



GAINSBYBRAINS

FAT LOSS GUIDE

6 WEEK PROGRAM

FAT LOSS

Whatever you are
not changing...

you are
choosing

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No1.
Before Starting

GUIDE BREAKDOWN

The goal is to help you establish the right mindset of nourishment and enjoyment, while making sustainable changes rather than seeking quick fixes. No bounce-backs or jo-jo effects.

We often hear people talk about their failed effort to their fat loss journey. Why? What makes a fat loss journey difficult? In most cases, the principles aren't too difficult. Your body requires a certain amount of energy to stay the same. If you create a deficit (either by decreasing your intake or increasing your expenditure), your net intake will be negative and you'll create an environment to lose fat. Then why do people fail? That's because sustainable fat loss requires more than just physical efforts. It also requires mental

resilience. Especially during these times, it's important that you develop or nurture your positive relationship with food and exercise.

Seeing changes in your body or the number on the scale decrease doesn't mean anything if your thoughts, emotional well-being and relationship with yourself turn for the worse. This journey - if done well - is another opportunity for growth, self-improvement and self-care. That's the goal.

EQUIPMENT NEEDED

This is a gym-based guide that requires a fully equipped gym.

Not all gyms have the same machines, and even though this program only requires machines that most gyms (should) have, there might still be some exercises that you aren't able to do because you don't have the right equipment. In that case, look at the [list with alternative exercises](#) to find an exercise that you can do instead, or you can use a machine that targets the same muscle in a similar way. For example, some gyms don't have a standing hip abduction, but they do have a seated one.

Just as a reminder, always make sure that you work on perfecting your form before adding additional weight. This isn't just important when using free weights, but also when using the machines in the gym. The machines should be set appropriately for your body. This helps with preventing injuries, and it allows you to target the intended muscles better.

No2. Fat Loss



BUILDING A HEALTHY RELATIONSHIP WITH FOOD & EXERCISE

One of the key aspects of a successful fat loss journey is developing a healthy relationship with food and exercise.

But most people associate a fat loss period with restriction, guilt, overtraining, compensating or punishment. Yet, this is exactly the part of the journey that requires the most of you in terms of nourishment, balance and listening to your body.

Focus on nourishing your body with whole, nutrient-dense foods that make you feel full of energy and keep you satiated for long. Food is not, and will never be, the enemy. Embrace movement as a celebration of what your body can do. Training is not a compensation tool for your food intake.

Don't get me wrong, it is okay having physique-based goals, or other reasons to want to start your fat loss journey. As long as you're aware that you cannot hate yourself into a version of yourself that you will love.

Foster a positive mindset during this journey. Even though you're on a journey of change, expressing gratitude for your body can help to shift your focus from your insecurities to your strengths and potential. Even during setbacks or challenges, as these are common with any transformative journeys. Don't beat yourself up for slip-ups or slow progress. It's a journey.

COMMON MYTHS

Spot reduction? Magical supplements? Crash diets? Girl, we need to talk. Let's debunk some common myths in this chapter. The more you know, the less likely you are to fall into the trap of misleading promises.

Spot reduction, or the idea that you can target specific areas of your body to lose fat, does not exist. Fat loss is something that happens throughout your entire body and cannot be localized to specific areas by doing certain fitness exercises. Everyone is different, some people lose fat in some areas quicker than other people. Ab workouts won't make belly fat melt, and doing lunges won't create fat loss in your inner thighs. You can aim for overall fat loss, and with time the more stubborn areas of your body will lose fat as well.

There are also no magical over the counter supplements that you can take to help you melt fat away without making any other changes. Supplements are not a substitute for proper nutrition and exercise. Sustainable fat loss requires

consistency, discipline, and an overarching approach that combines nutrition, exercise and your lifestyle.

The reason why we don't want to do any crash diets is because we want sustainable change, a good relationship with your mind and body and we want to be as healthy as we can. Crash diets are - and will never be - the answer.

You might feel discouraged after reading the above. Instead of being fixated on immediate results and the desire for a rapid transformation, embrace the journey. Sustainable fat loss is a gradual process that requires patience and consistency. Change is possible. The path to success isn't always linear but with the right mindset and perseverance, you can overcome any obstacle.

FUELING YOUR BODY FOR SUCCESS

Nutrition is a fundamental component of your fat loss journey.

Simply put, when you are at maintenance, your energy intake and energy expenditure are the same - which means that you will neither gain nor lose weight. If you want to decrease your body fat percentage, you need to create a deficit. This is when your energy intake is lower than your energy expenditure, or vice versa, when your energy expenditure is higher than your energy intake.

You can influence your energy intake through your nutrition and diet. Your energy expenditure is influenced by your training. In this chapter, we're talking about the nutrition part specifically.

To achieve sustainable fat loss, we need to create a calorie deficit while providing our body with the necessary nutrients. Therefore, it is important to prioritize nutrient-dense whole foods. You can probably reach your

daily nutrient goals by eating ultra-processed and unhealthy foods. But that doesn't make you feel full, healthy and energized for long. So this might make it harder to stick to your plan long-term. But just eating nutrient-dense whole foods might not be too enjoyable either, so it's about finding that balance between sustainability and enjoyability.

Start by building your meals around lean proteins to help maintain muscle mass and satiety. Incorporate a wide variety of colorful vegetables and fruits, as these provide essential vitamins, minerals, and fiber. These vegetables also often add a lot of volume to your meal, which can help with feeling full for longer. Pay attention to your healthy fat intake, as this is essential for healthy hormones. Eating fats doesn't make you fat. It's about your total caloric intake.

MACRO FOOD LIST

Macronutrients, including carbohydrates, proteins, and fats, play a crucial role in your diet. You can opt for complex carbohydrates, such as whole grains and legumes, to provide sustained energy and fiber. Include lean proteins, such as poultry, fish, tofu, or beans, to support muscle

maintenance and satiety. Choose healthy fats, such as avocados, nuts, and olive oil, to support your hormones. Below is a list with some food items per macronutrient to give you some inspiration, you'll see some food items more than once, as they are a source of multiple macros:

CARBS

- Oats
- Potatoes
- Quinoa
- Buckwheat
- Rice
- Fruits
- Leafy Greens
- Cruciferous Vegetables
- Legumes & Beans
- Pulses

PROTEINS

- Lean Meats
- Poultry
- Fish & Seafood
- Egg Whites
- Low Fat Dairy (Cheese, Greek Yoghurt, Quark, Milk)
- Soy Products
- Nuts
- Seeds
- Legumes & Beans
- Pulses

FATS

- Avocado
- Olives
- Nuts
- Seeds
- Nut & Seed Butters
- Egg Yolks
- Oils
- Fatty Fish
- Dark Chocolate
- Full Fat Dairy

MACRO TRACKING, MEAL PLANS & INTUITIVE EATING

Macro tracking is often referred to as a flexible way of dieting. You have certain targets you need to hit per day (for carbs, fats and protein), and you can eat anything as long as it gets you towards your targets. This flexible way of dieting can make it feel like you're not following a diet, as you don't have to give up most of the things you love to eat. However, it can also leave you more hungry and less satisfied as you might try to include more energy dense foods into your diet. It's also a bit of a process, as it includes you having to weigh everything you're eating to calculate the macros.

That's why some people prefer following a meal plan. This meal plan is usually based on macro tracking, but instead of being flexible with your intake, you stick to a plan. This allows

for less flexibility, but you don't have to calculate the macros of all the things you have been eating.

Intuitive eating doesn't do any of the things mentioned above. This is when you listen to your body and don't count calories. That doesn't mean that you don't think about what you're eating and just eat everything that comes to mind. You have to develop mindful eating habits. This involves developing a conscious awareness of your food choices, eating habits, and body's signals. By adopting mindful eating practices, you can build a healthier relationship with food, improve satisfaction, and make more informed choices. This also means that you eat with intention, because when you are distracted - it's harder to listen to your body's cues.

Always stick to what works best for you, as that will make it most enjoyable. Remember, you have to nourish to flourish.

MACRO TRACKING, MEAL PLANS & INTUITIVE EATING

If you are interested in getting an estimate for your caloric needs or macros, you can fill out a macro calculator online. This [macro calculator on gainsbybrains.com](https://gainsbybrains.com) gives you an estimated calorie intake based on the Mifflin St Jeor Equation and your provided values. But disclaimer, this information should be used wisely. If you are not sure how to apply this information, or if important details are missing, always seek advice from your healthcare professional.

The basic components of macro tracking or calorie counting are that you work out your total calorie intake first. Your total daily energy expenditure (TDEE) is the number of calories that your body burns per day. If you match the calories consumed with the number of calories burned, you will maintain weight. If your goal is fat loss, you need to be in a calorie deficit. This is achieved when you burn more than what you consume, or you consume less than what you burn during the day. Now that you know how many calories you need to consume each day, it is time to figure out what macronutrient ratio works best for you and your goals.

Please keep in mind that the following is only one of many ways you can distribute your macros. We will start off with protein, as it is an essential element of your body cells, responsible for a multitude of vital functions within your body, and vital to build or maintain lean muscle mass.

A range to consider is 0.7g - 1.1g protein per pound (lb) of your body weight. However, your 'ideal' protein intake depends on a variety of factors which includes age, sex, genetics, training age, training volume, how lean you are, your goal and thus your calorie intake (e.g. the severity of a calorie deficit or surplus), and many more.

There is a widely known rule of thumb, the '1g per lb rule' which makes math super simple, but it has its limitations. It is not optimal to use for obese or overweight people as this rule would amount to a protein intake that may be too high.

Two other things to consider is firstly that the leaner you are and the more training experience you have, the more you may benefit from a higher protein intake. Secondly, when being

in a calorie deficit, you will want to consume enough protein to maintain muscle, but not so much that your carb or fat intake is insufficient for your body to properly function. When fats get too low, it may lead to hormonal suppression, and when carbs get too low, your training performance and overall energy may suffer (unless you're in ketosis).

After deciding on the amount of protein you want to consume, it is time to figure out your fats and carbs.

The dietary reference intake (DRI) for fat in adults is 20% to 35% of total calories from fat. Fat is important to support cell function as well as your hormonal health, it provides your body with energy, helps absorb other nutrients, and much more.

Now that being said, depending on individual factors such as diet, lifestyle or goal, people might be on the lower

or upper end of the range, or even outside of it. Keep in mind that these are only general recommendations that do not account for individual needs.

For example, a person who is following a ketogenic diet would need much more fat and fewer carbs, while a professional athlete may need a higher carb intake.

This brings us to the last step: your carbs. Once you decide on your protein and fat intake, you can 'fill up' the rest of your calories with carbs.

Remember that carbs are important for many reasons (although not classed as essential): they will provide your body with energy which helps with increasing your training intensity and training volume, they support your recovery between sets and workouts, and help delay your drop-off rate during longer sessions.

DEALING WITH CRAVINGS

Cravings often have underlying causes, and by identifying the triggers and finding healthier alternatives or coping mechanisms, you might be able to manage cravings differently. Again, this won't be a quick fix or a journey

without obstacles or slip-ups. They can happen, and that's okay. That's why trying to identify what triggers certain behaviors in yourself is insightful.

THE ART OF TRAINING

Let's dive into the art of training, and explain how your workout program is set-up to allow for maximizing fat-burn while maintaining your muscle mass. This will be done by a combination of resistance training and low-intensity steady-state cardio as each influences your energy expenditure.

Exercise is not only an important element when it comes to fat loss, but it also offers a wide range of benefits for your general well-being. One key advantage is that it can enhance cardiovascular health: cardiovascular exercises, such as running, cycling, or swimming, strengthen your heart, improve blood circulation, and boost overall cardiovascular health. Other key advantages are that it increases muscle strength and endurance, it can lead to stress reduction and mood enhancement, and improve your sleep quality.

