



# 90 DAY CHALLENGE



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## GOALS

Welcome to your 90 Day Fitness Challenge. This program is designed to help you reach your health and fitness goals. This plan will give you more energy and overall enhance your quality of life. I will be here to help guide you during this journey. Setting realistic measurable goals is an important part to help you stay on track and be successful.

**Goal 1:** \_\_\_\_\_  
\_\_\_\_\_

**Completion Date:** \_\_\_\_\_

**How will I achieve this goal?** \_\_\_\_\_  
\_\_\_\_\_

**What will be the challenges?** \_\_\_\_\_  
\_\_\_\_\_

**Goal 2:** \_\_\_\_\_  
\_\_\_\_\_

**Completion Date:** \_\_\_\_\_

**How will I achieve this goal?** \_\_\_\_\_  
\_\_\_\_\_

**What will be the challenges?** \_\_\_\_\_  
\_\_\_\_\_

**Goal 3:** \_\_\_\_\_  
\_\_\_\_\_

**Completion Date:** \_\_\_\_\_

**How will I achieve this goal?** \_\_\_\_\_  
\_\_\_\_\_

**What will be the challenges?** \_\_\_\_\_  
\_\_\_\_\_



## **Fitness Disclaimer of Liability**

Physical exercise can be strenuous and subject to risk of serious injury; you must obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise program. You agree that by participating in physical exercise or training activities, you do so entirely at your own risk. Any recommendation for changes in diet including the use of supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary changes. You agree that you are voluntarily participating in these activities and assume all risks of injury.

This program does not contain health advice. The information is provided for general information and educational purposes only and is not a substitute for professional health advice.

You acknowledge that you have carefully read this “waiver and release” and fully understand that it is a release of liability. You expressly agree to release and discharge Michel Carter Fitness and its agents from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against Michael Carter Fitness for personal injury.

You agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect your ability to participate in said fitness program.

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## Measurements

Age: \_\_\_\_\_

	Day 1	Day 30	Day 60	Day 90	Total Loss
<b>Chest</b>					
<b>Bicep</b>					
<b>Waist</b>					
<b>Hips</b>					
<b>Thigh</b>					
<b>Weight</b>					

Body Fat %:

Total daily calories needed:

Macros:

<b>Proteins</b>	<b>Carbs</b>	<b>Fats</b>

## Easy Lay Out Grocery List

Focus on all of the foods you **can** eat and not the ones you should not eat. There are a lot of options of whole natural foods that you can fuel your body with. It will not take long to feel the difference.

You should mainly be shopping around the outside of the grocery store. The middle section mainly contains processed foods. Anything in a package is usually processed. For the next 90 days try and shift your mindset to fueling your body with food instead of satisfying the hungry feeling.

Meal planning for the week will help with this. When you return home from grocery shopping start preparing meals and snacks for the week. Portion out meat to freeze, chop vegetables and put in a container and wash fruit so they are ready to eat. We all know if we don't get the food ready for easy access it will probably rot in the back of the fridge only to be thrown out. If you put in the effort at the beginning of the week it makes it a lot easier to stick to your goals.

When it comes to water, I highly recommend trying to aim for 3.5 to 4 Liters of water per day! Yes, that is a lot of water and you will go to the bathroom a lot, but that's fine! You are flushing toxins out of your system each time you do and it will also help with brain function and make your skin look nice! The first thing when you wake up in the morning, before anything else, is to chug back a large glass of cold water! Not only will the cold water help boost your metabolism first thing in the morning but it will also make you hydrated again and ready for the day. You may not feel dehydrated when you wake up in the morning but trust me, you are! Your body has been using up water while you sleep and now you need to refill your body with water again. There is no excuse to not drink enough water, we need it for survival so make it a priority!

You will also notice that I have been recommending the use of coconut oil. This is my personal favourite oil to cook with especially when I was doing another challenge. This oil is containing MCT (medium chain triglycerides). This is not only healthy to eat but you can also use it for your skin, hair, in your coffee and all around great to add to the grocery list! Coconut oil will help boost your metabolism and give you tons of nutrients on top of that. Only start with no more than 1 tablespoon per day until your body gets use to it.

## Vegetable Section

Celery  
Broccoli  
Asparagus  
Spinach  
Lettuce (not iceberg)  
Bell Peppers  
String Beans  
Cabbage  
Zucchini  
Squash  
Leeks  
Carrots  
Cucumber  
Sprouts  
Brussel Sprouts  
Cauliflowers  
Pumpkin  
Mushrooms  
Onions  
Tomatoes  
Garlic

## Fruit Section

Blueberries  
Raspberries  
Honey Dew Melon  
Cantaloupe

Watermelon

Apples

Avacados

Mango

Grapes

Oranges

Lemon and Limes

\*Bananas

\*Peaches

\*Nectarines

\*Plums

\*Strawberries

Dried Goji Berries

Dates

Dried Apricots

Pears

Grapefruit

Gingerroot

\*please be aware that some fruits are higher in sugar and carbs-try not to have them everyday

\*I don't recommend dry fruit due to the high sugar content

## Protein Section

Extra Lean Ground Turkey

Turkey Breasts

Extra Lean Ground Chicken

Chicken Breasts

Tuna or Salmon (packed in water)  
Fish (salmon, cod, tilapia, halibut, sole)  
Shrimp  
Extra Lean Ground Beef (not often)  
Top Round Steaks  
Pork Loin

### Dairy Section

Cottage Cheese  
Cheese String  
1 % Milk  
Low Fat Yogurt  
Greek Yogurt  
Almond Milk (Unsweetened)  
Coconut Milk (Unsweetened)

