

Incline Trainer Program

Nutrition and Exercise Plan



 **NordicTrack**

Getting Started

Welcome to the Nutrition Guide. This is your key to success! Following this meal plan will help you eat right and build lean, strong muscle.

Designed to be simple and easy to follow, this plan outlines daily meals for 8 weeks. Each meal should take 15 minutes or less to prepare.

During weeks 1 - 4, you'll clean your system so you burn fat. You'll balance your hormones and get your body properly fueled for weeks 5 - 8.

Weeks 5 - 8 will increase and sustain muscle. These weeks include 1 additional meal and 1 additional snack. The Post Workout Meal must be eaten within the 20 minutes following your workout and the optional snack is available if you need more energy.

The nutrition plan is not only about dropping fat and increasing muscle but choosing foods that are nutrient dense for optimal health. The foods in this meal plan will help increase your energy, athletic performance, speed and strength.

Each major meal contains a lean source of high-energy protein. Protein will aid in sustained energy, satiation and keeping hormone levels balanced. Within 2 weeks of adopting this plan, you should feel the difference of healthy, well-balanced meals!

Nutrition Guide

Approximate Meal Details

Meal 1	300 calories 25 g. protein 34 g. carbohydrate 6 g. fat 5 g. fiber
Snack	150 calories 3 - 4 g. fat
Meal 2	300 calories 25 g. protein 25 g. carbohydrate 6 g. fat 5 g. fiber
Snack	200 calories 4 g. fat
Meal 3	350 calories 25 g. protein 25 g. carbohydrate 6 g. fat 5

	g. fiber
Optional Snack	180 calories 4 g. fat
Post Workout Meal	180 calories 4 g. fat

TIPS

Nutrition Tips

Sit down to eat Eat mindfully, feel the food in your mouth, concentrate on all the different tastes, sit in silence Put your fork down between bites, this will help you slow down and eat less Eat while you are happy or at peace Eat from a smaller plate, this will help you feel fuller Eat your protein first, this keeps hormone levels steady and will help you feel fuller longer

Grocery Store Tips

Shop the perimeter of the store, this is where the healthiest, freshest foods are found Look for foods with the least amount of ingredients, less is best Shop when you are full, not hungry When possible, choose natural/organic foods

Water Tips

Drink 1 cup of water before each meal Drink when you feel hungry, most of the time your body is only dehydrated Add fruit to your water for added flavor and low calories Carry a water bottle with you for added convenience

FOOD SWAP LIST

To personalize this meal plan, the Nutrition Guide includes a Food Swap List. Replace everything from fruits to proteins with this approved list to customize your 8 weeks of eating right and building lean muscle!

Fruits

1 medium fruit 1 cup berries or cut fruit 2 Tbsp. dried fruit

Vegetables

1 cup raw vegetables 3/4 cup steamed vegetables 1/2 cup cooked vegetables

Dairy

1 cup low-fat, plain yogurt 1 cup milk 1 cup soy milk 1 cup rice, almond or hemp milk (lactose intolerant choice) 1 cup kefir
1/2 cup low-fat cottage cheese

High Yielding Grains

1 slice of whole grain bread 1 cup slow cooked oatmeal or buckwheat 1 cup whole grain, high fiber cold cereal 1 small sweet potato 1/2 cup noodles or rice 1 slice Ezekiel bread (gluten free) 1 slice homemade bread (gluten free) 3/4 cup basmati, wild rice or brown rice 1/2 cup whole wheat noodles 3/4 cup egg noodles 1 cup amaranth, quinoa, buckwheat, couscous (gluten free)

High Energy Proteins

4 oz. seafood (salmon, scallops, lobster, orange roughy, halibut, shrimp or bass) 4 oz. skinless chicken breast, turkey breast or extra-lean ground turkey (100% natural) 4 oz. tofu or vegetable based protein 4 oz. tofu 3 oz. extra-lean red meat (pork or ham) 1/2 cup beans (black, cannellini, garbanzo, kidney or navy) 2 whole eggs 1 whole egg and 2 egg whites

Healthy Fats

2 Tbsp. light mayo
2 Tbsp. canola, flaxseed, grapeseed or olive oil 1 Tbsp. 100% natural peanut butter or almond butter 10 raw, unsalted almonds or walnuts

Energy Treats/Snacks (Weeks 4 - 8)

4 small candies (M&M's, Swedish fish, Hershey kisses) 3 - 4 cups light popcorn 3 bites of your favorite dessert when eating out 2 small oatmeal cookies
1/2 cup sorbet or low-fat frozen yogurt/ice cream 1 fudge pop 15 baked tortilla chips with 1/3 cup salsa

Nutrition Overview

The Nutrition guide is an aggressive way to help your body feel cleaner by eliminating processed and excess calorie filled foods. It drops your calorie intake down to approximately 1200 calories for 4 weeks and then around week 5-6, there is an additional 250 calorie snack added.

Remember to eat only what is in the book. They may substitute meal for meal throughout the books as well as snack for snack. But if is NOT in the book, you are to report NO on the nutrition tracking.

There is always a huge spectrum with clients on the guide. Some are starving all the time, others complain it's too much food. The diet is the same for an individual that weighs 250 and someone that weighs 150. At first this may be difficult for those who are used to consuming higher amounts of calories before starting the program and on the contrary if a person that is full all the time you may not have been consuming enough calories previously.

After two weeks:

Regarding the nutrition, you need to be consuming everything that is listed per day; 3 meals, 2 snacks. IF you are still hungry, you can add extra green vegetables on top of your days meals.

That may help you feel more full or you may have adjusted to the change in calorie consumption at this point.

At week 6:

Have you added the additional 250 calorie snack? If you have not you need to add that snack to kickstart your metabolism again. The first few weeks throws your body into somewhat of a starvation mode, and when the extra snack is added in week 5, the metabolism thinks, "Wow, I have excess fuel and don't have to hold onto this fat any more as fuel!"

Around week 8-9,

Please add another additional 200-250 calories in their day. Your bodies may be starting to break down with the 5 day per week workout regimen. Adding the additional calories, is beneficial for you body to recover and heal. Generally speaking you may feel better after this snack is added.

Frequently asked questions:

Can I substitute chicken for fish?

Yes.

What if I don't like the cottage cheese pancakes?

Then you can do a different breakfast, as long as it is in the book.

Do I have to eat everything even if I'm full?

Yes. Your body needs the 1200c per day.

Can I eat what I want as long as I'm in the same range of calories?

No, you need to eat what is in the guide, every single day.

Can I have soda? It doesn't tell me I can't.

Is it in the book? Then no, you cannot.

I have a dairy allergy. How do I adjust?

Make you regular substitutions, just be calorie conscious.

I'm still nursing.

Consult with your physician before starting a diet and exercise program. Start with additional vegetables. If you feel you are not getting enough calories yourself or for the child.

MEAL PLAN

WEEK 1

DAY 1

Meal 1

Oatmeal

2/3 cup oatmeal (non-instant) 1 cup water 2 tsp. 100% maple syrup or natural sweetener
Follow oatmeal instructions and top with maple syrup.

Side: 1/2 cup milk or yogurt

Drink: Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 2

Soup & Salad

1 1/2 cups broth-based soup 2 cups tossed greens with vegetables 1/4 cup cottage cheese or non-fat dressing

Drink: Water

Snack

Protein bar, no more than 220 calories and 5 grams of fat

Drink: Water

Meal 3

Lemon & Ginger Salmon

6 oz. salmon Lemon & fresh ginger

Top salmon with lemon and fresh ginger and fold tightly in tinfoil. Bake at 350° for approximately 20 - 25 minutes.

