

JUNE 2018

PERSONALIZED WORKOUT PLAN

GOOD LUCK!
YOU GOT THIS

FIRST, THE BASICS:

LEG DAY

A QUICK INTRO

In order to start seeing the leg/glute results you want, the MAIN key (other than your diet) will be lifting **frequently AND consistently**. This plan will help you attend the gym more frequently and the results you notice will make you want to be consistent- those booty gains get addicting!

PROPER FORM

The most important thing to remember when lifting is to ALWAYS keep proper form. Throughout this book i'll explain proper form for each exercise, so pay close attention. I can't stress how vital good form is, not only for your gains but also in avoiding injuries. Higher weight does not = higher gains if your form is incorrect!

PRE-WORKOUT

Personally, I don't take any pre-workout supplements at the moment. I would highly recommend eating a high-carb meal prior to your leg day workouts. Meals containing high-carbs and (moderately) high-sugars are GREAT for pre-workout fuel as they provide you with lasting energy throughout your workout.

POST-WORKOUT

HIGH-CARB & HIGH PROTEIN! This part is so important to your gains! Feeding your muscles after putting them through a grueling training session is necessary to gain muscle!

POINTS OF FOCUS:

01

GLUTES

02

QUADS

03

HAMSTRINGS

04

CALVES

For more info on pre-workout/post workout nutrition, contact me to discuss a meal plan! Let's discuss the proper macro nutrients, supplements, etc. that you need to further reach your goals.

WORKOUT 1

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

EXERCISE 1: SINGLE-LEG LEG PRESS

If you've used a regular leg-press machine before, this exercise may seem familiar to you, except this one's better. Rather than using both legs to push the weighted platform, you'll only be using one leg. By using only one leg, you are further isolating your muscles. This allows for increased muscle growth (a.k.a. more gains)! Since you're only pushing the weight with one leg, you **MUST** decrease your weight. I suggest using half of what you would typically place on the machine for your regular leg-press exercise.

SETS: 3 REPS: 10 PER LEG

Directions:

1) After placing your desired weight on the machine, lay down so that your back is completely flat. Be sure not to arch your back or allow your body to lift off of the machine. This takes away from muscle isolation and also increases risk of injury.

2) Position your feet hip-width apart on the platform. Press the platform up with both legs to full knee extension, unhook the latches, then put one foot on the floor. **BE CAREFUL** to **NEVER** fully extend your leg when completing the leg-press motion, as you could lock your knees out.

3) Complete leg-press motion for 10 reps per leg, then re-hook the latch.

BURN OUT SET: (Cycle this method) A Burnout Set is a set of exercise done to exhaustion, normally performed at the end of a given scheme of exercise. This will allow you to shock your muscles, which is why this method is cycled. You will perform this set at the **END** of your 3 sets, adding a 4th set to the exercise.

Directions:

1) Keep the current weight on the leg press and perform an extra set of **8 REPS**.

2) Once you have completed this extra set, re-hook the latch, decrease your weight slightly, and repeat step one again. Aim for 8 reps again.

3) Repeat the first two steps until there is no weight left on the machine.



