

Legal Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your GP. Consult your GP before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your GP throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

Beautiful Motives

**"The key to getting
ahead is getting
started"**

- Mark Twain

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YOU WILL NEED

DETOX

Madal Bal Natural Tree Syrup
Laxative tea- Pur-erh & Feiyan (recommended)
**(Hamper recommended as contains all ingredients
needed to complete)**

MEAL PREP

Food Storage containers
Measuring spoons
Food scale
Blender

WORKOUTS

Trainers
Comfortable clothing
Sets of Dumbbells (x3 weights)
Barbell set
Ankle weights
Stability ball / Exercise Ball
Bench (optional)
**Resistance bands (Medium resistance) Skipping
rope**
Medicine ball
Neoprene waist band (optional)

Recommended Apps

Myfitnesspal (FREE OR PREMIUM)
Redrockapps (running) FREE VERSION
Diet Timer (2-3 hour food reminder)

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WELCOME TO YOUR PROGRAMME

Who is this programme for? Women of any age, of any sex, and from any walk of life. It'll produce great results and lead to lasting success for everyone. You're all starting from a unique place; no one has perfectly matched genetics, metabolism, hormones and lifestyles. But the beauty of this programme is that you start at your own level and work at your own pace. Everyone's body is different, but the same training, diet, and supplement principles work for nearly everyone.

I'm thankful for the opportunity to share everything I've learned about training, nutrition, and supplementation over the years in this 12-week programme.

The programme consists of three week phases that are loaded with tons of useful insights that will help you transform your body in record time. But, you can never have too much information, right?

Here are some pointers which are extremely important, and will help you become more dedicated and consistent during your fitness quest!

1 KEEP A TRAINING JOURNAL

Documenting all of your sets, reps and weights in a training journal will allow you to track your progress and stay more accountable regarding your goals. Perform your fitness tests after each phase and see how well you have progressed, challenge yourself!

2 FIND A WORKOUT PARTNER

A committed workout partner can help create accountability. Your partner can help keep your workouts on track, and a little friendly competition will provide some extra energy and motivation!

3 VISUALIZE YOUR GOAL

Visualizing the body you want to have is a great motivation—not to mention a reminder of exactly what you're trying to achieve while working toward your goal.

4 ADD VARIETY TO WORKOUTS

Changing up your reps, sets, weights and rest periods are all great ways to add variety to your workout routine in an attempt to rise above stubborn plateaus that restrict your progress.

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MASTER CLEANSE

PURPOSE

To dissolve and eliminate toxins and congestion that have formed in any part of the body.

- To cleanse the kidneys and the digestive system.
- To purify the glands and cells throughout the entire body.
- To eliminate all unusable waste and hardened material in the joints and muscles.
- To relieve pressure and irritation in the nerves, arteries, and blood vessels.
- To build a healthy blood stream.
- To keep youth and elasticity regardless of our years.

WHEN TO USE IT?

- When sickness has developed— for all acute and chronic conditions.
- When the digestive system needs a rest and a cleansing.
- When weight has become a problem.
- When better assimilation and building of body tissue is needed.

AND HOW OFTEN?

Follow the diet for a minimum of 10-14 days

The diet has all the nutrition needed during this time. Three to four times a year will do wonders for keeping the body in a normal healthy condition. The diet may be undertaken more frequently for serious conditions.

HOW TO MAKE IT? DAILY MIXING INSTRUCTIONS:

FOR A 2 LITRE BATCH (Preferred)

140ml of Madal Bal Natural Tree Syrup
3 1/2 freshly squeezed lemons (about 140ml)
2 - 3 pinches of the Cayenne Pepper
Approximately 1700ml of fresh or filtered water

PER GLASS

One tablespoon (or 20 ml) of Madal Bal Natural Tree Syrup.
One tablespoon of freshly squeezed lemon juice (about half a lemon).
Half a pinch of cayenne pepper (adjust to taste).
At least 250ml of fresh or filtered water.

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You may drink the Lemon Detox drink cold, room temperature or warm, after opening keep the Madal Bal tin refrigerated.

The maple syrup is a balanced form of positive and negative sugar and must be used, not some “substitute.” There are three grades of maple syrup. The maple syrup has a large variety of minerals and vitamins. Naturally the mineral and vitamin content will vary according to the area where the trees grow and the mineral content in the soil. These are the minerals found in average samples of syrup from Vermont: Sodium; Potassium; Calcium; Magnesium; Manganese; Iron; Copper; Chlorine and Silicon. Vitamins A, B1, B2, B6, C, Nicotinic acid and Pantothenic Acid are also present in the syrup.

HOW MUCH DO I DRINK?

Take from six to twelve glasses of the lemonade daily during the waking period. As you get hungry just have another glass of lemonade. NO OTHER FOOD SHOULD BE TAKEN DURING THE FULL PERIOD OF THE DIET. As this is a complete balance of minerals and vitamins, one does not suffer the pangs of hunger. Do not use vitamin pills.

All solid food is turned into a liquid state before the blood can carry it to the cells. The lemonade is already a food in liquid form. For those who are overweight, less maple syrup may be taken. Healthy tissue will not be eliminated.

HELPING THE CLEANSING ALONG

As this is a cleansing diet, the more you can assist Nature to eliminate toxins, the better. IF YOUR SYSTEM FEELS UPSET, IT IS BECAUSE YOU ARE NOT HAVING SUFFICIENT ELIMINATION. Avoid this possibility by following the directions completely. Above all, be sure you have two, three, or more movements a day. This may seem unnecessary not eating solid food, but it is Nature’s way of eliminating the waste it has loosened from the various cells and organs in the body. They must leave the body some way. It would be just the same as sweeping the floor around and around and never removing the dirt from the house if the wastes were not passed out. The better the elimination, the more rapid will be the results.

A laxative herbal tea is found to be the best helper for most persons. It is a good practice to take a good laxative herb tea right from the beginning— the last thing at night and first thing in the morning. There are several good laxative teas. They are best taken in a liquid form, i recommend Pur-erh tea and Feiyan tea.

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SHOULD I TAKE "SUPPLEMENTS"?

Some people want to take vitamin pills or food supplements while on the diet. This frequently fails to produce the desired result. There are many reasons. As the lymphatic glands become clogged, they are no longer able to assimilate and digest even the best of foods. As we cleanse our bodies and free our cells and glands of toxins that clog and paralyze our assimilation, we free our various organs and processes to do their proper jobs. Note earlier about all the necessary vitamins and minerals are in the lemonade, and therefore we do not need an additional supply in most cases.

The lemon is a loosening and cleansing agent with many important building factors. The ability of the elements in the lemon and the maple syrup working together creates these desired results. Its potassium strengthens and energizes the heart, stimulates and builds the kidneys and adrenal glands.

- Its oxygen builds vitality.
- Its carbon acts as a motor stimulant.
- Its hydrogen activates the sensory nervous system.
- Its calcium strengthens and builds the lungs.
- Its phosphorus knits the bones, stimulates and builds the brain for clearer thinking.
- Its sodium encourages tissue building.
- Its magnesium acts as a blood alkalizer.
- Its iron builds the red corpuscles to rapidly correct the most common forms of anemia.
- Its chlorine cleanses the blood plasma.
- Its silicon aids the thyroid for deeper breathing.

The natural iron, copper, calcium, carbon, and hydrogen found in the sweetening supplies more building and cleansing material. It truly is a perfect combination for cleansing, eliminating, healing, and building. Hence, supplements are not needed during the diet and may actually interfere with its cleansing action.

WILL IT MAKE ME FEEL BAD OR WEAK?

In the cleansing process, some people experience a tremendous stirring up and may even feel worse for several days. It is not the lemonade that causes the trouble, but what the lemonade stirs up in the system that causes our dizziness and other disturbances. Vomiting may occur under certain conditions; increased pain may be felt in the various joints of the body; dizziness may develop on certain days. If weakness develops at any time, it is the result of toxins circulating through the blood stream rather than a lack of food or vitamins.

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This diet gives a person all the vitamins, food, and energy necessary for the full ten days or longer in a liquid form. Rest and take it a little easier if you have to – although most people can go about their regular business without difficulty. Keep right on with the diet; don't give up or cheat" by eating a little food or you may destroy the benefits. Even though the lemon is an acid fruit, it becomes alkaline as it is digested and assimilated. It is, in fact, your best aid toward proper alkaline balance. There is no danger of "too much acid."

HOW TO BREAK THE LEMONADE DIET

Coming off the lemonade diet properly is highly important— please follow the directions very carefully.

FIRST AND SECOND DAY AFTER DIET:

Several 8 oz. Glasses of fresh orange juice as desired during the day. The orange juice prepares the digestive system to properly digest and assimilate regular food. Drink it slowly. If there has been any digestive difficulty prior to or during the change over, extra water may be taken with the orange juice.

THIRD DAY:

Orange juice in the morning. Raw fruit for lunch. Fruit or raw vegetable salad at night. You are now ready to eat normally. For those who were used to eating a lot of meat, milk, refined and preserved food, it may be best to change over as follows, gradually adopting the raw fruit, nut, and vegetable diet:

FIRST DAY:

Several 8 oz. Glasses of fresh orange juice as desired during the day. Drink it slowly.

SECOND DAY:

Drink several 8 oz. Glasses of orange juice during the day— with extra water, if needed. Some time during the afternoon, prepare a vegetable soup (no canned soup) as follows:

THIRD DAY:

Drink orange juice in the morning. At noon have more soup: enough may be made the night before and put in the refrigerator. For the evening meal eat whatever is desired in the form of vegetables, salads, or fruit. No meat, fish, or eggs; no bread, pastries, tea coffee, or milk.

FOURTH DAY:

Normal eating may be resumed, but best health will be retained if the morning meal consists of our type of lemonade or fruit juice: and, of course, if a strictly fruit, vegetable, seed and berry diet is followed. If, after eating is resumed, distress or gas occurs, it is suggested that the lemonade diet be continued for several more days until the system is ready for food.

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RECAP:

Be careful to read the entire instructions so that the diet will be of the best benefit to you. First prepare yourself mentally to follow in detail the entire directions and continue as long as is needed to make the necessary changes. One of the best signals of the completed diet is when the formerly coated and fuzzy tongue is clear pink and clean looking. During the diet it becomes very badly coated.

- The Night Before starting the diet commence drinking laxative tea.
- In the morning take the laxative tea. This should be done each night and morning during the diet (rare exception) if diarrhea develops. When diarrhea is ended then continue above directions.

MADAL BAL NATURAL TREE SYRUP

The most important ingredient. A combination of the purest South East Asian palm syrups and Canadian grade C maple syrup. The natural tree syrup gives you energy during the cleanse in the form of an easily digestible carbohydrate and a high level of potassium.

LEMON JUICE

Lemons have been used for thousands of years for their cleansing value. The lemon juice acts as a detergent, cleansing your inner organs.

CAYENNE PEPPER

Cayenne pepper ensures that your body's metabolism is still optimal during the cleanse. Cayenne pepper also adds a nice zing to the drink.

PURE WATER

The use of clean, pure water carries all of the ingredients through the body, giving your body an internal bath, carrying away all of the released wastes and toxins. Sufficient levels of water also keeps your body hydrated during the Lemon Detox program.

BREAKING THE DIET

Be absolutely sure you follow the directions very carefully to prepare your body for normal eating (the new way). Do not over eat or eat too soon. Serious problems (nausea) can occur if detailed directions are not followed.

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PHASES

The 12 Week B0dy training programme is a simple 3-phase programme for transforming your body and your life in 12 short weeks. My science-based approach combines exercise, nutrition, and supplementation for results that far exceed what any of those tools could produce on their own. Better yet, you'll leave this program knowing how to pursue the fit lifestyle even without my guidance!

BUILD HEALTHY HABITS IN PHASE 1

During this first phase of my 12-week programme, you will start by detoxing the body. Getting rid of toxins and training your body to get rid of those cravings, This is a testing time, as you will not consume any solids for the first 10 days. Get through this stage and you are ready! During this period you will shed a majority of your body fat. Weaning yourself back onto food, you'll make a habit of working out and eating healthy, perhaps for the first time in your life.

You're going to start with weight training, an anti-gravity miracle that helps tighten and tone your body from head to toe. When you add more lean muscle to your frame, your metabolism increases even more. That means you'll burn more body fat, even while at rest.

What you won't be doing, believe it or not, is cardiovascular exercise. That's right—no cardio! This'll ensure your body is adding the muscle you want, and not using up too many calories for immediate fuel rather than muscle building. You should be having a small, nutrition-packed meal every 2 to 3 hours. Eating this way will supply your body with a steady flow of nutrients, boosting your metabolism too. Your body will begin to release its stored body fat as fuel. The net result will be sustainable weight loss! You'll learn about the best supplements to use for increased energy, accelerated fat loss, and optimal results. These are the same types of products I use myself!

THE CURCIAL FIRST TWO WEEKS

This is the muscle-endurance phase, and it's based on a traditional training split. The goal is to prepare your muscles for a strength-training program that will also promote muscle growth. Not bodybuilder-quantity muscle, but lean, toned muscle that'll give your body the "lines" you've always wanted.

During these first two weeks, I want you to do 3 sets of 12 repetitions (3 X 12) per exercise, resting 60 seconds (give or take) in between each set. Your last repetition of the 10 should be difficult but possible to complete with tight rather than sloppy form. If it's too easy, increase the weight. Too hard? Decrease it. You're probably champing at the bit to shape up, which is great, but don't go overboard by doing too much (volume, intensity, etc.) too soon. This can lead to excessive muscle soreness and possibly over-training.

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BUILDING ON YOUR MOMENTUM

The third week marks the start of the muscle-building phase. This will continue for the next six weeks and include a variety of exercises and training variables at each stage. Though your sets will stay at 3 in this phase, your reps will fall to 10 (3 X 10). That's because I want you to go a little heavier, like 80 percent of your maximum effort. The true guide comes from actually doing the set. Your last repetition of the 10 should be difficult but not impossible to complete. Remember, too easy, increase the weight; too hard, decrease it.

As we progress through the program, we'll be applying techniques to increase strength and promote hypertrophy (muscle building). With heavier weight, you may now need to extend your rest period from 60 seconds to 120, or something in between. The workout for Weeks 1 and 2 required four days of training. During Weeks 3 and 4, the split increases to five days. Though some muscle combinations (back with biceps; chest with triceps) will stay the same, think about what area of your body is the weakest or troubles you the most aesthetically.

TAKE IT TO THE NEXT LEVEL IN PHASE 2

Now that you've finished Phase 1, healthy eating, working out, and taking the right supplements should be a regular part of your daily routine. Hopefully your commitment is revealing positive change and increased energy. As this phase comes to a close, prepare yourself for intense muscle-building in Phase 2 and the introduction of cardio, to kick-start the fat-burning.

TRAINING: WEEK 5 & 6

Moving into Phase 2, the focus continues to be building muscle, courtesy of a 5-day workout split. The repetitions in this phase fall between 8 and 10, with the exception of certain exercises, where really taxing the muscle requires more volume. Work at 85 percent of your maximum effort, which means your last rep in each set should be a struggle but still doable. Don't sacrifice form for strength, Safety is key!

Lifting heavier means you'll need longer rest periods between sets. For some exercises, you'll feel ready to continue after one minute; other exercises might require two. Regardless, the rest period should be long enough to allow you to tackle each set with as much exertion as possible.

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The one exception is when you encounter exercises grouped as a superset. This means performing an exercise set immediately after a different exercise set with nearly no rest taken between exercises (sets)—only enough to position yourself for the second exercise. While we're on the topic of definitions, you'll also need to know what "lifting to failure" means. On your last set of an exercise, instead of lifting to a set number (rep), continuing to lift until the muscle is fatigued and another full rep can't be performed.