Sides: 1 cup steamed vegetables 1 cup quinoa

Drink: Water

DAY 2

Meal 1

Cereal

1 cup non-sweetened whole grain cereal 1 cup low-fat milk

Side: 1 serving of fruit

Drink: Water

Snack

10 - 15 baby carrots 2 Tbsp. low-fat ranch dip

Drink: Water

Meal 2

Whole Wheat Sandwich

2 slices whole wheat or Ezekiel bread 4 slices lean turkey or other lean deli meat 1 Tbsp. light Miracle Whip or light mayo/mustard Tomato, lettuce, other vegetables to taste

Side: 1 serving of fruit

Drink: Water

Snack

1 banana 1 handful nuts

Drink: Water

Meal 3

Feta Chicken Salad

6 oz. cooked chicken breast, sliced 2 cups lettuce, shredded Feta cheese

Top shredded lettuce with cooked chicken. Sprinkle with feta cheese.

Side: 1 serving of fruit

Drink: Water

DAY 3

Meal 1

Blueberry Oat Pancakes 1 serving = 3 pancakes

1 cup old fashioned oats 1 cup blueberries 1/2 cup low-fat cottage cheese 2 large eggs 1 tsp. vanilla extract 1 tsp. 100% maple syrup or 2/3 cup light Greek yogurt

In a blender, combine oats, cottage cheese, eggs and vanilla extract. Stir in blueberries. Scoop batter onto warm skillet and make 3-inch pancakes. Cook until brown on each side. Top with maple syrup or Greek yogurt.

Drink: 1/2 cup of skim milk

Snack

1 serving of fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 2

Grilled Chicken 6 oz. chicken breast

Top chicken breast with your favorite herbs and spices. Bake at 350° for 20 - 30 minutes or grill for approximately 20 minutes.

Sides: 4 cups tossed greens with vegetables 1/2 cup cottage cheese

Drink: Water

Snack

1/4 cup cottage cheese 1 serving of fruit

Drink: Water

Meal 3

Stir Fry

1 cup cooked rice 1 cup light coconut milk 1 1/2 cups vegetables Curry spice to taste

Place vegetables in saucepan. Add milk and curry spice. Cook until vegetables are done then place mixture on top of cooked rice.

Drink: Water

Meal 1

Shake

1 scoop whey protein 1 whole banana 1/2 cup skim, almond, rice or soy milk 1/2 cup water Handful of ice

Drink: Water

Snack

1/2 cup low-fat cottage cheese 1 cup fruit

Drink: Water

DAY 4

Meal 2

Pita

1 large (6 1/2") wheat pita 4 slices lean turkey or other lean deli meat 1 oz. slice of cheese 1 Tbsp. light Miracle Whip or light mayonnaise 1/2 Tbsp. mustard Tomato, cucumber, lettuce, sprouts, other vegetables

Spread Miracle Whip and mustard on the pita. Fill pita with meat, cheese and vegetables.

Sides: 4 celery sticks 1 cup raw broccoli 2 Tbsp. low-fat dressing

Drink: Water

Snack

1 serving of fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 3

Grilled Teriyaki Tuna

4 oz. tuna steak 2 Tbsp. low-fat, bottled teriyaki sauce 1 tsp. olive oil 1/3 cup cooked brown rice Fresh spinach

Place tuna steak in saucepan with olive oil. Cook approximately 10 minutes or until meat is done.

Add teriyaki sauce and place on top of rice with a side of fresh spinach.

Drink: Water

DAY 5

Meal 1

Veggie Egg White Omelet

4 - 5 egg whites 1 egg yolk 2 Tbsp. skim milk 1 Tbsp. onion, minced 1 plum tomato, chopped 1 small clove of garlic, chopped 1 handful spinach, shredded Lite Cooking Spray

Place eggs, milk, vegetables and garlic in bowl or blender and mix together. Spray large skillet with cooking spray and place mixture in pan. Cook on both sides until done.

Drink: Water

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 2

Avocado & Chicken Salad

4 oz. grilled chicken 3 cups mixed greens 1/4 cup avocado, sliced 1/2 cup orange, sliced 1 Tbsp. lemon juice

2 tsp. olive oil

Top mixed greens with orange, avocado and chicken. Drizzle with olive oil and lemon juice.

Drink: Water

Snack

10 - 15 baby carrots

2 Tbsp. low-fat ranch dip

Drink: Water

Meal 3

BLT with Turkey

2 slices whole wheat bread 3 slices turkey bacon Tomato, sliced Lettuce, to taste

Side: 1 serving of fruit

Drink: Water

DAY 6

Meal 1

Blueberry Oat Pancakes 1 serving = 3 pancakes

1 cup old fashioned oats 1 cup blueberries 1/2 cup low-fat cottage cheese 2 large eggs 1 tsp. vanilla extract 1 tsp. 100% maple syrup or 2/3 cup light Greek yogurt

In a blender, combine oats, cottage cheese, eggs and vanilla extract. Stir in blueberries. Scoop batter onto warm skillet and make 3-inch pancakes. Cook until brown on each side. Top with maple syrup or Greek yogurt.

Drink: 1/2 cup of skim milk

Snack

6 oz. light Greek yogurt or kefir Drink:

Water

Meal 2

Minestrone Soup

1 1/2 cups low-sodium minestrone soup 1 whole grain roll or toast

Side: 1 tomato, sliced 1 oz. mozzarella, sliced Basil Balsamic vinegar

Top tomato slices with mozzarella. Drizzle with basil and balsamic vinegar.

Drink: Water

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 3

Roast Beef Pita

4 oz. lean roast beef or other lean meat 3-inch whole wheat pita Cherry tomatoes, sliced Romaine lettuce

Dark salad greens Bell peppers, sliced Cucumbers, sliced Mushrooms, sliced

Drink: Water

DAY 7

Meal 1

Egg Burrito

4 small whole grain tortillas 2 cups egg whites 1/2 cup non-fat cottage cheese 1/2 cup tomatoes, chopped

1/2 cup red or green sweet pepper, chopped 1/2 cup sweet onion, chopped 1/2 cup black beans

(rinsed, drained and mashed coarsely with fork) Salt and pepper Lite cooking spray

Spray large skillet with cooking spray. Add eggs, cottage cheese, vegetables and beans. Stir together. Once fully cooked, place mixture on tortillas. Salt and pepper to taste.

Drink: Water

Snack

2 slices turkey jerky

Drink: Water

Meal 2

Meatballs & Marinara

4 oz. extra-lean ground turkey 1/2 cup marinara sauce 2 Tbsp. parmesan cheese, grated Lite cooking spray

Roll ground turkey into 3 - 4 balls. Spray pan with cooking spray and cook meatballs approximately 7 minutes. Top meatballs with marinara sauce and parmesan cheese.

Drink: Water

Snack

6 oz. light Greek yogurt or kefir Drink:

Water

Meal 3

Bagel Sandwich

1/2 whole wheat bagel or 1 slice toast 2 oz. deli-style turkey breast, sliced 1 slice reduced-fat cheese Tomato, sliced

Drink: 1 cup tomato or vegetable juice

WEEK 2

DAY 1

Meal 1

Oatmeal

2/3 cup oatmeal (non-instant) 1 cup water 2 tsp. 100% maple syrup or natural sweetener

Follow oatmeal instructions and top with maple syrup.

Side: 1/2 cup milk or yogurt

Drink: Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 2

Peanut Butter & Banana

1 slice whole grain or Ezekiel bread 1 Tbsp. natural peanut butter

1 Tbsp. all fruit preserves or banana

Drink: 1 cup skim milk

Snack

Protein bar, no more than 220 calories and 5 grams of fat

Drink: Water

Meal 3

Turkey Burger

4 oz. lean ground turkey 2 Tbsp. salsa 2 Tbsp. red onion, chopped 1 whole grain pita

Form ground turkey into a patty. Cook turkey approximately 4 minutes on each side until done. Top with salsa and onion and place in whole grain pita.