THE BENEFITS OF EXERCISE FOR FAT LOSS

Exercise increases your energy expenditure. This allows you to burn calories and create the required calorie deficit for fat loss. But additionally, resistance training specifically (with an adequate intake of protein) can help with maintaining muscle mass.

What helps you build muscle mass during a gaining phase, helps you to not lose it during a fat loss phase. Therefore, the core principles of your resistance training program don't change when your goal changes. Instead, add cardiovascular exercise to elevate your heart rate and increase calories burned. This program will focus on low-intensity steady-state cardio as a low impact form of exercise (such as walking).

OVERCOMING OBSTACLES

You picked this program with a certain intention, and most likely feel like it will help you reach your goals. Even if this program feels manageable to you right now, things might change while you're doing this program. As mentioned earlier, overcoming obstacles is an integral part of any fitness journey. Having a lack of time, motivation or

not being able to go to the gym are often obstacles people will encounter. Addressing these challenges ahead of time, or already thinking of alternative strategies will help overcome the obstacles and allow you to stay consistent in your journey. If you are lacking time, or cannot make it to the gym, explore alternative options such as home workouts with bodyweight exercises, or outdoor activities.

DESIGNING YOUR ENVIRONMENT

Your environment is key. External factors, such as our circle around us, the availability of healthy food choices, or how easily accessible your gym is, can greatly impact your fat loss journey.

Making intentional choices about your environment, and being aware of the importance of it allows you to set yourself up for success. Even small changes can have a significant impact.

THE FIRST STEP to setting your environment up for success is meal planning and preparation.

Making healthy food choices can be challenging, especially in a world where unhealthier options are often easier accessible and often even cheaper when trying to get something on the go. Planning your days and preparing your meals in advance can help you to overcome this. Meal prep your food, cook in batches and pack healthy snacks when you're on the go. By having healthy options available, you'll be more likely to stick to your plan.

THE SECOND STEP is to be mindful that your food choices start at the grocery store. If you don't get healthy snacks, you aren't able to pack them when you have a busy day. If you don't get the ingredients needed to meal

prep, you simply can't do it. By having a well-stocked pantry with nutritious food items, you'll be able to create balanced and satisfying meals at home, reducing the temptation to rely on less healthy options.

Next, create a supportive environment for getting your workout in. Whether that's at home, by finding an area for your workout mat and possible equipment, or by allowing yourself to easily go to the gym, by picking out your outfits and having your gym bag packed the day before. This will make it easier to stay consistent with your workouts.

And finally, be mindful of your circle or the top 5 people you spend the most time with, as you will rise (or fall) to their level. If your circle in real life is small, or if you have to spend a lot of time with people who don't inspire you, try to spend even more time with people (online) that do inspire you. This can be through reading, listening to podcasts or watching long-form content online.

OVERCOMING SETBACKS & STAYING MOTIVATED

One trait that most successful people have, is that they view setbacks as learning opportunities rather than failures.

You have to become resilient.

Resilience is the ability to adapt to challenges, overcome obstacles and maintain a positive mindset despite setbacks. In the context of your fat loss journey, this is what will help you to bounce back from a missed workout, from not sticking to your nutrition plan, or from a temporary plateau. Embracing resilience means recognizing that setbacks are part of the process and that your journey is a marathon, not a sprint.

Set realistic goals that are specific, measurable, achievable, relevant, and time-bound (SMART). Break down your larger (fat loss) goal into smaller milestones, and make sure to celebrate your achievements along the way. Progress isn't always linear, and setbacks are opportunities to re-evaluate, adjust and move forward.

This guide will guide you with setting weekly goals to keep you motivated and on track.

Motivation is a powerful force that can give an extra push when needed, but it can fluctuate over time. Intrinsic motivation stems from internal factors such as personal enjoyment, self-improvement, and a sense of accomplishment. You can build intrinsic motivation by finding activities you genuinely enjoy, setting meaningful goals aligned with your values, and focusing on the positive changes you experience along the way. Extrinsic motivation, on the other hand, comes from external factors like rewards, recognition, or competition. While external motivation can be helpful, it is essential to build intrinsic motivation as the driving force behind your journey. Use external rewards sparingly and as a way to reinforce positive habits rather than relying solely on them for motivation.



No3.
Your Plan

THE PRINCIPLES

This program contains a 6 week gym schedule that is designed to train 4 times a week, with additional cardio work.

During these 6 weeks, you're following a full body split where you'll be making a distinction between the muscles on your posterior chain (e.g. back, glutes, hamstrings and calves) and the muscles on your anterior chain (e.g. chest and quads). If you cannot stick to the proposed schedule, try to at least keep the structure with the rest days between the workouts similar as planned. This is to ensure that you get enough rest to recover in between workouts. If you ever feel that your body needs more rest, take it.

You'll notice that you'll have a daily step goal, this is how many steps you should be taking on a daily basis - not taking the additional cardio into account. The cardio needs to be done on top of your step goal. If you aren't able to easily hit your daily steps - maybe because you have a sedentary lifestyle - you can walk on the treadmill after your workouts to get some steps in. In terms of what is most important to reach: it's your nutrition and resistance training workouts, then your daily steps and additional cardio.

WARM UP

We’re starting every workout with a warm-up.

This will help with getting your blood flowing, temperature up, helps prevent injury and helps improve overall performance. The warm-up consists of three parts: joint mobility work, continuous warm- up activity and dynamic stretches.

The first part involves slowly moving, rotating or flexing each joint to increase blood flow and lubricate them. After that, it’s time for the continuous warm-

up activity. This part usually takes between five or ten minutes. You can do some low intensity cardio, or mimic movements that you’ll be doing while you’re exercising. The last part of the warm up involves dynamic stretching, this is when you continuously move through a joint’s full range of motion to increase muscle temperature and reduce stiffness. This should be done slowly and comfortably.

WARM UP ROUTINE

Start with five to ten minutes of low intensity cardio, then continue with the dynamic warm-up. Perform ten reps (per side) of the following exercises, repeat circuit two times in total.

**Remember, you can click the exercise name to view a video of the exercise!*

[BANDED GROIN CIRCLES](#)

[FROG SLIDE](#)

[FROG UP-AND-DOWN](#)

[STRAIGHT LEG SLIDES](#)

[STRAIGHT LEG THREAD THE NEEDLE](#)

[WALL SLIDES](#)

[OVERHEAD BAND ROLLS](#)

[WALKOUT PLANK](#)

If needed, you can foam roll to work on trigger points or specific ‘knots’ that can form in muscles.

TEMPO

Tempo is the rate at which you perform the reps, and this guides you on how fast or slow you should go through the movement.

It's most often indicated with 4 numbers or letters, looking something like this: **3 0 X 1** . Each number or letter refers to a specific portion of an exercise and indicates in seconds what the duration should be.

When it's indicated with 'X' it means that you should perform it explosively and as fast as you can (while maintaining good form). For example:

THE FIRST NUMBER (3) is the eccentric portion of the lift. This is where the targeted muscle lengthens. With a squat, this is when the bar is lowering. Using the example above, that means that it should take you 3 seconds to complete the eccentric part of the movement.

THE SECOND NUMBER (0) is the midpoint of the lift. With a squat, this is at the bottom of the movement. The example indicates that you shouldn't stay at the bottom of the squat (0 seconds) but that you should immediately move up again.

THE THIRD NUMBER (X) is the concentric portion of the lift. This is where the muscle is shortening. With the squat, this is when you lift the bar up. The X indicates that you should be explosive.

THE FOURTH NUMBER (1) is the top of the movement. With the squat, this is when you're standing tall. According to the example, you should be in this position for 1 second before transitioning.

A woman with blonde hair in a ponytail, wearing a black sports bra and leggings, is performing a kettlebell deadlift. She is bent over, holding a black kettlebell with both hands. The text "Week One" is overlaid in the center. Another kettlebell is on the floor in the foreground.

Week One

WEEK ONE

This is week 1 of your 6 week fat loss program. We're going to start by setting our goals and intentions for this first week.

Then, we're diving into the actual workout plan. At the end of week 1, we'll reflect on how everything went so we can possibly re-adjust and re-evaluate for the next week.

GOAL SETTING

Set a realistic weight loss goal for the upcoming 6 weeks.

The Academy of Nutrition and Dietetics recommends a sustainable weight loss of 10% within six months, with an average weight loss of one to two pounds per week (or 0.45-0.90 kg per week). Establish a method of keeping track of this.

Either by weighing yourself (daily, to get the most accurate results), taking weekly check-in photos, journalling or taking girth measurements.

Establish a daily step goal to gradually increase your activity level.

Look at what you've been averaging at for the last couple of weeks, if this is below 10k steps per day, then set a step goal that's a bit higher (10-20%) to increase your movement.

- In the first week, aim for a minimum of 6,000 steps per day.
- Use your phone or watch to monitor your daily step count.

- The cardio that's included in your workout routine is on top of your daily step goal, so don't count it towards your steps.

Set a food goal to focus on portion control and consuming balanced meals.

Are there any swaps you can make to establish healthier eating habits? Do you consume a lot of foods that don't make you feel energized? Do you consume a lot of liquids that aren't water?

- Increase your intake of whole, unprocessed foods such as fruits, vegetables, lean proteins, and whole grains.
- Avoid sugary beverages and limit your consumption of ultra-processed snacks and sweets.
- Practice mindful eating by listening to your body's hunger and satiety cues.

SET YOUR INTENTIONS FOR WEEK ONE

Ask yourself the following questions to try to make the following week a successful one.

- What specific actions can I take this week to move closer to my goal?
- How can I increase my physical activity and exercise intensity to ensure that I get most out of my workouts?
- What potential challenges or obstacles do I foresee, and how can I proactively overcome them? Think: meal prep or grocery shop ahead of time, lay out your workout clothes, make sure you have healthy snacks on hand etc.
- And finally, think about the version of you who already achieved your goal. How does that version of you act? What exercise and eating habits do you have? Write it down or speak it out loud to become familiar with this line of thinking. Then, show up as this person. Show up as if you already achieved the goal, and it's only a matter of time before you've actually reached this goal.

Week 1 includes 4 workouts per week that are focused on resistance training. Additionally, there are two low-intensity cardio sessions. If the intended schedule doesn't work for you, you can change the workout days.

MON	<u>Full Body Workout 1</u> DAILY STEPS: At least 6000
TUE	<u>Full Body Workout 2</u> DAILY STEPS: At least 6000
WED	WORKOUT: Low-intensity steady-state cardio for 20 mins (e.g. walk or incline walk at 5 km/h or 3 mph) DAILY STEPS: At least 6000
THU	<u>Full Body Workout 3</u> DAILY STEPS: At least 6000
FRI	<u>Full Body Workout 4</u> DAILY STEPS: At least 6000
SAT	WORKOUT: Low-intensity steady-state cardio for 20 mins (e.g. walk or incline walk at 5 km/h or 3 mph) DAILY STEPS: At least 6000
SUN	DAILY STEPS: At least 6000

**Remember, you can click the exercise name or its photos to view a video of the exercise!*

Full Body Workout 1

REST: 60-90s (per set)



Deadstop Hip Thrust

4 SETS X 8-10 REPS

Reset the bar after each rep.
Keep chin tucked.

TEMPO: 31X2

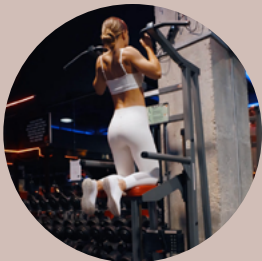


Glute Kickbacks

3 SETS X 12-15 REPS (PER SIDE)

Keep upright position with upper body.
Slightly kick outwards with working leg.

TEMPO: 20X1



Chin Ups

4 SETS X 8-10 REPS

You can do assisted reps if needed, either by
using a resistance band or in the machine.

TEMPO: 3111



Cable Row

3 SETS X 12-15 REPS

Palms face inwards. Keep knees slightly bent,
and elbows close to body.