Though lifting heavier will increase your heart rate, at this point in the program, we will begin to incorporate 4 days of medium-intensity cardio, done in 30-minute increments. Forgoing the cardio in the first phase allowed your body to use all of the "clean" calories it consumed for everyday activities and building muscle. By introducing medium-intensity cardio in Phase 2, we'll begin to facilitate fat burning, while minimizing the risk of losing any hard-earned muscle.

TRAINING: WEEK 7 & 8

These are your last two weeks to achieve as much muscle gain as possible. So work it! These workouts are intense—you should use as much weight as you can safely muster. Instead of consisting of 3 sets, many of these exercises will increase to 4, albeit with fewer repetitions (e.g., 4 sets of 8 reps). As during the last few weeks, you'll be incorporating supersets and taking your sets to failure. With maximum exertion required, you might need to rest longer between sets. Two or three minutes should suffice for most of you.

Your workouts for these weeks might take longer to execute with the increased volume and rest time. If you feel like you need to, reduce the outlined 4 days of 30-minute-cardio sessions to just three. Once we move into the final and third stage, the workouts will shift from an emphasis on weight training to a greater emphasis on fat burning and cardio.

NUTRITION: WEEKS 5-8

Because you're doing even more activity during this phase, you might find yourself becoming hungrier. No worries. Eat up, as long as you make healthy selections! You need more fuel, and your Phase 2 nutrition plan will accommodate your body's newly developing needs. You'll still be eating a meal or snack every 2-3 hours, focusing on healthy food choices rather than the easy grab-and-go appeal of fast food, but you'll learn how to adjust your calories so you're not starving at day's end.

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During Phase 2, I want you to start reducing your carbohydrates, since the goal is to lean out. The best way to taper down is to begin eating fewer carbs later in the day, or at least exchanging starchy carbs like potatoes and grains for vegetable carbs like broccoli.

Your total calorie intake during Phase 2 actually won't change a whole lot from Phase 1, even as we remove some of those starchy carbs from your diet. Your macronutrient mix will change a bit, as those carbs are replaced with a bit more protein. You're starting to add the cardio, which we didn't have before, so you're naturally going to be burning more calories. I don't want you changing things drastically. You still need to support your muscle, and that's going to be key going all the way to that last phase.

Are you ready? Let's do this!

PHASE 3 BURN UNWANTED FAT, SAVE HARD-EARNED MUSCLE

Let the fat-burning fun begin!

By this stage of the program, you're no stranger to hitting the weights with intensity, and you have quality muscle to show for your efforts. Now, in Phase 3, the training goal changes from muscle building and fat burning to strictly fat burning, while preserving as much muscle as possible.

You worked hard for that muscle. You want to keep it even while burning fat. Why not add even more muscle even while burning fat? Simply put, it's difficult to continue to grow while simultaneously creating the sort of calorie deficit needed to burn fat. We're not drastically reducing calories. However, to create enough of a deficit, we are increasing the intensity of the workouts by adding high-intensity interval training (HIIT), plyometrics, supersets, and active rests.

I'm excited for this phase to begin! It's intense, but with the finish line now in sight, you can do it!

WEEKS 9 & 10: TRAINING

The Phase 3 workouts emphasize techniques designed to enhance the cardiovascular benefits of training. As a result, you'll often use a lower weight for higher repetitions.

Several notes to keep in mind:

1. Equipment-wise, I recommend purchasing a jump rope. You will use it often.
2. These workouts are more intense than before, so if you have any joint problems, please respect your limitations. Don't perform any exercises that cause pain.
3. I recommend taking 1-minute rests between sets during this phase, except as noted. If you need more time, please take it.
4. These workouts should take an hour to an hour and half to complete,

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WEEKS 11,12: TRAINING

For each circuit, perform the allotted number of reps for each exercise consecutively. Rest 3 to 5 minutes before repeating the routine twice more. After completing the entire circuit, choose an option for cardio to perform for 30 to 40 additional minutes. Aim for medium intensity. This means breaking a light sweat and exercising at a rate where you could still converse with someone, though you'd rather not. We're in the home stretch, so it's important not to miss these workouts. That way, when you reach your goal date, you'll have leaned out as much as possible.

Here's the theory: Because carbs are the body's preferred source of fuel, cycling those carbs - eating lower amounts some days, higher amounts other days - confuses the body by not giving it a constant and dependable fuel source. When we reduce the intake of carbs on lower carb days, we'll replace those calories with protein and healthy fats. That way you'll have an adequate number of calories and maintain as much muscle as possible as you continue to exercise. This technique isn't for the faint of heart; following it to the letter takes discipline. You'll need to count and weigh every meal, taking care to consume the proper portions of macros from day to day. This carb cycle will last only 3 weeks. Any longer and you might lose too much hard-earned muscle.

DIET TIPS

- Eat first meal within an hour of waking.
- Plan ahead! Designate a food preparation day.
- Measure and weigh everything whenever possible. Purchase measuring cups and a kitchen scale.
- Eat every three hours (usually 5 or 6 times a day, depending on when you wake up)! It's the secret to speeding up your metabolism. Be on time!
- Drink lots of water! You may also have coffee & tea with Stevia or a no-cal sweetener.
- After your detox take a daily multivitamin.
- Take one tablespoon of flaxseed or fish oil daily. Flaxseed and fish oil actually aid in weight loss and encourages healthy bowel movements. (Mix in oatmeal or mashed sweet potato after heating food. Do not heat flaxseed.)
- Consistency is key! If you have a day where you slip up ... Don't give up! Start fresh at your next meal or the next day.

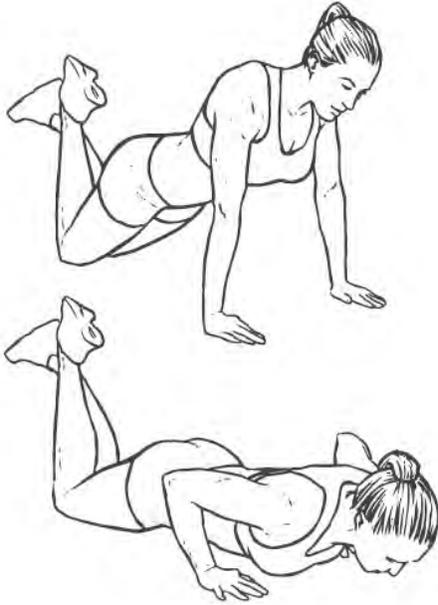
GLOSSARY

- Superset: Perform the first exercise and then immediately do the next exercise. Only then do you take the 2-minute rest in between before repeating again.
- Active rest: Do the first exercise, and then instead of resting, perform the active-rest movement (for example, jump rope). Immediately repeat the first exercise.

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FITNESS TEST

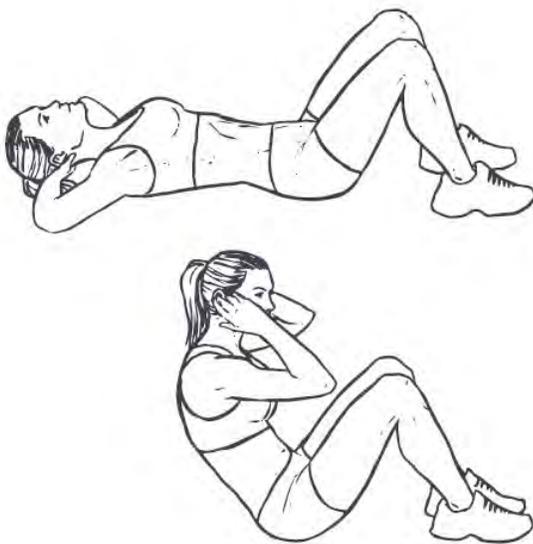
Gauge your overall fitness level with this simple test and use it as a benchmark to measure your progress through the program. Perform the test on a rest day, and before your meal.



PUSH-UPS

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

_____ _____ _____
Start of program End of week 4 End of program



SIT-UPS

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

_____ _____ _____
Start of program End of week 4 End of program

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EXERCISE PLAN

INSTRUCTIONS

The program calendar outlines the 12 weeks of your weight loss program. The workout routines will get progressively harder and their timing in the week is designed to be challenging in order to maximise your results at the end of the program.

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

WARM-UP & DYNAMIC STRETCHES

Each of your workouts will begin with the warm-up dynamic stretching routine. A proper warm-up is an essential part of this training program and its importance should not be underestimated.

The warm-up part of this routine:

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

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The routine also includes dynamic stretches that are equally important in preparing your muscles for training. The stretches will lengthen both muscles and tendons to increase range of motion and help prevent injuries. Perform each exercise at medium intensity for 30 seconds, taking 10 seconds in between to catch your breath and get into position for the next one.

WORKOUT ROUTINES

Have the exercise illustrations handy and perform each workout immediately following your warm-up and stretches set. Work through each exercise at medium or high intensity for the prescribed time, taking 60 seconds to catch your breath and get into position for the next exercise. Remember to be well hydrated through your workout.

COOL DOWN STRETCHES

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

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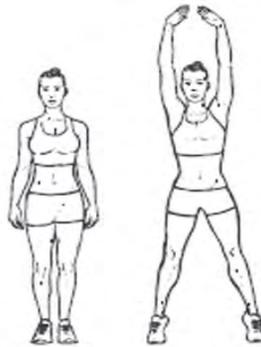
WARM-UP & DYNAMIC STRETCHES

5 minutes

Perform each exercises for 30 seconds with 10 seconds of rest in between.



High Knees
30 sec **M**



Jumping Jacks
30 sec **M**



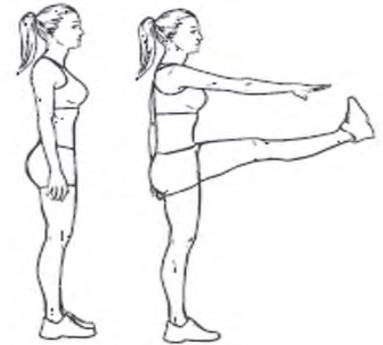
Bodyweight Squats
30 sec **M**



Mountain Climbers
30 sec **M**



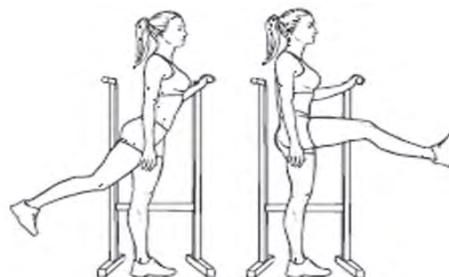
Inchworm
30 sec **M**



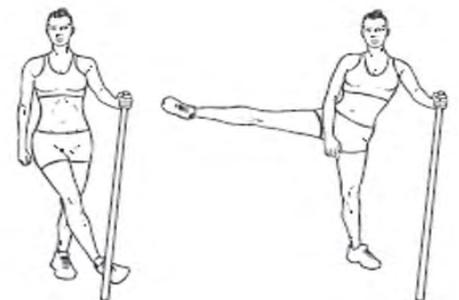
Walking High Kicks
30 sec **M**



Bodyweight Walking Lunge
30 sec **M**



Forward Leg / Hip Swings
30 sec **M**



Side Leg / Hip Swings
30 sec **M**

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PHASE ONE

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CHEST & TRICEPS DAY 1,8,17,24

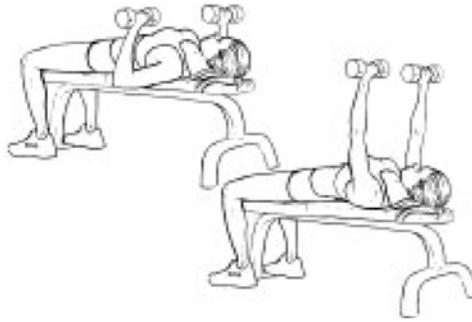
Arms, Chest

Wide Push-ups/ Pushups



3 sets 12 reps

Dumbbell Fial Bench Press



3 sets 12 reps

Resistance Band Push-ups/ Pushups



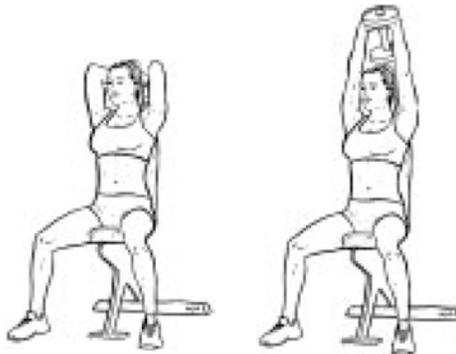
3 sets 12 reps

Wall Push-Ups/ Pushups / Standing Press. Ups



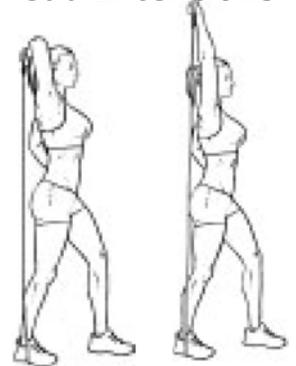
3 sets 12 reps

Seated Tricep Press / Overhead Extensions



3 sets 12. reps

Resistance Band Tricep Overhead Extensions



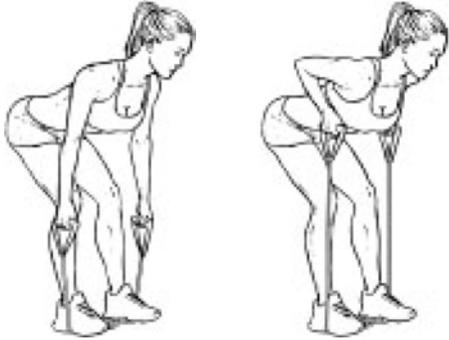
3 sets 12 reps

Beautiful Motives

BACK & BICEPS DAY 2, 9, 16, 23

Arms, Back, Legs

Resistance Band Bent Over Rows



3 sets 12 reps

One-Arm Dumbbell Rows



3 sets 12 reps

Resistance Band Bicep Curls



3 sets 12 reps

Static Bicep curls



3 sets 12 reps

One-Arm Dumbbell Preacher Curl



3 sets 12 reps

Dumbbell Deadlifts



3 sets 12 reps

Beautiful Motives

LEGS & CALVES DAY 3, 10

Legs

Resistance Band Glute Kickbacks.