### Grain Section

Oatmeal  
Sweet Potatoes  
Potatoes  
Whole Grain Bread  
Brown Rice  
Basmati Rice  
Quinoa  
Couscous  
Whole Wheat Pitas  
Whole Wheat English Muffins  
Black Beans  
Pinto Beans  
White Beans  
Chickpeas

Healthy Cereals (look for options with less than 6 grams of sugar)

### Nuts/Seeds

Chia Seeds  
Almonds, raw  
Cashews, aw  
Pecans  
Sunflower Seeds  
Walnuts, raw  
Pumpkin Seeds  
Golden Flax Seeds

### Misc

Natural Peanut Butter  
Olive Oil  
Coconut Oil  
Flaxseed Oil  
Almond Butter  
Balsamic Vinegar  
Pure Maple Syrup  
Tahini  
Chicken and Vegetable Stock  
Crushed Tomatoes  
Diced Tomatoes  
Cocoa Powder  
Honey (Manuka if you can find it)  
Dark Chocolate/Chips

\*Try to buy fresh first, then frozen and then canned as a last resort.



## Meal Plan Example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 1 <b>Breakfast</b>	Rise & Grind Protein Shake Coffee/ Tea Lemon Water	Overnight Oats Coffee/ Tea Lemon Water	Berry Booster Protein Shake Coffee/ Tea Lemon Water	Yogurt Parfait Coffee/ Tea Lemon Water	Protein Shake (your choice) Coffee/ Tea Lemon Water	Oatmeal with Blueberries Coffee/ Tea Lemon Water	2 Eggs 2 Slices of Turkey Bacon 1 Slice Whole Grain Toast Orange Slices
Meal 2 <b>Snack</b> (optional)	Trail mix Apple	Cottage Cheese Blueberries Cinnamon	Greek Yogurt	Trail Mix Apple	Ricotta Cheese Raspberries Maple Syrup	Pear and Cheese	Mixed Fresh Fruits Almonds
Meal 3 <b>Lunch</b>	Tuna or Salmon with Salad	Caprese Salad	Home Made Veggie Soup	Home Made Lunch-able	Quinoa Salad with A Lemon Shrimp Sauce and Arugula	Home Made Chicken Noodle Soup	Cucumbers Smoked Salmon Cream Cheese Dill
Meal 4 <b>Snack</b>	Celery Carrots Sweet Potato Hummus	Hard Boiled Egg Fresh Veggies	Celery Carrots Sweet Potato Hummus	Hard Boiled Egg Fresh Veggies	Celery Carrots Sweet Potato Hummus	Hard Boiled Egg Fresh Veggies	Banana Oatmeal Muffins
Meal 5 <b>Dinner</b>	Stuffed Chicken Breast with Goat Cheese and Asparagus Couscous	Salmon Basmati Rice Green Beans	Pork Loin Chop Sweet Potato Roasted Brussel Sprouts Mixed Green Salad	Turkey Chili Cucumber Salad	Fajita Salad	Treat Meal	Top Sirloin Sweet Potato Fries Zucchini Roasted Mushrooms
Meal 6 <b>Snack</b>	Apple Natural Peanut Butter	Homemade Banana Split	Fruit	Yogurt Parfait	Apple Natural Peanut Butter	Protein Powder With Water	Greek Yogurt Dark Choc Chips Cocoa Powder

# FOOD LOG

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 1 <b>Breakfast</b>							
Meal 2 <b>Snack</b> (optional)							
Meal 3 <b>Lunch</b>							
Meal 4 <b>Snack</b>							
Meal 5 <b>Dinner</b>							
Meal 6 <b>Snack</b>							

## Recipes

### Overnight Oats

1/3 cup of old fashioned Oats or Steel Cut Oats.

¼ Tsp of cinnamon. *(Feel free to add more since Cinnamon is packed full of antioxidants!)*

1 Tbsp Chia Seeds.

*(Contains Omega-3 fatty acids, protein, antioxidants and fiber and highly absorbs liquids)*

1 Tbsp of 100% natural peanut butter or almond butter.

*(Optional if you really like peanut butter, may have to add more milk the next day if you find it too thick)*

½ cup of milk of your choice

*(I highly recommend 100% unsweetened almond milk or coconut milk which contain 0 sugar) compared to whole milk)*

¼ cup plain Greek yogurt or 1 mini store bought container.

*(Mini Yogurts should contain 70=100 calories / 8-9 g protein per) If possible try to stick with plain Greek and just add a tsp of natural honey to it or agave nectar to sweeten it up. Flavoured yogurts can contain up to over 10 g of sugar each!)*

½ cup frozen or fresh fruits & berries

#### Directions:

**Step 1.** Put the oats in a container (I like using small mason jars with the lid) Add cinnamon, chia seeds, milk and yogurt to jar.

**Step 2.** Then stir until everything is mixed, that is all! Feel free to get creative from this point on. If I feel like having a lemon flavor in mine, I would add a tsp of lemon juice to it, then on top of my oatmeal to go, I would grate some lemon zest. You can always add a few fruit pieces or banana's too, depending on the flavor you would like for that day. You are not limited!

**Step 3.** Put in fridge overnight so it is ready the next morning to go! Double check it in the morning because the chia seeds are high in fiber and absorb lots of liquids! So if you feel your oats are too thick, then just add a splash of milk and stir again!

