

Get Fit at Home Exercise & Nutrition Plan Preview

8-Week Workout Program
MEN



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50+ pages of **clear and straightforward** exercise and nutrition content. No fluff or over-complicated information.

Welcome to Your Program

This no-equipment workout program will help you achieve a healthy weight and increase your overall fitness level for a more toned and lean body. Designed specifically around these goals, the comprehensive nutrition and exercise plans will not only help you shed a few pounds of excess weight over the 8 weeks but also make you feel healthier, fitter and more energized just a couple of weeks after starting!

One of the main aims of the program is to get your metabolism burning and get your cardiovascular system more active through a balanced diet and high intensity workouts. Exercise is a great stress reliever and this program will get you feeling great by getting endorphins pumping in the brain.

This program requires no equipment, so you can do it at home, in your backyard or the park. The exercise plan includes five short but high intensity full body workouts as well as a pre-workout warm-up and post-workout stretching routines. Each training session is under 20 minutes and you will exercise five times a week. The selected exercises will improve your cardiovascular fitness, core strength, and flexibility, joint range of motion and upper/lower body strength.

Consult with your physician or other health care professional before starting this exercise program to determine if it is right for your needs.

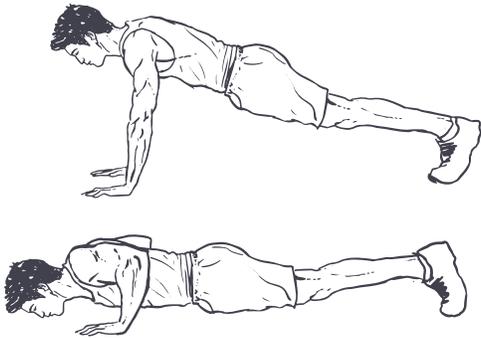
If you have any questions about this program, please email us at info@workoutlabs.com.

Fitness Test

Gauge your overall fitness level with this simple test. Perform the test throughout the program. Progress through the program.

A simple test to gauge your overall fitness level and **monitor your progress** throughout the program.

Men's & Women's versions contain respective illustrations



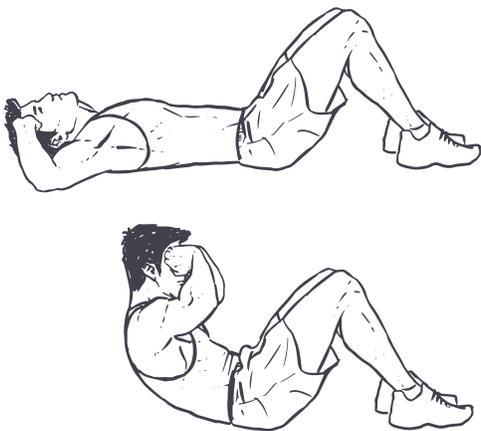
Push-ups

Record the maximum number of repetitions you can do maintaining correct form.

_____ Start of program

_____ End of week 4

_____ End of program



Sit-ups

Record the maximum number of repetitions you can do maintaining correct form.

_____ Start of program

_____ End of week 4

_____ End of program

Exercise Plan

Instructions

Clear instructions and explanations make this program **great for fitness beginners** and enthusiasts alike.

The Program Calendar outlines the 8 weeks of your exercise plan. The workout routines will get progressively harder and their timing in the week is designed to be challenging in order to maximize your results at the end of the program. Follow these guidelines:

- Try to keep the timing of the day consistent when exercising, as getting into a routine is very important when training and will make consistency easier.
- Follow the program and do your best not to skip workouts thinking that you can double up the day after – this will cause you to burn out, feel less motivated and will negatively impact the overall effectiveness of this program.
- Use your rest days wisely; these should be active rest days used for recovery – go for a walk and don't just sit in front of the television inactive, snacking on junk foods.
- Use the weight tracking table in the Program Calendar along with the Fitness Test to monitor your progress.
- The order of exercises in the workout plans is left to right.
- To maximize your results and avoid injury, make sure that you are performing the exercises in correct form. Refer to the Exercise Descriptions section as needed.