Side: 1 cup steamed vegetables

Drink: Water

DAY 2

Meal 1

Cereal

1 cup non-sweetened whole grain cereal 1 cup low-fat milk

Side: 1 serving of fruit

Drink: Water

Snack

1/2 cup low-fat cottage cheese 1 serving of fruit

Drink: Water

Meal 2

Grilled Chicken Salad

3 oz. grilled chicken breast 3 cups mixed dark greens 1/2 apple, chopped 1 Tbsp. pecans, chopped
Cucumber, sliced
Top mixed greens with chicken, chopped apple, pecans and cucumber to taste.
Drink: Water

Snack
1 banana 1 handful nuts
Drink: Water

Meal 3
Marinated Turkey
4 oz. marinated turkey tenderloin 1/2 cup long grain & wild rice
Marinate turkey tenderloin in your favorite sauce for 20 minutes. Bake at 350° for 30 minutes or
cook over medium heat for approximately 10 minutes on each side or until done.
Sides: 1/2 cup green peas 1 cup fresh fruit
Drink: 1 cup low-fat milk

DAY 3

Meal 1
Buckwheat Cereal
2/3 cup buckwheat cereal 1 cup water 1/2 banana 1 tsp. 100% maple syrup
Mix buckwheat cereal with water and cook for 20 minutes on stove. Top with banana and syrup.
Drink 1/2 cup milk or soy milk

Snack
1 serving of fruit 1 part-skim mozzarella string cheese
Drink: Water

Meal 2
Chicken Wrap
6-inch whole grain tortilla 3 oz. grilled chicken breast Tomato, sliced Red bell pepper, sliced
Lettuce
Side: Celery sticks 1 Tbsp. low-fat ranch dressing

Drink: Water

Snack

1/2 cup low-fat cottage cheese 1 serving of fruit

Drink:

Water

Meal 3

Lemon Chicken

6 oz. chicken breast 1 lemon 1 1/2 cups vegetables

Squeeze lemon juice over chicken. Bake at 350° for 20 - 30 minutes. Bake assorted vegetables at 350° for 10 - 15 minutes.

Side: 1/2 cup fresh fruit

Drink: 1 cup low-fat milk

DAY 4

Meal 1

Shake

1 scoop whey protein (vanilla or chocolate) 1/2 cup soy or fat-free milk 1/2 cup water 1 tsp. peanut butter

Handful of ice

Drink: Water

Snack

10 - 15 baby carrots 2 Tbsp. low-fat ranch dip

Drink: Water

Meal 2

Pita 1 large (6 1/2") wheat pita

4 slices lean turkey or other lean deli meat 1 oz. slice of cheese 1 Tbsp. light Miracle Whip or light mayonnaise 1/2 Tbsp. mustard Tomato, cucumber, lettuce, sprouts, other vegetables

Spread Miracle Whip and mustard on the pita. Fill pita with meat, cheese and vegetables.

Sides: 4 celery sticks 1 cup raw broccoli 2 Tbsp. low-fat dressing

Drink: Water

Snack

1 serving of fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 3

Meaty Turkey Burger 1 serving = 1 burger

1 lb. extra-lean ground turkey 1/2 cup oat bran 2 Tbsp. flaxseed 2 egg whites

1/4 cup low-fat chicken or vegetable stock 1 clove of garlic, pressed 1 Tbsp. soy sauce 1 whole wheat bun

Mix ground turkey with oat bran, flaxseed, egg whites, stock, garlic and soy sauce. Form into 3 patties and cook approximately 5 minutes on each side or until done. Place on whole wheat bun.

Side: 1 cup steamed vegetables

Drink: Water

DAY 5

Meal 1

Veggie Egg White Omelet

4 - 5 egg whites 1 egg yolk 2 Tbsp. skim milk 1 Tbsp. onion, minced 1 plum tomato, chopped 1 small clove of garlic, chopped 1 handful spinach, shredded Lite Cooking Spray

Place eggs, milk, vegetables and garlic in bowl or blender and mix together. Spray large skillet with cooking spray and place mixture in pan. Cook on both sides until done.

Drink: Water

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 2

Avocado & Chicken Salad

4 oz. grilled chicken 3 cups mixed greens 1/4 cup avocado, sliced 1/2 cup orange, sliced 1 Tbsp. lemon juice

2 tsp. olive oil

Top mixed greens with orange, avocado and chicken. Drizzle with olive oil and lemon juice.
Drink: Water

Snack
6 oz. light Greek yogurt or kefir
Drink: Water

Meal 3
Black Bean Soup & Sandwich 1 cup of canned black bean soup
1 slice whole-grain bread 2 oz. deli-style turkey breast, sliced 2 thin slices avocado 1 tsp.
Dijon mustard
Spread Dijon mustard over bread. Top with turkey and avocado.
Drink: Water

DAY 6

Meal 1
Shake
1 scoop whey protein 1 whole banana 1/2 cup skim, almond, rice or soy milk 1/2 cup water Handful
of ice
Drink: Water

Snack
6 oz. light Greek yogurt or kefir
Drink: Water

Meal 2
Minestrone Soup
1 1/2 cups low-sodium minestrone soup 1 whole grain roll or toast
Side: 1 tomato, sliced 1 oz. mozzarella, sliced Basil Balsamic vinegar
Top tomato slices with mozzarella. Drizzle with basil and balsamic vinegar.
Drink: Water
Snack

1 cup grapes 1/4 cup almonds
Drink: Water

Meal 3

Halibut 6 oz. marinated halibut

Marinate halibut with your favorite herbs, spices or fat-free sauce for 20 minutes. Wrap in foil and bake at 350° for 20 - 25 minutes or until fully cooked.

Sides: 4 cups steamed baby red potatoes (no butter) 1 cup steamed broccoli
Drink: Water

DAY 7

Meal 1

Egg Burrito

4 small whole grain tortillas 2 cups egg whites 1/2 cup non-fat cottage cheese 1/2 cup tomatoes, chopped

1/2 cup red or green sweet pepper, chopped 1/2 cup sweet onion, chopped 1/2 cup black beans (rinsed, drained and mashed coarsely with fork) Salt and pepper Lite cooking spray

Spray large skillet with cooking spray. Add eggs, cottage cheese, vegetables and beans. Stir together. Once fully cooked, place mixture on tortillas. Salt and pepper to taste.

Drink: Water

Snack

2 slices turkey jerky

Drink: Water

Meal 2

Meatballs & Marinara

4 oz. extra-lean ground turkey 1/2 cup marinara sauce 2 Tbsp. parmesan cheese, grated Lite cooking spray

Roll ground turkey into 3 - 4 balls. Spray pan with cooking spray and cook meatballs approximately 7 minutes. Top meatballs with marinara sauce and parmesan cheese.

Drink: Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 3

Rosemary Chicken

4 oz. chicken 1 tsp. rosemary 1/2 tsp. garlic, minced 2 cups arugula 1 Tbsp. parmesan cheese, grated 1 tsp. olive oil

Top chicken with rosemary, garlic and olive oil. Wrap in tin foil and bake at 350° for 20 minutes or until fully cooked. Top arugula with the chicken and sprinkle with parmesan cheese.

Side: 1 cup beets

Drink: Water

WEEK 3

DAY 1

Meal 1

Oatmeal

2/3 cup oatmeal (non-instant) 1 cup water 2 tsp. 100% maple syrup or natural sweetener

Follow oatmeal instructions and top with maple syrup.

Side: 1/2 cup milk or yogurt

Drink: Water

Snack

10 - 15 baby carrots 2 Tbsp. low-fat ranch dip

Drink: Water

Meal 2

Grilled Chicken 6 oz. chicken breast

Top chicken breast with your favorite herbs and spices. Bake at 350° for 20 - 30 minutes or grill for approximately 20 minutes.

Sides: 4 cups tossed greens with vegetables 1/2 cup cottage cheese

Drink: Water

Snack

1 serving of fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 3

Lemon & Ginger Salmon

6 oz. salmon Lemon & fresh ginger

Top salmon with lemon and fresh ginger and fold tightly in tinfoil. Bake at 350° for approximately 20 - 25 minutes.

Sides: 1 cup steamed vegetables 1 cup quinoa

Drink: Water

DAY 2

Meal 1

Egg Burrito

4 small whole grain tortillas 2 cups egg whites 1/2 cup non-fat cottage cheese 1/2 cup tomatoes, chopped

1/2 cup red or green sweet pepper, chopped 1/2 cup sweet onion, chopped 1/2 cup black beans (rinsed, drained and mashed coarsely with fork) Salt and pepper Lite cooking spray

Spray large skillet with cooking spray. Add eggs, cottage cheese, vegetables and beans. Stir together. Once fully cooked, place mixture on tortillas. Salt and pepper to taste.