**Time: 5-7 minutes**

## Chicken Fajita Salad with Bell Peppers

- 1 -2 lbs free-range, boneless and skinless chicken breasts; cut into ¼" thick slices
- 2 red peppers; cut into thin strips
- 2 yellow or orange peppers; cut into thin strips
- ½ large yellow or red onion; cut into thick slices
- 1 Tbsp. Coconut Oil (refined) / Avocado oil or Organic Grape Seed oil
- 2 Tbsp. fresh squeezed lemon juice
- 1.5 tsp. ground cumin
- 1 tsp. garlic powder
- 1 tsp. dried oregano
- ½ tsp. chili powder
- ½ tsp. paprika
- 1.5 tsp. pink Himalayan salt
- ½ tsp crushed red pepper flakes. (Feel free to add more if you want it more on the spicy side)

### Directions:

**Step 1.** Add oil to a frying pan on medium heat. Then add sliced chicken, peppers, garlic and onions.

**Step 2.** As the onions start to Sautee and chicken starts to cook away, add the rest of the spices with the fresh lemon juice. Add the Himalayan salt and continue to mix. Once the chicken is fully cooked, remove from burner and set aside to cool down. You want it to be warm on the salad and not piping hot!

**Step 3.** Prepare a salad of your choice in a large bowl. I love having my fajitas with either red or green leaf lettuce but the choice is up to you!

**Step 4.** Add a portion of the fajitas with some sauce, on top of your salad and mix if you desire.

**Total Time:** 25-30 minutes

## Turkey or Chicken Chili recipe

1-2tsp of olive oil or avocado oil

1 pound lean ground Turkey or Chicken

1 (28 ounce) can canned crushed tomatoes

1 (16 ounce) can canned kidney beans - drained, rinsed, and mashed

1 (16 ounce) can lentils (optional)

2 cups water

1 onion, chopped

1 tbsp Worcestershire sauce

1 tbsp garlic, minced

2 tsp ground cumin

1/2 tsp ground cayenne pepper

2 tbsp chili powder

1/2 tsp paprika (I recommend Smoked Paprika for a nice Smokey taste)

1/2 tsp dried oregano

½ tsp Himalayan salt

### Directions:

**Step 1.** Add the oil and garlic to a large cooking pot over medium heat. Then add the lean ground turkey or chicken to the pot.

**Step 2.** Next add all of the spices and Worcestershire sauce to the pot so the meat can absorb some of them while stirring occasionally until the meat is brown and no longer pink.

**Step 3.** When the meat is fully cooked, then add 2 cups of water, crushed tomatoes, kidney beans and lentils (optional) to the pot and stir until everything is fully mixed.

**Step 4.** Turn temperature down to just below medium heat and continue to cook the chili for up to 60 minutes, while occasionally stirring and checking on it. You can cook chili in under 40 minutes but I find the longer you let it cook the better.

**Step 5.** (Optional) after 40 minutes and if you find that the chili is too watery, you have a couple choices that I usually use. First choice, add a can of tomato paste to it and stir. Second choice,

turn the temperature up just a bit past medium heat to where the chili is slightly bubbling but not splattering all over the place, keep the lid off while doing this and the water should slowly evaporate, and make the chili less watery over time. Then serve!

**Total Time:** 40 min to 3 hours

### **Healthy Guacamole**

2-3 ripe avocado

¼ cup of finely chopped red onions

1 tsp chopped garlic

1-2 tbsps chopped cilantro

1 fresh lime juiced

5 cherry tomato or ½ ripe whole tomato chopped

1 tsp Himalayan salt & pinch of pepper

1 pinch of Cayenne pepper (optional if you want spice)

#### **Directions:**

**Step 1.** In a large bowl, add the ripe avocados. (Peeled and pits removed) Next, add the chopped red onions, garlic, cilantro, and cherry tomatoes to the avocados.

**Step2.** Add the lime juice with salt and pepper (cayenne pepper optional) to the avocados and mix well together. Always make sure to pre taste it in case you feel like you need either more spice (cayenne pepper) or lime juice!

**Step 3.** Server and enjoy! Goes very well with the fajita salad and even on top of an omelette!

**Total Time:** 10 minutes

### **Mushroom Spinach omelette with cheese**

3 large eggs

1tbsp coconut oil (refined) or avocado oil

2 tbsp plain Greek yogurt

¼ cup chopped mushrooms

1 cup spinach

¼ cup green bell pepper chopped (optional)

¼ cup shredded mozzarella or goat cheese

½ tsp Himalayan salt and pepper

**Directions:**

**Step 1.** Heat up oil in a frying pan over medium heat.

**Step2.** While the oil is heating up, in a bowl, add the eggs, Greek yogurt, salt and pepper whisk it all together for a minute until it is completely mixed.

**Step 3.** Then add the cheese mushrooms and spinach to the egg mixture and mix it all together thoroughly.

**Step 4.** By now the pan and oil should be hot enough for the eggs. Add the omelette mixture to the frying pan. After a few minutes have passed, check to the bottom of the omelette with a spatula. To see if is starting to lightly brown. If so, gently fold the omelette in half and continue to cook for a couple more minutes. Then flip the omelette onto its opposite side and continue cooking until everything is lightly brown. When done, remove from pan and serve.