WORKOUT 2

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

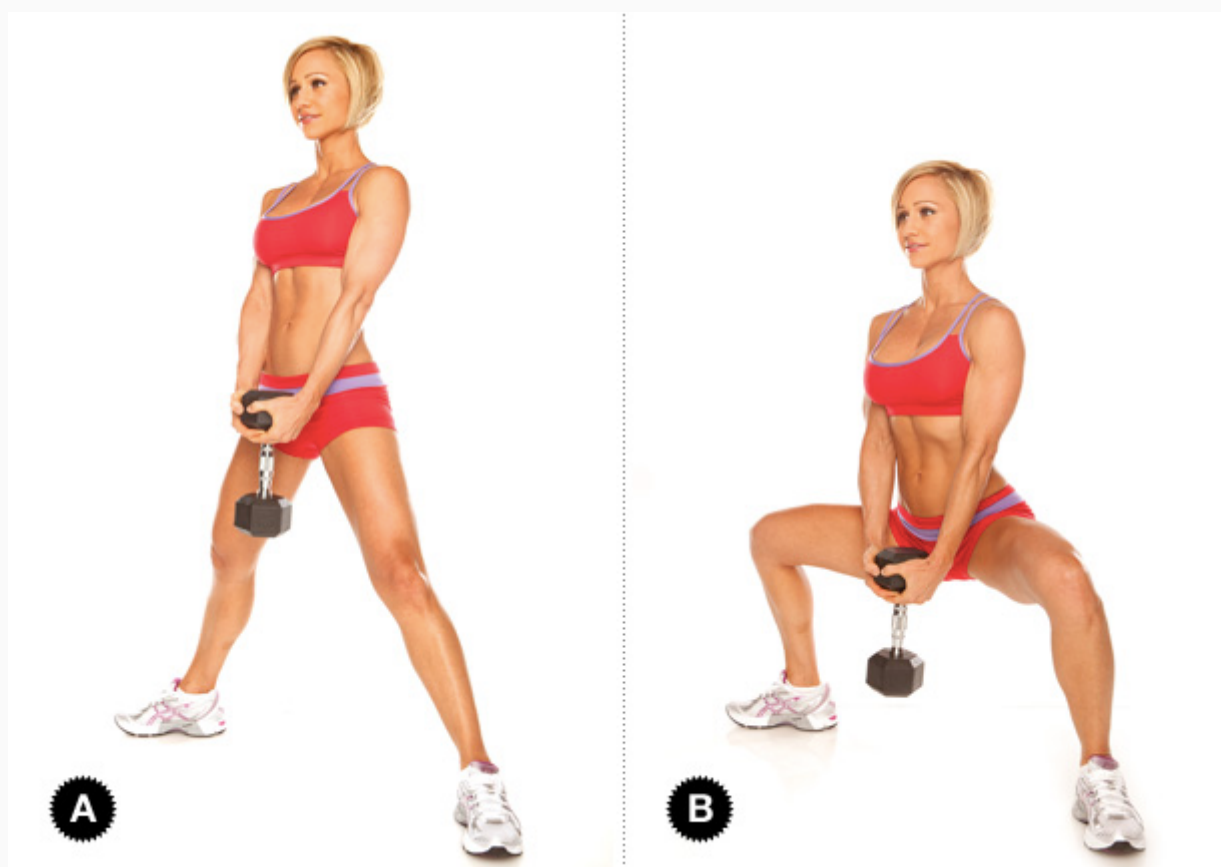
EXERCISE 2: PLIE DUMBBELL SQUAT

With this exercise, **MAKE SURE** you keep your back straight! Failure to keep your back straight will result in injury. The Plie Dumbbell Squat will hit your glutes, hip flexors, quadriceps, abs, calves AND hamstrings. Be sure to tighten your core while you perform this exercise to keep your back straight and to workout your abs simultaneously.

SETS: 3 REPS: 10

Directions:

- 1) Stand up straight with a tight core and flat back.
- 2) Position your feet wider than shoulder-width. Your toes should be facing out diagonally.
- 3) Holding a dumbbell with both hands in front of you, look straight ahead and bend at the knees while driving your hips backward. Your knees should be following your toes in a diagonal line.
- 4) Complete this wide stance squat by keeping your thighs parallel with the ground.
- 5) Pause and slowly return to the starting position without locking your knees.
- 6) Repeat.



WORKOUT 3

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

EXERCISE 3: FRONT SQUATS

May be the only exercise I like better than back squats: front squats. They're a bit more challenging, but target the glutes, quads and hamstrings. There are two different grips you can choose from when doing front squats: the clean grip or the cross-arm grip. I recommend using the clean grip! (Clean Grip is described in directions below). If you feel uncomfortable with the clean grip, message me and I'll be happy to explain the cross-arm grip!

SETS: 3 REPS: 10

Directions:

- 1) Set a barbell on a power rack at about shoulder height.
- 2) Grasp the bar with hands at shoulder width and raise your elbows until your upper arms are parallel to the floor.
- 3) Take the bar out of the rack and let it rest on your fingertips—as long as your elbows stay up, you'll be able to balance the bar.
- 4) Step back and set your feet at shoulder width with toes turned out slightly.
- 5) Squat as low as you can without losing the arch in your lower back.

TIP: Try and look slightly up while you do your squats. It will help you keep your balance. NEVER look down, this will not only throw off your balance but will also strain your neck.