TEMPO: 3111



Hyperextension

3 SETS X 10-12 REPS

Slightly round upper back to keep tension on
glutes and hamstrings.

TEMPO: 2012



Face Pulls

3 SETS X 12-15 REPS

Overhand grip. Lean back slightly. Pull hands
towards ears.

TEMPO: 2112

Full Body Workout 2

REST: 60-90s (per set)



Bulgarian Split Squat

4 SETS X 8-10 REPS (PER SIDE)

TEMPO: 20X1

Quads-focus so keep upright position, and closer stance.

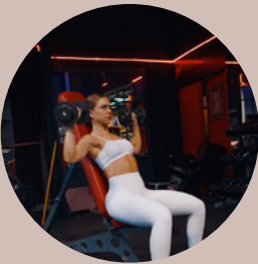


Leg Press

4 SETS X 8, 10, 12, 15 REPS

TEMPO: 30X1

Back on pad at all times.
Don't lock your knees at the top.

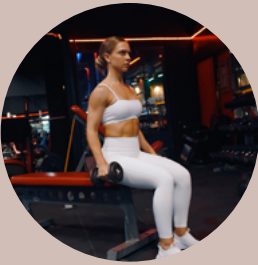


Seated Dumbbell Press

4 SETS X 8-10 REPS

TEMPO: 2010

Palms facing forward. Keep elbows slightly tucked. Push body into bench.



Seated Lateral Raises

3 SETS X 12-15 REPS

TEMPO: 2011

Lead the movement with your elbows.
No swinging.



Leg Extension

3 SETS X 10-12 REPS

TEMPO: 30X2

Control the negative. Back on pad at all times.
Keep chest up and neutral spine.



Push Ups

3 SETS X 8-10 REPS

TEMPO: 20X0

Keep elbows tucked while maintaining a strong plank position. Alternative is kneeling push ups.

Full Body Workout 3

REST: 60-90s (per set)



Barbell RDL

4 SETS X 8-10 REPS

TEMPO: 3121

Retract shoulder blades. Bend at hips to initiate movement.



Hip Abduction

3 SETS X 12-15 REPS

TEMPO: 2112

Limit ROM to keep tension on glutes. Reverse the movement controlled and slowly.



V Grip Pulldown

4 SETS X 8-10 REPS

TEMPO: 20X1

Palms facing each other. Torso upright. Pull bar down towards chest.



Single Arm Dumbbell Row

3 SETS X 10-12 REPS (PER SIDE)

TEMPO: 21X1

Keep lower back straight, and torso stationary. Lead with elbows. Start with weaker side.



Seated Leg Curl

3 SETS X 10-12 REPS

TEMPO: 3111

Maintain a neutral spine. Keep back flat against pad at all times.



Rear Delt Fly

3 SETS X 12-15 REPS

TEMPO: 2012

Keep torso stationary. Focus on bringing weights out.

Full Body Workout 4

REST: 60-90s (per set)



Hack Squat

4 SETS X 8-10 REPS

TEMPO: 30X1

Back on pad at all times.
Brace core.



Walking Lunges

3 SETS X 12 REPS (PER SIDE)

TEMPO: 20X0

Feet hip-width apart. Keep chest up. Core and
glutes engaged. Knees stay in line with toes.



Seated Arnold Press

4 SETS X 8-10 REPS

TEMPO: 20X0

Keep torso upright. Arms move in straight
line. Externally rotate while you press.



Cable Lateral Raises

3 SETS X 12-15 REPS (PER SIDE)

TEMPO: 20X2

Keep elbows slightly bent. No swinging.
Slight lean to increase ROM.



Goblet Squat

3 SETS X 10-12 REPS

TEMPO: 20X0

Keep chest up. Sit hips back and down.
Push knees out. Knees travel in line with toes.



Diamond Push Up

3 SETS X 8-10 REPS

TEMPO: 20X0

Keep your elbows tucked and maintain a plank
position. Alternative is a kneeling diamond push up.

REFLECTION AFTER WEEK ONE

Take some time on day 7 of week 1 to reflect on your progress.

- Did you consistently adhere to your nutrition and exercise plan this week? If not, what could you have done differently?
- What were your highlights and wins of this week?
- Did you encounter any challenges or setbacks? If so, how did you overcome them?
- Remember to listen to your body, make modifications as needed, and stay disciplined throughout the 6-week plan. Celebrate your achievements along the way and stay focused on your weight loss goals. If you have any concerns or questions, it's always a good idea to consult with a certified healthcare professional.



Week Two

WEEK TWO

It's week 2! Now that we got familiar with the plan, we're going to take it up a notch.

This week, we're focusing on further building our healthy habits by incorporating nutritious food choices and increasing our expenditure by doing more cardio. Might sound intimidating, but see it as an opportunity to build on the progress you've made and continue moving closer to your goals.

GOAL SETTING

Journal, take your check in photos, measurements or weigh in for the day and review your stats. No need to make any changes, as it's only been a week.

- Most people overestimate what they can achieve in a short amount of time, and underestimate what they can achieve in a long amount of time. Try not to let any (visible) lack of progress get to you. We're just getting started.

If you're below 10k steps, set a new step goal to increase your daily step count. If you're at 10k steps already, you can keep it here.

- Aim for a minimum 8,000 steps per day in the second week, gradually increasing from the previous week. Find opportunities to incorporate more movement throughout your

day, such as taking short walks or using the stairs instead of the elevator.

After reflecting on your food habits of week 1, try to continue improving them this week. Next to that, try to establish a food goal to include more vegetables and lean proteins in your meals.

- Increase your vegetable intake by adding a serving to each meal.
- Choose lean protein sources like chicken, fish, tofu, or legumes.
- Keep practicing portion control and mindful eating habits.

SET YOUR INTENTIONS FOR WEEK TWO

Ask yourself the following questions to try to make the following week a successful one.

- What is one healthy habit you want to focus on improving this week?
- What healthy meal or snack options can you incorporate into your meal plan for the week?
- How can you practice self-care and manage stress effectively during this week?
- How can you optimize your sleep schedule including your evening and morning routine? Think: Stop using your electronic devices an hour before bed time, avoid looking at your phone in the first hour after waking up and try to get sunlight instead.

Week 2 includes 4 workouts per week that are focused on resistance training. Additionally, there are two low-intensity cardio sessions. If the intended schedule doesn't work for you, you can change the workout days.

MON	<u>Full Body Workout 1</u> DAILY STEPS: At least 8000
TUE	<u>Full Body Workout 2</u> DAILY STEPS: At least 8000
WED	WORKOUT: Low-intensity steady-state cardio for 25 mins (e.g. walk or incline walk at 5 km/h or 3 mph) DAILY STEPS: At least 8000
THU	<u>Full Body Workout 3</u> DAILY STEPS: At least 8000
FRI	<u>Full Body Workout 4</u> DAILY STEPS: At least 8000
SAT	WORKOUT: Low-intensity steady-state cardio for 25 mins (e.g. walk or incline walk at 5 km/h or 3 mph) DAILY STEPS: At least 8000
SUN	DAILY STEPS: At least 8000

**Remember, you can click the exercise name or its photos to view a video of the exercise!*

Full Body Workout 1

REST: 60-90s (per set)



Deadstop Hip Thrust

4 SETS X 8-10 REPS

Reset the bar after each rep.
Keep chin tucked.

TEMPO: 31X2

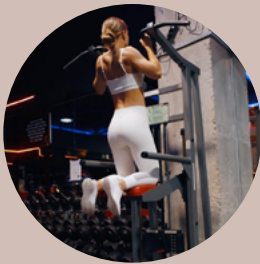


Glute Kickbacks

3 SETS X 12-15 REPS (PER SIDE)

Keep upright position with upper body.
Slightly kick outwards with working leg.

TEMPO: 20X1



Chin Ups

4 SETS X 8-10 REPS

You can do assisted reps if needed, either by
using a resistance band or in the machine.

TEMPO: 3111



Cable Row

3 SETS X 12-15 REPS

Palms face inwards. Keep knees slightly bent,
and elbows close to body.

TEMPO: 3111



Hyperextension

3 SETS X 10-12 REPS

Slightly round upper back to keep tension on
glutes and hamstrings.

TEMPO: 2012



Face Pulls

3 SETS X 12-15 REPS

Overhand grip. Lean back slightly. Pull hands
towards ears.

TEMPO: 2112

Full Body Workout 2

REST: 60-90s (per set)



Bulgarian Split Squat

4 SETS X 8-10 REPS (PER SIDE)

TEMPO: 20X1

Quads-focus so keep upright position, and closer stance.

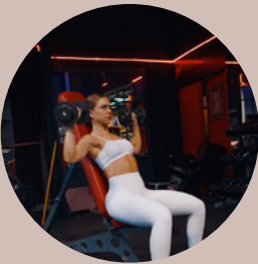


Leg Press

4 SETS X 8, 10, 12, 15 REPS

TEMPO: 30X1

Back on pad at all times.
Don't lock your knees at the top.

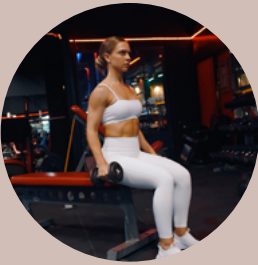


Seated Dumbbell Press

4 SETS X 8-10 REPS

TEMPO: 2010

Palms facing forward. Keep elbows slightly tucked. Push body into bench.



Seated Lateral Raises

3 SETS X 12-15 REPS

TEMPO: 2011

Lead the movement with your elbows.
No swinging.



Leg Extension

3 SETS X 10-12 REPS

TEMPO: 30X2

Control the negative. Back on pad at all times.
Keep chest up and neutral spine.



Push Ups

3 SETS X 8-10 REPS

TEMPO: 20X0

Keep elbows tucked while maintaining a strong plank position. Alternative is kneeling push ups.

Full Body Workout 3

REST: 60-90s (per set)



Barbell RDL

4 SETS X 8-10 REPS

TEMPO: 3121

Retract shoulder blades. Bend at hips to initiate movement.



Hip Abduction

3 SETS X 12-15 REPS

TEMPO: 2112

Limit ROM to keep tension on glutes. Reverse the movement controlled and slowly.



V Grip Pulldown

4 SETS X 8-10 REPS

TEMPO: 20X1

Palms facing each other. Torso upright. Pull bar down towards chest.



Single Arm Dumbbell Row

3 SETS X 10-12 REPS (PER SIDE)

TEMPO: 21X1

Keep lower back straight, and torso stationary. Lead with elbows. Start with weaker side.



Seated Leg Curl

3 SETS X 10-12 REPS

TEMPO: 3111

Maintain a neutral spine. Keep back flat against pad at all times.



Rear Delt Fly

3 SETS X 12-15 REPS

TEMPO: 2012

Keep torso stationary. Focus on bringing weights out.

Full Body Workout 4

REST: 60-90s (per set)



Hack Squat

4 SETS X 8-10 REPS

TEMPO: 30X1

Back on pad at all times.
Brace core.



Walking Lunges

3 SETS X 12 REPS (PER SIDE)

TEMPO: 20X0

Feet hip-width apart. Keep chest up. Core and
glutes engaged. Knees stay in line with toes.

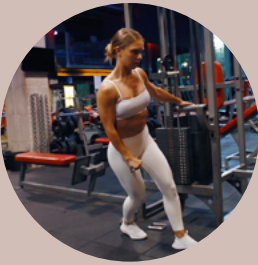


Seated Arnold Press

4 SETS X 8-10 REPS

TEMPO: 20X0

Keep torso upright. Arms move in straight
line. Externally rotate while you press.



Cable Lateral Raises

3 SETS X 12-15 REPS (PER SIDE)

TEMPO: 20X2

Keep elbows slightly bent. No swinging.
Slight lean to increase ROM.



Goblet Squat

3 SETS X 10-12 REPS

TEMPO: 20X0

Keep chest up. Sit hips back and down.
Push knees out. Knees travel in line with toes.