3 sets 12 reps

Barbell Hip Thrusts



3 sets 12 reps

Wide Stance/ Sumo Barbell Squats



3 sets 12 reps

Barbell Kneeling Squats



3 sets 12 reps

Standing Barbell Calve Raises



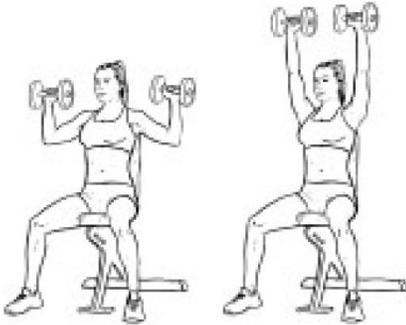
3 sets 12 reps

Beautiful Motives

DELTS & ABS DAY 4, 11, 19, 26

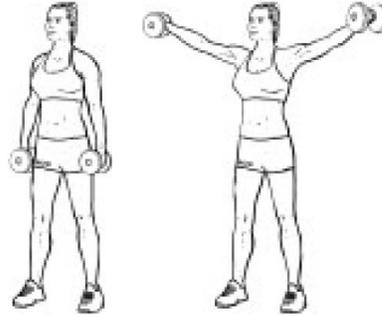
Abs, Shoulders

Dumbbell Overhead
Shoulder Press



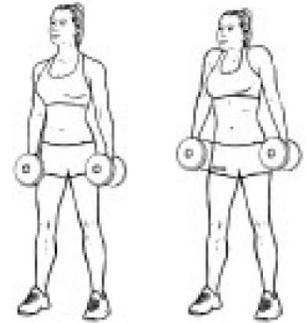
3 sets 12 reps

Dumbbell Lateral Raises



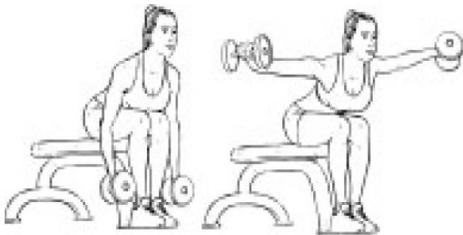
3 sets 12 reps

Dumbbell Shrugs



3 sets 12. reps

Seated/ Bent Over Delt Raises



3 sets 12 reps

Stability Ball Crunches



3 sets 12 reps

Bicycles/ Elbow-to-Knee
Crunches



3 sets 12. reps

Beautiful Motives

PHASE TWO

Beautiful Motives

BACK & CARDIO DAY 29,36, 55

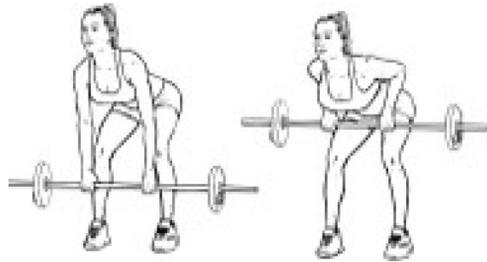
Abs, Back, Cardio, Legs, Shoulders

Inchworms/Walkouts



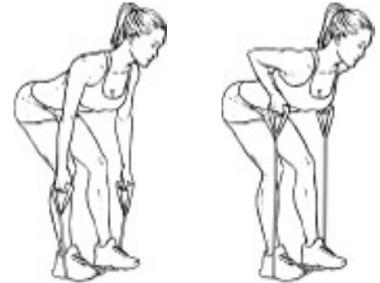
3 Sets 10 reps

Bent Over Barbell Rows



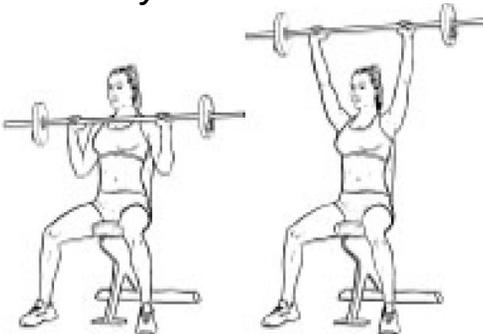
3 Sets 8 reps
Superset

Resistance Band Bent Over Rows



3 sets 8 reps
Superset

Seated Barbell Military Press



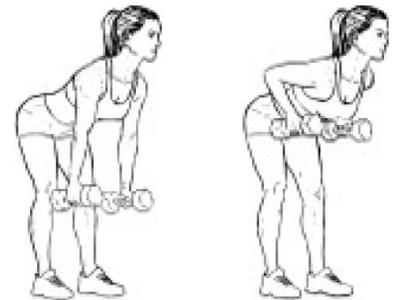
3 sets 10 reps
Superset

One-Arm Dumbbell Row



3 sets 8 reps
Superset

Standing Two-Armed Bent Over Dumbbell Rows



3 sets 10 reps
Superset

Stability / Exercise Ball Back Extensions



3 sets 8 reps

Now continue with a 30 minute Cardio circuit -
Running /Jogging or Treadmill

Beautiful Motives

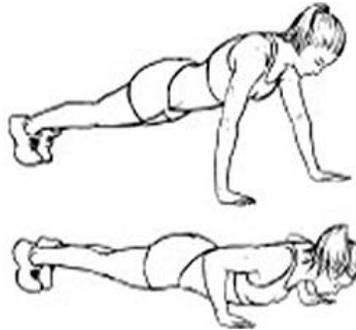
CHEST & CARDIO DAY 30, 45, 52
Abs, Arms, Back, Cardio, Chest, Legs

Barbell Bench Press/ Chest Press



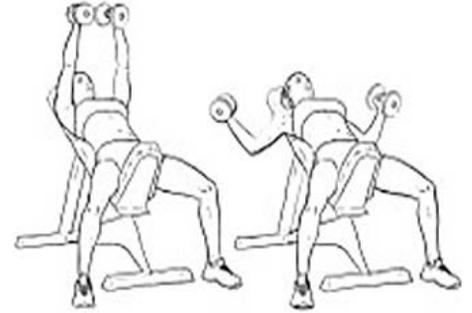
5 sets 8 reps

Wide Push-ups/ Pushups



3 sets 15 reps

Incline Bench Dumbbell Fly Press



3 sets 10 reps

Barbell Pullovers/ Lying Chest Overhead Extensions



3 sets 10 reps

Staggered Hand Push-ups/ Pushups



3 sets 10 reps

Jackknife Sit-ups/ Crunch/ Toe Touches



3 sets 20 reps

Now continue with a 30 minute Cardio circuit -Running /Jogging or Treadmill

Beautiful Motives

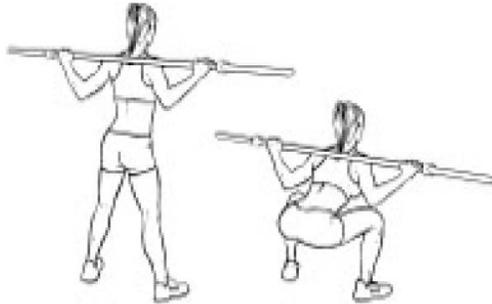
LEGS DAY 31,34, 38, 41

Barell HipThrusts



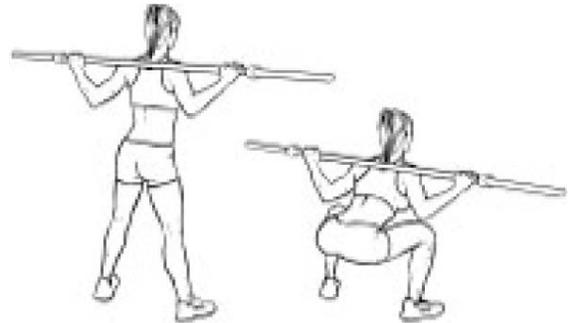
2 sets 30 reps
lightweight

Wide Stance / Sumo Barbell Squats



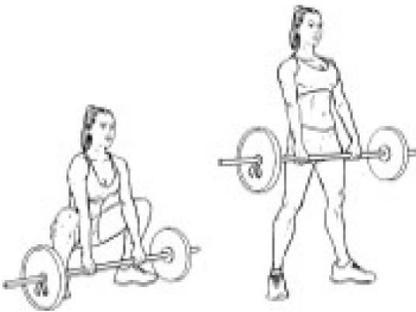
2 sets 25 reps
lightweight

Wide Stance/ Sumo Barbell Squats



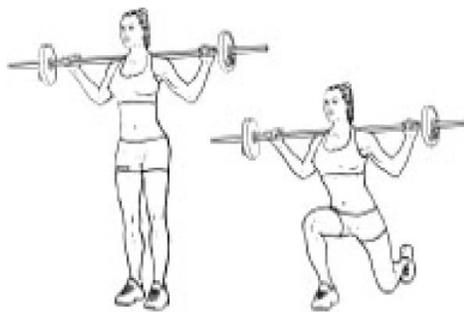
REPS TILL FAILURE

Sumo Barbell Deadlift



4 sets 8 reps

Barbell Lunges (wide steps)



3 sets 20 reps

Barbell Step-ups



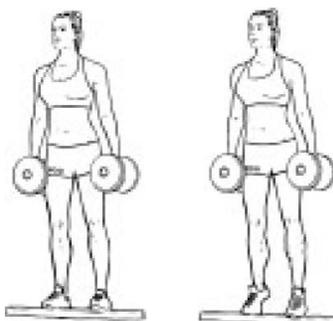
3 sets 10 reps

Sumo/ Plie Dumbbell Squats



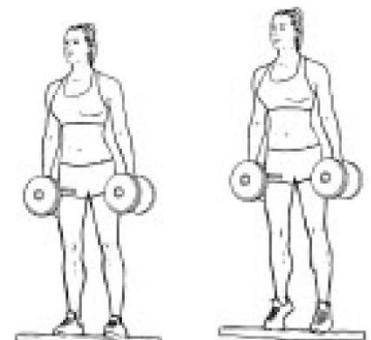
3 sets 15 reps

Standing Dumbbell Calf Raises



2 sets 20 reps

Standing Dumbbell calf Raises

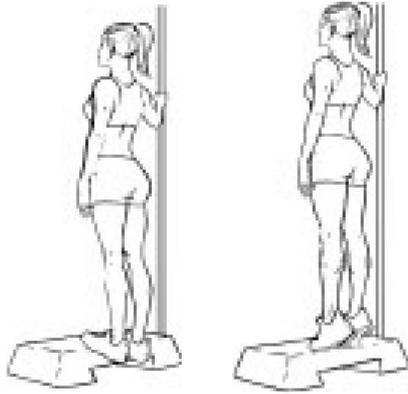


REPS TILL FAILURE

Beautiful Motives

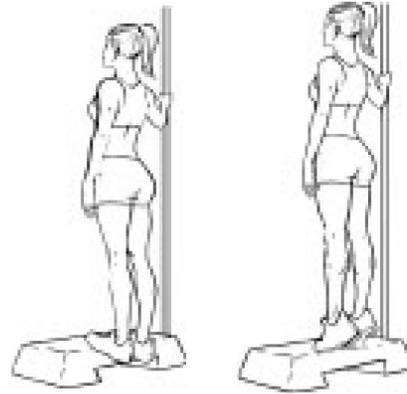
LEGS (CONTINUED)

Bodyweight Calf Raises



2 sets 20 reps

Bodyweight Calf Raises



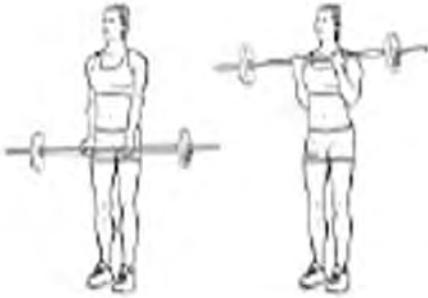
REPS TILL FAILURE

Beautiful Motives

ARMS & CARDIO DAY 32

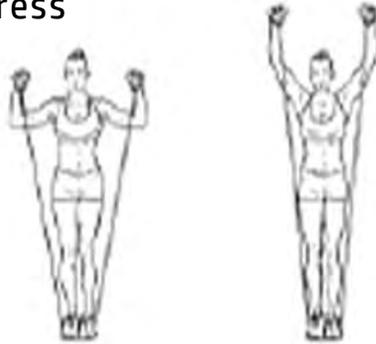
Abs, Arms, Cardio, Legs, Shoulders

Barbell Curls / Standing Biceps Curls



3 sets 10 reps

Resistance Band Standing Shoulder Press / Overhead Press



3 sets 10 reps

Standing Dumbbell Bicep Hammer Curls



3 sets 10 reps
superset

Dumbbell Bicep Reverse Curls



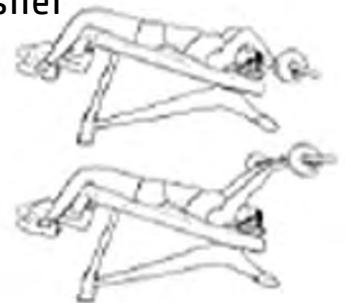
3 sets 10 reps

Chair Tricep Dips



3 sets 10 reps

Decline Lying Triceps Extension/ Decline Skull Crusher



3 sets 10 reps

Stability/ Swiss / Exercise Ball Hamstring Leg Curl



3 sets 10 reps

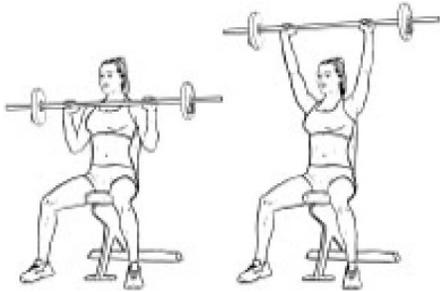
Now continue with a 30 minute Cardio circuit -Running /Jogging or Treadmill

Beautiful Motives

DELTS & CARDIO DAY 33,40, 48

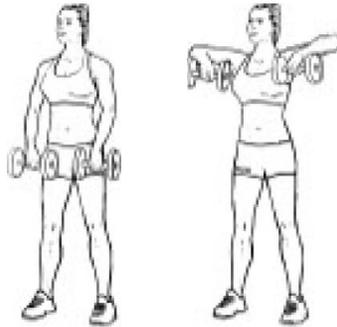
Back. Cardio, Legs, Shoulders

Seated Barbell Military Press



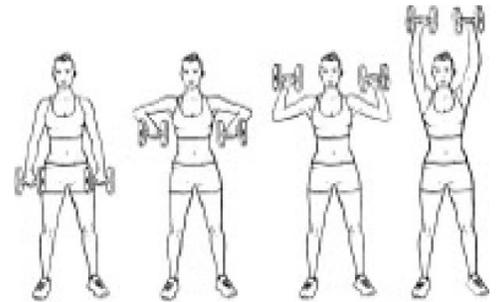
4 sets 10 reps

Upright Dumbbell Rows,



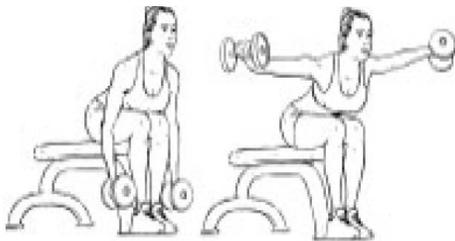
3 sets 10 reps

Dumbbell Cuban Press



3 sets 10 reps

Seated/ Bent over Rear Delt Raises



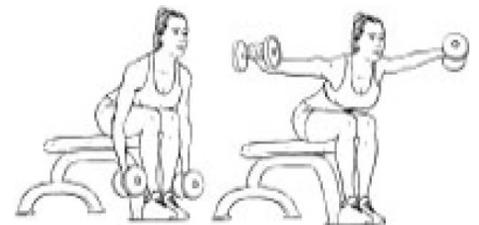
3 sets 10 reps

Dumbbell Bent Over Lateral Rear Delt Raises / Flyes



3 sets 10 reps
Light weight

Seated / Bent Over Rear Delt Raises



3 sets 10 reps

Now continue with a 30 min Cardio Circuit- Running / Jogging or Treadmill

Beautiful Motives

LEGS DAY 44,47,51,54

Stability / Swiss / Exercise Ball Curl / Hamstring Curl



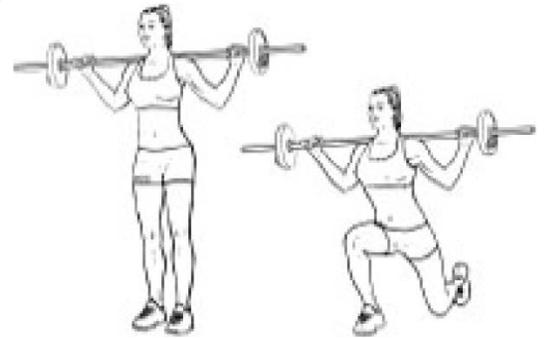
3 sets 10 reps

Single Leg Glute Bridge / Hip Extension with Leg Lift



3 sets 10 reps

Barbell Lunge



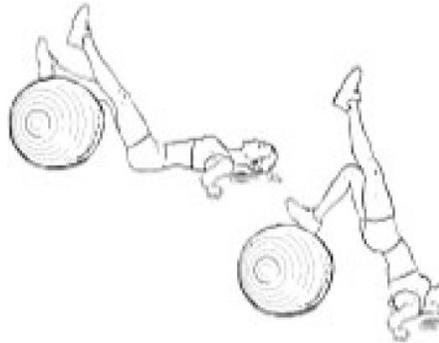
3 sets 20 reps

Fire Hydrants/ Abductor/ Adductor Knee Raises



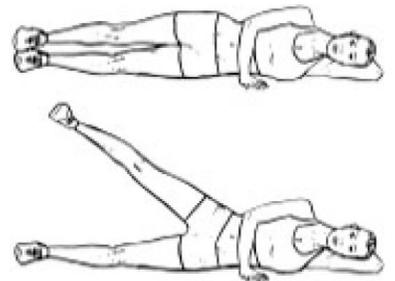
3 sets 20 reps
use ankle weights

Single Leg Swiss Ball Hips Raises / Leg Curls



3 sets 15 reps

Lateral Raises / Hip Abductors / Adductors



3 sets 15 reps

Stiff Legged Barbell Deadlifts



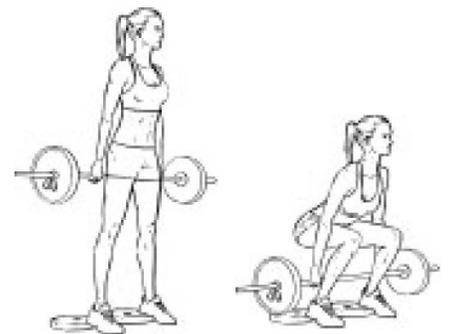
3 sets 10 reps

Bulgarian Split Squats



3 sets 10 reps

Barbell Hack Squats

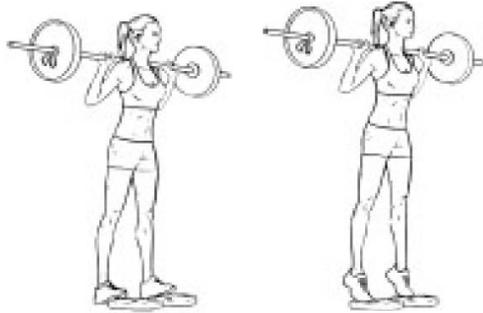


reps till failure

Beautiful Motives

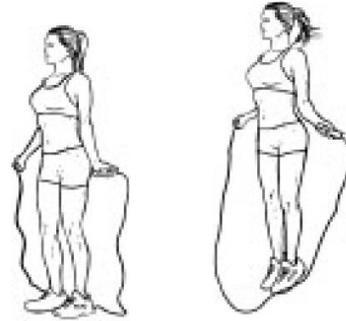
LEGS (CONTINUE)