**Total Time:** 10-15 minutes

**Tomato & Bocconcini Salad with Balsamic vinaigrette dressing**

1 whole tomato cut in half then sliced

6 pieces of fresh basil chopped

2 pieces of bocconcini cheese

2 tbsp balsamic vinaigrette dressing

**Directions:**

**Step 1.** Take your 1 whole tomato and slice it up. (Chopping them into cubes is also optional) Then grab 6 pieces of fresh basal and cut them into halves or rip them apart into 1” length pieces. Next, slice up your bocconcini cheese or leave them whole, depending on their size. (I prefer mine sliced)

**Step 2.** In a nice salad bowl, add the tomatoes, basal and cheese to it

**Step 3.** Drizzle with balsamic vinaigrette dressing and enjoy!

**Total Time:** 5 minutes

### Sweet Potato Hummus

3 Sweet Potatoes	½ or 1 Head of Garlic
1 Can of Chickpeas	Juice of 1 Lemon
¼ cup Tahini	Himalayan Pink Salt
2 Tbsp Extra Virgin Olive Oil	Pepper
1 Tbsp Cumin	

#### Directions:

**Step 1.** Boil sweet potatoes until soft when poked with a fork. Drain.

**Step 2.** In a food processor combine sweet potatoes and chick peas.

**Step 3.** Add in tahini, oil, cumin, garlic, lemon, salt and pepper. Continue to mix until you reach a smooth consistency. You may need to add a little bit more oil. Chill in the fridge for an hour. Serve with fresh vegetables.

**Total Time:** 15 minutes

### Comfort In A Bowl Veggie Soup

2 Boxes of Vegetable or Chicken Broth (use 4 cups of homemade broth if you have it)	3 Carrots
2 (8oz) cans of Diced Tomatoes with Italian Seasoning	1 can of Peaches & Cream Corn (fresh if you have it)
1 (28oz) can of Kidney Beans with liquid	1 cup of Cabbage
1 can of Green Beans	3 cloves of Garlic
2 medium onions	1 Bay Leaf
3 Stalks of Celery	Salt & Pepper

#### Directions:

**Step 1.** Sauté onions, carrots, celery and garlic.

**Step 2.** Add bay leaf, vegetable broth, diced tomatoes, kidney beans with liquid, green beans, corn, cabbage, salt and pepper.

**Step 3.** Bring to a boil and then simmer for 45 minutes.

**Total Time:** 1 hour.



## **Banana Split**

1 Banana

1 serving Vanilla or Plain Greek Yogurt

¼ c Granola

¼ c Blueberries & Strawberries

1Tbsp Dark Chocolate Chips

1Tbsp Manuka Honey

½ Tsp of Cinnamon

### **Directions:**

**Step 1.** Cut banana in half lengthwise. Place in bowl with space between the two pieces.

**Step 2.** Add the Greek yogurt in the middle. Then add blueberries, strawberries, granola and dark chocolate chips.

**Step 3.** Sprinkle with cinnamon and Manuka honey.

**Total Time:** 5 minutes.

## Immune Juice Boosters!

Boost your immune system first thing in the morning with these amazing juicers! These are packed full of wonderful antioxidants, such as *Folic Acid, Vitamins A, B-6, C, Iron, Potassium and Zinc!*

*(A juicer required)*

### Leafy Green

- 1 cup of Kale
- 1 apple
- 2 stalks of celery
- 1 Tbsp lemon juice
- ½ cucumber
- 1 cup of spinach

### Beautiful Beets

- 1 whole tomato
- 1 beet
- ¼ ginger root
- 2 carrots

### Ginger Melon

- 3 cups watermelon
- 1 Tbsp chia seeds
- 2 Tbsp lemon juice
- ¼ ginger root
- 1 pear

### Grapefruit Tang

- 1 orange
- ½ grapefruit
- 2 Tbsp lemon juice
- 3 stalks of celery

## Whey Protein Shake Recipes

Blend these following ingredients below and enjoy! Visit your local health stores to find the right protein for you. Some companies will provide you with free samples. I prefer Blue Star and Dymatize.

### **Peanut butter & Banana Blast**

1 scoop chocolate whey protein powder  
1 cup almond milk  
1 Tbsp natural peanut butter or natural peanut butter powder  
1 ripe whole banana.  
1 handful of ice

### **Minty Fresh**

1 scoop chocolate whey protein powder  
1 cup water (milk optional)  
2 Tsp mint extract  
1 handful of ice

### **The Berry Booster**

1 scoop of vanilla whey protein powder  
1 cup of water (milk optional)  
1 cup of frozen berries  
6 oz. pineapple juice  
1 Tbsp flaxseed oil  
1 handful of ice

### **Chocolate oats**

1 scoop chocolate whey protein powder  
½ cup of oatmeal  
1 Tsp vanilla extract  
1 Tbsp agave nectar or sugar free syrup  
1 handful of ice

### **Coconut breeze**

1 scoop vanilla whey protein powder  
1 cup coconut milk  
1 tsp coconut extract  
1 Tbsp chia seeds  
1 handful of ice

### **Chocolate Espresso**

1 scoop chocolate whey protein powder  
1 cup of almond milk  
1 Tsp cinnamon  
2 Tsp espresso powder (1 Tb spoon instant coffee as an alternative)  
1 Tbsp flaxseed oil  
1 handful of ice

### **Mr. Greens**

- 1 scoop of vanilla whey protein powder
- 1 cup of water (milk optional)
- 1 cup of spinach
- 1 scoop of Progressive Vege Greens
- 1 handful of ice

### **Rise and Grind** *(my personal favourite!)*

- 1 scoop of chocolate peanut butter swirl protein powder
- 1 cup of almond milk
- 3 tsp of cinnamon
- 1 Tbsp chia seeds
- 1 cup of spinach
- 1 Tbsp natural peanut butter
- ¼ cup frozen berries
- 1 handful of ice

# **TRAINING: HOME & GYM EXCERISES**

## **Information and Advice:**

**Required Equipment:** Dumbbells, Sweat Towel, Water Bottle,

**Recommended Equipment:** (Optional) Fitness mat/Yoga mat, Jump Rope (cardio) Stability Ball, Resistant Bands

**Warm Ups:** Always make sure to warm up before doing any physical activities, such as sports, weight lifting and cardio. I highly recommend warming up for a good 5-7 minutes prior to doing any physical activities. This will help heat up the body, increase your blood flow and heart rate and prepare the body for your workouts. It was also greatly reducing risk of any injuries, such as pulled muscles.