Drink: Water

Snack

1/2 cup low-fat cottage cheese 1 serving of fruit

Drink: Water

Meal 2

Pita

1 large (6 1/2") wheat pita 4 slices lean turkey or other lean deli meat 1 oz. slice of cheese 1 Tbsp. light Miracle Whip or light mayonnaise 1/2 Tbsp. mustard Tomato, cucumber, lettuce, sprouts, other vegetables
Spread Miracle Whip and mustard on the pita. Fill pita with meat, cheese and vegetables.
Sides: 4 celery sticks 1 cup raw broccoli 2 Tbsp. low-fat dressing
Drink: Water

Snack

1 cup grapes 1/4 cup almonds
Drink: Water

Meal 3

Feta Chicken Salad

6 oz. cooked chicken breast, sliced 2 cups lettuce, shredded Feta cheese
Top shredded lettuce with cooked chicken. Sprinkle with feta cheese.
Side: 1 serving of fruit
Drink: Water

DAY 3

Meal 1

Blueberry Oat Pancakes 1 serving = 3 pancakes

1 cup old fashioned oats 1 cup blueberries 1/2 cup low-fat cottage cheese 2 large eggs 1 tsp. vanilla extract 1 tsp. 100% maple syrup or 2/3 cup light Greek yogurt
In a blender, combine oats, cottage cheese, eggs and vanilla extract. Stir in blueberries. Scoop batter onto warm skillet and make 3-inch pancakes. Cook until brown on each side. Top with maple syrup or Greek yogurt.
Drink: 1/2 cup of skim milk

Snack

2 slices turkey jerky
Drink: Water

Meal 2

Whole Wheat Sandwich

2 slices whole wheat bread 4 slices lean turkey or other lean deli meat 1 Tbsp. light Miracle Whip or light mayo/mustard Tomato, lettuce, other vegetables

Side: 1 serving of fruit

Drink: Water

Snack

1/2 cup low-fat cottage cheese 1 serving of fruit

Drink: Water

Meal 3

Stir Fry

1 cup cooked rice 1 cup light coconut milk 1 1/2 cups vegetables Curry spice to taste

Place vegetables in saucepan. Add milk and curry spice. Cook until vegetables are done then place mixture on top of cooked rice.

Drink: Water

DAY 4

Meal 1

Shake

1 scoop whey protein (vanilla or chocolate) 1/2 cup soy or fat-free milk 1/2 cup water 1 tsp. peanut butter

Handful of ice

Drink: Water

Snack

1 banana 1 handful nuts

Drink: Water

Meal 2

Minestrone Soup

1 1/2 cup low-sodium minestrone soup 1 whole grain roll or toast

Side: 1 tomato, sliced 1 oz. mozzarella, sliced Basil Balsamic vinegar

Top tomato slices with mozzarella. Drizzle with basil and balsamic vinegar.
Drink: Water

Snack
Protein bar, no more than 220 calories and 5 grams of fat
Drink: Water

Meal 3
Bagel Sandwich
1/2 whole wheat bagel or 1 slice toast 2 oz. deli-style turkey breast, sliced 1 slice reduced-fat cheese Tomato, sliced
Drink: 1 cup tomato or vegetable juice

DAY 5

Meal 1
Veggie Egg White Omelet
4 - 5 egg whites 1 egg yolk 2 Tbsp. skim milk 1 Tbsp. onion, minced 1 plum tomato, chopped 1 small clove of garlic, chopped 1 handful spinach, shredded Lite Cooking Spray
Place eggs, milk, vegetables and garlic in bowl or blender and mix together. Spray large skillet with cooking spray and place mixture in pan. Cook on both sides until done.
Drink: Water

Snack
6 oz. light Greek yogurt or kefir
Drink: Water

Meal 2
Meatballs & Marinara
4 oz. extra-lean ground turkey 1/2 cup marinara sauce 2 Tbsp. parmesan cheese, grated Lite cooking spray
Roll ground turkey into 3 - 4 balls. Spray pan with cooking spray and cook meatballs approximately 7 minutes. Top meatballs with marinara sauce and parmesan cheese.

Drink: Water

Snack

10 - 15 baby carrots 2 Tbsp. low-fat ranch dip

Drink: Water

Meal 3

BLT with Turkey

2 slices whole wheat bread 3 slices turkey bacon Tomato, sliced Lettuce

Side: 1 serving of fruit

Drink: Water

DAY 6

Meal 1

Shake

1 scoop whey protein 1 whole banana 1/2 cup skim, almond, rice or soy milk 1/2 cup water Handful of ice

Drink: Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 2

Avocado & Chicken Salad

4 oz. grilled chicken 3 cups mixed greens 1/4 cup avocado, sliced 1/2 cup orange, sliced 1 Tbsp. lemon juice

2 tsp. olive oil

Top mixed greens with orange, avocado and chicken. Drizzle with olive oil and lemon juice.

Drink: Water

Snack

10 grapes 4 whole wheat crackers

Drink: Water

Meal 3

Steak Pita

4 oz. lean roast beef or other lean meat 3-inch whole wheat pita Cherry tomatoes, sliced Romaine lettuce

Dark salad greens Bell peppers, sliced Cucumbers, sliced Mushrooms, sliced

DAY 7

Meal 1

Cereal

1 cup non-sweetened whole grain cereal 1 cup low-fat milk

Side: 1 serving of fruit

Drink: Water

Snack

1 serving of fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 2

Sandwich & Soup 1 1/2 cups broth-based soup

1 slice whole wheat toast 2 cups tossed greens with vegetables 1/4 cup cottage cheese or non-fat dressing

Drink: Water

Snack

1 banana 1 handful nuts

Drink: Water

Meal 3

Meaty Turkey Burger 1 serving = 1 burger

1 lb. extra-lean ground turkey 1/2 cup oat bran 2 Tbsp. flaxseed

2 egg whites 1/4 cup low-fat chicken or vegetable stock 1 clove of garlic, pressed 1 Tbsp. soy sauce 1 whole wheat bun
Mix ground turkey with oat bran, flaxseed, egg whites, stock, garlic and soy sauce. Form into 3 patties and cook approximately 5 minutes on each side or until done. Place on whole wheat bun.
Side: 1 cup steamed vegetables
Drink: Water

WEEK 4

DAY 1

Meal 1

Big Spinach Omelet

1/2 cup roma tomato, chopped 1 cup spinach 5 egg whites 3 oz. feta cheese

1 Tbsp. fresh basil

Side: 1 cup of fruit

Drink: Water

Snack

1 banana 1 handful nuts

Drink: Water

Meal 2

Peanut Butter & Banana

1 slice whole grain or Ezekiel bread 1 Tbsp. natural peanut butter 1 Tbsp. all fruit preserves or banana

Drink: 1 cup milk

Snack

Protein bar, no more than 220 calories and 5 grams fat

Drink: Water

Meal 3

Turkey Burger

4 oz. lean ground turkey 2 Tbsp. salsa 2 Tbsp. red onion, chopped 1 whole grain pita
Form ground turkey into a patty. Cook turkey approximately 4 minutes on each side until done. Top with salsa and onion and place in whole grain pita.
Side: 1 cup steamed vegetables
Drink: Water

Meal 1

Shake

1 scoop whey protein 1 whole banana 1/2 cup skim, almond, rice or soy milk 1/2 cup water Handful of ice
Drink:

DAY 2

Water

Snack

1/2 cup low-fat cottage cheese 1 serving of fruit
Drink: Water

Meal 2

Grilled Chicken Salad

3 oz. grilled chicken breast 3 cups mixed dark greens 1/2 apple, chopped 1 Tbsp. pecans, chopped
Cucumber, sliced
Top mixed greens with chicken, chopped apple, pecans and cucumber to taste.
Drink: Water