Standing Barbell Calf Raisers



3 sets 20 reps

Rope Jumping/ Jump rope/
Skipping



3 sets 20 reps

Beautiful Motives

PHASE THREE

Beautiful Motives

QUADS & CALVES DAY 57

Legs

Barbell Hack Squats



3 sets 15 reps
superset

Jump Squats



3 sets 15 reps

Bulgarian Split Squats



3 sets 15 reps

Rope Jumping / Jump rope / Skipping



3 sets 60 seconds

Barbell Lunges



3 sets 15 reps
Superset- 10 steps forward, 10 steps back

Standing Long Jumps



3 sets 15 reps
10 steps forward, 10 steps back

Single Leg Glute Bridge / Hip Extension with Leg Lift



3 sets 15 reps

Side / Lateral Shuffles / Hops Skaters



3 sets 20 reps

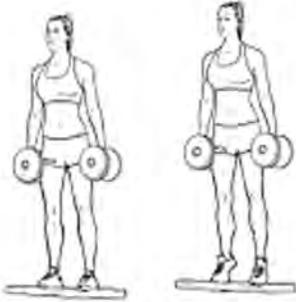
Barbell Squats



3 sets 30 reps
place weights under heels

QUADS & CALVES (CONTINUED)

Standing Dumbbell
Calf Raises



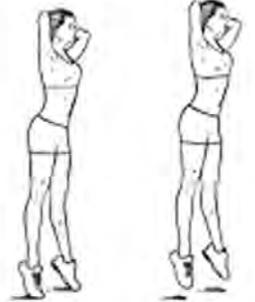
3 sets 20 reps

Rope Jumping / Jump
rope /Skipping



3 sets 60 seconds

Jumping Calf Press/
Raises



3 sets 20 reps

Rope Jumping / Jump
rope /Skipping



3 sets 60 seconds

Beautiful Motives

BACK & SPRINTS DAY 58

Abs, Arms, Back, Cardio. Chest, Legs

Bent Over Barbell Rows



3 sets 15 reps

Bent Over Two-Arm Long Barbell/T• Bar Rows



3 sets 15 reps

One-Arm Dumbbell Rows



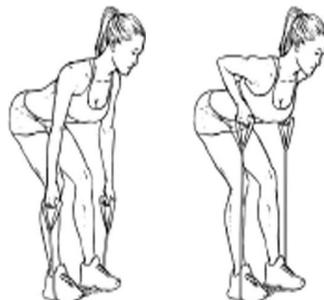
3 sets 15 reps

Stability Exercise Ball Knee Tuck to Chest



3 sets 15 reps

Resistance Band Bent Over Rows



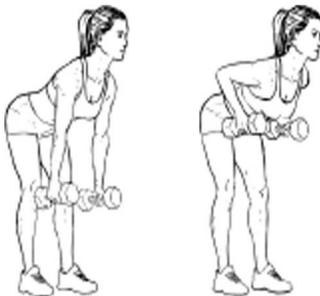
3 sets 15 reps

Jackknife Sit-up/Crunch/Toe Touches



3 sets 15 reps

Standing Two-Armed Bent Over Dumbbell Rows



3 sets 15 reps

Mountain Climbers/Alternating Knee-ins



3 sets 20 reps

Static Bicep Curls

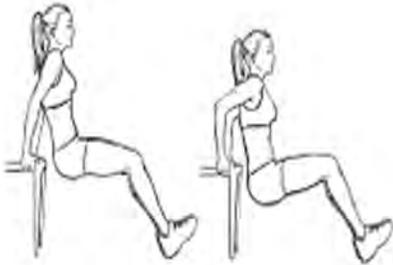


3 sets 20 reps
Superset

Beautiful Motives

BACK & SPRINTS (CONTINUED)

Chair Tricep Dips



3 sets 12 reps

One-Arm Dumbbell Preacher Curl



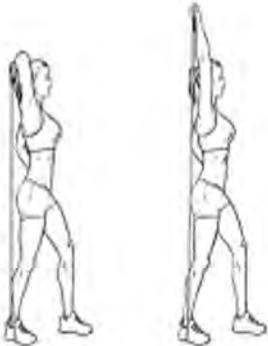
3 sets 12 reps
Superset- use stability ball

Wide Push-ups



3 sets 12 reps

Resistance Band Tricep Overhead Extensions



3 sets 12 reps

Mountain Climbers / Alternating Knee-Ins



3 sets 20 reps

Lying Dumbbell Tricep Extensions



3 sets 12 reps

Bicycles / Elbow-to-Knee
Crunches / Cross-body Crunches



3 sets 25 reps

Cardio- Running / Jogging/ Treadmill



30 minutes total - 30 second sprints followed by 3 minute run throughout duration.

DELTS & ABS DAY 59

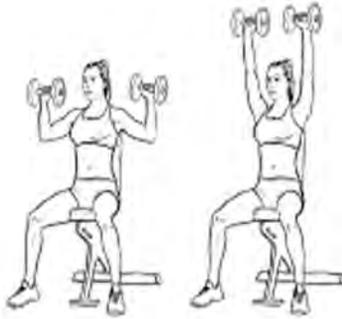
Abs, Arms, Cardio, Chest, Legs, Shoulders

Incline Dumbbell Bench Press



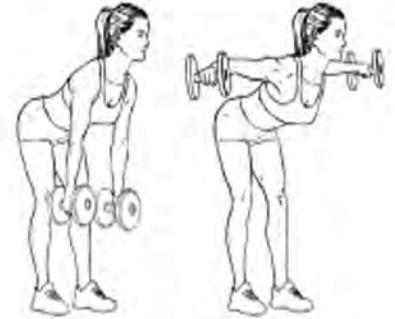
3 sets 15 reps

Dumbbell Overhead Shoulder Press



3 sets 15 reps

Dumbbell Bent Over Lateral Rear Delt Raises / Flies



3 sets 15 reps

Single Arm Medicine Ball Push-Ups / Pushups



3 sets 15 reps

Dumbbell Squat Thrusters / Squat to Overhead Press



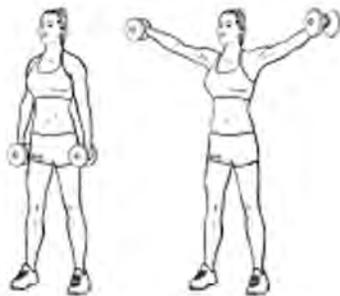
3 sets 15 reps

Jackknife Sit-up / Crunch / Toe Touches



3 sets 15 reps

Dumbbell Lateral Raises / Power Partial



3 sets 15 reps

Upright Dumbbell Rows



3 sets 15 reps

Burpees / Squat Thrusts



3 sets 10 reps

Beautiful Motives

DELTS & ABS (CONTINUED)

Weighted Bench Dips



3 sets 15 reps

Step Up with Knee Raises



3 sets 15 reps

Push-ups



3 sets 15 reps

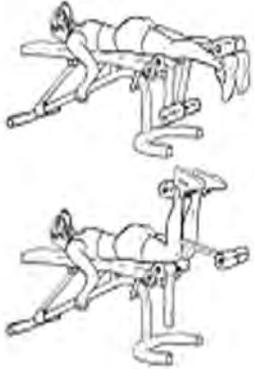
Continue workout with 30 minutes cardio- running, jogging or treadmill. For the duration 30 second sprints, 3 minutes running

Beautiful Motives

LEGS DAY 60

Abs, Legs

Lying Leg Curl



3 sets 15 reps superset

Barbell Lunges



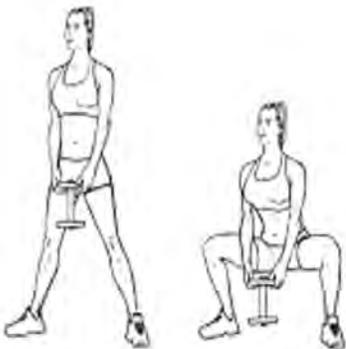
3 sets 15 reps each leg

Stiff Legged Barbell Deadlifts



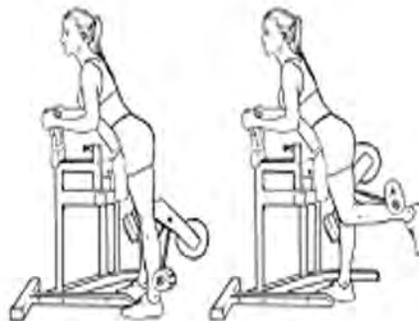
3 sets 15 reps superset

Sumo / Plie Dumbbell Squats



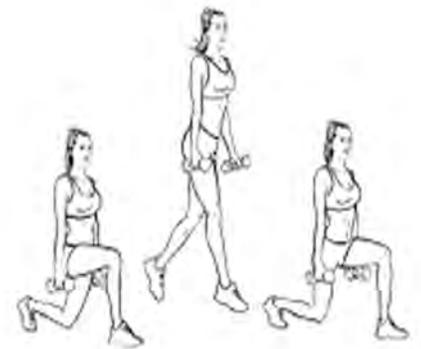
3 sets 15 reps
two jumps in place and then open into a plie squat

Standing Leg / Hamstring Curls



3 sets 15 reps use ankle weights

Split Alternating Squat Jumps



3 sets 15 reps

Bulgarian Split Squat



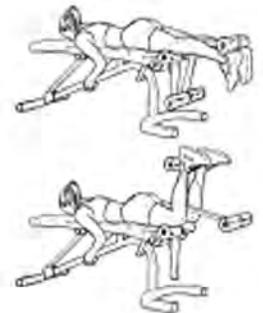
3 sets 15 reps

Stability Exercise Ball Hamstring Leg Curl / Hip Raise / Bridge



3 sets 15 reps

Lying Leg Curls



3 sets 20 reps
one leg at a time using ankle weights

LEGS (CONTINUED)

Mountain Climbers / Alternating Knee Ins



3 sets 20 reps

Standing Barbell Calf Raises



6 sets 20 reps

Rope Jumping / Jump rope / Skipping



3 sets 60 seconds

BACK & ABS DAY 61

Abs, Arms, Back, Cardio, Chest, Legs

Dumbbell Pullovers



superset 3 sets 12 reps

Weighted Russian/ Mason Twists



3 sets 12 reps
weight or medicine ball

Bent Over Two-Arm Long Barbell/ T-Bar Rows.



3 sets 15 reps

Renegade / Alternating Plank/
Commando Rows



3 sets 15 reps

Reverse Crunches



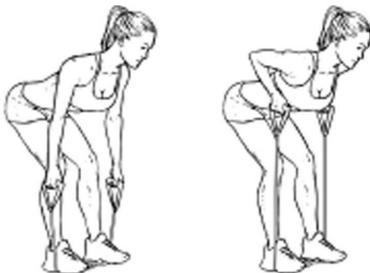
3 sets 25 reps

Decline Bench Crunches / Sit-ups



3 sets 15 reps
use stability ball as alternative

Resistance Band Bent Over Rows



3 sets 15 reps

One-Arm Dumbbell Rows



3 sets 15 reps

Stability / Swiss / Exercise Ball
Crunches



3 sets 15 reps

Beautiful Motives

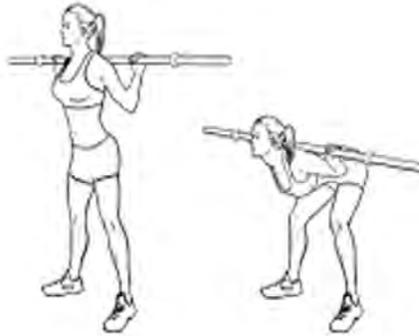
BACK & ABS (CONTINUED)

Spiderman Push-ups



3 sets 15 reps

Barbell Good Morning



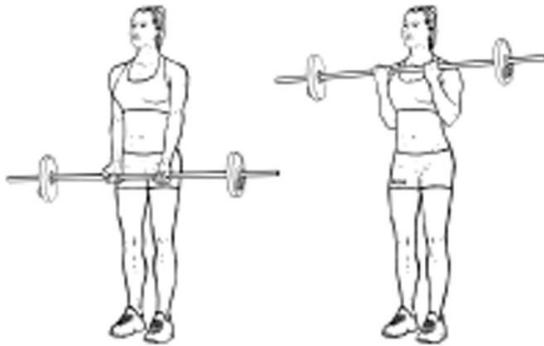
3 sets 15 reps

Standing Dumbbell Bicep Hammer Curl



3 sets 15 reps

Barbell Curls / Standing Bicep Curls



3 sets 15 reps

Tuck Jumps



3 sets 20 reps

Continue workout with 30 minutes cardio- running, jogging or treadmill. For the duration 30 second sprints, 3 minutes running

Beautiful Motives

DELTS & CALVES DAY 62

Abs, Arms, Cardio, Chest, Legs, Shoulers

Barbell Bench Press / Chest Pres



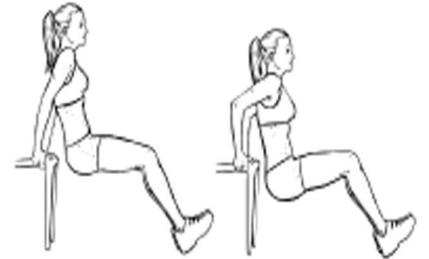
3 sets 15 reps

Rope Jumping / Skipping



3 sets 60 seconds

Chair Tricep Dips



3 sets 15 reps

Mountain Climbers / Alternating Knee-ins



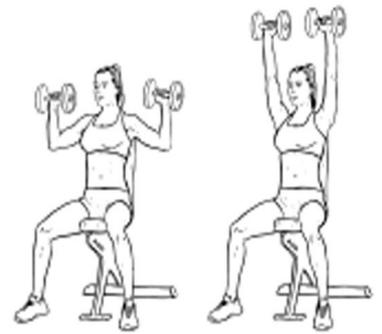
3 sets 15 reps

Upright Dumbbell Rows



3 sets 12 reps

Dumbbell Overhead Shoulder Press



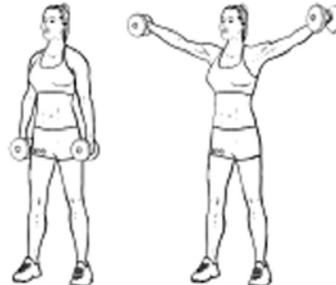
3 sets 12 reps

Rope Jumping / Skipping



3 sets 60 seconds

Dumbbell Lateral Raises / Power Partial



3 sets 12 reps

Seated Tricep Press / Overhead Extensions



3 sets 12 reps

Beautiful Motives

DELTS & CALVES (CONTINUED)