Engaging your core will also help you keep balance while working your abdominal muscles as well!



WORKOUT 4

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

EXERCISE 4: BARBELL ROMANIAN DEADLIFT

Deadlifting is a MAJOR movement when it comes to building your legs and glutes. The deadlift works the entire leg region, sort of how a squat does. In fact, most of the deadlifting movement is executed by the legs, with the back holding everything in place. This exercise is also the best movement in terms of developing round, strong, glute muscles. At the sticking point -when your body is slightly bent- the glutes are brought into play and can be squeezed at this point for a maximal contraction (SO SQUEEZE!). Deadlifts also work all the surrounding hip/pelvic muscles.

SETS: 3 REPS: 8-10 (Aim for 10!)

Directions:

- 1) Stand with your legs shoulder width apart, and grip the barbell so that the inner forearms touch the outside of thighs, and shins lightly touch the bar. Either an overhand or an under/overhand (one hand over, one hand under) grip can be used. I recommend the under/overhand grip!
- 2) Make sure you look straight ahead and place your hips down. Then, tighten your abs to ensure a neutral pelvic position. Your shoulders should be held back and squeezed tightly, while being positioned over the bar - they should never be rounded.
- 3) Grip hold of the bar tight, and push with your feet. Your legs must power the weight up! Toward the top of the movement, lock out by using more upper body strength until the weight is at about the midway position of your upper thigh. Remember to keep the bar in contact with your body throughout the movement.
- 4) Now, lower the bar in a controlled manner while maintaining tightness throughout your body.

TIPS:

- 1) Keep your chest forward and shoulders back while looking up. The back should never be rounded as this will make it more susceptible to injury, not to mention ruining the movement and impeding progress.
- 2) In the middle of the movement, do not jerk the bar up to complete the movement. Instead, keep the momentum going from the bottom of the movement, in one smooth action. (Remember, form!)
- 3) Keep your knees fixed throughout the movement. If your knees bend in and out, they might become injured due to the lateral movement placed on their joints. Also, do not tip forward or move your feet as this puts the body off balance.



WORKOUT 5

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

EXERCISE 5: BARBELL WALKING LUNGES

Walking lunges engage all the muscles in your leg. I recommend performing this with lighter weight for the first time, as they require extreme balance. Since this exercise requires balance, tightening your core will allow you to keep your spine straight throughout the movements. This will also secondarily work your abdominal muscles!

SETS: 3 REPS: 20

Directions:

- 1) Begin standing with your feet shoulder width apart and a barbell across your upper back.
- 2) Step forward with one leg, flexing the knees to drop your hips.
- 3) Descend until your rear knee nearly touches the ground. Your posture should remain upright, and your front knee should stay above the front foot.
- 3) Drive through the heel of your lead foot and extend both knees to raise yourself back up. Step forward with your rear foot, repeating the lunge on the opposite leg.

Tip: Find an object in the distance to focus on. The focus point will allow you to keep your balance and eliminate distractions.



WORKOUT 6

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

EXERCISE 6: BARBELL HIP-THRUSTS

Barbell hip-thrusts are KILLER for glute gains. Though they may feel a bit awkward and uncomfortable because of the form, performing them correctly will take some of stress away! Hip-thrusts will help increase glute strength and size, while also making your glutes higher, rounder and firmer.

SETS: 3 REPS: 8-10 (Aim for 10!)

Directions:

- 1) Start with your shoulder blades against a bench, and your arms spread across it for stability. If your shoulders don't reach the bench, you may need to start with your butt slightly off the floor.
- 2) Bend your knees to about 90 degrees, and make sure your feet are flat on the floor.
- 3) Inhale deeply, exhale fully, and brace your core.
- 4) Squeeze your glutes, lift up your hips, and hold for a second or two. It's very important that you don't hyper-extend your lower back at the top.

Tip: As you lift yourself off the floor, be sure that your neck stays neutral! Don't allow your head to drop back.



WORKOUT 7

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

EXERCISE 7: CABLE KICKBACKS

For cable kickbacks, you'll probably have to ask your gym front desk for an ankle cuff to attach to one of the gym cables. Sadly, they're not usually lying around; but almost every gym has them behind the desk. This exercise is performed one leg at a time and specifically targets the glutes through isolation while also working the hamstrings. When performing a cable kickback, you isolate your glutes through hip extension. Focus on one side at a time and you will feel your glutes stretching and contracting.