Snack

1 banana 1 handful nuts
Drink: Water

Meal 3

Meaty Turkey Burger 1 serving = 1 burger

1 lb. extra-lean ground turkey 1/2 cup oat bran 2 Tbsp. flaxseed 2 egg whites

1/4 cup low-fat chicken or vegetable stock 1 clove of garlic, pressed 1 Tbsp. soy sauce 1 whole wheat bun
Mix ground turkey with oat bran, flaxseed, egg whites, stock, garlic and soy sauce. Form into 3 patties and cook approximately 5 minutes on each side or until done. Place on whole wheat bun.
Side: 1 cup steamed vegetables
Drink: Water

DAY 3

Meal 1

Blueberry Oat Pancakes 1 serving = 3 pancakes

1 cup old fashioned oats 1 cup blueberries 1/2 cup low-fat cottage cheese 2 large eggs 1 tsp. vanilla extract 1 tsp. 100% maple syrup or 2/3 cup light Greek yogurt

In a blender, combine oats, cottage cheese, eggs and vanilla extract. Stir in blueberries. Scoop batter onto warm skillet and make 3-inch pancakes. Cook until brown on each side. Top with maple syrup or Greek yogurt.

Drink: 1/2 cup of skim milk

Snack

1 serving of fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 2

Chicken Wrap

6-inch whole grain tortilla 3 oz. grilled chicken breast Tomato, sliced Red bell pepper, sliced Lettuce

Side: Celery sticks 1 Tbsp. low-fat ranch dressing

Drink: Water

Snack

1/2 cup low-fat cottage cheese 1 serving of fruit

Drink: Water

Meal 3

Marinated Turkey

4 oz. marinated turkey tenderloin 1/2 cup long grain & wild rice

Marinate turkey tenderloin in your favorite sauce for 20 minutes. Bake at 350° for 30 minutes or cook over medium heat for approximately 10 minutes on each side.

Sides: 1/2 cup green peas 1 cup fresh fruit

Drink: 1 cup low-fat milk

DAY 4

Meal 1

Cereal

1 cup non-sweetened whole grain cereal 1 cup low-fat milk

Side: 1 serving of fruit

Drink: Water

Snack

10 - 15 baby carrots 2 Tbsp. low-fat ranch dip

Drink: Water

Meal 2

Pita

1 large (6 1/2") wheat pita 4 slices lean turkey or other lean deli meat 1 oz. slice of cheese 1 Tbsp. light Miracle Whip or light mayonnaise 1/2 Tbsp. mustard Tomato, cucumber, lettuce, sprouts, other vegetables

Spread Miracle Whip and mustard on the pita. Fill pita with meat, cheese and vegetables.

Sides: 4 celery sticks 1 cup raw broccoli 2 Tbsp. low-fat dressing

Drink: Water

Snack

1 small fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 3

Lemon Chicken

6 oz. chicken breast 1 lemon 1 1/2 cups vegetables

Squeeze lemon juice over chicken. Bake at 350° for 20 - 30 minutes. Bake assorted vegetables at 350° for 10 - 15 minutes.

Side: 1/2 cup fresh fruit

Drink: 1 cup low-fat milk

DAY 5

Meal 1

Veggie Egg White Omelet

4 - 5 egg whites 1 egg yolk 2 Tbsp. skim milk 1 Tbsp. onion, minced 1 plum tomato, chopped 1 small clove of garlic, chopped 1 handful spinach, shredded Lite Cooking Spray

Place eggs, milk, vegetables and garlic in bowl or blender and mix together. Spray large skillet with cooking spray and place mixture in pan. Cook on both sides until done.

Drink: Water

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 2

Avocado & Chicken Salad

4 oz. grilled chicken 3 cups mixed greens 1/4 cup avocado, sliced

1/2 cup orange, sliced 1 Tbsp. lemon juice 2 tsp. olive oil

Top mixed greens with orange, avocado and chicken. Drizzle with olive oil and lemon juice.

Drink: Water

Snack

10 - 15 baby carrots 2 Tbsp. low-fat ranch dip

Drink: Water

Meal 3

Black Bean Soup & Sandwich 1 cup of canned black bean soup

1 slice whole-grain bread 2 oz. deli-style turkey breast, sliced 2 thin slices avocado 1 tsp. Dijon mustard
Spread Dijon mustard over bread. Top with turkey and avocado.
Drink: Water

DAY 6

Meal 1

Blueberry Oat Pancakes 1 serving = 3 pancakes

1 cup old fashioned oats 1 cup blueberries 1/2 cup low-fat cottage cheese 2 large eggs 1 tsp. vanilla extract 1 tsp. 100% maple syrup or 2/3 cup light Greek yogurt

In a blender, combine oats, cottage cheese, eggs and vanilla extract. Stir in blueberries. Scoop batter onto warm skillet and make 3-inch pancakes. Cook until brown on each side. Top with maple syrup or Greek yogurt.

Drink: 1/2 cup of skim milk

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 2

Minestrone Soup

1 1/2 cup low-sodium minestrone soup 1 whole grain roll or toast

Side: 1 tomato, sliced 1 oz. mozzarella, sliced Basil Balsamic vinegar

Top tomato slices with mozzarella. Drizzle with basil and balsamic vinegar.

Drink: Water

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 3

Halibut 6 oz. marinated halibut

Marinate halibut with your favorite herbs, spices or fat-free sauce for 20 minutes. Wrap in foil and bake at 350° for 20 - 25 minutes or until fully cooked.

Sides: 4 cups steamed baby red potatoes (no butter) 1 cup steamed broccoli

Drink: Water

DAY 7

Meal 1

Buckwheat Cereal

2/3 cup buckwheat cereal 1 cup water 1/2 banana 1 tsp. 100% maple syrup

Mix buckwheat cereal with water and cook for 20 minutes on stove. Top with banana and syrup.

Drink 1/2 cup milk or soy milk

Snack

2 slices turkey jerky

Drink: Water

Meal 2

Meatballs & Marinara

4 oz. extra-lean ground turkey 1/2 cup marinara sauce 2 Tbsp. parmesan cheese, grated Lite cooking spray

Roll ground turkey into 3 - 4 balls. Spray pan with cooking spray and cook meatballs approximately 7 minutes. Top meatballs with marinara sauce and parmesan cheese.

Drink:

Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 3

Grilled Teriyaki Tuna

4 oz. tuna steak 2 Tbsp. low-fat, bottled teriyaki sauce 1 tsp. olive oil 1/3 cup cooked brown rice Fresh spinach
Place tuna steak in saucepan with olive oil. Cook approximately 10 minutes or until meat is done. Add teriyaki sauce and place on top of rice with a side of fresh spinach.
Drink: Water

WEEK 5

DAY 1

Meal 1

Turkey Bacon Toast

3 slices of turkey bacon 1/2 tomato, sliced 1 slice Ezekiel bread, toasted

Snack

10 raw almonds

Drink: Water

Meal 2

Pesto Spaghetti 1 serving = 1 1/2 cups

1 lb. buckwheat or rice noodles 3 quarts water 1 tsp. salt 3 cups fresh basil leaves

1/2 cup almonds, chopped 3/4 cup parsley 2 cloves garlic, chopped Extra virgin olive oil

Boil noodles in water and salt approximately 12 minutes or until noodles are soft. Strain noodles and top with basil, almonds, parsley and garlic. Toss with olive oil and sprinkle salt to taste.

Drink: Water

Snack

Protein bar, no more than 220 calories and 5 grams of fat

Drink: Water

Meal 3

Lemon & Ginger Salmon

6 oz. salmon Lemon & fresh ginger

Top salmon with lemon and fresh ginger and fold tightly in tinfoil. Bake at 350° for approximately 20 - 25 minutes.