Warm-up & Dynamic Stretches

Each of your workouts will begin with the Warm-up & Dynamic Stretching routine. A proper warm-up is an essential part of this training program and its importance should not be underestimated. The warm-up part of this routine:

- Prepares your body and mind for physical activity
- Raises your body's core temperature
- Loosens your muscles and prepares them for training
- Increases your heart rate and breathing, which sends blood and oxygen to the working muscles

This routine also includes dynamic stretches that are equally important in preparing your muscles

for training. The stretches will lengthen both muscles and tendons to increase range of motion and help prevent injuries. Perform each exercise at medium intensity for 30 seconds, taking 15 seconds in between to catch your breath and get into position for the next one.

Workout Routines

There are five high intensity workouts (A through E) that are designed to increase in difficulty as you progress through the program. Have the exercise illustrations handy and perform each workout immediately following your warm-up and stretches set. Work through each exercise at medium or high intensity for the prescribed time, taking 10 seconds to catch your breath and get into position for the next exercise. Remember to be well hydrated through your workout.

Cool Down Stretches

Follow your workout with the 4-minute static stretching routine that will help to reduce stiffness, soreness and muscle injury, while letting your body cool down. To stretch safely and correctly, assume the stretch position and slowly lengthen each muscle to the point where you just feel a slight pull or resistance. Stretching should never be painful. Aim to hold each stretch for 20 seconds without bouncing or moving

Exercise Intensity

The exercise program is based on high intensity interval training (HIIT) and is a great way to burn fat during the exercise and after the session has finished. This is called the after burn and HIIT training is a quicker method of burning fat than conventional cardio e.g. exercising at a steady state for 30-55 minutes, 3-4 times per week.

A simple way to gauge the intensity is the Talk Test, using the following measures:

- **Low intensity** – You can talk and sing.
- **Moderate intensity** – You can talk but not sing.
- **High intensity** – You can't say than a few words without gasping to take a breath.

Exercises in your program are marked with suggested intensity – follows these instructions to get the most out of your session.

Program Calendar

	MON	TUE	WED	THU	FRI	SAT	SUN	My Weight
1	A	B	Rest Day	C	A	B	Rest Day	
2	C	B	Rest Day	A	C	B	Rest Day	
3	D	C	B	Rest Day	D	C	Rest Day	
4	B	C	D	Rest Day	A	D	Rest Day	
5	C	D	Rest Day	E	B	E	Rest Day	
6	E	C	Rest Day	D	E	D	Rest Day	
7	E	A	B	Rest Day	C	D	Rest Day	
8	D	E	C	Rest Day	D	E	Rest Day	

A simple 8-week training schedule is your **clear action plan** for maximum results.

My reward

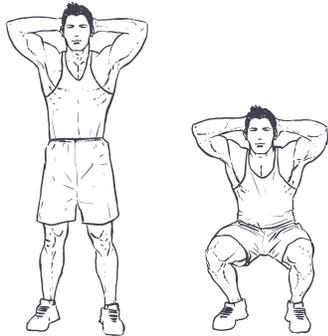
For successfully completing the full program

Workout A

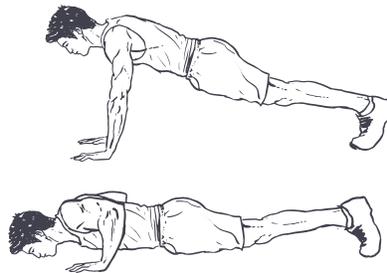
10 minutes

Perform these exercises for the prescribed

Five high intensity **20-minute workouts** that are easy to fit into your day will keep your metabolism and energy levels high.