SETS: 3 REPS: 10

Directions:

- 1) Hook a leather ankle cuff to a low cable pulley and then attach the cuff to your ankle.
- 2) Face the weight stack from a distance of about two feet, grasping the steel frame for support.
- 3) While keeping your knees and hips bent slightly and your abs tight, contract your glutes to slowly kick the working leg back in a semicircular arc as high as it will comfortably go as you breathe out.
- 3) Now slowly bring your working leg forward, resisting the pull of the cable until you reach the starting position.
- 4) Repeat for the recommended amount of repetitions.
- 5) Switch legs and repeat the movement for the other side.

Tip: At full extension, squeeze your glutes for a second in order to achieve a peak contraction.



WORKOUT 8

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

EXERCISE 8: DUMBBELL STEP-UPS

Not only are step-ups great for building your legs, but they're also one of my favorites because they help keep your heart rate up (which helps speed up your metabolism). The dumbbell step-up is a multi-joint, single-sided strength movement for the lower body, emphasizing the quads, hamstrings, and glutes. The exercise also improves core strength and stability. I recommend starting these with a lower weight, as you will need to keep good balance while performing these. For example: my maximum weight on these is still only 60 lbs. I recommend beginning with a 15 lb. dumbbell in each hand.

SETS: 3 REPS: 10 PER LEG

Directions:

- 1) Hold the pair of dumbbells at your sides and place one foot on a bench or box.
- 2) Your knee should be bent to 90°. Keeping your other leg straight and firmly planted on the ground, push your shoulders back and chest out.
- 3) Push through your top foot to raise your body over the platform, your back leg suspended in the air.
- 4) Push your hip back to lower your support leg back to the floor.
- 5) Repeat!

Tip:

- 1) Do not use the leg on the ground to help lift yourself onto the box/bench.
- 2) Keep your working leg planted firmly on the bench. Do not rise onto your toes.



WORKOUT 9

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

EXERCISE 9: BULGARIAN SPLIT SQUAT

One of my absolute favorite exercises! You WILL 100% feel the burn in your glutes with this one. The Bulgarian split squat is a single-leg strength exercise that targets the quads, glutes, and hamstrings. You can choose to perform this exercise either on a smith machine or with dumbbells. I highly recommend performing this exercise on the smith machine, as you can use higher weight and keep your balance much easier. I also recommend beginning with low weight, since this is a single-leg workout!

SETS: 3 REPS: 10 PER LEG

Directions:

- 1) To begin, place a flat bench 2-3 feet behind the smith machine. Then, set the bar on the height that best matches your height. Once the correct height is chosen and the bar is loaded, step under the bar and place the back of your shoulders (slightly below the neck) across it.
- 2) Hold on to the bar using both arms at each side (palms facing forward), unlock it and lift it off the rack by first pushing with your legs and at the same time straightening your torso.
- 3) Position your legs by placing one foot slightly forward under the bar and extending your other leg back and place the top of your foot on the bench. This will be your starting position!
- 4) Begin to slowly lower the bar by bending the knee as you maintain a straight posture with the head up. Continue down until the angle between the upper leg and the calf becomes slightly less than 90-degrees (which is the point in which the upper legs are below parallel to the floor). Inhale as you perform this portion of the movement.
- 5) Begin to raise the bar as you exhale by pushing the floor with the heel of your foot mainly as you straighten your leg again and go back to the starting position.
- 6) Switch legs and repeat the movement.



WORKOUT 10

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

EXERCISE 10: HIP ABDUCTION

Now we'll discuss some of the leg machines that you'll end your workouts with. The hip abduction machine will help you tighten and tone your thighs. I recommend working both the inner AND outer thighs on this machine, as most gyms allow you to turn the pads to work both muscles.