Sides: 1 cup steamed vegetables 1 cup quinoa

Drink: Water

Optional Snack

1 Tbsp. hummus 3 whole grain crackers

Drink:

Water

Post Workout Meal

3 oz. chicken baked

Drink: Water

DAY 2

Meal 1

Greek Yogurt

1 cup light Greek yogurt 1/4 cup low-fat granola 1 tsp. 100% maple syrup or agave nectar

Snack

1 cup fresh fruit salad 2 Tbsp. granola

Drink: Water

Meal 2

Basil & Tomato Pizza 1 serving = 2 slices

14 oz. whole wheat crust (homemade or store bought) 1 1/2 oz. prosciutto or lean ham 3/4 cup tomatoes, sliced 1/2 cup fresh basil

1/2 cup part-skim mozzarella cheese, shredded 1/4 cup parmesan cheese, grated 2 large garlic cloves, sliced Crushed pepper to taste

Preheat oven to 450°. Top pizza crust with all ingredients and bake until crispy, approximately 6 - 10 minutes.

Drink: Water

Snack

1 banana 1 handful nuts

Drink: Water

Meal 3

Lemon Chicken

6 oz. chicken breast 1 lemon 1 1/2 cups vegetables

Squeeze lemon juice over chicken. Bake at 350° for 20 - 30 minutes. Bake assorted vegetables at 350° for 10 - 15 minutes.

Side: 1/2 cup fresh fruit

Drink: 1 cup low-fat milk

Optional Snack

1/2 cup low-fat cottage cheese sprinkled with cinnamon

Drink: Water

Post Workout Meal

180 calorie shake (egg white or whey powder) 1/4 cup berries or 1 tsp. natural peanut butter 1 cup soy or milk Handful of ice

Drink: Water

DAY 3

Meal 1

Blueberry Oat Pancakes 1 serving = 3 pancakes

1 cup old fashioned oats 1 cup blueberries 1/2 cup low-fat cottage cheese 2 large eggs 1 tsp. vanilla extract 1 tsp. 100% maple syrup or 2/3 cup light Greek yogurt

In a blender, combine oats, cottage cheese, eggs and vanilla extract. Stir in blueberries. Scoop batter onto warm skillet and make 3-inch pancakes. Cook until brown on each side. Top with maple syrup or Greek yogurt.

Drink: 1/2 cup of skim milk

Snack

1 cup apple sliced 1 1/2 Tbsp. natural peanut butter
Drink: Water

Meal 2

Chicken Wrap

6-inch whole grain tortilla 3 oz. grilled chicken breast Tomato, sliced Red bell pepper, sliced Lettuce

Side: Celery sticks 1 Tbsp. low-fat ranch dressing

Drink: Water

Snack

1/2 cup low-fat cottage cheese 1 serving of fruit

Drink:

Water

Meal 3

Marinated Turkey

4 oz. marinated turkey tenderloin 1/2 cup long grain & wild rice

Marinate turkey tenderloin in your favorite sauce for 20 minutes. Bake at 350° for 30 minutes or cook over medium heat for approximately 10 minutes on each side.

Sides: 1/2 cup green peas 1 cup fresh fruit

Drink: 1 cup low-fat milk

Optional Snack

Oatmeal

2/3 cup oatmeal (non-instant) 1 cup water 2 tsp. 100% maple syrup or natural sweetener

Follow oatmeal instructions and top with maple syrup.

Drink: 1/4 cup skim milk

Post Workout Meal

1 cup low-fat cottage cheese sprinkled with cinnamon

Drink: Water

DAY 4

Meal 1

Shake

1 scoop whey protein 1 whole banana

1/2 cup skim, almond, rice or soy milk 1/2 cup water Handful of ice

Drink: Water

Snack

1/2 cup almonds, cashews, dried cranberries

Drink: Water or soy milk

Meal 2

Warm Spinach & Quinoa Salad

1 lb. baby spinach 1 1/2 cups quinoa 1/2 cup red wine vinegar 1/3 cup olive oil 8 oz. crumbled feta Salt and pepper

Cook quinoa in 3 cups of boiling water. Cover and simmer for 15 - 20 minutes. Combine all liquid ingredients then add spinach and warm quinoa. Top with feta and enjoy! Refrigerate leftovers.

Sides: 1 cup salad 1 medium size fruit

Drink: Water

Snack

1 serving of fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 3

Southwestern Pizza

1 serving = 2 slices

12" whole wheat pizza crust 2 scallions, thinly sliced 1 1/3 cups canned black beans 1 1/4 cups reduced-fat mozzarella cheese, shredded 1 cup tomato salsa 1/4 cup cilantro leaves 1 small red pepper, chopped

Top pizza crust with all ingredients. Bake at 450° for 8 - 10 minutes.

Drink: Water

Optional Snack

Smoothie

3/4 cup plain, fat-free yogurt 1/2 cup frozen mixed berries 1 medium banana

Drink: Water

Post Workout Meal

180 calorie protein bar

Drink: Water

DAY 5

Meal 1

Veggie Egg White Omelet

4 - 5 egg whites 1 egg yolk 2 Tbsp. skim milk 1 Tbsp. onion, minced 1 plum tomato, chopped 1 small clove of garlic, chopped 1 handful spinach, shredded

Lite Cooking Spray

Place eggs, milk, vegetables and garlic in bowl or blender and mix together. Spray large skillet with cooking spray and place mixture in pan. Cook on both sides until done.

Drink: Water

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 2

Avocado & Chicken Salad

4 oz. grilled chicken 3 cups mixed greens 1/4 cup avocado, sliced 1/2 cup orange, sliced 1 Tbsp. lemon juice

2 tsp. olive oil

Top mixed greens with orange, avocado and chicken. Drizzle with olive oil and lemon juice.

Drink: Water

Snack

10 - 15 baby carrots 2 Tbsp. low-fat ranch dip

Drink: Water

Meal 3

BLT with Turkey

2 slices whole wheat bread 3 slices turkey bacon Tomato, sliced

Lettuce

Side: 1 serving of fruit

Drink: Water

Optional Snack

2 hard boiled eggs 2 slices tomato 1/2 grapefruit

Drink: Water

Post Workout Meal

1 cup pineapple or mango

Drink: Water

DAY 6

Meal 1

Shake

1 scoop whey protein (vanilla or chocolate) 1/2 cup soy or fat-free milk 1/2 cup water 1 tsp.
peanut butter

Handful of ice

Drink: Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 2

Minestrone Soup

1 1/2 cup low-sodium minestrone soup 1 whole grain roll or toast

Side: 1 tomato, sliced 1 oz. mozzarella, sliced Basil Balsamic vinegar

Top tomato slices with mozzarella. Drizzle with basil and balsamic vinegar.

Drink: Water

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 3

Halibut 6 oz. marinated halibut

Marinate halibut with your favorite herbs, spices or fat-free sauce for 20 minutes. Wrap in foil and bake at 350° for 20 - 25 minutes or until fully cooked.

Sides: 4 cups steamed baby red potatoes (no butter) 1 cup steamed broccoli

Drink: Water

Optional Snack

1 whole-grain English muffin 1 Tbsp. natural peanut butter 1 medium banana

Drink: Water

Post Workout Meal

1/2 cup low-fat frozen yogurt 1/2 cup strawberries

Drink: Water

DAY 7

Meal 1

Egg Burrito

4 small whole grain tortillas 2 cups egg whites 1/2 cup non-fat cottage cheese 1/2 cup tomatoes, chopped

1/2 cup red or green sweet pepper, chopped 1/2 cup sweet onion, chopped 1/2 cup black beans (rinsed, drained and mashed coarsely with fork) Salt and pepper Lite cooking spray

Spray large skillet with cooking spray. Add eggs, cottage cheese, vegetables and beans. Stir together. Once fully cooked, place mixture on tortillas. Salt and pepper to taste.

Drink: Water

Snack

2 slices turkey jerky

Drink: Water

Meal 2

Meatballs & Marinara

4 oz. extra-lean ground turkey 1/2 cup marinara sauce 2 Tbsp. parmesan cheese, grated

Lite cooking spray

Roll ground turkey into 3 - 4 balls. Spray pan with cooking spray and cook meatballs approximately 7 minutes. Top meatballs with marinara sauce and parmesan cheese.

