



Fitness Plan: Chef Vikki

Actions:

- 1. Print out your new training schedule.**
- 2. Read through everything thoroughly and try not to miss any details.**
- 3. Plan, plan, plan how you are going to execute everything!**
- 4. Start week 1 by doing ONLY 4 days of the training schedule.
Week 2: 4 days. Week 3: 5 days. Week 4: 5 days.**
- 5. Begin on Monday to start off strong to a fresh week!**

“This month is to focus on recovery and rest while throwing in some light training to maintain what you have fought for already. This will set the stage for the coming months of specific and targeted exercise. Stay motivated, don’t stop the progress.”

Age:

Height:

Weight: lbs

Activity level:

- Athletic: Intermediate Trainee

Weaknesses:

Goals:

Possible reasons goal not reached:

5 Day Plan: *total days*

1 days - hard

2 days - medium

2 day - easy

5 Day Plan: *total hrs*

1 days - hard - 1.8

2 days - medium - 1.1

2 day - easy - 1.9

5 Day Plan: *total calories expended (avg. of all workout days together)*

1 days - hard - 750-1000

2 days - medium - 600-1200

2 day - easy - 450-700

Monday:

Morning Run – 2mi on soft surface @ 135-150 HR (Heart Rate) (easy breathing rate not medium, 4-5 on difficulty level) (If you feel a bit tired, slow your pace and adjust your heart rate lower towards 125 bpm for a more sustained endurance threshold. Do not be concerned about having a slow pace. As your body adjusts to this new environment, it will go faster.)

Total commitment: 20-30min

Tuesday: (before starting the day: wake early, finish early)

Stair Lunges – 10 min @ 120-140 HR

Morning Circuit Training– No resting between workouts. All workouts are consecutive. This is considered anaerobic cardio training.

jumping jacks	15
hand stands	15
Jump rope	3 minutes
Repeat ALL workouts 2x	

Total commitment: 20-35min

Wednesday:

Off

Thursday:

Foam Roller or Hard Ball – 12 passes each x 2 (Target: IT Bands, Quads, & Hamstrings)

Morning Yoga Hot Stretch – 30min - 1hr

Total commitment: 70-80min

Friday: (before starting the day: wake early, finish early)

Morning Swim – 15min – 25min Freestyle @ easy pace

Total commitment: 25-35min

Saturday: (before starting the day)

Morning Strength (GYM) –

bench press	3-4 sets x 15-25
side crunch	2-4 sets x 15 with 10lb weight (regular crunch but with a twisting action to one side. Then, repeat with another crunch to the other side.)
shoulder press machine	2-3 sets x 15-25
regular squats	3-4 sets x 20 with 25lb
leg raises	2-3 sets x 15-25 with weighted ball between legs

Morning Basketball – 15-30 min @ 125-140 HR

Total commitment: 90-110min

Sunday:

Off

Habits to focus on:

- **Consistency**
 - 1. Clear your mind of all negativity; you are a new person now. Failure is NOT an option.**
 - 2. Immediately start your new schedule on Monday to a fresh week.**
 - 3. Keep away from social activities that will cause you to miss a session.**
 - 4. Truly allow your body and mind to become acclimated to the new YOU.**
 - 5. Stay focused on your routine and let everything else fall into place.**
 - 6. Never defer from the plan. Eventually it will work to your favor.**
 - 7. Always continue building week-to-week and day-to-day momentum!**
 - 8. Mentally make it happen! You are in control.**
- **Proper Execution**
 - 1. Stick to every day's workout schedule EXACTLY.**
 - 2. Always keep proper form while exercising.**
 - 3. Wear proper workout clothing and gear.**
 - 4. Eat a snack (80-150cal) every 45min while exercising and be aware of the time to make sure it happens!**

Reasons:

- **Consistency**

1. **Clear your mind of all negativity; you are a new person now. Failure is NOT an option.**

If you want change to happen, it must begin with the mind. By erasing your "old" self and ways, you transition into your "new" self. Your new self is encouraging and unafraid to accept new challenges; in fact you welcome them.

2. **Immediately start your new schedule on Monday to a fresh week. It is much easier to begin your fitness plan on Monday; you start your week fresh and ready to take on new challenges. It is the day we generally start new things because we have the weekend to reflect on it and prepare.**

3. **Keep away from social activities that will cause you to miss a session.**

Social activities are great, but they are not as important as your body. To reach your goals, you must do the work first before you play!

4. **Truly allow your body and mind to become acclimated to the new YOU.**

Keeping an open mind to change is the first way we begin our transformation into a healthier lifestyle. By allowing our mind to truly accept what is about to happen encourages us that much more to MAKE it happen.

5. **Stay focused on your routine and let everything else fall into place.**

Keeping focused on your routine and not on what people around you are doing allows for you to believe in what is happening. It

will empower you, it will embrace your decision, and it will make you into a new person. This is how athletes get the work done; they focus. So must you be determined.

6. Never defer from the plan. Eventually it will work to your favor. *The more consistent you are, the stricter you become. Being strict is what builds results; you create self-control and motivation to continue. It is at that point you realize what must be done, and that is to keep to it!*

7. Always continue building week-to-week and day-to-day momentum!

Every single day you put another workout session under your belt you begin to create a perfect track record, and that is what becomes another motivator; to continue that winning streak.

8. Mentally make it happen! You are in control.

Focusing on what you want to happen will help make it happen. It is what they call pre-meditated destiny where what you create in your conscience, you can create in your reality.

- **Proper Execution**

1. Stick to every day's workout schedule EXACTLY.

Your fitness plan is very strict, detailed, and in depth. Every action produces a reaction. This is how we craft our bodies into works of art. Trust the routine.

2. Always keep proper form while exercising.

Proper form creates proper ratios of musculature at the targeted areas during a workout. This cascades into better posture throughout the day and greatly assists with proper joint mechanics.

3. Wear proper workout clothing and gear.

Workout clothing and gear set you up for a great workout. They

make you feel comfortable and good, and that is important. It also gives you proper joint support and body mechanic assistance. We also recommend buying clothes that you absolutely LOVE wearing and make you look your best because it will create more desire to workout.

- 4. Eat a snack (80-150cal) every 45min while exercising and set a timer on your phone to make sure it happens!**

It is vital to carry a consistent energy level throughout the entire workout session. By lightly refueling, your body is able to sustain higher output for longer, creating greater results and faster recovery times. The focus is to be rejuvenated instead of depleted after a good long workout.

- 5. Stay well hydrated!**

Being well-hydrated is everything for your body. Good results happen when we are well-hydrated because our bodies are able to function at proper internal fluid levels. Most specifically the blood.

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