Rope Jumping / Skipping



3 sets 60 seconds

Medicine Ball Push-Ups



3 sets 10 reps

Standing Barbell Calf Raises



6 sets 20 reps

Rope Jumping / Skipping



3 sets 60 seconds

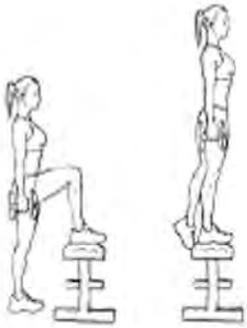
Continue workout with 30 minutes cardio- running, jogging or treadmill. For the duration 30 second sprints, 3 minutes running

Beautiful Motives

QUADS & CALVES DAY 64

Legs

Dumbbell Step-Ups



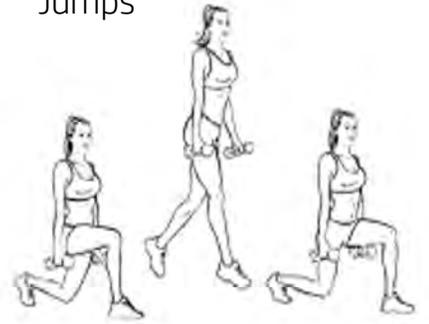
3 sets 15 reps
superset

Jump Squats



3 sets 15 reps

Split Alternating Squat Jumps



3 sets 15 reps per side

Rope Jumping / Skipping



3 sets 60 seconds

Barbell Lunges



3 sets 20 reps
10 steps forward, 10 steps back

Standing Long Jumps



3 sets 20 reps

Front Kick



3 sets 20 reps

Side to Side Jump Squats



3 sets 20 reps

Barbell Squats



3 sets 30 reps

Beautiful Motives

QUADS & CALVES (CONTINUED)

Jumping Calf Press / Raises



3 sets 20 reps

Rope Jumping / Skipping



3 sets 60 seconds

Standing Barbell Calf Raises



3 sets 20 reps

Rope Jumping / Skipping

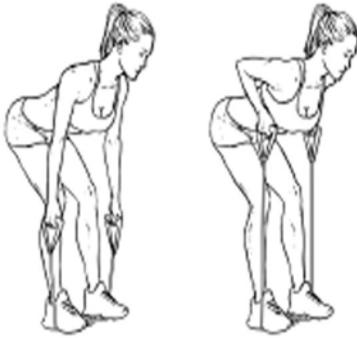


3 sets 60 seconds

BACK & ABS DAY 65

Abs, Arms, Back, Cardio, Chest, Legs

Resistance Band Bent Over Rows



3 sets 15 reps

Bent Over Two-Arm Long Barbell / T-Bar Rows



3 sets 15 reps
superset

One-Arm Dumbbell Rows



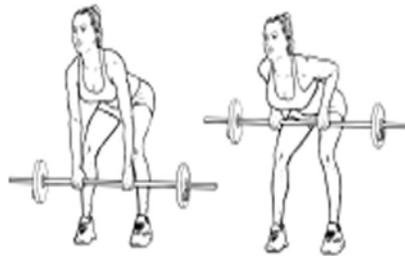
3 sets 15 reps

Stability / Exercise Ball Knee / Tuck to Chest



3 sets 15 reps

Bent Over Barbell Rows



3 sets 15 reps

Jackknife Sit-up / Crunch / Toe Touches



3 sets 15 reps

Mountain Climbers / Alternating Knee Ins



3 sets 20 reps

Dumbbell Bicep Reverse Curls



3 sets 20 reps

Chair Tricep Dips



3 sets 12 reps

Beautiful Motives

BACK & ABS (CONTINUED)

One-Arm Dumbbell Preacher Curl



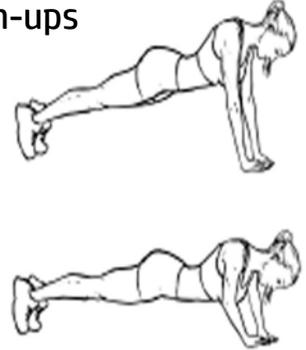
3 sets 12 reps

Push-ups



3 sets 12 reps

Diamond / Pyramid / Tricep Push-ups



3 sets 12 reps

Mountain Climbers / Alternating Knee-ins



3 sets 20 reps

Tricep Dumbbell Kickbacks



3 sets 12 reps

Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches



3 sets 25 reps

Continue workout with 30 minutes cardio- running, jogging or treadmill.
For the duration 30 second sprints, 3 minutes running

Beautiful Motives

CHEST & DELTS DAY 66

Abs, Arms, Back, Cardio, Chest, Legs, Shoulders

Dumbbell Overhead Shoulder Press



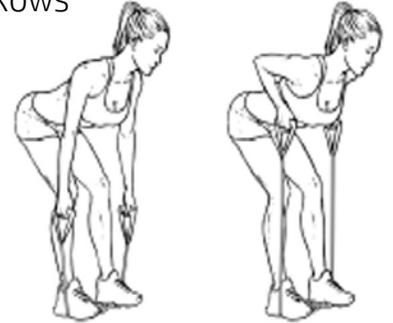
3 sets 15 reps

Dumbbell Flat Bench Press



3 sets 15 reps

Resistance Band Bent Over Rows



3 sets 15 reps

Medicine Ball Push-ups



3 sets 12 reps Dumbbell

Dumbbell Squat Thrusters / Squat to Overhead Press



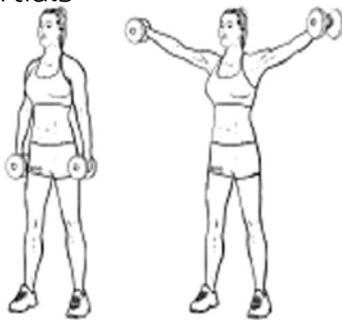
3 sets 15 reps

Jackknife Sit-up / Toe Touches



3 sets 15 reps

Lateral Raises / Power Partial



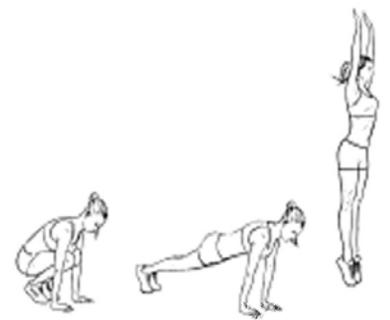
3 sets 15 reps

Upright Dumbbell Rows



3 sets 15 reps

Burpees / Squat Thrusts

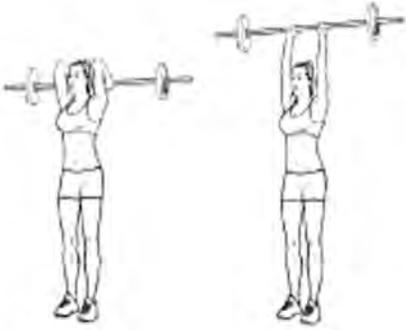


3 sets 10 reps

Beautiful Motives

CHEST & DELTS (CONTINUED)

Standing Overhead Barbell
Triceps Extensions



3 sets 15 reps

Stability / Exercise Ball Hamstring
Leg Curl / Bridge



3 sets 15 reps

Push-ups



3 sets 15 reps

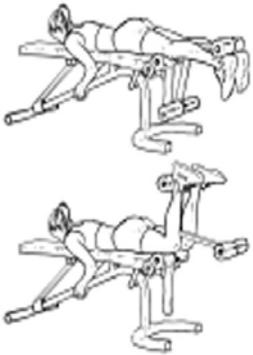
Continue workout with 30 minutes cardio- running, jogging or treadmill. For the duration 30 second sprints, 3 minutes running

Beautiful Motives

HAMS & GLUTES DAY 67

Abs, Legs

Lying Leg Curls



3 sets 15 reps
use ankle weights

Barbell Lunges



3 sets 15 reps

Stiff Legged Barbell Deadlifts



3 sets 15 reps

Sumo / Plie Dumbbell Squats



3 sets 15 reps

Single Leg Swiss Ball Hip Raise/
Leg Curls



3 sets 15 reps

Split Alternating Squat
Jumps



3 sets 15 reps

Bulgarian Split Squats



3 sets 15 reps

Stability / Exercise Ball / Hamstring
Leg Curl / Hip Raise



3 sets 15 reps

Single Leg Swiss Ball Hip
Raises / Leg Curls



3 sets 20 reps each leg

Beautiful Motives

HAMS & GLUTES (CONTINUED)

Mountain Climbers / Alternating
Knee ins



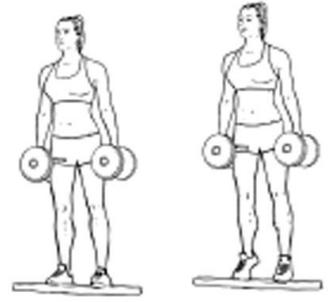
3 sets 20 reps

Jumping Calf Press / Raises



3 sets 20 reps

Standing Dumbbell Calf
Raises



3 sets 20 reps

Rope Jumping / Skipping



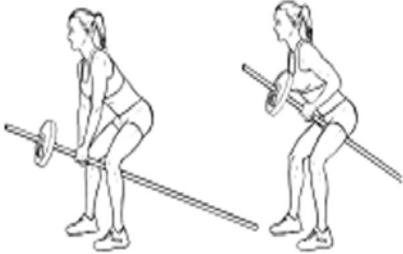
3 sets 60 seconds

Beautiful Motives

BACK & BICEPS DAY 68

Abs, Arms, Back, Cardio, Chest, Legs

Bent Over Two-Arm Barbell Rows



3 sets 12 reps

Russian / V-sit Twists



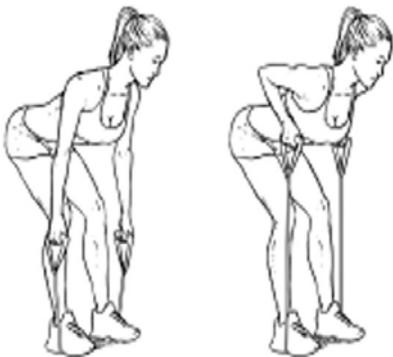
3 sets 12 reps

Bird Dogs / Alternating Reach & Kickbacks



3 sets 15 reps

Resistance Band Bent Over Rows



3 sets 15 reps

Reverse Crunch



3 sets 25 reps

Dumbbell Pullovers



3 sets 15 reps superset

Decline Bench Crunches / Sit-ups



3 sets 15 reps

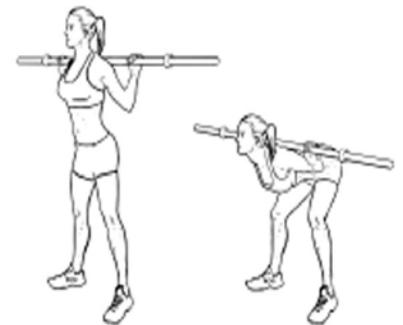
use stability ball as alternative

Stability / Exercise Ball Crunches



3 sets 15 reps

Barbell Good Morning

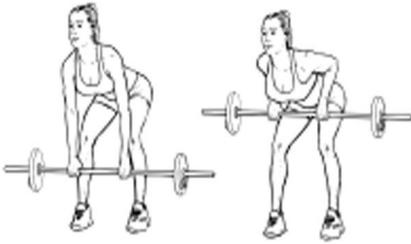


3 sets 15 reps

Beautiful Motives

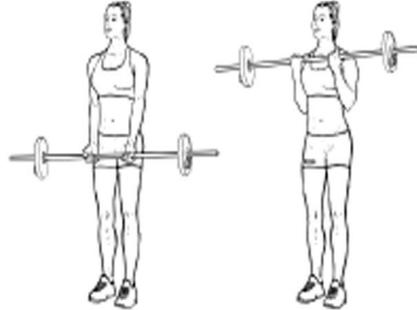
BACK & BICEPS (CONTINUED)

Bent Over Barbell Rows



3 sets 15 reps

Barbell Curls / Standing Bicep Curls



3 sets 15 reps

Spiderman Push-ups



3 sets 15 reps

Standing Dumbbell Bicep Hammer Curls



3 sets 15 reps

Tuck Jumps



3 sets 15 reps

Continue workout with 30 minutes cardio- running, jogging or treadmill. For the duration 30 second sprints, 3 minutes running

Beautiful Motives

DELTS & TRIS DAY 69

Abs, Arms, Cardio, Chest, Legs, Shoulders

Barbell Bench Press / Chest Press



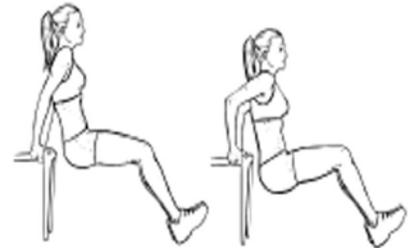
3 sets 15 reps

Rope Jumping / Skipping



3 sets 60 seconds active rest

Chair Tricep Dips



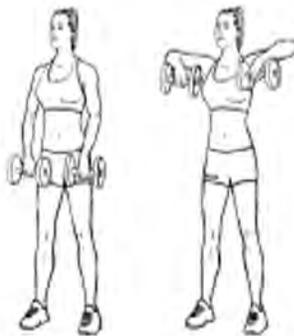
3 sets 15 reps

Mountain Climbers /
Alternating Knee-ins



3 sets 15 reps

Upright Dumbbell Rows



3 sets 12 reps superset

Dumbbell Cuban Press



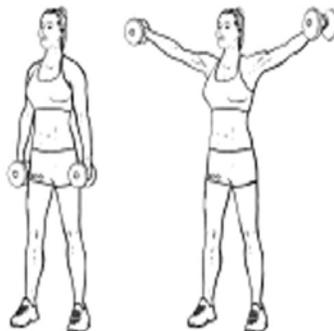
3 sets 12 reps superset

Rope Jumping / Skipping



3 sets 60 seconds
active rest

Dumbbell Lateral Raises /
Power Partial



3 sets 12 reps

Tricep Dumbbell Kickbacks



3 sets 12 reps superset

Beautiful Motives

DELTS & TRIS (CONTINUED)

Rope Jumping / Skipping



3 sets 60 seconds active rest

Medicine Ball Push-Ups



3 sets 10 reps

Push-Ups



3 sets 10 reps

Jumping Calf Press / Raises



3 sets 20 reps

Standing Barbell Calf Raises



3 sets 20 reps

Rope Jumping / Skipping



3 sets 60 seconds
active rest

Continue workout with 30 minutes cardio- running, jogging or treadmill. For the duration 30 second sprints, 3 minutes running