Drink: Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 3

Grilled Teriyaki Tuna

4 oz. tuna steak 2 Tbsp. low-fat, bottled teriyaki sauce 1 tsp. olive oil 1/3 cup cooked brown rice Fresh spinach

Place tuna steak in saucepan with olive oil. Cook approximately 10 minutes or until meat is done. Add teriyaki sauce and place on top of rice with a side of spinach.

Drink: Water

Optional Snack

Omelet

1 egg 3 egg whites 1/2 cup spinach & tomato, sliced 2 Tbsp. feta cheese 1 slice multi-grain bread

Drink: Water

Post Workout Meal

2 small oatmeal raisin cookies

Drink: Water

WEEK 6

DAY 1

Meal 1

Oatmeal

2/3 cup oatmeal (non-instant) 1 cup water 2 tsp. 100% maple syrup or natural sweetener

Follow oatmeal instructions and top with maple syrup.

Side: 1/2 cup milk or yogurt

Drink: Water

Snack

1 banana 1 handful nuts

Drink: Water

Meal 2

Turkey Lettuce Wrap

2 oz. deli-style turkey breast 1 Tbsp. low-fat dressing 1/4 cup chickpeas 1/4 cup kidney beans

1/4 cup celery, chopped 1/4 cup tomato, chopped 1 tsp. olive oil 1 tsp. lemon juice

Salt and pepper to taste Large romaine lettuce

Mix turkey breast, dressing, beans, celery and tomato together with oil, lemon juice, salt and pepper. Fill romaine lettuce and enjoy!

Drink: Water

Snack

Protein bar, no more than 220 calories and 5 grams of fat

Drink: Water

Meal 3

Turkey Burger

4 oz. lean ground turkey 2 Tbsp. salsa 2 Tbsp. red onion, chopped 1 whole grain pita

Form ground turkey into a patty. Cook turkey approximately 4 minutes on each side until done. Top with salsa and onion and place in whole grain pita.

Side: 1 cup steamed vegetables
Drink: Water

Optional Snack
1/2 cup lemon sorbet with fresh berries
Drink: Water

Post Workout Meal
2 hard boiled eggs
Drink: Water

DAY 2

Meal 1
Cereal
1 cup non-sweetened whole grain cereal 1 cup low-fat milk
Side: 1 serving of fruit
Drink: Water

Snack
1/2 cup low-fat cottage cheese 1 serving of fruit
Drink: Water

Meal 2
Chicken Salad Grilled
3 oz. grilled chicken breast 3 cups mixed dark greens 1/2 apple, chopped 1 Tbsp. pecans, chopped
Cucumber, sliced
Drink: Water

Snack
1 banana 1 handful nuts
Drink: Water

Meal 3

Lemon Chicken 6 oz. chicken breast

1 lemon 1 1/2 cups vegetables

Squeeze lemon juice over chicken. Bake at 350° for 20 - 30 minutes. Bake assorted vegetables at 350° for 10 - 15 minutes.

Side: 1/2 cup fresh fruit

Drink: 1 cup low-fat milk

Optional Snack

1 cup mango 1 Tbsp. shaved coconut

Drink: Water

Post Workout Meal

Handful of nuts

Drink: Water

DAY 3

Meal 1

Blueberry Oat Pancakes 1 serving = 3 pancakes

1 cup old fashioned oats 1 cup blueberries 1/2 cup low-fat cottage cheese 2 large eggs 1 tsp. vanilla extract 1 tsp. 100% maple syrup or 2/3 cup light Greek yogurt

In a blender, combine oats, cottage cheese, eggs and vanilla extract. Stir in blueberries. Scoop batter onto warm skillet and make 3-inch pancakes. Cook until brown on each side. Top with maple syrup or Greek yogurt.

Drink:

1/2 cup of skim milk

Snack

1 serving of fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 2

Turkey Chili 1 cup turkey or vegetable chili

Side: 1 1/2 cups mixed greens 2 egg whites, hard-boiled 1 tsp. olive oil 1 tsp. red wine vinegar

Top mixed greens with egg whites, vinegar and olive oil.

Drink: Water

Snack

1/2 cup low-fat cottage cheese 1 serving of fruit

Drink: Water

Meal 3

Marinated Turkey

4 oz. marinated turkey tenderloin 1/2 cup long grain & wild rice

Marinate turkey tenderloin in your favorite sauce for 20 minutes. Bake at 350° for 30 minutes or cook over medium heat for approximately 10 minutes on each side.

Sides: 1/2 cup green peas

1 cup fresh fruit

Drink: 1 cup low-fat milk

Optional Snack

2 small squares dark chocolate/70% + chocolate

Drink: Water

Post Workout Meal

1/2 cup low-fat cottage cheese 1/2 cup peaches

Drink: Water

DAY 4

Meal 1

Shake

1 scoop whey protein 1 whole banana 1/2 cup skim, almond, rice or soy milk 1/2 cup water Handful of ice

Drink: Water

Snack

10 - 15 baby carrots 2 Tbsp. low-fat ranch dip

Drink: Water

Meal 2

Pita 1 large (6 1/2") wheat pita

4 slices lean turkey or other lean deli meat 1 oz. slice of cheese 1 Tbsp. light Miracle Whip or light mayonnaise 1/2 Tbsp. mustard Tomato, cucumber, lettuce, sprouts, other vegetables

Spread Miracle Whip and mustard on the pita. Fill pita with meat, cheese and vegetables.

Sides: 4 celery sticks 1 cup raw broccoli 2 Tbsp. low-fat dressing

Drink: Water

Snack

1 serving of fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 3

Southwestern Pizza 1 serving = 2 slices

12" whole wheat pizza crust 2 scallions, thinly sliced 1 1/3 cups canned black beans 1 1/4 cups reduced-fat mozzarella cheese, shredded 1 cup tomato salsa 1/4 cup cilantro leaves 1 small red pepper, chopped

Top pizza crust with all ingredients. Bake at 450° for 8 - 10 minutes.

Drink: Water

Optional Snack

4 oz. low-fat vanilla or chocolate pudding

Drink: Water

Post Workout Meal

3 oz. chicken breast

Drink: Water

Meal 1

Veggie Egg White Omelet

4 - 5 egg whites 1 egg yolk 2 Tbsp. skim milk 1 Tbsp. onion, minced 1 plum tomato, chopped 1 small clove of garlic, chopped 1 handful spinach, shredded Lite Cooking Spray

DAY 5

Place eggs, milk, vegetables and garlic in bowl or blender and mix together. Spray large skillet with cooking spray and place mixture in pan. Cook on both sides until done.

Drink: Water

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 2

Avocado & Chicken Salad

4 oz. grilled chicken 3 cups mixed greens 1/4 cup avocado, sliced 1/2 cup orange, sliced

1 Tbsp. lemon juice 2 tsp. olive oil

Top mixed greens with orange, avocado and chicken. Drizzle with olive oil and lemon juice.

Drink: Water

Snack

10 - 15 baby carrots 2 Tbsp. low-fat ranch dip

Drink: Water

Meal 3

BLT with Turkey

2 slices whole wheat bread 3 slices turkey bacon Tomato, sliced Lettuce

Side: 1 serving of fruit

Drink: Water

Optional Snack

1 cup mixed berries 2 Tbsp. light whipped topping 1 tsp. cocoa powder

Drink: Water

Post Workout Meal

1 cup fruit salad sprinkled with pecans

Drink: Water

DAY 6

Meal 1

Shake

1 scoop whey protein (vanilla or chocolate) 1/2 cup soy or fat-free milk 1/2 cup water 1 tsp.
peanut butter

Handful of ice

Drink: Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 2

Muffin Pizza

1 whole-grain English muffin 1/4 cup tomato sauce 1/4 cup mozzarella cheese 2 oz. grilled chicken
breast, sliced 1 cup steamed broccoli

Top English muffin with tomato sauce, cheese and chicken breast. Bake at 350° for 10 minutes and
serve with steamed broccoli.

