	45 sec
	• Butt Kicks	60 sec
	• High Knees	45 sec

Cardio

Beginner: 1 round
Intermediate: 2 rounds
Advanced: 3 rounds

***Rest: 15 seconds between exercises**
2 minutes between each round*

ACTIVITY		TIME		
WARM UP	<ul style="list-style-type: none">Jog in placeLunge: Right LegLunge: Left Leg	60 sec 45 sec 45 sec		
	UPPER BODY CIRCUIT	<ul style="list-style-type: none">SquatSprint in placeJumping JacksHigh KneesBurpeesButt KicksMountain Climbers: StandingHeismanMt Climber: PlankMt Climber: Plank position	45 sec 45 sec 45 sec 45 sec 45 sec 45 sec 45 sec 45 sec 45 sec 45 sec	
		COOL DOWN	<ul style="list-style-type: none">Jog in placeLunge: Right LegLunge: Left Leg	60 sec 45 sec 45 sec

Stretching

15 second holds
3 rounds

ACTIVITY	TIME
----------	------

STRETCH CIRCUIT

- | | |
|--------------------------|--------|
| • Bicep Stretch: Right | 15 sec |
| • Bicep Stretch: Left | 15 sec |
| • Forearm Stretch: Right | 15 sec |
| • Forearm Stretch: Left | 15 sec |
| • Tricep Stretch: Right | 15 sec |
| • Tricep Stretch: Left | 15 sec |
| • Ceiling to toe | 15 sec |
| • Quad Stretch | 15 sec |
| • Runners Lunge | 15 sec |
| • Butterfly | 15 sec |
| • Cat | 15 sec |
| • Cow | 15 sec |
| • Upward Dog | 15 sec |
| • Childs Pose | 15 sec |

Core

Beginner: 1 round
Intermediate: 2 rounds
Advanced: 3 rounds

*Rest: 15 seconds between exercises
1 minute between each round*

ACTIVITY		TIME
CORE	• Crunch	45 sec
	• In & Outs	45 sec
	• Byicycle	45 sec
	• Superman	45 sec

WHERE TO GO FROM HERE

Congratulations! You have now finished our Drop the Weights program!

Good work sticking to your nutrition goals and crushing the workouts. Take a moment to reflect on the progress you have made over just 30 days and be grateful.

Now you will need to evaluate yourself and ask: where do I go from here?

You have seen many challenges over the last few weeks. You have changed the way you eat, the way you push your body, and you have seen your physique change as a result.

It is without a doubt of utmost importance to find a community setting in which you can continue to pursue your fitness goals. This community can be found through a local gym, a program such as Crossfit, kickboxing, aerobic classes, or local 5k race.

In whatever scenario you choose to pursue, finding others with like minded lives will be crucial to your develop as an athlete.

Ask yourself where do you see yourself in 90 days, six months, or a years time.

What are some of the fitness goals you want to achieve? What steps are you going to take to get there? If your goal is to just feel great about yourself, feel free to do this program again!

If you have a specific goal it will be crucial to find your tribe. Finding other people who pursue similar goal can be done through social media, meetup.com, or even your local gym.

No matter what we are confident that the foundations you have followed will continue to stick with you for the rest of your life.

We only get one life to live, so let's make the most of it!

STAY IN TOUCH

www.HappyHealthy.Fitness

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