SETS: 3 REPS: 12 PER LEG

Directions:

- 1) Sit down on the abductor machine and select a weight you are comfortable with. (I recommend starting low, then you'll quickly be able to build up!)
- 2) When your legs are positioned properly, grip the handles on each side. Your entire upper body (from the waist up) should be stationary. This is the starting position.
- 3) Slowly press against the machine with your legs to move them away from each other while exhaling. Feel the contraction for a second and begin to move your legs back to the starting position while breathing in.
- 4) Rotate the swivel pads and repeat!



WORKOUT 11

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

EXERCISE 11: LEG EXTENSION

I'm sure you've heard of this machine before! Even though it seems very simple, it's a KEY in my workout every leg day. This machine gives you killer quads, especially if you do my super set!

SETS: 3 set SUPER SET!

Basically, this super set will be THREE sets of four smaller sets. For example:

SET 1: Both legs pushing 80 lbs. for 8 reps; left leg pushing 15 lbs. for 6 reps; right leg pushing 15 lbs. for 6 reps; both legs pushing 60 lbs. for 10 reps.

-To explain, it's a bit like a pyramid. You would repeat this entire set 3 times to complete the workout (Your legs will be on fire after this).

Directions:

1) Choose your weight and sit on the machine with your legs under the pad (feet pointed forward) and hands holding the side bars. This will be your starting position!

2) Using your quadriceps, extend your legs to the maximum as you exhale. Ensure that the rest of the body remains stationary on the seat. Pause for a second in the contracted position.

3) Slowly lower the weight back to the original position as you inhale, ensuring that you do not go past the 90-degree angle limit.

Tip: You will need to adjust the pad so that it falls on top of your lower leg- just above your feet. Also, make sure that your legs form a 90-degree angle between the lower and upper leg. If the angle is less than 90-degrees, that means the knee is over the toes which could result in injury.



WORKOUT 12

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

EXERCISE 12: LYING LEG CURL

Much like the leg extension machine, the leg curl machine is also a crucial part of leg day. This machine directly targets the hamstrings and is also best utilized in a super set. There's also an optional seated leg curl, but I believe the lying leg curl allows you to work the hamstrings more accurately!

SETS: 3 set SUPER SET

This super set will be THREE sets of three smaller sets. For example:

SET 1: Left leg pushing 20 lbs. for 7 reps; right leg pushing 20 lbs. for 8 reps; both legs pushing 40 lbs. for 10 reps.

-Again, you would repeat this entire set 3 times to complete the workout.

Directions:

- 1) Adjust the machine lever to fit your height and lie face down on the leg curl machine with the pad of the lever on the back of your legs.
- 2) Keeping your torso flat on the bench, ensure your legs are fully stretched and grab the side handles of the machine. Position your toes straight, this will be your starting position.
- 3) As you exhale, curl your legs up as far as possible without lifting the upper legs from the pad. Once you hit the fully contracted position, hold it for a second.
- 4) As you inhale, bring the legs back to the initial position.

Warning: Do not ever use so much weight during the exercise that you start using swinging and jerking! You can easily develop a lower back or hamstring injury by doing so.



WORKOUT 13

Something to keep in mind: while completing these workouts, gradually and modestly aim to increase your weight and reps as you go. Remember, form is most important!

EXERCISE 13: BACK SQUAT

The famous- back squat. This is probably the most well-known exercise for building your legs and glutes! Though I personally prefer the front squat, the back squat is amazing as well. REMEMBER, it's amazing only if you do it right. I see a lot of people in the gym incorrectly executing this exercise, which not only hinders muscle growth but EASILY causes injury. To begin, get yourself under the bar and get the bar in the proper position on your back. Remember, your mid-foot is your center of gravity, so you want the weight to be over your mid-foot. Take a deep breath in. Squeeze your glutes forward to get the bar off the rack. Secondly, most people don't take in nearly enough air when they lift heavy. Before you squat, pretend like you're taking your last breath before the room fills with water. Breathing in deeply will help brace your abdominal wall and activate ab muscles. As you sit down between your legs, drive your knees out over where your toes are pointed. Don't allow your knees to collapse in or shoot forward. If you lead with your knees in a squat, your calves will tighten and it will cause you to lean forward. If you're leaned forward too far, injury may occur! (Sorry for all the information on this one, but injuries happen so often and proper form is vital)

SETS: 3 REPS: 10

FYI: I recommend starting with a low weight, to see where you are comfortable. The most I ever used was 70 lbs. on each side of the bar. Proper Form > Higher Weight

Directions:

- 1) Begin with the barbell supported on top of your traps. Your chest should be up and your head facing forward. Take a hip-width stance with your feet turned out as needed.
- 2) Descend by flexing your knees, refraining from moving your hips back as much as possible. This requires that your knees travel forward. Ensure that they stay aligned with the feet. The goal is to keep your torso as upright as possible.
- 3) Continue all the way down, keeping your weight on the front of the heel. Drive the weight upward.