Diamond Push Up

3 SETS X 8-10 REPS

TEMPO: 20X0

Keep your elbows tucked and maintain a plank
position. Alternative is a kneeling diamond push up.

REFLECTION AFTER WEEK TWO

Take some time on day 7 of week 2 to reflect on your progress.

- Did you make progress with the healthy habit you decided to focus on? How did it impact your overall journey?
- How did you feel physically and mentally throughout the week? Were you able to practice self-care and manage stress effectively? If not, what could you have done differently?
- Were you able to improve your sleep by optimizing your evening and morning routine?
- Did you achieve my weekly step count and did you manage to stick to your workout schedule? If not, what can you do differently next week?
- What adjustments can you make to your meal plan or exercise routine based on this week's experiences?



Week Three

WEEK THREE

The start of week 3! Exciting times ahead, because this is the time where you most likely start seeing noticeable changes.

Stay committed to your goals, and make sure to reflect on the positive changes you're experiencing along the way.

GOAL SETTING

Journal, take your check-in photos, measurements or weigh-in for the day and review your stats.

Further increase your activity level by aiming for 10k steps per day.

- If it's hard for you to reach your daily steps, you can add some low-intensity cardio after your workouts and just walk on a treadmill.

After reflecting on your food habits of week 2, try to continue doing better with them this week. Next to that, establish specific food goals such as trying to limit added sugars, liquid calories or ultra-processed foods in your diet.

SET YOUR INTENTIONS FOR WEEK THREE

Ask yourself the following questions to try to make the following week a successful one.

- How can I further challenge myself in terms of physical activity and exercise intensity this week?
- How can I (further) prioritize sleep and recovery to support my fat loss goals?
- What would help me to stay consistent with my healthy eating choices? Think: Stop buying or bringing home any grocery / food items that do not support your goal. This way, you're creating an environment for success.

Week 3 includes 4 workouts per week that are focused on resistance training. Additionally, there are two low-intensity cardio sessions. If the intended schedule doesn't work for you, you can change the workout days.

MON	<u>Full Body Workout 1</u> DAILY STEPS: At least 10,000
TUE	<u>Full Body Workout 2</u> DAILY STEPS: At least 10,000
WED	WORKOUT: Low-intensity steady-state cardio for 30 mins (e.g. walk or incline walk at 5 km/h or 3 mph) DAILY STEPS: At least 10,000
THU	<u>Full Body Workout 3</u> DAILY STEPS: At least 10,000
FRI	<u>Full Body Workout 4</u> DAILY STEPS: At least 10,000
SAT	WORKOUT: Low-intensity steady-state cardio for 30 mins (e.g. walk or incline walk at 5 km/h or 3 mph) DAILY STEPS: At least 10,000
SUN	DAILY STEPS: At least 10,000

**Remember, you can click the exercise name or its photos to view a video of the exercise!*

Full Body Workout 1

REST: 60-90s (per set)



Deadstop Hip Thrust

4 SETS X 8-10 REPS

Reset the bar after each rep.
Keep chin tucked.

TEMPO: 31X2

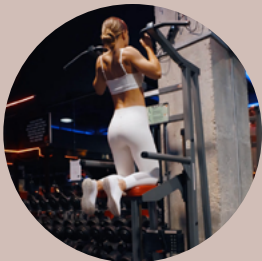


Glute Kickbacks

3 SETS X 12-15 REPS (PER SIDE)

Keep upright position with upper body.
Slightly kick outwards with working leg.

TEMPO: 20X1



Chin Ups

4 SETS X 8-10 REPS

You can do assisted reps if needed, either by
using a resistance band or in the machine.

TEMPO: 3111



Cable Row

3 SETS X 12-15 REPS

Palms face inwards. Keep knees slightly bent,
and elbows close to body.

TEMPO: 3111



Hyperextension

3 SETS X 10-12 REPS

Slightly round upper back to keep tension on
glutes and hamstrings.

TEMPO: 2012



Face Pulls

3 SETS X 12-15 REPS

Overhand grip. Lean back slightly. Pull hands
towards ears.

TEMPO: 2112

Full Body Workout 2

REST: 60-90s (per set)



Bulgarian Split Squat

4 SETS X 8-10 REPS (PER SIDE)

TEMPO: 20X1

Quads-focus so keep upright position, and closer stance.

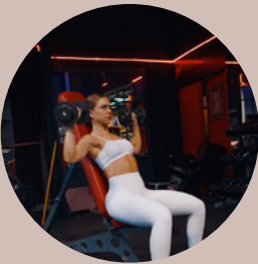


Leg Press

4 SETS X 8, 10, 12, 15 REPS

TEMPO: 30X1

Back on pad at all times.
Don't lock your knees at the top.

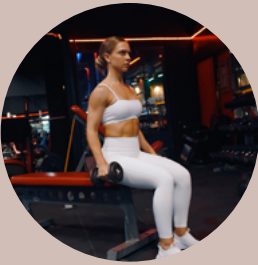


Seated Dumbbell Press

4 SETS X 8-10 REPS

TEMPO: 2010

Palms facing forward. Keep elbows slightly tucked. Push body into bench.



Seated Lateral Raises

3 SETS X 12-15 REPS

TEMPO: 2011

Lead the movement with your elbows.
No swinging.



Leg Extension

3 SETS X 10-12 REPS

TEMPO: 30X2

Control the negative. Back on pad at all times.
Keep chest up and neutral spine.



Push Ups

3 SETS X 8-10 REPS

TEMPO: 20X0

Keep elbows tucked while maintaining a strong plank position. Alternative is kneeling push ups.

Full Body Workout 3

REST: 60-90s (per set)



Barbell RDL

4 SETS X 8-10 REPS

TEMPO: 3121

Retract shoulder blades. Bend at hips to initiate movement.



Hip Abduction

3 SETS X 12-15 REPS

TEMPO: 2112

Limit ROM to keep tension on glutes. Reverse the movement controlled and slowly.



V Grip Pulldown

4 SETS X 8-10 REPS

TEMPO: 20X1

Palms facing each other. Torso upright. Pull bar down towards chest.



Single Arm Dumbbell Row

3 SETS X 10-12 REPS (PER SIDE)

TEMPO: 21X1

Keep lower back straight, and torso stationary. Lead with elbows. Start with weaker side.



Seated Leg Curl

3 SETS X 10-12 REPS

TEMPO: 3111

Maintain a neutral spine. Keep back flat against pad at all times.



Rear Delt Fly

3 SETS X 12-15 REPS

TEMPO: 2012

Keep torso stationary. Focus on bringing weights out.

Full Body Workout 4

REST: 60-90s (per set)



Hack Squat

4 SETS X 8-10 REPS

TEMPO: 30X1

Back on pad at all times.
Brace core.



Walking Lunges

3 SETS X 12 REPS (PER SIDE)

TEMPO: 20X0

Feet hip-width apart. Keep chest up. Core and
glutes engaged. Knees stay in line with toes.

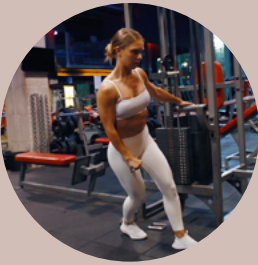


Seated Arnold Press

4 SETS X 8-10 REPS

TEMPO: 20X0

Keep torso upright. Arms move in straight
line. Externally rotate while you press.



Cable Lateral Raises

3 SETS X 12-15 REPS (PER SIDE)

TEMPO: 20X2

Keep elbows slightly bent. No swinging.
Slight lean to increase ROM.



Goblet Squat

3 SETS X 10-12 REPS

TEMPO: 20X0

Keep chest up. Sit hips back and down.
Push knees out. Knees travel in line with toes.



Diamond Push Up

3 SETS X 8-10 REPS

TEMPO: 20X0

Keep your elbows tucked and maintain a plank
position. Alternative is a kneeling diamond push up.

REFLECTION AFTER WEEK THREE

Take some time on day 7 of week 3 to reflect on your progress.

- Were you able to stick to your entire workout plan this week? Including the cardio and step goals? What went well and is there something you could have done differently?
- What adjustments can you make to your nutrition or exercise plan to optimize results for the upcoming weeks?
- Did you manage to consume foods that support your goals and make you feel energized?
- Were you able to prioritize your sleep and recovery? Is there anything you want to take with you to next week?

A person is captured in a dynamic pose, performing a kettlebell swing. They are wearing black athletic gear, including a tank top with a white Nike swoosh and leggings. Their arms are extended downwards, gripping a black kettlebell. The background shows a gym setting with a dark floor and a metal railing. The text "Week Four" is overlaid in a white, elegant script font.

Week Four

WEEK FOUR

It's week 4! This is a significant milestone in this 6-week fat loss journey.

Try to continue building on the momentum, you're halfway there. Keep your focus and don't get distracted. You got this!

GOAL SETTING

Journal, take your check-in photos, measurements or weigh-in for the day and review your stats.

After reflecting on your food habits of week 3, try to continue doing better with them this week.

Further increase your activity level by aiming for 10-12k steps per day.

- If it's hard for you to reach your daily steps, you can add some low-intensity cardio after your workouts and just walk on a treadmill.

SET YOUR INTENTIONS FOR WEEK FOUR

Ask yourself the following questions to try to make the following week a successful one.

- How can you challenge yourself to try new healthy recipes or variety to keep your meals exciting, enjoyable and nutritious at the same time?
- What strategies can you implement to stay consistent with your workouts, even when you have a busy schedule? Think: minimize your screen time, head to bed and set your alarm earlier instead.
- What strategies can you implement to stay consistent with your hydration goals and ensure adequate water intake throughout the day? Think: adding some fresh lemon and mint to your water, bringing your water bottle with you everywhere you go, having it on your work desk etc.

Week 4 includes 4 workouts per week that are focused on resistance training. Additionally, there are two low-intensity cardio sessions. If the intended schedule doesn't work for you, you can change the workout days.

MON	<u>Full Body Workout 1</u> DAILY STEPS: At least 10,000 - 12,000
TUE	<u>Full Body Workout 2</u> DAILY STEPS: At least 10,000 - 12,000
WED	WORKOUT: Low-intensity steady-state cardio for 35 mins (e.g. walk or incline walk at 5 km/h or 3 mph) DAILY STEPS: At least 10,000 - 12,000
THU	<u>Full Body Workout 3</u> DAILY STEPS: At least 10,000 - 12,000
FRI	<u>Full Body Workout 4</u> DAILY STEPS: At least 10,000 - 12,000
SAT	WORKOUT: Low-intensity steady-state cardio for 35 mins (e.g. walk or incline walk at 5 km/h or 3 mph) DAILY STEPS: At least 10,000 - 12,000
SUN	DAILY STEPS: At least 10,000 - 12,000

**Remember, you can click the exercise name or its photos to view a video of the exercise!*

Full Body Workout 1

REST: 60-90s (per set)



Barbell RDL

4 SETS X 6-8 REPS

TEMPO: 3121

Retract shoulder blades. Bend at hips to initiate movement.



Step Up

3 SETS X 10-12 REPS (PER SIDE)

TEMPO: 4121

Push through heel to lift body.
Keep leg close to platform.



Straight Arm Pulldown

4 SETS X 6-8 REPS

TEMPO: 3121

Pull weight down towards your chest.
Elbows facing straight down. Squeeze lats.



Barbell Row

3 SETS X 10-12 REPS

TEMPO: 2111

Feet shoulder-width apart. Knees slightly bent.
Keep spine neutral. Torso stays stationary.



Continuous Hip Thrust

4 SETS X 8-10 REPS

TEMPO: 2011

Keep the bar off the ground during the reps.
Keep chin tucked.



Bent Over Rear Delt Fly

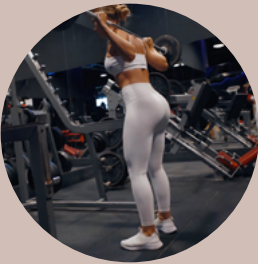
3 SETS X 12-15 REPS

TEMPO: 2011

Keep spine neutral, and bring elbows to the sides and back.