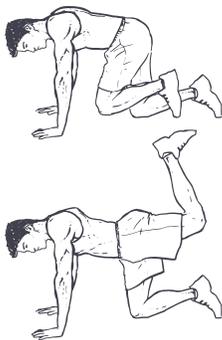
Bodyweight Squats
30 sec **H**



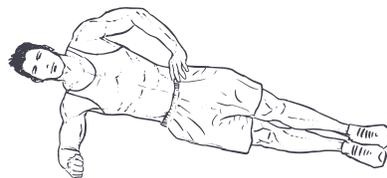
Push-ups
30 sec **H**



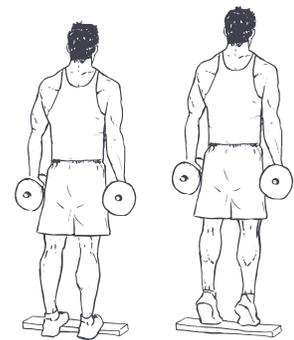
Sit-ups
30 sec **H**



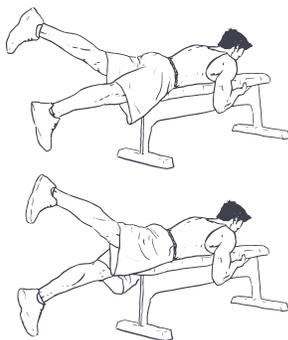
Donkey Kicks
30 sec **H**



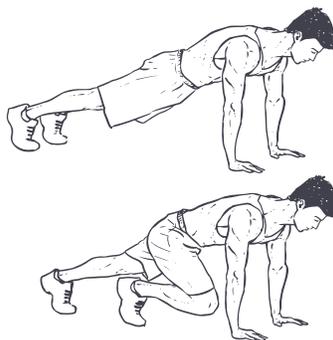
Side Plank
30 sec x2 **M**



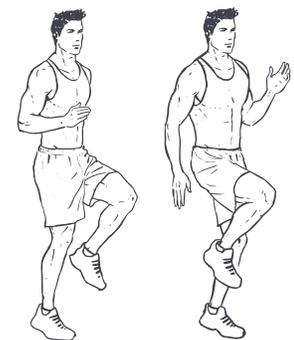
Standing Calf Raises
30 sec **M**



Flutter Kicks
45 sec **H**



Mountain Climbers
45 sec **H**



High Knees
30 sec **H**

Continued on the next page

Training Tips & Guidelines

Whether you are fitness novice or experienced in training, read through and follow these tips and guidelines to get the most out of your exercise program and working out in general.

Training, nutrition and general tips will help you get the most out of your program and achieve a healthier lifestyle.

Focus on starting

The prospect of a 30 minute workout or run can be daunting, especially if you're just starting to exercise. If you focus on the whole task, thinking how hard it will be, you are more likely to put it off or give up altogether. Instead, focus on starting – laying out your mat and weights or lacing up your running shoes. It's much easier and once you start, your motivation will kick in and keep you going through your workout.

When to work out

There's not really a "right" time of day to exercise. It really depends on your body and what time of day you're at your peak. Some people struggle to get up in the morning whereas others can hop out of bed ready for a training session. Whichever time of day you prefer to work out, don't exercise for about three hours after a heavy meal (see the nutrition section for advice on what to eat when). Exercising right after a big meal will more likely leave you feeling nauseous and you may experience stomach cramps and discomfort. If you'd prefer to work out in the morning but simply can't find the energy try these tips:

- Get adequate rest which is vital for energy levels. It is recommended that we get 7 – 9 hours of sleep a night.
- If you're getting the right amount of sleep but still feeling groggy in the morning this could be due to being in a state of ketosis from fasting during sleep. This is when your body uses fat for energy if you aren't eating sufficient carbs and the result is low energy levels. Also make sure you are not lacking oxygen during the night (have windows open or ventilation running).
- Try drinking green tea, coffee or green juices for an energizing boost before your workout.

Nutrition Plan

A nutrition guide with the essential information and basic principles of a

The Importance of a **Healthy and Balanced Diet.**

Nutrition plays a vital part in any training program and involves deliberate planning of your meals and the nutrients you intake. Your success with this training program will require a combination of a controlled diet with the high intensity exercise plan. You will also benefit from the multitude of other benefits balanced nutrition carries:

- More energy throughout the day and delayed fatigue;
- Enhanced results of your strength training;
- Strengthened your immune system;
- Improved cognitive performance such as concentration and focus;
- Help in maintaining a healthy BMI.