**At home warm up examples:** Jump rope, jumping jacks, side shuffles, butt kickers, knee highs, Toes to sky (touching toes then reaching for the sky, alternating each hand) A fast paced walk outside in the fresh air is also a great way to warm up.

**Gym warm up examples:** Fast paced steady state walk on treadmill (3-3.5 km/h setting) row machine, elliptical, step master, stationary bike etc.

**Dynamic Warm Ups:** These warm up are similar to stretching but you are not standing still performing static stretching! These require your body and body parts to constantly move around until your warm up is done. Examples can range from similar warm ups mention above, such as rotating arms in small circles, moving head side to side then up and down, Spider crawls to downward dog then reverse while keeping it in a slow and steady, firm range of motion. Toe touchers, rotating hip circles and many more! You would perform these moves for about 20 seconds each, until you finish them all, then you would do them all over again about 3 times in total would should give you a good 5-10 minutes of dynamic stretching.

**Intensity:** The amount of intensity depends on the person as each and everyone is different in their own way. I have designed a program that will give you enough intensity to blast of that fat and start toning up your muscles during this 90 Day Challenge! Below is a simple calculation conversion to figure out your intensity range of your HRM! (Heart Rate Max)

First you subtract 220-age.

(In my case it would be  $220-37=183$ ) So 183 would be my maximum Heart Rate.

Then you find the range % of your HRM to try and aim for during your exercises.

Take your HRM (183 HRM in my case) and multiple it by 0.50 (50% of your HRM)  
So if I multiply my HRM of 183 ( $183 \times 0.50=91.5$ ) I am already 50% towards my HRM.

Then there is you target heart rate at 70% and 85% of HRM. Same calculations as above.  
( $183 \times 0.70=128$  at 70% HRM)  
( $183 \times 0.85=155$  at 85% HRM)

So if I wanted to do cardio at 70% HRM on a treadmill for example, I would try and stick around 128 beats per minute. (This would be very good intensity but not overwhelming)

So intensity really depends but the above will give you a strong base to go by when working out. I am also able to give clients more specific and accurate numbers personally using a different format.

**Warm** up intensity 50-60% of your HRM.

**Beginner/Intermediate** intensity 60-75% of your HRM.

**Advanced** 80-85% of your HRM.

**Stretching:** After every workout, always perform 5-10 minutes of static stretching. It is a perfect time to stretch your muscles while still cooling down from your previous workout. This will also help keep your muscles loose and reduce any future injuries, such as pulled muscles. Performing or taking Yoga classes is another great way to stretch out your body. It also helps relieve stress and is a great way to finish off your day!

**Cardio:** You have a lot of options here when performing cardiovascular workouts. I recommend going for a fast paced walk or light jog for 30-40 minutes on your cardio days. When at the Gym, feel free to pick any of the stationary cardio machines that you prefer. Cardio should not be boring so pick something you enjoy doing! If you want to pick up the intensity of your cardio workouts, then you can perform full body cardio workouts right in your home.

**Example:** 20 Jumping jacks, 20 Knee highs, 20 split Lunges, 20 Butt kickers, 20 side shuffles, 20 squats, 10 push ups, 10 burpees, 20 mountain climbers. Rest 90-120 seconds the repeat whole process all over again. This is a much more intense cardio workout and the total time including warm up and stretching should be 35 minutes.

When performing the exercises in the 90-day challenge program, feel free to substitute different exercises if you want. I am a personal fan of doing supersets, which require back to back exercises. Example: I would do chest press, then right when I am done, without resting, I would start doing chin ups and this would allow me to work both my chest and back muscles with very little rest! Plus, not only are supersets fantastic for muscle growth and calories burn but it also reduces your time working out since you are limiting your rest periods by going from 1 exercise to another then back, working 2-3 different exercises in a round

This 90 Day Challenge is designed to give you the right tools, knowledge and plan to blast the fat right off your body! As long as you stick to the plan 100%, stay focused determined and be patient, (you won't lose 10 pounds in 1 day!) you will reach your goals and the new you in just 90 days!



# GYM WORKOUTS

<b>NAME:</b> <b>UPPER BODY</b>	<b>DAY:</b> <b><u>MONDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Inclined Dumbbell Chest Press	3	12-15	60-90 sec				
Overhead Dumbbell Press	3	12-15	60-90 sec				
Chest Fly's	3	12-15	60-90 sec				
Wide-Grip Latissimus Pull Downs	3	10-12	60-90 sec				
Tricep Cable Pull Downs	3	12-15	60-90 sec				
Bicep Dumbbell Curls	3		60-90 sec				
Sit-Ups	3	10-15	60-90 sec				
Plank	2	20 sec	60-90 sec				
<b>NAME:</b> <b>LOWER BODY</b>	<b>DAY:</b> <b><u>TUESDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Dumbbell Squats	3	10	90 sec				
Forward Dumbbell Lunges	3	10 each leg	60-90 sec				
Leg Hamstring Curls	3	10-12	60-90 sec				
Standing Calf Raises	4	15-20	60-90 sec				
Kettlebell Swings	3	10-12	60-90 sec				
Box Step Ups	3	10	60-90 sec				
Romanian Twists	3	20 Total	60-90 sec				
<b>NAME</b> <b>CARDIO DAY</b>	<b>DAY:</b> <b><u>WEDNESDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					