Beautiful Motives

LEGS DAY 71, 78

Barbell Hack Squats



30 reps

Barbell Squats



30 reps

Front Barbell Squats



30 reps

NO REST

NO REST

Stiff Legged Barbell Deadlifts



30 reps

NO REST

Barbell Lunges



30 reps

Repeat circuit 3-4 times, Rest 3-5 minutes after 1 whole complete circuit

Beautiful Motives

BACK & CARDIO DAY 72, 79

Abs, Back, Cardio, Legs

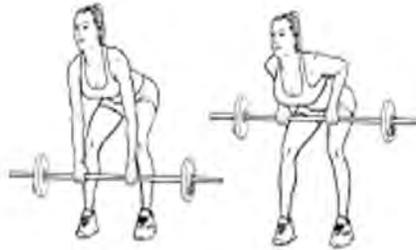
Barbell Deadlifts



20 reps

NO REST

Bent Over Barbell Rows



20 reps

NO REST

Bent Over Two-Arm Barbell Rows



20 reps

One-Arm Dumbbell Rows



20 reps

NO REST

Stability / Exercise Ball Back Extensions



20 reps

Stability / Exercise Ball Hamstring Curls / Hip Raise



20 reps

Bicycles / Elbow-to-Knee Crunches
Cross-body Crunches



20 reps

Complete circuit 3 times with no rest, then continue for 40 minutes doing cardio-running, jogging, sprinting and walking

Beautiful Motives

CHEST & CARDIO DAY 73, 80

Back,
Cardio, Chest, Legs, Shoulders

Barbell Bench Press/ Chest Press



20 reps

NO REST

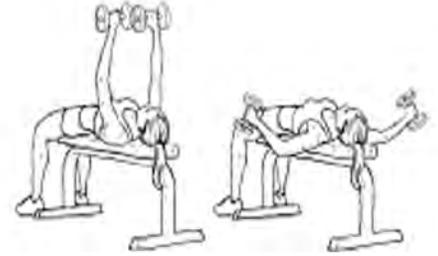
Dumbbell Overhead Shoulder Press



20 reps

NO REST

Flat Bench Dumbbell Fly



20 reps

Dumbbell Pullovers



20 reps

NO REST

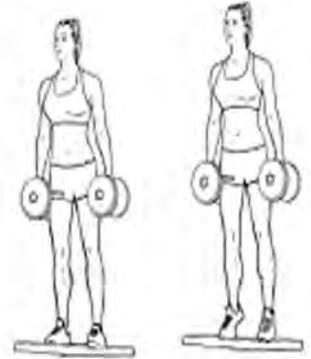
Push-ups



20 reps

NO REST

Standing Dumbbell Calf Raises



40 reps

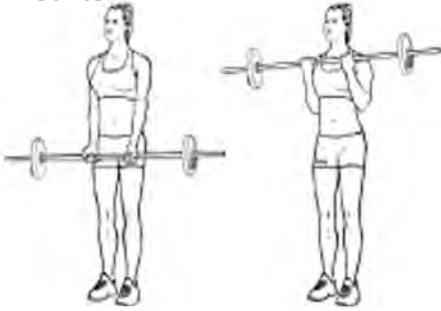
Repeat circuit 3 times, continue workout with 40 minutes cardio- running, jogging or treadmill. For the duration 30 second sprints, 3 minutes running

Beautiful Motives

ARMS & CARDIO DAY 74, 81

Abs, Arms, Cardio, Legs

Barbell Curls/ Standing Bicep Curls



20 reps

NO REST

Seated Tricep Press / Overhead Extensions



20 reps

NO REST

Dumbbell Bicep Reverse Curls



20 reps

Reverse Tricep Bench Press



20 reps

NO REST

Chair Tricep Press



20 reps

NO REST

Jackknife Sit-up / Toe Touches



20 reps

Crunches



20 reps

Complete circuit 3 times with no rest, then continue for 40 minutes doing cardio-running, jogging, sprinting and walking

Beautiful Motives

DELTS & CARDIO DAY 75, 82

Cardio, Legs, Shoulders

Dumbbell Overhead Shoulder Press



20 reps

NO REST

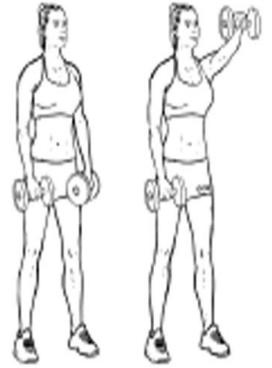
Seated / Bent Over Rear Delt Raises



20 reps

NO REST

Forwards / Front Dumbbell Raises



20 reps

Dumbbell Lateral Raises / Power Partial



20 reps

NO REST

Upright Dumbbell Rows



20 reps

NO REST

Standing Dumbbell Calf Raises



40 reps

Repeat circuit 3 times, continue workout with 40 minutes cardio- running, jogging or treadmill. For the duration 30 second sprints, 3 minutes running

Beautiful Motives

CARDIO DAY 83

60 MINUTES

INTERVAL RUNNING, SPRINTING, JOGGING THROUGHOUT DURATION

IF YOU HAVE REACHED TO THIS DAY, CONGRATULATIONS!!!!
YOU MUST LOOK GREAT! AND FEEL EVEN BETTER!!

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COOL DOWN STRETCHES
5 minutes
Hold each stretch for 20 seconds.



Neck
20 sec x2



Shoulders
20 sec x2



Chest
20 sec



Quardiceps
20 sec x2



Calves
20 sec x2



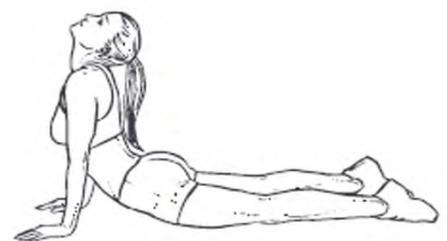
Back
20 sec



Hamstrings
20 sec x2



Lower Back
20 sec x2



Abdominals
20 sec

Beautiful Motives

Beautiful Motives

PHASE 1: WEEKS 1-4

DAY 1 CHEST AND TRICEPS	DAY 2 BACK AND BICEPS	DAY 3 LEGS AND CALVES	DAY 4 SHOULDERS AND ABS	DAY 5 REST	DAY 6 REST	DAY 7 REST
DAY 8 CHEST AND TRICEPS	DAY 9 BACK AND BICEPS	DAY 10 LEGS AND CALVES	DAY 11 SHOULDERS AND ABS	DAY 12 REST	DAY 13 REST	DAY 14 REST
DAY 15 LEGS	DAY 16 BACK AND BICEPS	DAY 17 CHEST AND TRICEPS	DAY 18 LEGS	DAY 19 SHOULDERS AND ABS	DAY 20 REST	DAY 21 REST
DAY 22 LEGS	DAY 23 BACK AND BICEPS	DAY 24 CHEST AND TRICEPS	DAY 25 LEGS	DAY 26 SHOULDERS AND ABS	DAY 27 REST	DAY 28 REST

WHAT'S YOUR GOAL? _____

ACHIEVED YOUR GOAL: YES / NO

Beautiful Motives

Beautiful Motives

PHASE 2: WEEKS 5-8

DAY 29 BACK AND CARDIO	DAY 30 CHEST, ABS AND CARDIO	DAY 31 LEGS	DAY 32 ARMS, ABS AND CARDIO	DAY 33 SHOULDERS AND CARDIO	DAY 34 LEGS	DAY 35 REST
DAY 36 BACK AND CARDIO	DAY 37 CHEST, ABS AND CARDIO	DAY 38 LEGS	DAY 39 ARMS, ABS AND CARDIO	DAY 40 SHOULDERS AND CARDIO	DAY 41 LEGS	DAY 42 REST
DAY 43 ARMS, ABS AND CARDIO	DAY 44 LEGS	DAY 45 CHEST, ABS AND CARDIO	DAY 46 SHOULDERS	DAY 47 LEGS	DAY 48 BACK, DELTS AND CARDIO	DAY 49 REST
DAY 50 ARMS, ABS AND CARDIO	DAY 51 LEGS	DAY 52 CHEST, ABS AND CARDIO	DAY 53 SHOULDERS	DAY 54 LEGS	DAY 55 BACK, DELTS AND CARDIO	DAY 56 REST

WHAT IS YOUR GOAL? _____

ACHIEVED YOUR GOAL: YES / NO

Beautiful Motives

Beautiful Motives

PHASE 3: WEEKS 9-12

DAY 57 QUADS AND CALVES	DAY 58 BACK, ARMS, ABS AND SPRINTS	DAY 59 CHEST, SHOULDERS, ABS AND CARDIO	DAY 60 HAMSTRING, GLUTES AND CALVES	DAY 61 BACK, BICEPS, ABS AND SPRINTS	DAY 62 SHOULDERS, TRICEPS, CALVES AND SPRINTS	DAY 63 REST
DAY 64 QUADS AND CALVES	DAY 65 BACK, ARMS, ABS AND SPRINTS	DAY 66 CHEST, SHOULDERS, ABS AND CARDIO	DAY 67 HAMSTRING, GLUTES AND CALVES	DAY 68 BACK, BICEPS, ABS AND SPRINTS	DAY 69 SHOULDERS, TRICEPS, CALVES AND SPRINTS	DAY 70 REST
DAY 71 LEGS	DAY 72 BACK, ABS AND CARDIO	DAY 73 CHEST, CALVES AND CARDIO	DAY 74 ARMS, ABS AND CARDIO	DAY 75 SHOULDERS AND CARDIO	DAY 76 CARDIO	DAY 77 REST
DAY 78 LEGS	DAY 79 BACK, ABS AND CARDIO	DAY 80 CHEST, CALVES AND CARDIO	DAY 81 ARMS, ABS AND CARDIO	DAY 82 SHOULDERS AND CARDIO	DAY 83 CARDIO	DAY 84 REST

WHAT'S YOUR GOAL? _____

 LOW CARB  HIGH CARB

ACHIEVED YOUR GOAL: YES / NO

Beautiful Motives

TRAINING TIPS & GUIDELINES

Read through and follow these tips and guidelines to get the most out of your exercise program and working out in general.

FOCUS ON STARTING

The prospect of a 60 minute workout or 30 minute run can be daunting, especially if you're just starting exercise. If you focus on the whole task, thinking how hard it will be, you are more likely to put it off altogether. Instead, focus on starting-laying out your mat and weights or lacing up your running shoes. Its much easier and once you start, your motivation will kick in and keep you going through the workout.

WHEN TO WORK OUT

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

- Get adequate rest which is vital for energy levels. It is recommended that we get 7-9 hours of sleep a night.
- If you're getting the right amount of sleep but still feeling groggy in the morning this could be due to being in a state of ketosis from fasting during sleep. This is when your body uses fat for energy if your eating sufficient carbs and the result is low energy levels.
- Try drinking green tea, coffee or green juices for an energizing boost before your workout

HOW TO BREATH DURING EXERCISE

Breathing during exercise is an important component to getting the most out of your workout. Holding your breath, breathing too fast or too slow, too deep or too shallow can affect heart rate and perceived intensity of an exercise. F

Follow these basic tips:

- When doing cardio exercise, take slightly deeper and longer breaths than normal, maintaining a regular rate and breathing more through the stomach rather than your chest.
- When doing strength training, do not hold your breath through an exercise and try to exhale on the exertion (hard) phase and inhale on the way back to the starting position.
- When stretching take deep and long breaths, inhaling through the nose and exhaling through the mouth to help your body get into a relaxed state.

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DETERMINING THE RIGHT WEIGHT

Performing strength training exercises using the appropriate weights is key for getting the best results and avoiding injuries. A simple way to determine what you should use for an exercise is this: if you cannot complete 8 reps in proper form-its too heavy. If you can do 12 and keep going-its too light. As you can get stronger and do 14 reps, move up to the next weight.

STAY FOCUSED

Often people spend too much time training. Your training plan has been designed in such a way as to define the time you should spend working out in order to get the best out of them. In order to stay focused on your session aim to stick to the prescribed times and avoid wasting time by stopping to chat or for resting too long.

REST STANDING UP

When you take a break between sets, you may prefer to sit down. However, sitting down means you cool down quicker, your heart rate lowers and you may have been sitting for 5 minutes before you realize it! Instead, remain standing between your sets in order to keep your muscles warm and loose, your blood and oxygen flowing and your mind more active and ready for the next challenge.

BUILD UP INTENSITY GRADUALLY

If you're new to exercising, start out by taking it slow. For example, if you're cycling, build up your endurance for about a month before getting into something more intense. Going slow means training at a rate where you can talk comfortably without feeling breathless.

TRAINING SAFETY

Besides avoiding broken or damaged equipment, make sure you wear the correct workout clothing and shoes to make the most of your sessions.

Also:

- if you're working with weights, lift slowly throughout the movement to maximize the move. Aim to lift and lower to count of 5 seconds in each direction.
- When you first begin working out, start with lower weights so you can practise the correct form. Once you've perfected your form, increase the weights and continue practicing your form. Heavy weights with good form give you great results in a shorter amount of time.

Beautiful Motives

NUTRITION PLAN

THE IMPORTANCE OF A BALANCED DIET

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

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

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

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

NUTRITION FOR A HEALTHY WEIGHT

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

To lose body fat and increase lean body mass, a rule of thumb is 10 calories per pound of body weight and 11 or 12 if you are exercising regularly, like you will during this program. To keep your metabolic rate revved up, eat five or six small meals throughout the day rather than two or three large meals; start with breakfast and try not to eat carbs late during the day.

Beautiful Motives

Long term weight control is about following these basic principles:

- Satisfy your appetite
- Eat meals that are high in complex and low in carbohydrates
- Consume enough protein
- Don't forget healthy fats
- Eat plenty of fiber
- Drink plenty of water

Satiety is the feeling of fullness and satisfaction after a meal and some diets fail because you don't feel full after eating. The trick for weight control is to choose foods that are nutritious, enjoyable and satisfy your hunger at the same time.

When hunger is not satisfied, many people tend to overeat or snack more often, which doesn't help when you are trying to lose a few pounds or control your weight. On the other hand, research has indicated that foods that are high in satiety and nutrition can help you to feel fuller whilst consuming fewer calories. Therefore, eat nutritious foods that satisfy your hunger and people tend to eat the same weight of food everyday regardless of the calories that are in it. For example if you add vegetables to your meal instead of starchy carbs, you are adding weight of the water content of the vegetables. Thus, the weight of the food within the meal is the same but with fewer calories, leaving you feeling just as full and satisfied. Another tip is to eat foods with a low energy density most of the time and eat smaller portions of food with high density.

NOTE: Do not consume fewer than 1000 calories per day as this can severely hinder your metabolism by slowing it down and storing fat.

VERY LOW ENERGY DENSITY FOODS

Eat satisfying portions

- most fruits and berries including strawberries, apples and oranges
- Non-starchy vegetables e.g. carrots, cabbage and broccoli
- salad e.g. lettuce, cucumber
- skimmed milk and fat free yogurt

LOW ENERGY DENSITY FOODS

Eat moderate portions

- bananas
- starchy vegetables
- pulses, beans & peas
- low fat plain yogurt
- brown rice & pasta

MEDIUM ENERGY DENSITY FOODS

- Eat small portions
- meat &
 - poultry
 - cheese, eggs &
 - semi skimmed milk
 - salad dressings
 - brown bread

HIGH ENERGY DENSITY FOODS

Eat minimal portions

- chips
- sweets & biscuits
- nuts
- butter &
- oils
- alcohol

Beautiful Motives

MACRONUTRIENTS GUIDE

CARBOHYDRATES

There are two types of carbs, the 'good carbs' and the 'bad carbs'. Good carbs are slow burning foods that give you consistent energy and should be fiber rich content. 'Bad carbs' are high in sugars and burn out quickly, lack fiber and have very little nutritional value in them.

Eating clean carbohydrates fuels the energy stores in your muscles and ensures that you have enough energy to complete your training session. Slower digesting carbs will sustain you throughout your entire workout while high glycemic or fast-digesting carbs will quickly burn out once their energy source is used up during your routine. If your body runs out of carbs, your energy levels will decrease, food craving will intensify and your resting metabolic rate will suddenly drop. To avoid this from happening, intake 30-45 grams of clean carbs pre and post workout to replenish muscle energy and help to stabilize blood sugars.

Avoid sugary, sweet and processed foods as this causes major spike in insulin and stick to brown rice, sweet potatoes and quinoa as these are good hunger fillers. However portion size is important for complex carbs as too much can cause abdominal bloating, avoid white bread, white pasta, white rice as these also have limited nutritional value.