HIIT TRAINING

BUILD MUSCLE & GET YOUR CARDIO IN, AT THE SAME TIME

HIIT training (High Intensity Interval Training) is a training technique where you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

HIIT Workout 1: Repeat 3 Times

-60 seconds jump rope

-10 second rest

-10 burpees

-10 second rest

-10 pushups

-10 second rest

-60 second plank

-10 second rest

-10 squat jumps

-10 second rest

-20 lunge jumps

HIIT Workout 2: Repeat 3 Times- (SUPER LEGS)- Try to do this one while holding a 10 lb weight. If you can't yet, just use your bodyweight!

NO REST PERIODS IN BETWEEN EACH WORKOUT FOR THIS ONE.

-20 squats

-20 lunges

-20 squat jumps

-20 lunge jumps

HIIT Workout 3: Only Perform Each Set Once

(BROKEN INTO 4 SETS)

SET 1:

-2 pull-ups (use assist if needed)

-5 push-ups

-10 v-ups

-10 jump squats

SET 2:

-4 pull-ups (use assist if needed)

-10 push-ups

-12 v-ups

-12 jump squats

SET 3:

-6 pull-ups (use assist if needed)

-12 push-ups

-14 v-ups

-14 jump squats

SET 4:

-8 pull-ups (use assist if needed)

-14 push-ups

-16 v-ups

-16 jump squats

AB TRAINING

WEIGHTED AB TRAINING = THE BEST AB TRAINING

Most people make the mistake of not incorporating weights into their ab workouts, which leads to not fully building the muscles in their abs. No matter how much ab training you do, if your diet isn't good, you may not see the results you want. A good diet and CONSISTENCY with these ab workouts will be your key to reaching your ab goals.

Workout 1: (My Personal Favorite) 3 Reps

- Reverse press up: 15 reps
- Weighted v-ups: 10 reps
- Weighted Alternating Floor Oblique Twist: 30 reps
- 30 Second Rest, Repeat

Workout 2: (Core Building) Perform with a Stability Ball!

-*Stability Ball Tuck:* 10 reps (This one will be difficult at first, it involves A LOT of balance. With practice, it'll become easier and is the #1 workout for core/balance building).
HOW TO: Start in a high plank, with wrists under shoulders, core engaged, and top of feet resting on ball. Keep hips level and use core to pull knees toward chest, rolling the ball toward you. Straighten legs to return to start.

-*Stability Ball Pike:* 10 reps (Again, very hard at first. Practice makes perfect! Begin with lower reps to start if difficult).

HOW TO: You'll want to master the move above before attempting this variation. Start in the same position as the tuck. Engage core and pull feet toward arms, keeping legs straight, hiking hips high, and using core to stay balanced. Push ball away and lower hips to return to start.

-*Stability Ball Forearm Plank Jacks:* 12 reps

HOW TO: Start in a forearm plank with forearms on ball, legs extended, core braced, and hips level. Feet should be close together. Keeping core tight, jump feet wide and then jump them back together quickly to return to start.

-*Stability Ball Hands-To-Feet Pass:* 10 reps

HOW TO: Lie face up with legs extended and arms stretched overhead, holding ball between hands. Crunch up, engaging core and lifting shoulders, arms, and straight legs all at once. With arms and legs lifted, pass ball from hands to feet, squeezing thighs and feet together to hold ball in place. Lower hands, feet, and torso. Repeat, this time passing ball back to hands. That's 1 rep!

Workout 3: Romanian Chair Oblique Side Bend

-10 Reps Per Side

AMAZING for working your obliques, this has built mine up so well. Begin with a very light weight or you may risk pulling your oblique since the extension is so powerful.