<b>NAME:</b> <b>UPPER BODY</b>	<b>DAY:</b> <b><u>THURSDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Standing Cable Chest press	3	10-12	60-90 sec				
Standing Cable Chest Fly's	3	10-12	60-90 sec				
Bent Over Barbell Rows	3	10-12	60-90 sec				
Dumbbell lateral Raises	3	12-15	60-90 sec				
Skull Crushers	3	12-15	60-90 sec				
Push Ups	3	10	60-90 sec				
EZ Bar Preacher Curls	3	10-12	60-90 sec				
Swiss Ball Crunches	3	10-15	60-90 sec				
Flutter Kicks	2	20 Total	90-120 sec				
<b>NAME:</b> <b>LOWER BODY</b>	<b>DAY:</b> <b><u>FRIDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Leg Press	4	10-12	60-90 sec				
Bulgarian Split Squat	4	8-10 each leg	60-90 sec				
Leg Hamstring Curls	4	10-12	60-90 sec				
Walking Dumbbell Calf Raises	3	20 Total	60-90 sec				
Seated Leg Extensions	4	12-15	60-90 sec				
Swiss Ball Wall Squat	3	Hold for 20 sec	60-90 sec				
<b>NAME</b> <b>CARDIO DAY</b>	<b>DAY:</b> <b><u>SATURDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					



<b>NAME:</b> <b>REST DAY</b>	<b>DAY:</b> <b><u>SUNDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					
<b>NAME:</b> <b>UPPER BODY</b>	<b>DAY:</b> <b><u>MONDAY</u></b>	<b>WEEK:</b> <b>5-8</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Flat Bench Dumbbell Press	3	10-12	60-90 sec				
Hammer Strength Chest Machine	3	10-12	60-90 sec				
Seated Cable Rows	3	10-12	60-90 sec				
Dumbbell Shoulder Shrugs	3	12-15	60-90 sec				
Tricep Kickbacks	3	12-15	60-90 sec				
Dumbbell Hammer Curls	3	10	60-90 sec				
Single-Arm Dumbbell Row	3	10-12	60-90 sec				
Mountain Climbers	3	30 secs	60-90 sec				
Leg Raises	3	20 Total	90-120 sec				
<b>NAME:</b> <b>LOWER BODY</b>	<b>DAY:</b> <b><u>TUESDAY</u></b>	<b>WEEK:</b> <b>5-8</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Sumo Squats	4	10	90-120 sec				
Jumping Calf Raises	4	15-20	60-90				
Reverse Lunges	4	10-12	60-90 sec				
Adductor Machine	4	10-12	60-90 sec				
Abductor Machine	4	10-12	60-90 sec				
Leg Extensions	3	12-15	60-90 sec				
Hip Flexor	3	10-12	60-90 sec				
<b>NAME:</b> <b>CARDIO DAY</b>	<b>DAY:</b> <b><u>WEDNESDAY</u></b>	<b>WEEK:</b> <b>5-8</b>					



<b>NAME:</b> <b>UPPER BODY</b>	<b>DAY:</b> <b><u>THURSDAY</u></b>	<b>WEEK:</b> <b>5-8</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Deadlifts	4	8-10	120-200 sec				
Chest Press Machine	4	10-12	45-60 sec				
Flat Bench Chest Fly's	3	10-12	45-60 sec				
Machine Shoulder Press	3	10-12	45-60 sec				
Overhead Tricep Extensions	3	10	45-60 sec				
Cable Bicep Curls	3	10	45-60 sec				
Kneeling Cable Ab Crunch	3	10-12	45-60 sec				
Roman Twists with Medicine Ball	3	20 Total	45-60 sec				
<b>NAME:</b> <b>LOWER BODY</b>	<b>DAY:</b> <b><u>FRIDAY</u></b>	<b>WEEK:</b> <b>5-8</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Incline Leg Press	4	10	45-60 sec				
Seated Calf Raises	4	15-20	45-60 sec				
Leg Extensions	4	10-12	45-60 sec				
Lying Leg Curls	4	10-12	45-60 sec				
Glute Kick Backs	4	10-12	45-60 sec				
Leg Extensions	3	12-15	45-60 sec				
Side Lunges	3	10 each leg	45-60 sec				
<b>NAME</b> <b>CARDIO DAY</b>	<b>DAY:</b> <b><u>SATURDAY</u></b>	<b>WEEK:</b> <b>5-8</b>					



<b>NAME:</b> <b>REST DAY</b>	<b>DAY:</b> <b><u>SUNDAY</u></b>	<b>WEEK:</b> <b>5-8</b>					
<b>NAME:</b> <b>FULL BODY</b>	<b>DAY:</b> <b><u>MONDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Squats	4	10	60-120 sec				
Standing Calf Raises	4	15-20	45-60 sec				
Bench Press	4	10-12	45-60 sec				
Inclined Dumbbell Chest Fly's	4	12-15	45-60 sec				
Pull Up Machine/ Assisted	4	10	45-60sec				
Dip Machine/ Assisted	3	10	45-60 sec				
Ab Crunches with Stability Ball	3	10-12	45-60 sec				
Oblique Crunches with Stability Ball	3	10 each side	45-60 sec				
<b>NAME:</b> <b>CARDIO DAY</b>	<b>DAY:</b> <b><u>TUESDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					
<b>NAME:</b> <b>CARDIO/AB DAY</b>	<b>DAY:</b> <b><u>WEDNESDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Sit-Ups	4	10-12	45-60 sec				
Leg Raises	4	10-12	45-60 sec				
Ab Wheel Roller	3	10	45-60sec				
Plank	3	60 sec	45-60 sec				