NON-STARCHY CARBS

It is important to add non-starchy vegetables to your diet as they good meal fillers, are high in fiber, vitamins & minerals, low in calories and can boost your metabolism. Sprouts, spinach, broccoli, kale and chard are high in magnesium and potassium. These important minerals can keep your cells hydrated and help burn fat. Be aware that although fiber can help with slow release of carbs into your body. It can cause bloating and GI distress which can distend your abdominal region.

PROTEINS

Protein is an important part of your weight loss diet as it will help boost your metabolism, preserve lean body mass and curb hunger. Proteins require more energy in the body to break down and digest compared to fats and carbohydrates, which will keep your metabolism at a higher level and prevent storing fat. Aim for 0.5 to 0.75 grams of protein per pound of body weight for your daily intake. A few examples of good sources of protein.

- meat, poultry and fish
- eggs
- beans
- nuts and nut butters
- milk and yogurts
- broccoli
- whole grain bread

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FATS

Your diet should still consist of 10 to 15% 'good fats' in terms of calories consumed from sources like fatty fish, olive oil, nuts and flaxseed. These oils and seeds can also help regulate the thyroid gland in boosting metabolism and burning fat. Fish such as mackerel, herring and tuna are high in omega three fatty acids. Which lower leptin hormone levels in your body that in turn result in a high metabolism and lower fat storing mechanism-both supporting weight loss.

SODIUM (SALT)

Although salt intake will not directly affect your body fat percentage, it will make a difference in terms of water retention. Excess sodium in your body will keep fluids from passing through your body and make you bloated. Reduce your salt intake as much as possible.

WATER

Needless to say, water is vital for staying healthy, maintaining high metabolism and supporting bodily functions. It is a pivotal in building lean body mass and burning fat because it maintains a low blood viscosity. helping oxygen/nutrient delivery to the working muscles. Water is required to burn fat and if you are not drinking enough, expect to have an uphill battle getting your abs to show. Water can help you feel full and is an abundance in fruit and vegetables. Try to drink at least a gallon a day in small amounts throughout the day.

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SUPPLEMENTS

PROTEIN SHAKES

Protein's primary function within the body is for growth and repair, and protein supplements come in many forms such as powders, drinks, bars, gels and bites. Also protein needs to be very high on the agenda when aiming for weight loss, as these macronutrients can boost your metabolism, preserve lean body mass and stops the citation of hunger. Proteins require more energy in the body to break down and digest compared to fats/carbs. Therefore, your resting metabolism is high, fat storing is reduced and an overall % body fat loss is evident when using protein supplements. Drink the protein shakes two hours before training to increase the flow of amino acids to the muscle, and 15 minutes after your workout to aid with muscle growth and recovery.

CONJUGATED LINOLEIC ACID (CLA)

CLA is a potent antioxidant, anti carcinogen and powerful immune function enhancer. These tablets can be bought over the counter in any health food shop and a 3 to 4g per day supplementation of CLA can have the following benefits.

- increased metabolic rate, weight loss and improved the lean mass to body ratio
- Decreased belly fat
- Lowers blood cholesterol

L-CARNITINE

L-Carnitine plays a vital role in fat metabolism and 98% of carnitine is stored in the muscles. L-carnitine is an essential amino acid (protein). Which can be bought over the counter in many health food shops. In addition to giving your more energy. It helps with fat loss by improving fat burning efficiency and fat transport to cells.

GLUTAMINE

Glutamine is the most common amino acid found in the body, its main roles are to help with protein breakdown, increases muscle size and maintains a healthy immune system. Glutamine supplements also helps with human growth hormone secretion, this helps with fat metabolism and supports new muscle growth.

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MEAL PLAN

MEAL TIMINIGS & SUGGESTIONS

Follow these guidelines to plan and compose your meals throughout the day.

BREAKFAST

Half hour after waking up

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

- carb reserves will be depleted
- fat mobilization is slowed down
- the muscle will be in a mild catabolic state

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

example of breakfast meals

1/2 cup of liquid egg whites (use spray oil to cook)

1/4 avocado sliced

1 slice Whole Wheat/ Whole Grain bread (can be toasted)

Half grapefruit or 1 cup of mixed fruit of choice (eat grapefruit with spoon so you won't eat the skin, it's much sweeter)

1 cup of green tea (optional) gives you natural energy to start your day!

MID-MORNING SNACK

2 hours after breakfast

After a breakfast high in complex carbs, your body will have an insulin lag, blood sugars will start to dip and you may start to feel hungry. The mid-morning snack should be eaten two hours after breakfast and its main aim is to balance out the blood sugars, stop you from feeling hungry and to keep the metabolism burning through till lunch. The snack should have a portion of low glycemic carbohydrates and a portion of slow ingesting protein.

example of mid-morning Snack.

1 scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk, 1 piece of fruit of your choice

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LUNCH

2-3 hours after the mid-morning snack

Lunch should be consumed two to three hours after the mid-morning snack and should be the second largest meal of the day. At this point of the day, your body should be well balanced and in a state of equilibrium. The role of lunch is to sustain the energy through afternoon, to maintain level blood sugars and to keep your body's metabolism fired up. Include a portion of protein such as fish, chicken, whey or egg along with a portion of low glycemic carbs. If you eat fish then you will be getting a good intake of essential fatty acids; if not add some nuts.

example of lunch

1 pouch of low sodium tuna

¼ (cup dried, measure before you cook it) cup of brown rice or white

Small side salad

You can add a tablespoon of fat free ranch to your salad and to your tuna you can add 1 teaspoon of your choice of sauce

AFTERNOON SNACK

2 hours after lunch

It is very common for you to feel a post lunch dip in energy. This may be attributed to an insulin rebound effect from your previous meal and your muscles being in a mild catabolic state. The aim of this snack to ease up the blood sugar levels and the focus should be on carbs and proteins in order to get your energy levels back on track. One suggestion could be a nutrition bar that is low in sugar combined with a protein shake because of its slow releasing amino acids. Avoid intaking simple sugars.

example of afternoon snack

scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.

DINNER

2 hours after afternoon snack

This is the last meal before you go to sleep and should be consumed within 4 hours after lunch and within two hours after the afternoon snack. The main focus of this meal is again to keep the metabolism high with a low carbs, high protein and moderate fat composition. The carbs should be fiber rich and low in sugar, with rich protein and some essential fatty acids from canola oils, nuts and seeds.

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example of dinner

3-6 oz of Grilled Chicken or Oven Baked chicken

Mixed veggies of your choice (unlimited)

1 small baked sweet potato

EVENING SNACK

2-3 hours after dinner

This is a light snack two hours before you go to sleep and should be low in carbs, high in protein and essential fatty acids. This snack should enable your body to use fat for energy, keep your metabolism still burning and reduce the usage of muscle glycogen and protein during the later stages of sleep.

examples of evening snack

1 scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.

PRE & POST-WORKOUT MEALS

Adjust your breakfast, lunch or dinner meals to the guidelines below depending on which will precede your workout.

PRE-WORKOUT MEAL

The main goal of the pre-workout meal is arrive at training in a fed state, and to prevent undigested food being held in the stomach. When planning this meal, follow these simple guidelines:

- drink sufficient fluids to maintain hydration
- keep this meal low in fat and fiber to help with stomach emptying and prevent you from feeling sluggish
- the meal should be high in carbohydrates (200-300g) and have moderate protein content to optimize energy for training
- eat this meal 3-4 hours before training

POST-WORKOUT MEAL

The post workout meal is very important in replacing body fluid, electrolytes, glycogen stores, as well repairing and building muscle tissue. A protein shake is usually the most convenient post-training meal and should be taken within 15 minutes of finishing your routine.

As for a proper meal after your workout, it should contain 4 parts good carbs and 1 part protein to replenish glycogen stores and support weight loss. For carbs, try brown rice, brown pasta or sweet potatoes. Your protein should come from fish, chicken or lean pork or beef. Bananas and oranges are great for replacing electrolytes.

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This type of frequent feeding schedule has many benefits; here are the majors:

1. **Leptin & Metabolism** – A constant flow of nutrients (without going long periods of time without eating) help to stabilize leptin levels throughout the day. Leptin is your body's #1 fat-burning hormone.
2. **Better Utilization to Storage Ratio** – All else being equal, 2,000 calories taken in over 2 meals will result in more of those calories being stored, while 2,000 calories spread over six meals results in more calories being burned and utilized for energy.
3. **Thermic Effect of Feeding** – The thermic effect of feeding is a measure of the energy required to digest and assimilate the foods you eat. With frequent feedings, your digestive engine gets fired up multiple times per day, resulting in a great number of calories burned during digestion.
4. **Craving Control** – With frequent feedings, you're never more than a couple hours away from your next meal. That knowledge, coupled with the fact that you will literally always have food in your stomach throughout the day, make cravings almost a non-issue.
5. **Maintenance of Lean Muscle** – Dieting can do a number on calorie-burning lean muscle tissue, but a frequent feeding approach helps to lessen this dramatically by keeping a constant stream of nutrients flowing towards muscle tissue throughout the day.

Sample Daily Time line

- 7:00 am – Breakfast
- 10:00 am – Mid-morning Snack
- 12:30 pm – Lunch
- 3:00 pm – Mid-afternoon Snack
- 6:00 pm – Dinner
- 9:00 pm – Pre-bedtime Shake

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Beautiful Motives **APPROVED FOOD LIST**

LEAN PROTEINS

- Sole
- Flounder
- Cod
- Halibut
- Mahi-mahi
- Red snapper
- Orange ruffly (Limit, high in mercury)
- Tuna (Limit, high in mercury)
- Tilapia
- Grouper
- White eggs
- Chicken breast
- Extra lean turkey breast
- Turkey
- Lamb
- Pork chops
- Game
- Bison
- Tofu
- Scallops

OILS (USE SPARINGLY)

- Sunflower
- Coconut
- Walnut
- Avocado
- Olive
- Grapeseed
- Pumpkin Seed

FATTY PROTEINS

- Avocado
- Coconut
- Walnut
- Cashews
- Almonds
- Nut meal/flour
- Seeds
- All natural peanut butter
- Salmon
- Sea bass
- Mackerel (Limit, high in mercury)
- Bluefish
- Trout
- Mussels
- Bluefin tuna

FLOURS

- Spelt
- Wheat
- Oat
- Chickpea
- Rice
- Quinoa

SWEETENERS

- Maple
- Coconut sugar
- Applesauce
- Stevia in the Raw

Think of these food lists as general guides to what you should include in your diet. The lists include examples of what can be included, but are certainly not complete lists. If you have a healthy alternative that's not here, give it a try. You don't have to include everything in your diet either. Pick and choose what fits best for you according to taste, cost and availability. Preferences change from person to person, so choose what tastes best to you.

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Beautiful Motives **APPROVED FOOD LIST**

VEGETABLES

Flower bud:

- Broccoli
- Cauliflower
- Globe artichoke
- Seeds
- Beans
- Leaves:
- Kale
- Collard greens
- Spinach
- Arugula
- Beet greens
- Chard
- Turnip greens
- Endive
- Lettuce
- Mustard greens
- Watercress
- Garlic chives
- Cabbage
- Leaf sheaths
- Leeks
- Stems:
- Kohlrabi

Stems of leaves:

- Celery
- Rhubarb
- Lemon grass
- Stem shoots
- Asparagus
- Bamboo shoots
- Ginger
- Tubers:
- Potatoes
- Sweet potatoes

Buds:

- Brussels sprouts
- Capers
- Whole-plant sprouts:
- Soybean
- Mung beans
- Alfalfa
- Roots:
- Carrots
- Parsnips
- Beets
- Radishes
- Rutabagas
- Turnips
- Bulbs:
- Onions
- Shallots
- Garlic

Fruits in the botanical sense, but used as vegetables:

- Tomatoes
- Cucumbers
- Squash
- Zucchini
- Pumpkins
- Peppers
- Eggplant
- Tomatillos
- Okra
- Breadfruit
- Avocado
- Legumes:
- Green beans
- Lentils
- Snow peas

Beautiful Motives APPROVED FOOD LIST

FRUITS

- Melons:
- Honeydew
- Cantaloupe
- Winter melon
- Sub acid (low cal):
- Apple
- Papaya
- Pear
- Raspberry
- Blackberry
- Blueberry
- Cherry
- Mango
- Guava
- Acid (high water content, low cal):
- Orange
- Passion fruit
- Strawberry
- Tangerine
- Tomato
- Grapefruit

- Banana
- Date
- Fig

DAIRY

- Unsweetened almond milk
- Unsweetened rice milk
- Greek yogurt
- Cottage cheese

CONDIMENTS

- Apple cider vinegar
- Balsamic vinaigrette
- Raspberry vinaigrette
- Red wine vinegar
- White vinegar
- Rice vinegar
- Ketchup
- Reduced sodium soy sauce
- Reduced sodium teriyaki sauce
- Salsa
- Hot sauce
- Low sugar steak sauce
- Chili paste
- Herb pastes
- Tomato paste
- Tomato sauce
- Yellow or Dijon mustard
- Low sodium broth
- Worcestershire sauce
- Fat free cooking spray

SUPERFOODS

- Spirulina
- Chia
- Flax

MISC.

- Salt
- Nutritional yeast
- Dry herbs
- Spices
- Coffee
- Tea

NUTRITION TIPS

CARRY HEALTHY SNACKS

Always carry healthy snacks such as fruit and nuts. This will stop you from buying junk food such as crisps and chocolate from the shop when out and about.

SHOP ON A FULL STOMACH

If you are hungry when shopping you will be more likely to fill up the trolley with high calorie foods. Make a list before you go shopping and buy the foods listed in the healthy foods list. to help you to create balanced meals and snacks.

EAT SLOWLY

You eat fewer calories if you sit down and take your time to eat a properly prepared meal. If you rush your meal, it sends mixed signals to the brain and will not feel full after eating. Therefore you will be more likely to take a second serving (overeat) and start snacking again.

CAFFEINE

Moderate consumption of caffeine in your diet can help suppress your appetite. Limit yourself to 2-3 cups per day as too much caffeine can cause a depressed mood, irritability and insomnia. Use skimmed or light soy milk instead of whole milk,

DRINK GREEN TEA

Green tea has a compound called epigallo catechin gallate (EGCG), which boosts your metabolism, increases weight loss via increasing body temperature, digestion and overall calories burned. This antioxidant also contains caffeine which increases your heart rate and fat burning properties. It is an excellent substitute for tea and coffee and dose'nt require added sugars and sweeteners.

SPICE UP YOUR MEALS

Another top tip is to add hot peppers, chili peppers to your stir fries or salads as these foods contain capsaicin. This compound increases your body temperature, stimulates the release of stress hormones, consequently metabolism and the calorie burn is sped up. A good bonus for your weight loss and adds some much needed taste to your dietary requirements.

SLEEP WELL

Sleep is important to maintain good overall health for optimal physical and mental performance. Sleep affects physical health, emotional well-being, mental sharpness, productivity and athletic performance, Quality of sleep is just as important as quantity, if your sleep is frequently interrupted or don't have enough oxygen in the room, you will not achieve quality sleep, which will affect your performance when training.

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Sleep researchers are discovering that sleep deprivation can have a massive impact on our basal metabolic rate and not getting adequate sleep can reduce glucose metabolism by as much as 40%. Human growth hormones are required for increased body fat metabolism, improved energy conversion and enhanced energy levels.

AVOID ALCOHOL

Avoid alcohol as this is a no go area for weight loss, drinking red wine is a myth when it comes to a healthy alternative. It is packed with empty calories, stops the absorption of fat soluble vitamins, has zero nutritional value, causes lack of sleep, malnutrition, dehydration, loss of strength, muscle tone and is a big weight gainer.