Full Body Workout 2

REST: 60-90s (per set)



Squat

4 SETS X 6-8 REPS

TEMPO: 21X1

Keep chest up. Knees travel in line with toes.
Keep core braced throughout movement.



Split Squat

3 SETS X 12-15 REPS (PER SIDE)

TEMPO: 21X1

Can be performed in the smith machine to help with balance.



Seated Arnold Press

4 SETS X 6-8 REPS

TEMPO: 2020

Keep torso upright. Arms move in straight line. Externally rotate while you press.



Seated Front Raises

3 SETS X 10-12 REPS

TEMPO: 2111

Engage core.
Lift the weight to chin level.



Leg Extension

3 SETS X 12-15 REPS

TEMPO: 30X2

Control the negative. Back on pad at all times.
Keep chest up and neutral spine.



60-degrees Incline Neutral Press

3 SETS X 10-12 REPS

TEMPO: 2111

Bench at 60-degrees.
Keep neutral grip.

Full Body Workout 3

REST: 60-90s (per set)



Glute Bridge

4 SETS X 6-8 REPS

TEMPO: 21X2

Drive through heels. Don't overextend at the top. Squeeze glutes.



Smith Machine Sumo Squat

3 SETS X 10-12 REPS

TEMPO: 3110

Wide stance in smith machine. Knees stay in line with toes. Push through heels.



Lat Pulldown

4 SETS X 6-8 REPS

TEMPO: 31X1

Keep shoulders retracted. Keep chest up at the top of the rep. Slow down the eccentric.



Single Arm Dumbbell Row

3 SETS X 10-12 REPS (PER SIDE)

TEMPO: 20X1

Keep lower back straight, and torso stationary. Lead with elbows. Start with weaker side.



Seated Leg Curl

3 SETS X 12-15 REPS

TEMPO: 30X1

Maintain a neutral spine. Keep back flat against pad at all times.



Face Pulls

3 SETS X 10-12 REPS

TEMPO: 20X1

Overhand grip. Lean back slightly. Pull hands towards ears.

Full Body Workout 4

REST: 60-90s (per set)



Leg Press

4 SETS X 6-8 REPS

TEMPO: 30X1

Back on pad at all times. Don't lock your knees and keep feet flat.



Lateral Squat

3 SETS X 10-12 REPS (PER SIDE)

TEMPO: 2011

Stand with feet wider than hips. Shift weight to the side while pushing hips back.



Overhead Press

4 SETS X 6-8 REPS

TEMPO: 21X1

Hands slightly wider than shoulders. Press the bar in a straight line.



Seated Lateral Raises

3 SETS X 10-12 REPS

TEMPO: 20X1

Straight back. Core engaged. Lead with elbows. No swinging.



Leg Extension

3 SETS X 12-15 REPS

TEMPO: 30X2

Control the negative. Back on pad at all times. Keep chest up and neutral spine.



Incline Dumbbell Press

3 SETS X 10-12 REPS

TEMPO: 20X1

Keep elbows in and chest up.

REFLECTION AFTER WEEK FOUR

Take some time on day 7 of week 4 to reflect on your progress.

- Did you challenge yourself by trying new recipes? Are you enjoying the foods you are eating? Do they make you feel and perform good?
- Were you able to keep your hydration levels up? How did it make you feel?
- What positive changes have you noticed in your body, energy levels and/or mindset after this week?

A woman with blonde hair, wearing a black Nike sports bra and black leggings, is captured from the waist down in a dynamic pose. She is holding a black kettlebell with her right hand, positioned as if about to swing it. Her legs are spread wide in a lunge-like stance. The background shows a gym setting with white lockers and a dark floor. The text "Week Five" is overlaid in a white, elegant script font across the center of the image.

Week Five

WEEK FIVE

Week 5!! Getting close to the end now.

Take some extra time to set your goals and setting your intentions. Preparation is key, and it will help you push through possible difficult moments.

GOAL SETTING

Journal, take your check-in photos, measurements or weigh-in for the day and review your stats.

Further increase your activity level by aiming for 11-12k steps per day.

- If it's hard for you to reach your daily steps, you can add some low-intensity cardio after your workouts and just walk on a treadmill.

SET YOUR INTENTIONS FOR WEEK FIVE

Ask yourself the following questions to try to make the following week a successful one.

- How can you further refine your meal plan to ensure optimal nutrition and satiety?
- Can you incorporate more mindfulness practices into your week, such as meditation or deep breathing exercises?
- Are there any strategies you can implement to overcome possible plateaus with your workouts, cardio or step goal this week? Is there anything you're struggling with? If so, what can you do to make next week easier for you?

Week 5 includes 4 workouts per week that are focused on resistance training. Additionally, there are two low-intensity cardio sessions. If the intended schedule doesn't work for you, you can change the workout days.

MON	<u>Full Body Workout 1</u> DAILY STEPS: At least 11,000 - 12,000
TUE	<u>Full Body Workout 2</u> DAILY STEPS: At least 11,000 - 12,000
WED	WORKOUT: Low-intensity steady-state cardio for 40 mins (e.g. walk or incline walk at 5 km/h or 3 mph) DAILY STEPS: At least 11,000 - 12,000
THU	<u>Full Body Workout 3</u> DAILY STEPS: At least 11,000 - 12,000
FRI	<u>Full Body Workout 4</u> DAILY STEPS: At least 11,000 - 12,000
SAT	WORKOUT: Low-intensity steady-state cardio for 40 mins (e.g. walk or incline walk at 5 km/h or 3 mph) DAILY STEPS: At least 11,000 - 12,000
SUN	DAILY STEPS: At least 11,000 - 12,000

**Remember, you can click the exercise name or its photos to view a video of the exercise!*

Full Body Workout 1

REST: 60-90s (per set)



Barbell RDL

4 SETS X 6-8 REPS

TEMPO: 3121

Retract shoulder blades. Bend at hips to initiate movement.



Step Up

3 SETS X 10-12 REPS (PER SIDE)

TEMPO: 4121

Push through heel to lift body. Keep leg close to platform.



Straight Arm Pulldown

4 SETS X 6-8 REPS

TEMPO: 3121

Pull weight down towards your chest. Elbows facing straight down. Squeeze lats.



Barbell Row

3 SETS X 10-12 REPS

TEMPO: 2111

Feet shoulder-width apart. Knees slightly bent. Keep spine neutral. Torso stays stationary.



Continuous Hip Thrust

4 SETS X 8-10 REPS

TEMPO: 2011

Keep the bar off the ground during the reps. Keep chin tucked.



Bent Over Rear Delt Fly

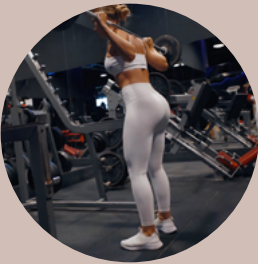
3 SETS X 12-15 REPS

TEMPO: 2011

Keep spine neutral, and bring elbows to the sides and back.

Full Body Workout 2

REST: 60-90s (per set)



Squat

4 SETS X 6-8 REPS

TEMPO: 21X1

Keep chest up. Knees travel in line with toes.
Keep core braced throughout movement.



Split Squat

3 SETS X 12-15 REPS (PER SIDE)

TEMPO: 21X1

Can be performed in the smith machine to help with balance.



Seated Arnold Press

4 SETS X 6-8 REPS

TEMPO: 2020

Keep torso upright. Arms move in straight line. Externally rotate while you press.



Seated Front Raises

3 SETS X 10-12 REPS

TEMPO: 2111

Engage core.
Lift the weight to chin level.



Leg Extension

3 SETS X 12-15 REPS

TEMPO: 30X2

Control the negative. Back on pad at all times.
Keep chest up and neutral spine.



60-degrees Incline Neutral Press

3 SETS X 10-12 REPS

TEMPO: 2111

Bench at 60-degrees.
Keep neutral grip.

Full Body Workout 3

REST: 60-90s (per set)



Glute Bridge

4 SETS X 6-8 REPS

TEMPO: 21X2

Drive through heels. Don't overextend at the top. Squeeze glutes.



Smith Machine Sumo Squat

3 SETS X 10-12 REPS

TEMPO: 3110

Wide stance in smith machine. Knees stay in line with toes. Push through heels.



Lat Pulldown

4 SETS X 6-8 REPS

TEMPO: 31X1

Keep shoulders retracted. Keep chest up at the top of the rep. Slow down the eccentric.



Single Arm Dumbbell Row

3 SETS X 10-12 REPS (PER SIDE)

TEMPO: 20X1

Keep lower back straight, and torso stationary. Lead with elbows. Start with weaker side.



Seated Leg Curl

3 SETS X 12-15 REPS

TEMPO: 30X1

Maintain a neutral spine. Keep back flat against pad at all times.



Face Pulls

3 SETS X 10-12 REPS

TEMPO: 20X1

Overhand grip. Lean back slightly. Pull hands towards ears.

Full Body Workout 4

REST: 60-90s (per set)



Leg Press

4 SETS X 6-8 REPS

TEMPO: 30X1

Back on pad at all times. Don't lock your knees and keep feet flat.



Lateral Squat

3 SETS X 10-12 REPS (PER SIDE)

TEMPO: 2011

Stand with feet wider than hips. Shift weight to the side while pushing hips back.



Overhead Press

4 SETS X 6-8 REPS

TEMPO: 21X1

Hands slightly wider than shoulders. Press the bar in a straight line.



Seated Lateral Raises

3 SETS X 10-12 REPS

TEMPO: 20X1

Straight back. Core engaged. Lead with elbows. No swinging.



Leg Extension

3 SETS X 12-15 REPS

TEMPO: 30X2

Control the negative. Back on pad at all times. Keep chest up and neutral spine.



Incline Dumbbell Press

3 SETS X 10-12 REPS

TEMPO: 20X1

Keep elbows in and chest up.

REFLECTION AFTER WEEK FIVE

Take some time on day 7 of week 5 to reflect on your progress.

- How did your nutrition go this week? What are 3 things that went well, and 3 things you can improve on next week?
- Did you incorporate more mindfulness practices into your week? How did it go, did it have a positive impact on your week?
- How did the exercise part of your week go? Are you noticing any mental or physical changes?

A woman with long blonde hair in a ponytail is performing a side plank exercise on a black mat in a gym. She is wearing a black sports bra with a white Nike logo and black leggings. Her right arm is extended upwards, and her left hand is on the floor. The background features a black metal ladder and a white wall with a black panel.

Week Six

WEEK SIX

Yay - you've arrived at the final week of your 6-week fat loss journey!

It's time to reflect on your achievements and reflect on the healthy habits you've built so far. Embrace the lessons you've learned and celebrate the sustainable changes you've made.

GOAL SETTING

Journal, take your check-in photos, measurements or weigh-in for the day and review your stats.

Further increase your activity level by aiming for 12k steps per day.

- If it's hard for you to reach your daily steps, you can add some low-intensity cardio after your workouts and just walk on a treadmill.

SET YOUR INTENTIONS FOR WEEK SIX

Ask yourself the following questions to try to make the following week a successful one.

- What are 3 things you can do to make this a successful week - in your books - when it comes to your nutrition?
- What are 3 things you can do to make this a successful week - in your books - when it comes to your exercise?
- What are 3 things you can do to make this a successful week - in your books - when it comes to your overall well-being?

Week 6 includes 4 workouts per week that are focused on resistance training. Additionally, there are two low-intensity cardio sessions. If the intended schedule doesn't work for you, you can change the workout days.