Directions:

- 1) Place your body sideways on the Roman chair machine.
- 2) Moving at the midsection lower your upper body towards the floor.
- 3) Raise yourself back up to starting position.

PLAN IT OUT

YOUR WEEKLY SCHEDULE

To tone your body, build your booty and tighten your core, you'll need to constantly shock your muscles to stimulate growth. This means putting your muscles through both heavy weightlifting sessions, along with sessions that aim to raise your heart rate and speed your metabolism. Methods such as the discussed super set, burnouts and rep increases are just a few of the ways you're going to force your muscles into shock. Most importantly, staying consistent with this plan is ESSENTIAL if you want to see results.

WEEK 1:

MONDAY: Legs

- Begin with stretch/warm up: this should include a 15 minute stretch followed by 30 reps of unweighted stationary squats to warm up your muscles
- Single-Leg Leg Press *SUPER SET* with Plie Dumbbell Squat
- Front Squats
- Hip Thrusts
- Leg Extension
- Lying Leg Curl

TUESDAY: HIIT & Abs

- HIIT Workout 3
- Ab Workout 3

WEDNESDAY: HIIT

- HIIT Workout 1

THURSDAY: Legs

- Begin with stretch/warm up: this should include a 15 minute stretch followed by 30 reps of unweighted stationary squats to warm up your muscles
- Barbell Romanian Deadlifts
- Back Squat
- Barbell Walking Lunges
- Dumbbell Step Ups
- Hip Abduction
- Leg Extension

FRIDAY: Abs

- Ab Workout 2

SATURDAY: HIIT

- HIIT Workout 2

SUNDAY: REST!

-On rest days, make sure that you stretch your muscles! Foam rolling is an amazing way to really stretch your muscles and prepare them for the next week of workouts.



PLAN IT OUT

YOUR WEEKLY SCHEDULE

Below is your workout plan for Week 2. Following week 2, you will repeat Week 1's workout, then perform Week 2 again. This will be a cycle in which you should rotate the order of your workouts each week. For example: If you did Barbell Walking Lunges first last Thursday, switch it up and do Front Squats first. You should also be steadily increasing your weight as you feel comfortable. If you also feel you can increase reps, do this as well to further shock your muscles!

WEEK 2:

MONDAY: Legs

- Begin with stretch/warm up: this should include a 15 minute stretch followed by 30 reps of unweighted stationary squats to warm up your muscles
- Single-Leg Leg Press SUPER SET with Jump Squats
- Bulgarian Split Squat
- Back Squat
- Barbell Romanian Deadlift
- Cable Kickbacks
- Lying Leg Curl

TUESDAY: HIIT & Abs

- HIIT Workout 3
- Ab Workout 1

WEDNESDAY: HIIT

- HIIT Workout 1

THURSDAY: Legs

- Begin with stretch/warm up: this should include a 15 minute stretch followed by 30 reps of unweighted stationary squats to warm up your muscles
- Barbell Walking Lunges
- Dumbbell Step Up SUPER SET with Lunge Jumps
- Front Squat
- Hip Abduction
- Leg Extension

FRIDAY: Abs

- Ab Workout 3

SATURDAY: HIIT

- HIIT Workout 2

SUNDAY: REST!



LET'S DO IT

REMEMBER: CONSISTENCY

Like I said throughout this book, consistency is going to be everything. Sticking to this workout plan will give you great results, as long as you stay at it! So many people ask me how I stay motivated and the answer is pretty simple: I keep my end goal at mind always. Of course, there's days where I feel very unmotivated and would much rather just lay in bed all day, but those days are when you have to push yourself to work even harder. Just remember, you get what you put in and dreams don't work unless you do. Before I began my fitness journey, I was insecure and felt like that would be a struggle I'd never overcome. Now, I can say that I have absolutely overcame that obstacle in my life and I couldn't be happier with the person I am today. There will be roadblocks, there will be hard days, and there will be moments of failure. But I promise that's what makes it worth it in the end. Not to be cliché, but nothing worth having comes easy! The struggle is what makes your final outcome feel all the better. So, good luck and I can't wait to see what you accomplish!

On those days you need a little extra motivation, here's a short video I made with a few of my favorite motivational quotes/clips! It has helped me on some of my more challenging training days: <https://vimeo.com/260979243>