One of the key factors in achieving and maintaining a healthy weight is being aware of what you are eating and how much you are eating at the same time. Knowledge is power when it comes to weight control and is not all about cutting everything out that you love about food; it is about moderation, control and retraining your brain/taste buds into substituting the 'bad foods' with the 'good foods'.

The following nutrition plan is designed to work along with the exercise program to achieve healthy weight loss of 1.5 - 2 pounds per week, while taking into consideration your caloric and nutrient requirements and adhering to the principle that your body's energy needs should be satisfied with 15% good fats, 25% proteins and 60% carbs.

Nutrition for a Healthy Weight

Many people in the Western world are on a diet that is high in the wrong types of fats, high in sugary processed foods, low in nutritional value, high in sodium and have major health risks associated with this e.g. cardiovascular diseases. Obesity is on the increase and some of the main culprits are hidden fats, sugars and lack of portion control.

Meal Plan

Meal Timings & Suggestions

Follow these guidelines to plan and

A simple meal guide combined with the healthy foods list and a food diary table make it **easy to plan your daily meals.**

Breakfast

Half hour after waking up

The body is in a fasted state after about 12-14 hours of sleep. This will have the following impact on the body:

- Carb reserves will be depleted
- Fat mobilization is slowed down
- The muscle will be in a mild catabolic state

Breakfast is the most important meal of the day and is intended to rev up the metabolism and fat burning within the body and to replenish glycogen stores within the muscle and liver. Ideally taken within 30 minutes of waking up, your breakfast's nutrient composition should be high in complex carbs, a fast acting protein providing essential amino acids and a portion of essential fatty acids such as flax seeds or walnuts.

Five examples of breakfast meals

1 large soft boiled egg	Small handful of raspberries	Vanilla protein shake with skimmed or light soy milk	Scrambled eggs	Cup of small All-Bran
4 sprigs of asparagus	2 slices of wholegrain bread		1 slice wholemeal toast	1 diced peach
1 slice whole wheat bread	80g of low fat farmers cheese		1 banana	1 slice wholegrain bread
	Small handful of walnuts		Small handful of mixed nuts	1 tablespoon of fruit jam
				A few nuts

Mid-Morning Snack

2 hours after breakfast

After a breakfast high in complex carbs, your body will have an insulin lag, blood sugars will start to dip and you may start to feel hungry. The mid-morning snack should be eaten two hours after

Food Diary Table

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Mid-morning snack							
Lunch							
Afternoon snack							
Dinner							
Mid-evening snack							

A simple Food Diary Table will help you see your overall diet and make adjustments for **optimal results**.

Exercise Descriptions

Alternate Heel Touchers

Primary muscle group: Abs & Obliques

- Lie on an exercise mat, with your back flat, shoulder width apart.
- Fully extend your arms down the side of your body, palms facing in. This is the start position.
- Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.
- Return to the starting position smooth motion, inhaling as you do so.
- Repeat the movement, this time to your left side.
- When you have completed the movement on both sides, you have done one repetition.

Written instructions for every exercise to make sure you **train safely and effectively.**

Bench Tricep Dips

Primary muscle group: Chest, Shoulders, Triceps

Secondary: Calves, Glutes & Hamstrings

- Set up 2 flat benches opposite each other. They should be roughly the distance of your hips to the floor apart.
- Stand with your back to one bench, facing the other, then crouch down placing your palms behind you on the edge of the bench. Your arms should be fully extended at shoulder width, with your fingers facing forward.
- Place the heels of your feet on the other bench. Keep your legs fully extended.
- Have a spotter place a barbell weight plate or dumbbell on your lap. This is the start position.
- Slowly lower yourself down by bending your elbows, until they are at 90 degrees or slightly less. Hold for a count of one.
- Return to the starting position by pushing yourself up using only your triceps to straighten your arms. Hold then repeat.

Bicycle Crunches / Air Bikes

Primary muscle group: Abs & Obliques

Secondary: Glutes & Hamstrings, Quadriceps

- Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.
- Place your hands lightly on the sides of your head.
- Curl your torso upwards so your shoulders are slightly raised off the floor..

Start your program today!



You will love it or your money back in minutes



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