MON	<u>Full Body Workout 1</u> DAILY STEPS: At least 12,000
TUE	<u>Full Body Workout 2</u> DAILY STEPS: At least 12,000
WED	WORKOUT: Low-intensity steady-state cardio for 45 mins (e.g. walk or incline walk at 5 km/h or 3 mph) DAILY STEPS: At least 12,000
THU	<u>Full Body Workout 3</u> DAILY STEPS: At least 12,000
FRI	<u>Full Body Workout 4</u> DAILY STEPS: At least 12,000
SAT	WORKOUT: Low-intensity steady-state cardio for 40 mins (e.g. walk or incline walk at 5 km/h or 3 mph) DAILY STEPS: At least 12,000
SUN	DAILY STEPS: At least 12,000

**Remember, you can click the exercise name or its photos to view a video of the exercise!*

Full Body Workout 1

REST: 60-90s (per set)



Barbell RDL

4 SETS X 6-8 REPS

TEMPO: 3121

Retract shoulder blades. Bend at hips to initiate movement.



Step Up

3 SETS X 10-12 REPS (PER SIDE)

TEMPO: 4121

Push through heel to lift body. Keep leg close to platform.



Straight Arm Pulldown

4 SETS X 6-8 REPS

TEMPO: 3121

Pull weight down towards your chest. Elbows facing straight down. Squeeze lats.



Barbell Row

3 SETS X 10-12 REPS

TEMPO: 2111

Feet shoulder-width apart. Knees slightly bent. Keep spine neutral. Torso stays stationary.



Continuous Hip Thrust

4 SETS X 8-10 REPS

TEMPO: 2011

Keep the bar off the ground during the reps. Keep chin tucked.



Bent Over Rear Delt Fly

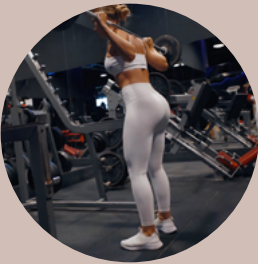
3 SETS X 12-15 REPS

TEMPO: 2011

Keep spine neutral, and bring elbows to the sides and back.

Full Body Workout 2

REST: 60-90s (per set)



Squat

4 SETS X 6-8 REPS

TEMPO: 21X1

Keep chest up. Knees travel in line with toes.
Keep core braced throughout movement.



Split Squat

3 SETS X 12-15 REPS (PER SIDE)

TEMPO: 21X1

Can be performed in the smith machine to help with balance.



Seated Arnold Press

4 SETS X 6-8 REPS

TEMPO: 2020

Keep torso upright. Arms move in straight line. Externally rotate while you press.



Seated Front Raises

3 SETS X 10-12 REPS

TEMPO: 2111

Engage core.
Lift the weight to chin level.



Leg Extension

3 SETS X 12-15 REPS

TEMPO: 30X2

Control the negative. Back on pad at all times.
Keep chest up and neutral spine.



60-degrees Incline Neutral Press

3 SETS X 10-12 REPS

TEMPO: 2111

Bench at 60-degrees.
Keep neutral grip.

Full Body Workout 3

REST: 60-90s (per set)



Glute Bridge

4 SETS X 6-8 REPS

TEMPO: 21X2

Drive through heels. Don't overextend at the top. Squeeze glutes.



Smith Machine Sumo Squat

3 SETS X 10-12 REPS

TEMPO: 3110

Wide stance in smith machine. Knees stay in line with toes. Push through heels.



Lat Pulldown

4 SETS X 6-8 REPS

TEMPO: 31X1

Keep shoulders retracted. Keep chest up at the top of the rep. Slow down the eccentric.



Single Arm Dumbbell Row

3 SETS X 10-12 REPS (PER SIDE)

TEMPO: 20X1

Keep lower back straight, and torso stationary. Lead with elbows. Start with weaker side.



Seated Leg Curl

3 SETS X 12-15 REPS

TEMPO: 30X1

Maintain a neutral spine. Keep back flat against pad at all times.



Face Pulls

3 SETS X 10-12 REPS

TEMPO: 20X1

Overhand grip. Lean back slightly. Pull hands towards ears.

Full Body Workout 4

REST: 60-90s (per set)



Leg Press

4 SETS X 6-8 REPS

TEMPO: 30X1

Back on pad at all times. Don't lock your knees and keep feet flat.



Lateral Squat

3 SETS X 10-12 REPS (PER SIDE)

TEMPO: 2011

Stand with feet wider than hips. Shift weight to the side while pushing hips back.



Overhead Press

4 SETS X 6-8 REPS

TEMPO: 21X1

Hands slightly wider than shoulders. Press the bar in a straight line.



Seated Lateral Raises

3 SETS X 10-12 REPS

TEMPO: 20X1

Straight back. Core engaged. Lead with elbows. No swinging.



Leg Extension

3 SETS X 12-15 REPS

TEMPO: 30X2

Control the negative. Back on pad at all times. Keep chest up and neutral spine.



Incline Dumbbell Press

3 SETS X 10-12 REPS

TEMPO: 20X1

Keep elbows in and chest up.

REFLECTION AFTER WEEK SIX

Take some time on day 7 of week 6 to reflect on your progress.

- How did I progress towards my overall fat loss goal throughout this 6-week period?
- How can I challenge myself to sustain the healthy habits I've developed beyond this 6-week journey?
- How can I maintain a positive mindset and focus on long-term well-being rather than just short-term results?
- How do you feel about your accomplishments and what lessons have you learned?

No4. Recipes



Pictured on previous page

Matcha Chia Pudding

1 Serving 10 min prep, 2 hr + resting Vegan

Do you love the taste of matcha? Then this twist on the overnight chia pudding is just for you! It is super simple and quick to prep, and makes the perfect healthy breakfast or snack that is both vegan and gluten-free. Top with your fav toppings such as yogurt, fresh fruit or an extra sprinkle of matcha powder and enjoy!

MACROS (per serving) **CAL: 384** **FAT: 20g** **CARBS: 41g** **PROTEIN: 10g**

INGREDIENTS

- 1 cup almond milk
- ¼ cup chia seeds
- 1 tbsp maple syrup
- 1 tsp matcha powder
- ½ tsp vanilla extract

1. Prepare warm water to 80°C/176°F. Sift 8g matcha into a cup. Add 70ml water and whisk in zig zag motion until frothy.
2. Let the matcha cool.
3. Add all ingredients together in a jar and mix until well combined.
4. Place in the fridge ideally overnight, but at least for an hour before serving.
5. Top your chia pudding with your fav toppings such as (non-dairy) yogurt, fresh fruit or an extra sprinkle of matcha powder. Serve and enjoy!



Pictured on previous page

Turkish Eggs 1 Serving 5 min prep, 5 min cooking Vegetarian

This simple, savory and absolutely delicious breakfast is called Cilbir or Turkish Eggs and serves perfectly poached eggs over a thick garlicky yogurt, drizzled with a home-made warm spicy red butter. All you need is a handful of wholesome ingredients and 10 minutes of your time - perfect for busy weekday or lazy weekend mornings! Enjoy with your favorite golden brown toasted, crusty bread for dipping.

MACROS (per serving) **CAL: 390** **FAT: 26g** **CARBS: 11g** **PROTEIN: 28g**

INGREDIENTS

- 1 cup Greek yogurt
- 2 eggs
- 1 tbsp butter
- some fresh dill
- some fresh mint
- pinch of chili and paprika powder

METHOD

1. Finely chop the dill and mint, add a teaspoon of lemon juice and mix. Then combine with 1 cup of Greek yogurt.
2. Poach your eggs.
3. Heat up the butter in a pan and add chili and paprika powder.
4. Assemble the Turkish eggs by spreading a layer of yogurt, top with the poached eggs and drizzle with the spiced butter.
5. Season with black pepper and fresh mint and dill. Serve and enjoy!



Pictured on previous page

Yogurt Oat Vanilla Pancakes

1 Serving 5 min prep, 5 min cooking Vegetarian

These delicious yogurt oat vanilla pancakes are the perfect proof that a yummy, healthy breakfast does not have to be expensive, difficult or come with a never-ending list of ingredients. All you need for this recipe is some oats, an egg, yogurt, honey, vanilla extract, a pinch of baking soda and less than 10 minutes of your time - that's it! The perfect satisfying, simple and quick breakfast for a busy weekday or lazy weekend morning. Serve with some extra yogurt and top with your favorite fresh or frozen fruit, a drizzle of nut butter or sprinkle with some crunchy cacao nibs.

MACROS (per serving) **CAL: 308** **FAT: 8g** **CARBS: 47g** **PROTEIN: 12g**

INGREDIENTS

- ½ cup oats
- 1 egg
- 2 ½ tbsp yogurt
- 1 tbsp honey
- 1 tsp vanilla extract
- pinch of baking soda

METHOD

1. Blend all your ingredients until smooth and no clumps remain.
2. Heat some oil in a pan and bake your pancakes until the dough is cooked through and starting to brown.
3. Top with your favorite topping such as fresh fruit or a drizzle of nut butter, serve and enjoy!



Pictured on previous page

Avocado Egg Salad on Toast

1 Serving 10 min prep, 10 min cooking Vegetarian

A twist on possibly the best breakfast ever.. Avocado toast! Adding some egg for a bit of extra protein, perfect way to start your day.

MACROS (per serving) **CAL: 377** **FAT: 21g** **CARBS: 30g** **PROTEIN: 17g**

INGREDIENTS

- 2 hard boiled eggs
- 1 slice sourdough bread
- ½ ripe avocado
- 1 tbsp fresh dill
- ½ tsp Dijon mustard
- ½ tbsp chopped scallion
- pinch of salt and pepper

METHOD

1. Boil your eggs to your liking. Grate or finely chop your hard boiled eggs. Mash your avocado. Finely chop the white part of your scallion and your dill.
2. Combine all ingredients in a bowl.
3. Toast your slice of bread and top with your egg mixture. Top with some more fresh herbs, serve and enjoy!



Peanut Butter Cottage Cheese Toast

1 Serving 5 min prep, 0 min cooking Vegetarian

This peanut butter cottage cheese toast is the perfect combination of creamy, nutty and sweet flavors. The smooth and velvety texture of cottage cheese pairs nicely with the rich taste of the peanut butter and the fruity soft banana slices. Topped with a sprinkle of nutritious hemp seeds, each bite is beyond satisfying and tasty - enjoy!

MACROS (per serving) **CAL: 586** **FAT: 14g** **CARBS: 87g** **PROTEIN: 28g**

INGREDIENTS

- 2 slices bread
- 2/3 cup cottage cheese
- 1 banana
- 1 tbsp peanut butter
- 1/2 tbsp hemp seeds

METHOD

1. Toast your bread slices and spread with a layer of cottage cheese.
2. Top your cottage cheese with a layer of peanut butter.
3. Slice your banana, then add the banana slices on top of the peanut butter.
4. Sprinkle with hemp seeds, serve and enjoy!



Avocado Strawberry Spinach Salad with Crumbled Feta & Crushed Walnuts

2 Servings 10 min prep, 0 min cooking Vegetarian

This recipe is the perfect mixture of spring with the fresh baby spinach, summer with the juicy colorful red strawberries and fall with the crunchy walnuts. The avocado adds a delicious creaminess, the feta cheese salty and savory flavors and the balsamic honey dressing rounds up this dish wonderfully with its bitter-sweet taste.

MACROS (per serving) **CAL: 600** **FAT: 52g** **CARBS: 21g** **PROTEIN: 11g**

INGREDIENTS

- 1 avocado
- ½ bag baby spinach
- handful strawberries
- ¼ cup walnuts
- ¼ cup crumbled feta cheese

FOR THE VINAIGRETTE:

- 1 medium clove garlic
- ¼ cup extra-virgin olive oil
- 1 ½ tbsp balsamic vinegar
- ½ tbsp Dijon mustard
- ½ tbsp honey
- pinch of salt and pepper

METHOD

1. Whisk all the vinaigrette ingredients together and store in the fridge until you're ready to serve the salad.
2. Slice your avocado into cubes. Roughly chop your walnuts and crumble your feta cheese. Quarter your strawberries.
3. In a serving bowl, assemble all the ingredients together and drizzle with the vinaigrette. Toss to combine, serve with your fav toasted bread or enjoy on its own!