<b>NAME:</b> <b>UPPER BODY</b>	<b>DAY:</b> <b><u>THURSDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Inclined Dumbbell Fly's	4	10	45-60 sec				
Overhead Dumbbell Press	4	15-20	45-60 sec				
Chest Fly's	4	10-12	45-60 sec				
Wide-Grip Latissimus Pull Down	4	12-15	45-60 sec				
Tricep Cable Pull Downs	4	10-12	45-60 sec				
Bicep Dumbbell Curls	3	10-12	45-60 sec				
Sit-Ups	3	10-12	45-60 sec				
Plank	3	60 sec	45-60 sec				
<b>NAME:</b> <b>LOWER BODY</b>	<b>DAY:</b> <b><u>FRIDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Dumbbell Squats	4	10	90-120 sec				
Forward Dumbbell Lunges	4	15-20	45-60 sec				
Leg Hamstring Curls	4	10-12	45-60 sec				
Standing Calf Raises	4	10-12	45-60 sec				
Kettlebell Swings	4	10-12	45-60 sec				
Box Step Ups	3	12-15	45-60 sec				
Swiss Ball Wall Squat	3	20-30 sec	45-60 sec				



<b>NAME:</b> <b>CARDIO DAY</b>	<b>DAY:</b> <b><u>SATURDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					
<b>NAME:</b> <b>REST DAY</b>	<b>DAY:</b> <b><u>SUNDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					





# HOME WORKOUTS

<b>NAME:</b> <b>UPPER BODY</b>	<b>DAY:</b> <b><u>MONDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Dumbbell Chest Press (floor/bench or ball)	3	12-15	60-90 sec				
Overhead Dumbbell Press	3		60-90 sec				
Push Ups	3	10-12	60-90 sec				
Bent Over Dumbbell Rows	3	10-12	60-90 sec				
Overhead Tricep Extensions	3	12-15	60-90 sec				
Bicep Dumbbell Curls	3	12-15	60-90 sec				
Sit-Ups	3	10-15	60-90 sec				
Plank	3	20 sec	60-90 sec				
<b>NAME:</b> <b>LOWER BODY</b>	<b>DAY:</b> <b><u>TUESDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Jump Squats	3	10	60-90 sec				
Forward Dumbbell Lunges	3	10 each leg	60-90 sec				
Side Shuffles	3	10-12	60-90 sec				
Standing Calf Raises	4	15-20	60-90 sec				
Single Leg Hip Raise	3	10	60-90 sec				
Burpees	3	10	60-90 sec				
Side Leg Raises	3	15	60-90 sec				
<b>NAME</b> <b>CARDIO DAY</b>	<b>DAY:</b> <b><u>WEDNESDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					





<b>NAME:</b> <b>UPPER BODY</b>	<b>DAY:</b> <b><u>THURSDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Dumbbell Chest press (floor/bench or ball)	3	10-12	60-90 sec				
Chest Fly's (floor/ bench or ball)	3	10-12	60-90 sec				
Bent Over One Handed Rows	3	10-12 Each	60-90 sec				
Dumbbell Lateral Raises	3	12-15	60-90 sec				
Skull Crushers	3	12-15	60-90 sec				
Push Ups	3	10	60-90 sec				
Hammer Bicep Curls	3	10-12	60-90 sec				
Sit Ups	3	10-15	60-90 sec				
Flutter Kicks	3	20 Total	60-90 sec				
<b>NAME:</b> <b>LOWER BODY</b>	<b>DAY:</b> <b><u>FRIDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Sumo Squats	4	10-12	60-90 sec				
Bulgarian Split Squat (use chair)	4	8-10 each leg	60-90 sec				
Leg Extensions	4	10-12	60-90 sec				
Walking Dumbbell Calf Raises		20 Total	60-90 sec				
Deep Side Lunges	4	12-15	60-90 sec				
Wall Squats	4	Hold for 20 sec	60-90 sec				
<b>NAME</b> <b>CARDIO DAY</b>	<b>DAY:</b> <b><u>SATURDAY</u></b>	<b>WEEK:</b> <b>1-4</b>					



<b>NAME:</b>	<b>DAY:</b>	<b>WEEK:</b>					
<b>REST DAY</b>	<b><u>SUNDAY</u></b>	<b>1-4</b>					
<b>NAME:</b>	<b>DAY:</b>	<b>WEEK:</b>					
<b>UPPER BODY</b>	<b><u>MONDAY</u></b>	<b>5-8</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/REPS</b>	<b>WTS/REPS</b>	<b>WTS/REPS</b>	<b>WTS/REPS</b>
Decline Push Ups (Put feet on a chair)	4	10-12	60-90 sec				
Bent Over Dumbbell Rows	4	10-12	60-90 sec				
Side Push Ups	3	10-12	60-90 sec				
Dumbbell Shoulder Shrugs	3	12-15	60-90 sec				
Tricep Kickbacks	3	12-15	60-90 sec				
Dumbbell Bicep Curls	3	10	60-90 sec				
Single-Arm Dumbbell Row	3	10-12	60-90 sec				
Mountain Climbers	3	20	60-90 sec				
Plank	3	30 sec	60-90 sec				
<b>NAME:</b>	<b>DAY:</b>	<b>WEEK:</b>					
<b>LOWER BODY</b>	<b>TUESDAY</b>	<b>5-8</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/REPS</b>	<b>WTS/REPS</b>	<b>WTS/REPS</b>	<b>WTS/REPS</b>
Jump Dumbbell Squats	4	10	90-120 sec				
Jumping Calf Raises	4	15-20	60-90				
Jump Split Lunges	4	10-12	60-90 sec				
Front Kicks	4	10-12	60-90 sec				
Side Shuffles	4	10-12	60-90 sec				
Leg Extensions	4	12-15	60-90 sec				
Hip Flexor	4	10-12	60-90 sec				
<b>NAME:</b>	<b>DAY:</b>	<b>WEEK:</b>					
<b>CARDIO DAY</b>	<b><u>WEDNESDAY</u></b>	<b>5-8</b>					