BONUS TIPS

Working towards getting fit and then staying fit is a challenge. Sometimes it can be hard enough just getting out of bed. Here's how you can make training a part of your life.

BE CONSISTENT

You don't have to be the fastest, strongest or fittest person around, but if you want to enjoy all of the benefits of being fit and healthy, you will need to be consistent and make exercise a regular part of your life. Whether you prefer to hit the treadmill, swim laps, walk the dog or roller blade with the family, no exercise regime in the world is going to work if you don't follow it regularly and consistently.

INVOLVE YOUR FAMILY & FRIENDS

Sharing your progress with others will add motivation and accountability, making it easier to stay on track and keep moving towards your health and fitness goals. Tell your family, friends and anyone else that will offer praise and support. The more involved someone is in what you are doing, the more likely you will feel accountability to stay on track. This is really going to help you when it comes to consistency and enjoyment

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SET REALISTIC GOALS

Don't begin an exercise routine striving for perfection or reaching for some sort of unrealistic goal that you are not likely to meet- this will only end in disappointment and you being discouraged from training further. Instead, focus on increasing healthy behaviors. So, if you can't run 5 kilometers just yet, make it a habit to go walking 20 minutes every day and then slowly add to the time, the distance and the intensity. If you've led a sedentary lifestyle up until now, look for various chances to be more active during the day. If you need to do some shopping, walk to the store, choose the stairs instead of the lift or take 15 minute breaks from your desk to walk the corridors. If, for some reason there is a break in your new routine, don't get discouraged, simply start again gradually.

ENJOY THE PROCESS

It's important that your fitness program is something you enjoy and want to do and not something you are making yourself do for the sake of desired results-that alone will not sustain your motivation for long.

These will help:

- swap training exercises for alternatives that you are more comfortable doing
- workout to your favorite music-the positive emotions your favorite tunes bring you will make your workout more enjoyable too.
- incorporate physical activities you truly enjoy-dancing, running with your dog or friend, playing football with your kids or just skipping a jump rope while watching your favorite show.
- add variety-develop a list of several physical activities that you enjoy and that way your workouts will never feel boring or routine.
- ask family and friend to workout with you. Find someone who also wants to establish a healthier lifestyle and encourage one another to keep at it. It's also a great way to enjoy one another's company and to strengthen your bond.

BE INSPIRED

Ever really looked at the word "fitness?" Spell it out and you get a motivational line: "FEEL INSPIRED TO NEVER EVER STOP SUCCEEDING"! Inspiration and fitness is really a state of mind. In order to find inspiration, find motivating blogs or website that you can relate to or focus on personal goals and changes you want to achieve that will inspire you to stick to your goals. Or you could buy yourself a new workout outfit- something that you will look forward to wearing and feeling good in.

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REWARD YOURSELF

Setting up midpoint rewards for following your program is going to make it that much more fun and help you stay on track. Treat yourself to a movie, a new pair of shoes or that dress you've been wanting (in one size too small of course) Use the goals setter in your program calender after each phase to track your midpoint rewards. Also set up a bigger reward for completing the whole program- plan it from day one and make sure its something that will motivate you.

BE PATIENT

Remember that there will be ups and downs when trying to stick to a routine. There will be setback and there will be victories. Aim to be patient and don't give up and you are sure to see results!!!!

YOU CAN DO THIS!

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DETERMINING PORTION SIZE

It is difficult to determine the appropriate portion size for you and your body for each of the three macronutrients: protein, carbohydrates, and fat.

However I have a little trick for you! to do this, we'll use something known as the hand/fist/thumb method.

With this method, a "portion" of protein is equivalent to the size and thickness of the palm of your hand. This could be a chicken breast, piece of beef, pork chop, filet of fish, etc, of approximately that size.

For carbohydrates, a "portion" is the size of your clenched fist. Think of an apple, orange, or other piece of fruit of approximately that size, or a portion of pasta, rice, beans, etc, similar in size.

Lastly, for fat a "portion" is equal to the size and thickness of the tip of your thumb. This is particularly useful for "pure" fats like olive oil and butter, but some major sources of fat come in the form of mixed-nutrient foods (like nuts or cheese). For nuts we recommend a small handful, and for cheese the equivalent of two "thumbs" is acceptable.

To summarize, here are the portion guidelines:

Protein – size and thickness of the palm of your hand

Carbohydrate – size of your clenched fist

Fat – size and thickness of the tip of your thumb for oils and butter OR two "thumbs" for cheese OR a small handful of nuts

The reason why hand-based portion sizes work so well is that they are relative to the size of the individual. Smaller people with smaller hands will eat less food because they require fewer calories. Similarly, larger people with correspondingly bigger hands will eat more food because they require more calories.

It's simple, but it works

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DONT FORGET TO EAT REGULAR (app reminder recommended)

Sample Daily Timeline

7:00 am – Breakfast
10:00 am – Mid-morning Snack
12:30 pm – Lunch
3:00 pm – Mid-afternoon Snack
6:00 pm – Dinner
9:00 pm – Pre-bedtime Shake

MEAL PLAN DAY 1

Breakfast

1/2 cup of liquid egg whites (use spray oil)
1/4 avocado sliced
1 slice Whole Wheat/ Whole Grain (can be toasted)
Half grapefruit or 1 cup of mixed fruit of choice
1 cup of green tea (optional)

Mid morning Snack.

1 scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.
1 piece of fruit of your choice

Lunch

1 pouch of low sodium tuna
1/4 (cup dried, measure before you cook it) cup of brown rice or white
Small side salad
You can add a tablespoon of fat free ranch to your salad and to your tuna you can add 1 teaspoon of your choice of sauce

Post workout

scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.

Dinner

3-6 oz of Grilled Chicken or Oven Baked chicken
Mixed veggies of your choice (unlimited)
1 small baked sweet potato

Before bedtime

1 scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.

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MEAL PLAN DAY 2

Breakfast

1 cup of greek yogurt, replacement for Greek yogurt is cottage cheese or protein bar (if you replace with protein bar have 1 cup of fruit with it)

¼ cup low sugar granola

½ cup of fruit of your choice

Lunch

3-6 oz of grilled chicken

1 cup shredded lettuce

Any veggies of your choice

1 tablespoon of your choice of sauce (make sure the sodium content is not too high)

Pre workout snack

2 plain rice cakes (1 Slice of whole wheat bread for replacement)

1 tablespoon of peanut butter or almond butter

Half banana sliced

Post workout

1 scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.

Dinner

3-4 oz of salmon or tilapia

¼ cup of rice white or brown (measure when it's dried before steaming) no salt

Unlimited veggies

Before bedtime

scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.

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MEAL PLAN DAY 3

Breakfast

Protein smoothie

1 scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.

1 banana

¼ cup of oats

Mid morning snack

1 handful of almonds or cashews

1 cup of Greek yogurt

Lunch (turkey sandwich)

2 slices of whole wheat bread

1 serving of low sodium turkey breast

Your choice of veggies

No mayo use ¼ avocado instead

Heinz honey mustard 1 tsp

1 tsp of your choice of sauce

1 piece of fruit

Post workout

1 scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.

Dinner

3-6 oz extra lean ground turkey or extra lean ground beef

Side salad veggies of your choice

Before bedtime

scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.

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MEAL PLAN DAY 4

Breakfast

Protein pancakes (made with 1 whole egg, one egg white and 1 banana smash ingredients together in a batter form)

Topped with 1 cup of fruit of your choice

1 tablespoon of peanut or almond butter

1 cup of green tea (optional)

Mid morning snack

1 scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.

Lunch

1 serving of multi-seed rice thin crackers (back to nature brand)

1 serving side of turkey breast low sodium or 1 pouch low sodium tuna

Half Cucumber sliced

1 tablespoon fat free cream cheese or ¼ avocado

Post workout

1 scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.

Dinner

3-6 oz of grilled chicken

1 cup of mixed veggies or unlimited

1 slice of whole wheat or Ezekiel bread

1 tsp of sauce of your choice

Before bedtime

1 cup Greek yogurt with fruit

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MEAL PLAN DAY 5

Breakfast

1/2 cup of liquid egg whites

1/4 avocado sliced

1 slice Whole Wheat/ Whole Grain (can be toasted)

Half grapefruit or 1 cup of mixed fruit of choice

Lunch

3-6 oz of grilled chicken

1 cup shredded lettuce

Any veggies of your choice

Pre workout snack

2 plain rice cakes (1 slice of whole wheat bread for replacement)

1 tablespoon of peanut butter or almond butter

Half banana sliced

Post workout

1 scoop of whey protein blended with water or unsweetened almond, soy, silk, cashew or low fat milk.

Dinner

3-4 oz of salmon or tilapia

1/4 cup of rice white or brown (measure when it's dried before steaming) no salt

Unlimited veggies

Before bed snack

1 scoop of whey protein blended with water, unsweetened almond milk, cashew, soy or low fat milk.

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MEAL PLAN DAY 6

Breakfast

Protein smoothie

1 scoop of whey protein

1 cup water or almond, soy, silk, cashew or low fat milk.

1 banana

¼ cup of oats

Blend together

Mid morning snack

1 cup of mixed fruit

Lunch

2 slices of whole wheat bread

1 serving of low sodium turkey breast

Your choice of veggies

No mayo use ¼ avocado instead

Heinz honey mustard 1 tsp

1 tsp of your choice

Post workout

One scoop of whey with water or almond unsweetened, soy, cashew or low fat, milk.

Dinner

3-6 oz of lean steak

Side of veggies of your choice

1 small baked sweet or red potato.

Before bedtime snack

1 scoop of whey or 1 cup of Greek yogurt

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MEAL PLAN DAY 7

Breakfast

Protein pancakes (made with 1 whole egg, one egg white and 1 banana smash ingredients together in a batter form)

Topped with 1 cup of fruit of your choice

1 tablespoon of peanut or almond butter (optional)

1 cup of green tea (optional)

Lunch

1 pouch of low sodium tuna

¼ (cup dried, measure before you cook it) cup of brown rice or white

Small side salad

Pre workout snack

2 plain rice cakes (1 slice of whole wheat bread for replacement)

1 tablespoon of peanut butter or almond butter

Half banana sliced

Post workout

1 scoop of whey protein

Dinner

3-6 oz of grilled chicken

¼ cup of rice brown or white

Half corn cob or ¼ cup of corn in can (no salt added)

Before bedtime

1 scoop of whey

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MEAL PLAN DAY 8

Breakfast

1 cup of greek yogurt, replacement for Greek yogurt is cottage cheese or protein bar (if you replace with protein bar have 1 cup of fruit with it)

¼ cup low sugar granola

½ cup of fruit of your choice

Mid morning snack

1 handful of nuts (almonds or cashews)

1 piece of fruit

Lunch

1 serving of multi-seed rice thin crackers

1 serving side of turkey breast low sodium or 1 pouch low sodium tuna

Half Cucumber sliced

1 tablespoon fat free cream cheese or ¼ avocado

Post workout

1 scoop of whey

Dinner

3-6 oz of chicken

½ tablespoon of extra virgin olive oil

Veggies of your choice

Before bedtime

1 scoop of whey

Beautiful Motives

MEAL PLAN DAY 9

Breakfast

1 scoop of whey protein

1 cup water or almond, soy, silk, cashew or low fat milk.

1 banana

¼ cup of oats

Blend together

Lunch

3-4 oz of extra lean ground beef or ground turkey

Side salad of veggies of your choice

1 small baked potato red or sweet.

Snack

1 cup of mixed fruit

1 cup of Greek yogurt (replacement for yogurt is protein bar or cottage cheese)

Post workout

1 scoop of whey

Dinner

3-6 oz grilled chicken or oven baked

Side salad of your choice

1 slice of whole wheat bread

Before bedtime

1 scoop of whey

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MEAL PLAN DAY 10

Breakfast

½ cup liquid egg whites
1 whole egg
¼ avocado
1 cup of fruit

Snack

1 scoop of whey

Lunch Turkey salad

3oz turkey breast low sodium
1 cup shredded lettuce
¼ cup shredded carrots
1 boiled egg
1 tablespoon fat free ranch or sauce

Pre workout snack

1-2 rice cakes plain
1 tablespoon peanut butter or almond butter
Half sliced banana

Post workout

1 scoop of whey with water or milk

Dinner

3-6 oz of Grilled Chicken or Oven Baked chicken
Mixed veggies of your choice (unlimited)
1 small baked sweet potato

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MEAL PLAN DAY 11

Breakfast

- 1 cup oatmeal
- 1 cup fruit
- 1 scoop whey with water or milk

Snack

- Mixed fruit of your choice
- 1 cup Greek yogurt or cottage cheese

Lunch Lean low carb burger

- 3-4 oz extra lean ground beef, form into a burger form
- 1 large ear of lettuce to replace the buns
- 1 teaspoon honey mustard
- 1 teaspoon low sugar ketchup
- 2-3 slices tomatoes
- ¼ avocado
- ½ cup of fruit

Pre workout snack

- 1 slice whole wheat bread
- 1 teaspoon peanut or almond butter
- Half sliced banana

Post workout

- 1 scoop whey protein with water or more milk

Dinner

- 3-4 oz of salmon or tilapia
- ¼ cup of rice white or brown (measure when it's dried before steaming) no salt
- Unlimited veggies

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MEAL PLAN DAY 12

Breakfast

1/2 cup of liquid egg whites (use spray oil)
1/4 avocado sliced
1 slice Whole Wheat/ Whole Grain Bread (can be toasted)
Half grapefruit or 1 cup of mixed fruit of choice
1 cup of green tea (optional)

Mid morning Snack.

1 scoop of whey protein blended with water or almond, soy, silk, cashew or low fat milk.
1 piece of fruit of your choice

Lunch

3-4 oz of extra lean ground beef or ground turkey
Side salad of veggies of your choice
1 small baked potato red or sweet.

Post workout

One scoop of whey with water or milk

Dinner

3-6 oz of grilled chicken
1 cup of mixed veggies or unlimited
1 slice of whole wheat or Ezekiel bread
1 tsp of sauce of your choice

Before bedtime

One scoop of whey protein with water or milk

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MEAL PLAN DAY 13

Breakfast

1 cup of greek yogurt (replacement for Greek yogurt is cottage cheese or protein bar (if you replace with protein bar have 1 cup of fruit with it)

¼ cup low sugar granola

½ cup of fruit of your choice

Mid morning snack

1 handful of nuts (almonds or cashews)

1 piece of fruit

Lunch

1 serving of multi-seed rice thin crackers

1 serving side of turkey breast low sodium or 1 pouch low sodium tuna

Half Cucumber sliced

1 tablespoon fat free cream cheese or ¼ avocado

Post workout

1 scoop of whey

Dinner

3-6 oz of chicken

½ tablespoon of extra virgin olive oil

Veggies of your choice

Before bedtime

1 scoop of whey

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MEAL PLAN DAY 14

Breakfast Protein smoothie

1 scoop of whey protein

1 cup water or almond, soy, silk, cashew or low fat milk.

1 banana

¼ cup of oats

Blend together

Mid morning snack

1 cup of mixed fruit

Lunch

2 slices of whole wheat bread

1 serving of low sodium turkey breast

Your choice of veggies

No mayo use ¼ avocado instead

Heinz honey mustard 1 tsp

1tsp of your choice

Post workout

One scoop of whey with water or almond unsweetened, soy , cashew or low fat, milk.

Dinner

3-6 oz of lean steak

Side of veggies of your choice

1 small baked sweet or red potato.

Before bedtime snack

1 scoop of whey or 1 cup of Greek yogurt

ROTATE MEAL PLAN EVERY 14 DAYS, OR SWAP DAYS ACCORDING TO WHAT YOU FEEL LIKE EATING! ENJOY! TRY TO MEAL PREP! COOK AND STORE YOUR FOOD IN THE FRIDGE, SO YOU HAVE FOOD READY TO HAND THROUGHOUT THE DAY, OR TO TRAVEL WITH.

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