Roasted Chickpea Salad with Avocado & Home-Made Lemon Tahini Sauce

2 Servings 10 min prep, 40 min cooking Vegan

Craving a delicious but filling salad? Then try this nutritious and totally tasty spinach salad recipe that features crunchy roasted chickpeas, Parmesan cheese and a zesty lemon tahini sauce. The perfect mix of flavors, textures and colors!

MACROS (per serving) **CAL: 537** **FAT: 37 g** **CARBS: 37g** **PROTEIN: 14g**

INGREDIENTS

FOR THE ROASTED CHICKPEAS:

- ½ cup chickpeas, rinsed
- ¼ tsp olive oil
- ½ tbsp paprika powder
- pinch of salt and pepper

FOR THE ROASTED SWEET POTATO:

- 1 medium sweet potato
- 1 tsp olive oil

FOR THE LEMON TAHINI SAUCE:

- ¼ cup tahini
- ⅛ cup fresh lemon juice
- 2-4 tbsp water to reach desired consistency
- pinch of salt

- 2 cups spinach
- 4 tbsp sunflower seeds
- ½ ripe avocado
- pinch of salt and pepper

METHOD

1. Preheat your oven to 200 °C / 400 °F.
2. Drain and rinse your chickpeas. Put them in a bowl and add the oil, paprika powder, salt and pepper. Coat evenly. Put them on a lined baking tray.
3. Cut your sweet potato into small cubes. Toss with some oil then place on the same baking tray as your chickpeas. Bake for 25-35 minutes.
4. Prepare the lemon tahini sauce by whisking the lemon, tahini and some water together until smooth. Season with salt to taste.
5. Add spinach to a bowl, top with avocado and add the potatoes and chickpeas. Drizzle the tahini sauce on top and add some sunflower seeds.



Creamy Zucchini Potato Soup

2 Servings 5 min prep, 30 min cooking

This deliciously creamy zucchini potato soup can be enjoyed cold on hot summer days, or as a warming, comforting meal on chilly fall or cold winter nights. It's such a simple, quick, tasty and healthy recipe to add to your repertoire - give it a try and enjoy a big bowl of this rich, buttery soup!

MACROS (per serving) **CAL: 381** **FAT: 17g** **CARBS: 32g** **PROTEIN: 25g**

INGREDIENTS

- 2 cups chicken broth
- ½ cup plain Greek yogurt
- ⅛ cup shredded parmesan
- 2 strips turkey bacon
- 2 stalks crisp celery
- 1 medium zucchini
- 1 medium potato
- 1 garlic clove, minced
- ½ yellow onion
- ½ tbsp clarified butter
- pinch of salt and pepper

METHOD

1. Mince your garlic and roughly chop your celery, zucchini, potato and yellow onion.
2. Melt your butter in a medium pot over medium-high heat. Add your garlic, onions, and celery, then sauté for 3-4 minutes until veggies begin to soften.
3. Add your zucchini, potato, broth and bring to a boil. Once boiling, cover and reduce the heat to a low simmer.
4. Cook for 20 minutes or until your veggies are fork tender. Taste and season to taste. Using an immersion blender, blend until smooth and creamy, then stir in the plain Greek yogurt.
5. Cook your bacon until crisp and golden brown.
6. Serve your hot soup, garnished with crumbled bacon and parmesan sprinkled on top and enjoy!



Pictured on previous page

Garlic Parmesan Roasted Shrimp and Broccoli

1 Serving 5 min prep, 20 min cooking

Garlicky, cheesy, nutritious, cooked in under 30 minutes, and healthy.. is what describes this flavorful dish perfectly!

MACROS (per serving) **CAL: 234** **FAT: 10 g** **CARBS: 10 g** **PROTEIN: 26g**

INGREDIENTS

- 1 ½ cups shrimp
- 1 cup broccoli florets
- 1 clove minced garlic, divided
- ¼ lemon
- 2 tbsp Mozzarella cheese
- 2 ½ tsp olive oil, divided
- ¼ tsp dried basil, divided
- pinch of red pepper flakes
- pinch of salt and pepper

METHOD

1. Preheat your oven to 200 °C / 400 °F. Toss the broccoli with half the olive oil, half the garlic, half the Parmesan, half the basil, and half the red pepper flakes.
2. Line a baking sheet with foil, and place the broccoli on it. Put it in the oven and cook for 10 minutes.
3. Meanwhile, toss your shrimp with the remaining oil, lemon juice, garlic, mozzarella, basil, and red pepper flakes. Season with salt and pepper.
4. After 10 minutes, carefully add the shrimp to the broccoli on the baking sheet. Cook for another 6-9 minutes until shrimp are cooked through and opaque.



Grilled Chicken and Asparagus Pesto Pasta

2 Servings 5 min prep, 20 min cooking

This Grilled Chicken and Asparagus Pesto Pasta screams for summer! You only need a handful of simple ingredients, but the grilling and pesto lemon sauce bring out so much flavor! You can serve it warm or cold for a delicious, healthy and filling weeknight dinner! Parmesan cheese, toasted pine nuts and a good drizzle of olive oil round up this tasty meal perfectly and you will love how quickly it all comes together for a quick, satisfying meal after a long day! Time to cook, wind down and enjoy!

MACROS (per serving) **CAL: 433** **FAT: 17g** **CARBS: 48g** **PROTEIN: 22 g**

INGREDIENTS

- 3 oz pasta
- 1 cup asparagus
- 1 boneless skinless chicken breast
- 1 handful rocket lettuce
- ¼ lemon, juiced
- 2 tbsp pesto
- 1 ½ tbsp shredded Parmesan cheese
- 1 tbsp toasted pine nuts
- ½ tsp Italian seasoning
- some fresh basil leaves
- some fresh chopped basil
- dash of olive oil
- pinch of salt and pepper

METHOD

1. Cook your pasta according to the package instructions. Drain and put into a large serving bowl.
2. Heat up some oil in a pan and grill the asparagus. Season with salt and pepper. Set aside.
3. Season the chicken with Italian seasoning, salt and pepper. Cook in a pan with some oil until golden brown and done.
4. Add the chopped chicken and asparagus to the bowl with the pasta. Add in the pesto, lemon juice and shredded parmesan cheese. Season with salt and pepper and toss everything together until coated. Taste for seasoning. Garnish with toasted pine nuts and chopped fresh basil. Serve with rocket lettuce.



Italian Pesto Crusted Salmon with Veggies in Foil

1 Serving 10 min prep, 30 min cooking

Juicy salmon, fresh green beans and adorable with the right amount of bite, colorful sweet cherry tomatoes and tasty pesto - this recipe brings all the flavors and nutrients right to your plate. This simple recipe is perfect for any week day dinner to end a long, busy day on the best, delicious and satisfying note. Drizzled in lemon juice and olive oil and sprinkled with salt and pepper, this pesto salmon with Italian veggies is ready to serve within 40 minutes.

MACROS (per serving) **CAL: 690** **FAT: 22g** **CARBS: 84g** **PROTEIN: 39 g**

INGREDIENTS

- 1 skinless salmon filet
- ½ cup rice
- ½ cup fresh green beans
- ½ cup asparagus
- ½ cup cherry tomatoes
- 1 tbsp pesto
- 1 tsp fresh lemon juice
- ¾ tsp olive oil
- pinch of salt and pepper

METHOD

1. Preheat your oven to 200 °C / 400 °F. Bring a pot of water to a boil. Boil your green beans for 3 minutes, then carefully drain.
2. Toss your green beans and asparagus with olive oil and season with salt and pepper to taste.
3. Season both sides of your salmon filet with salt and pepper. Add the beans to a piece of aluminum foil, and put the salmon on top. Then spread 1 tbsp pesto on top and top with the tomatoes. Drizzle lemon juice over the filet.
4. Wrap up the foil, and place the salmon on a baking sheet. Bake for 20-30 minutes until the salmon is fully cooked.
5. In the meantime, cook rice according to package instructions. Serve and enjoy!



Roasted Chickpea Salad with Chicken Breast

1 Serving 15 min prep, 15 min cooking

This Roasted Chickpea Salad with Chicken Breast is a true nutrient bomb and will provide your body with a bunch of vitamins and minerals from all the veggies included in this dish! This can be enjoyed as lunch, or as dinner!

MACROS (per serving) **CAL: 547** **FAT: 45g** **CARBS: 24g** **PROTEIN: 46g**

INGREDIENTS

- 1 chicken breast
- ½ cup chickpeas canned
- ½ cup broccoli florets
- ½ cup brussels sprouts halved
- ½ medium-large sweet potato
- drizzle of olive oil and lemon juice
- dash of garlic powder
- pinch of salt and pepper

FOR THE DRESSING

- ⅛ cup tahini
- ½ tbsp lemon juice
- ¼ tbsp maple syrup
- pinch of salt and pepper

METHOD

1. Preheat your oven to 200 °C / 400 °F.
2. Drain and rinse your chickpeas. Cut your broccoli in florets, halve your brussel sprouts and cut your sweet potato in 2.5cm / 1 inch pieces. Add everything to a mixing bowl.
3. Toss with olive oil and lemon juice. Add the garlic powder, salt, and pepper and mix well.
4. Transfer the vegetables to a lined baking sheet. Roast for 20-30 minutes or until the vegetables are done.
5. In the meantime, season your chicken breast and cook until golden brown and done.
6. In a medium bowl, whisk the tahini, maple syrup, and lemon juice until combined. Add salt and pepper.
7. Add the dressing to the roasted vegetables and chicken. Enjoy!



Green Goddess Salad *1 Serving 15 min prep, 15 min cooking Vegetarian*

This vibrant, nutrient-rich and delicious veggie-packed green goddess salad features crunchy cucumber with the perfect bite, creamy avocado and protein rich edamame beans with eggs.

MACROS (per serving) **CAL: 432** **FAT: 32g** **CARBS: 19 g** **PROTEIN: 17g**

INGREDIENTS

- 1 egg
- ½ head bibb lettuce
- ½ avocado
- ½ cup cooked shelled edamame
- ½ cucumber
- pinch of salt and pepper

FOR THE DRESSING

- 1 tbsp extra virgin olive oil
- ½ tbsp Dijon mustard
- ½ tbsp white wine vinegar
- pinch of sugar

METHOD

1. Boil your egg until you reach the desired consistency.
2. Prepare your dressing by combining everything well.
3. Tore your bibb lettuce into bite-sized pieces, slice your avocado, halve your cucumber lengthwise and thinly slice.
4. Add lettuce to a large serving bowl or platter. Arrange avocado, edamame, and cucumber over lettuce. Drizzle dressing over salad and season with salt and pepper to taste. Add the egg, serve and enjoy!



Pictured on previous page

Crispy Tuna & Avocado Stuffed Rice Balls

1 Serving 5 min prep, 15 min cooking

These deliciously crispy baked rice balls are stuffed with creamy avocado and protein-rich tuna, and seasoned with rice vinegar, nori flakes and sesame seeds. If you have any leftover rice in your fridge from either a weeknight meal or takeout, these rice balls are the perfect solution to make a tasty, filling and nutritious meal out of it!

MACROS (per serving) **CAL: 551** **FAT: 27g** **CARBS: 56g** **PROTEIN: 21g**

INGREDIENTS

- 1 cup sushi rice
- 1 tbsp rice vinegar
- 1 nori sheet
- ½ can tuna
- ½ avocado
- 1 tbsp avocado oil

METHOD

1. Cook your rice according to the package instructions. Slice your avocado and drain your tuna.
2. Drizzle your rice with rice vinegar and add nori flakes.
3. Put 1 heaped tablespoon of your rice mixture on a piece of cling foil and add avocado and tuna.
4. Cover with another tablespoon of your rice mixture. Then close your cling foil and flatten into a ball.
5. Sprinkle with sesame seeds and bake in avocado oil until golden brown!