<b>NAME:</b> <b>UPPER BODY</b>	<b>DAY:</b> <b><u>THURSDAY</u></b>	<b>WEEK:</b> <b>5-8</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Deadlifts (Dumbbells)	4	10-12	120-200 sec				
Dumbbell Chest Press (floor/ball)	4	10-12	60-90 sec				
Dumbbell Chest Fly's (floor/ball)	4	10-12	60-90sec				
Overhead Dumbbell Shoulder Press	3	10-12	60-90 sec				
Overhead Tricep Extensions	3	10	60-90 sec				
Bicep Curls	3	10	60-90 sec				
Mountain Climbers	3	20	60-90 sec				
Roman Twists with Dumbbell	3	20	60-90 sec				
<b>NAME:</b> <b>LOWER BODY</b>	<b>DAY:</b> <b><u>FRIDAY</u></b>	<b>WEEK:</b> <b>5-8</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Romanian Deadlifts (Dumbbells)	4	10-12	90-120 sec				
Standing Calf Raises	4	15-20	60-90 sec				
Jumping Split Lunge	4	10-12	60-90 sec				
Burpees	3	10-12	60-90 sec				
Glute Kick Backs	4	10-12	60-90 sec				
Leg Extensions	3	12-15	60-90 sec				
Side Lunges	3	10 each leg	60-90 sec				
<b>NAME</b> <b>CARDIO DAY</b>	<b>DAY:</b> <b><u>SATURDAY</u></b>	<b>WEEK:</b> <b>5-8</b>					



<b>NAME:</b> <b>REST DAY</b>	<b>DAY:</b> <b><u>SUNDAY</u></b>	<b>WEEK:</b> <b>5-8</b>					
<b>NAME:</b> <b>FULL BODY</b>	<b>DAY:</b> <b><u>MONDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Jump Squats (Dumbbells)	4	10	60-120 sec				
Walking Calf Raises	4	15-20	45-60 sec				
Push Ups	4	10-12	45-60 sec				
Seated Dumbbell Shoulder Press	4	12-15	45-60 sec				
Superman (prone on matt)	4	10	45-60sec				
Close Grip Push Ups (Diamond push ups)	3	10	45-60 sec				
Ab Crunches with Stability Ball	3	10-12	45-60 sec				
Oblique Crunches with Stability Ball	3	10 each side	45-60 sec				
<b>NAME:</b> <b>CARDIO DAY</b>	<b>DAY:</b> <b><u>TUESDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					
<b>NAME:</b> <b>CARDIO/AB DAY</b>	<b>DAY:</b> <b><u>WEDNESDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Sit-Ups	4	10-12	45-60 sec				
Leg Raises	4	10-12	45-60 sec				
Mountain Climbers	4	10	45-60sec				
Plank	4	60 sec	45-60 sec				



<b>NAME:</b> <b>UPPER BODY</b>	<b>DAY:</b> <b><u>THURSDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Wide Grip Push Ups	4	10	45-60 sec				
Lateral Dumbbell Raises	4	15-20	45-60 sec				
Dumbbell Chest Fly's	4	10-12	45-60 sec				
Bent Over one Handed Dumbbell Row	4	12-15	45-60 sec				
Tricep Overhead Extensions	4	10-12	45-60 sec				
Bicep Dumbbell Hammer Curls	3	10-12	45-60 sec				
Sit-Ups	3	10-12	45-60 sec				
Oblique Crunches	3	60 sec	45-60 sec				
<b>NAME:</b> <b>LOWER BODY</b>	<b>DAY:</b> <b><u>FRIDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					
<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>	<b>WTS/ REPS</b>
Dumbbell Squats	4	10	90-120 sec				
Forward Dumbbell Lunges	4	15-20	45-60 sec				
Bulgarian Split Squats (Use Chair)	4	10-12	45-60 sec				
Jumping Calf Raises	4	10-12	45-60 sec				
Dumbbell Vertical Swings	4	10-12	45-60 sec				
Side Shuffles	4	12-15	45-60 sec				
Wall Squat (Swiss Ball)	4	20-30 sec	45-60 sec				



<b>NAME:</b> <b>CARDIO DAY</b>	<b>DAY:</b> <b><u>SATURDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					
<b>NAME:</b> <b>REST DAY</b>	<b>DAY:</b> <b><u>SUNDAY</u></b>	<b>WEEK:</b> <b>9-12</b>					



## **MINDFULNESS**

To reach true healthy you must take care of your mind. Over the next 90 days take the time to answer one question each week. At the start of every week write a short answer and take a few minutes to reflect on your answer. While you are enjoying your morning coffee or before you go to bed at night try pulling out your book.

**Week 1: What will I get when I reach my goals?**

**Week 2: What am I grateful for?**

**Week 3: How can I be more positive?**

**Week 4: What am I most proud of?**

**Week 5: If I had a chance at a “do-over” in life, what would I do differently?**

**Week 6: What strategies will keep me on track long-term?**

**Week 7: What is my true self? Do I give myself permission to be my true self?**



**Week 8: What are the most important things in my life? DO I put enough attention on those things?**

**Week 9: What is my current mood? Do my moods affect others?**

**Week 10: What are the times I am most motivated?**

**Week 11: Am I in a good place right now? Am I living life to the fullest?**

**Week 12: How far have I come since the beginning of this challenge?**