Pictured on previous page

Cheesy Herby Grilled Chicken Caprese with Rice & Rocket

1 Serving 5 min prep, 20 min cooking

Did you know that the Caprese dish with the red of the tomato, the green of the basil, and the white of the Mozzarella cheese are meant to represent the flag of Italy? This Grilled Chicken Caprese is the perfect twist to the traditional recipe and is served with warm, fluffy rice and spicy, peppery rocket lettuce. Enjoy the delicious flair of juicy, tender chicken breast, melted Mozzarella cheese and fresh tomato and herbs, and drizzled with balsamic vinegar.

MACROS (per serving) **CAL: 441** **FAT: 5 g** **CARBS: 59g** **PROTEIN: 40g**

INGREDIENTS

- 1/3 cup rice
- 1 chicken breast
- 1 slice mozzarella cheese
- 1 slice tomato
- 2 tbsp balsamic vinegar
- 1 tsp italian seasoning
- some fresh basil
- some fresh oregano
- pinch of salt and pepper
- some rocket lettuce, to serve

METHOD

1. Cook your rice according to the package instructions.
2. Season your chicken and cook in an airfryer at 390°F or 200°C until almost done.
3. Top your chicken with your mozzarella cheese and cook until the cheese is melted.
4. Top with your tomato, basil, oregano and balsamic vinegar.
5. Serve with your rice and rocket lettuce, and enjoy!



Coconut Matcha Protein Bites

2 Servings 5 min prep, 0 min cooking Vegetarian

Are you a matcha or green tea lover? ☐ Then this is the perfect recipe for you to incorporate these special flavors into a matcha snack! These yummy coconut matcha protein balls are so simple, no-bake, healthy and rolled up' in only 5 minutes. They're easy to pack and the perfect on-the-go snack for a quick energy boost to keep you going on busy days!

MACROS (per serving) **CAL: 458** **FAT: 26 g** **CARBS: 41g** **PROTEIN: 15 g**

INGREDIENTS

- 1 cup shredded coconut
- 4 tbsp almond flour
- 1 tbsp protein powder
- 2 tbsp maple syrup
- 1 tbsp coconut oil
- 1 tbsp matcha powder

METHOD

1. Blend all your ingredients until no clumps remain.
2. Shape your mixture into equally sized balls.
3. Cover with some coconut flakes, serve and enjoy!



Breakfast Cookies 16 Servings 10 min prep, 15 min cooking Vegetarian

These Breakfast Cookies are filled with nutrients from the nuts, seeds, oats and whole grains. The dark chocolate chips, dried cranberries, honey and pinch of cinnamon and vanilla extract add just the right amount of nature’s sweetness, and the salt to taste intensifies all the flavors that come from all these wholesome ingredients.

MACROS (per serving) **CAL: 159** **FAT: 7g** **CARBS: 19g** **PROTEIN: 5g**

INGREDIENTS

- 1 oz protein powder
- 1 egg
- 1 ¼ cup rolled oats
- ½ cup honey
- ¼ cup pumpkin seeds
- ¼ cup walnuts
- ¼ cup sesame seeds
- ¼ cup dried cranberries
- ¼ cup dark chocolate chips
- ⅛ cup tahini
- ⅛ cup peanut butter
- 2 tbsp chia seeds
- 2 tbsp almond flour
- 1 tsp cinnamon
- ½ tsp vanilla extract
- ¼ tsp salt

METHOD

1. Preheat your oven to 180°C / 350°F and line a baking pan with parchment paper.
2. Mix all the dry ingredients together in a bowl. Mix all the wet ingredients together in a separate bowl.
3. Pour the dry ingredients into the wet and mix together until well combined. Use a cookie scoop to scoop evenly sized cookies onto the baking sheet. Press down with your hands and form the desired shape.
4. Bake for 12 to 14 minutes, let cool, serve and enjoy!



Creamy Avocado Eggs with a Spicy Twist

1 Servings 5 min prep, 10 min cooking Vegetarian

These Avocado Deviled Eggs are a tasty variation of the classic, adding creamy avocado and fresh lime juice and cilantro for a no-mayo, light and healthier alternative to traditional deviled eggs. Garlic and a pinch of chili flakes add the perfect amount of spiciness to this flavorful snack that is prepared and ready to be enjoyed in no time with only a handful of wholesome ingredients needed! Enjoy!

MACROS (per serving) **CAL: 337** **FAT: 25g** **CARBS: 8g** **PROTEIN: 20g**

INGREDIENTS

- 3 eggs
- ½ avocado
- ½ clove Garlic
- splash of lime juice
- some fresh cilantro
- pinch of salt and pepper
- pinch of chili flakes

METHOD

1. Hard boil your eggs.
2. Cool your eggs, then peel and cut lengthwise. Remove the yolk.
3. In a bowl, mix your avocado, lime juice, garlic, pepper and chili flakes and add to the eggs.
4. Top with salt and fresh cilantro, serve and enjoy!



Pictured on previous page

Honey & Vanilla Infused Blueberry Frozen Yogurt

2 Servings 5 min prep, 0 min cooking, 2+ hours resting Vegetarian

As much as we love buying a pint of ice cream in the grocery store and eating it straight out of the package with a spoon OR going out for a tasty fro-yo, it is so easy to make your own home-made frozen yogurt with only a few, wholesome ingredients! Plus, it is such a versatile recipe that you can make your fav by using any flavors or toppings that you might be craving.

MACROS (per serving) **CAL: 272** **FAT: 0g** **CARBS: 48g** **PROTEIN: 20g**

INGREDIENTS

- 1.8 cups plain Greek yogurt
- ¼ cup fresh or frozen blueberries
- ¼ cup raw honey
- 1 tsp vanilla extract

METHOD

1. Combine all ingredients in a blender and mix well.
2. Pour into a container with a top and freeze for 2 hours. Remove 5 minutes before serving to thaw slightly. Serve with your fav toppings and enjoy!



Healthy Seed Crackers

3 Servings 5 min prep, 50-60 min cooking, 40-50 min resting Vegan

These Healthy Seed Crackers are perfect for when you crave something crunchy and savory to snack on. They are not only healthy and nutritious, but also super tasty and easy to prep! All you need are your favorite seeds, a sprinkle of sea salt, dried garlic and a bit of water - and that's it!

MACROS (per serving) **CAL: 307** **FAT: 23g** **CARBS: 15g** **PROTEIN: 10g**

INGREDIENTS

- ½ cup sunflower seeds
- ¼ cup pumpkin seeds
- ¼ cup chia seeds
- ¼ cup flax seeds
- 1 tsp dried garlic
- ½ tsp sea salt
- ¾ cup water
- some nonstick cooking spray

METHOD

1. In a large mixing bowl, combine the sunflower seeds, pumpkin seeds, chia seeds, flax seeds, salt, garlic, and water. Stir to combine. Let the mixture sit for at least 20 minutes to thicken.
2. Preheat your oven to 150°C/300°F. Line a baking sheet with parchment paper.
3. Stir the seed mixture and transfer it onto the baking sheet. Use a spatula to smooth the surface of the mixture so it is about ¼-inch in height.
4. Place the baking sheet in the oven for 50-60 minutes, or until the tops of the crackers start to turn a golden brown. Remove the baking sheet from the oven.
5. Once the crackers are cool, remove them from the parchment paper and use your hands to break the crackers into pieces. Serve with your fav dipping sauce, top with your fav toppings or spread or enjoy pure!



№5.
You're Finished

ALTERNATIVE EXERCISES

Exercises can be categorized by their primary movement patterns.

If there is an exercise you aren't able to do or that doesn't feel right, you can substitute it with one of the exercises from the same category.

SQUAT VARIATIONS / QUAD FOCUS

- Box Squat
- Bulgarian Split Squat
- Dumbbell Squat Forward Lean
- Front Foot Elevated Split Squat
- Front Squat
- Goblet Squat
- Hack Squat
- Jump Squat
- Landmine Squat
- Lateral Squat
- Leg Extension
- Leg Press
- Smith Machine Sumo Squat
- Squat
- Unilateral Leg Press
- Wall Sit

HORIZONTAL PUSH

- Diamond Push Ups
- Incline Dumbbell Press
- Push Ups

ELBOW EXTENSION

- Dips
- Overhead Cable Tricep Extension
- Skull Crusher

HIP HINGE OR POSTERIOR CHAIN FOCUS

- Barbell Reverse Lunges
- Hip Abduction
- Hip Thrust
- Hyperextension
- Landmine Hip Thrust
- Landmine RDL
- Lying Leg Curl
- RDL
- Seated Leg Curl
- Sumo Deadlift
- Walking Lunges

ABS

- Bicycle Crunch
- Cocoon
- Leg Raises
- Plank
- Plank Dip
- Reverse Crunch
- Toe Touches Unilateral
- Toe Touches Vacuums

VERTICAL PUSH

- Bench Press
- Cable Lateral Raises
- Dumbbell Shoulder Press
- Incline Neutral Press
- Landmine Press
- Seated Arnold Press
- Seated Front Raise
- Seated Lateral Raises

VERTICAL PULL

- Chin Ups
- Lat Pulldown
- Single Arm Dumbbell Row
- Straight Arm Pulldown
- V-Grip Pulldown

ELBOW FLEXION

- Alternating Dumbbell Curls
- Cable Curl
- EZ Bar Curl

HORIZONTAL PULL

- Barbell Row
- Bent Over Rear Delt Fly
- Cable Row
- Face Pulls
- Rear Delt Fly
- T-Bar Row

VIDEO DEMONSTRATIONS

Click on an exercise below to view a video of me performing that exercise.

[Alternating Bicep Curl](#)

[Barbell Reverse Lunge](#)

[Barbell Row](#)

[Bench Press](#)

[Bent Over Rear Delt Fly](#)

[Bicycle Crunch](#)

[Box Squat](#)

[Bulgarian Split Squat](#)

[Cable Curl](#)

[Cable Lateral Raises](#)

[Cable Row](#)

[Chin Ups](#)

[Cocoon](#)

[Diamond Push Ups](#)

[Dips](#)

[Dumbbell Shoulder Press](#)

[Dumbbell Squat Forward Lean](#)

[EZ Bar Curl](#)

[Face Pulls](#)

[Front Foot Elevated Split Squat](#)

[Front Squat](#)

[Goblet Squat](#)

[Hack Squat](#)

[Hip Abduction](#)

[Hip Thrust](#)

[Hyperextension](#)

[Incline Neutral Press](#)

[Incline Dumbbell Press](#)

[Jump Squat](#)

[Landmine Hip Thrust](#)

[Landmine Press](#)

[Landmine RDL](#)

[Landmine Squat](#)

[Lat Pulldown](#)

[Lateral Squat](#)

[Leg Extension](#)

[Leg Press](#)

[Lying Leg Curl](#)

[Overhead Cable Tricep Extension](#)

[Plank](#)

[Plank Dip](#)

[Push Ups](#)

[RDL](#)

[Rear Delt Fly](#)

[Reverse Crunch](#)

[Seated Arnold Press](#)

[Seated Front Raise](#)

[Seated Lateral Raises](#)

[Seated Leg Curl](#)

[Single Arm Dumbbell Row](#)

[Skull Crushers](#)

[Smith Machine Sumo Squat](#)

[Squat](#)

[Straight Arm Pulldown](#)

[Sumo Deadlift](#)

[T Bar Row](#)

[Toe Touches](#)

[Unilateral Leg Press](#)

[Unilateral Toe Touches](#)

[V-Grip Pulldown](#)

[Vacuum](#)

[Walking Lunges](#)

[Wall Sit](#)

SUPPORT

For support, please email hello@gainsbybrains.com. I love to connect on social media, but unfortunately I cannot keep up with DM's or explain things in detail in the comments. So for any questions or remarks, please email hello@gainsbybrains.com and we'll get back to you as soon as possible!

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