Drink: Water

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 3

Halibut 6 oz. marinated halibut

Marinate halibut with your favorite herbs, spices or fat-free sauce for 20 minutes. Wrap in foil
and bake at 350° for 20 - 25 minutes or until fully cooked.

Sides: 4 cups steamed baby red potatoes (no butter) 1 cup steamed broccoli
Drink: Water

Optional Snack
3/4 cup plain fat-free yogurt 1 tsp. honey
Drink: Water

Post Workout Meal
10 raw almonds
Drink: Water

DAY 7

Meal 1
Egg Burrito
4 small whole grain tortillas 2 cups egg whites 1/2 cup non-fat cottage cheese 1/2 cup tomatoes, chopped
1/2 cup red or green sweet pepper, chopped 1/2 cup sweet onion, chopped 1/2 cup black beans (rinsed, drained and mashed coarsely with fork) Salt and pepper Lite cooking spray
Spray large skillet with cooking spray. Add eggs, cottage cheese, vegetables and beans. Stir together. Once fully cooked, place mixture on tortillas. Salt and pepper to taste.
Drink: Water

Snack
2 slices turkey jerky
Drink: Water

Meal 2
Meatballs & Marinara
4 oz. extra-lean ground turkey 1/2 cup marinara sauce 2 Tbsp. parmesan cheese, grated Lite cooking spray
Roll ground turkey into 3 - 4 balls. Spray pan with cooking spray and cook meatballs approximately 7 minutes. Top meatballs with marinara sauce and parmesan cheese.
Drink: Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 3

Grilled Teriyaki Tuna

4 oz. tuna steak 2 Tbsp. low-fat, bottled teriyaki sauce 1 tsp. olive oil 1/3 cup cooked brown rice Fresh spinach

Place tuna steak in saucepan with olive oil. Cook approximately 10 minutes or until meat is done.

Add teriyaki sauce and place on top of rice with a side of fresh spinach.

Drink: Water

Optional Snack

1 Kashi granola bar or homemade protein bar

Drink: Water

Post Workout Meal

180 calorie protein bar

Drink: Water

WEEK 7

DAY 1

Meal 1

Turkey Bacon Toast

3 slices of turkey bacon 1/2 tomato, sliced 1 slice Ezekiel bread, toasted

Snack

10 raw, unsalted almonds

Drink: Water

Meal 2

Pesto Spaghetti 1 serving = 1 1/2 cups

1 lb. buckwheat or rice noodles 3 quarts water 1 tsp. salt 3 cups fresh basil leaves

1/2 cup almonds, chopped 3/4 cup parsley

2 cloves garlic, chopped Extra virgin olive oil

Boil noodles in water and salt approximately 12 minutes or until noodles are soft. Strain noodles and top with basil, almonds, parsley and garlic. Toss with olive oil and sprinkle salt to taste.

Drink: Water

Snack

Protein bar, no more than 220 calories and 5 grams of fat

Drink: Water

Meal 3

Lemon & Ginger Salmon

6 oz. salmon Lemon & fresh ginger

Top salmon with lemon and fresh ginger and fold tightly in tinfoil. Bake at 350° for approximately 20 - 25 minutes.

Sides: 1 cup steamed vegetables 1 cup quinoa

Drink: Water

Optional Snack

1 Tbsp. hummus 3 whole grain crackers

Drink: Water

Post Workout Meal

3 oz. chicken baked

Drink: Water

DAY 2

Meal 1

Greek Yogurt

1 cup light Greek yogurt 1/4 cup low-fat granola 1 tsp. 100% maple syrup or agave nectar

Drink: Water

Snack

1 cup fresh fruit salad 2 Tbsp. granola

Drink: Water

Meal 2

Basil & Tomato Pizza 1 serving = 2 slices

14 oz. whole wheat crust (homemade or store bought) 2 large garlic cloves, sliced 1/2 cup part-skim mozzarella cheese, shredded 1/4 cup parmesan cheese, grated

1 1/2 oz. prosciutto or lean ham 3/4 cup tomatoes, sliced 1/2 cup fresh basil Crushed pepper to taste

Preheat oven to 450°. Top pizza crust with all ingredients and bake until crispy, approximately 6 - 10 minutes.

Drink: Water

Snack

1 banana 1 handful nuts

Drink: Water

Meal 3

Lemon Chicken

6 oz. chicken breast 1 lemon 1 1/2 cups vegetables

Squeeze lemon juice over chicken. Bake at 350° for 20 - 30 minutes. Bake assorted vegetables at 350° for 10 - 15 minutes.

Side: 1/2 cup fresh fruit

Drink: 1 cup low-fat milk

Optional Snack

1/2 cup low-fat cottage cheese sprinkled with cinnamon

Drink: Water

Post Workout Meal

180 calorie shake (egg white or whey powder) 1/4 cup berries or 1 tsp. natural peanut butter 1 cup soy or milk Handful of ice

Drink: Water

DAY 3

Meal 1

Blueberry Oat Pancakes 1 serving = 3 pancakes

1 cup old fashioned oats 1 cup blueberries 1/2 cup low-fat cottage cheese

2 large eggs 1 tsp. vanilla extract 1 tsp. 100% maple syrup or 2/3 cup light Greek yogurt

In a blender, combine oats, cottage cheese, eggs and vanilla extract. Stir in blueberries. Scoop batter onto warm skillet and make 3-inch pancakes. Cook until brown on each side. Top with maple syrup or Greek yogurt.

Drink: 1/2 cup of skim milk

Snack

1 cup apple sliced 1 1/2 Tbsp. natural peanut butter

Drink: Water

Meal 2

Chicken Wrap

6-inch whole grain tortilla 3 oz. grilled chicken breast Tomato, sliced Red bell pepper, sliced Lettuce

Side: Celery sticks 1 Tbsp. low-fat ranch dressing

Drink: Water

Snack

1/2 cup low-fat cottage cheese 1 serving of fruit

Drink: Water

Meal 3

Marinated Turkey

4 oz. marinated turkey tenderloin 1/2 cup long grain & wild rice

Marinate turkey tenderloin in your favorite sauce for 20 minutes. Bake at 350° for 30 minutes or cook over medium heat for approximately 10 minutes on each side.

Sides: 1/2 cup green peas 1 cup fresh fruit

Drink: 1 cup low-fat milk

Optional Snack

Oatmeal

2/3 cup oatmeal (non-instant) 1 cup water 2 tsp. 100% maple syrup or natural sweetener

Follow oatmeal instructions and top with maple syrup.

Side: 1 cup berries

Drink: 1/4 cup skim milk

Post Workout Meal

1 cup low-fat cottage cheese sprinkled with cinnamon

Drink: Water

DAY 4

Meal 1

Shake

1 scoop whey protein 1 whole banana 1/2 cup skim, almond, rice or soy milk

1/2 cup water Handful of ice

Drink: Water

Snack

1/2 cup almonds, cashews, dried cranberries

Drink: Water

Meal 2

Warm Spinach & Quinoa Salad

1 lb. baby spinach 1 1/2 cups quinoa 1/2 cup red wine vinegar 1/3 cup olive oil 8 oz. crumbled feta Salt and pepper

Cook quinoa in 3 cups of boiling water. Cover and simmer for 15 - 20 minutes. Combine all liquid ingredients then add spinach and warm quinoa. Top with feta and enjoy! Refrigerate leftovers.

Sides: 1 cup salad 1 medium size fruit

Drink: Water

Snack

1 serving of fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 3

Southwestern Pizza 1 serving = 2 slices

12" whole wheat pizza crust 2 scallions, thinly sliced 1 1/3 cups canned black beans 1 1/4 cups reduced-fat mozzarella cheese, shredded 1 cup tomato salsa 1/4 cup cilantro leaves 1 small red pepper, chopped

Top pizza crust with all ingredients. Bake at 450° for 8 - 10 minutes.

Drink: Water

Optional Snack

Smoothie

3/4 cup plain, fat-free yogurt 1/2 cup frozen mixed berries 1 medium banana

Drink: Water

Post Workout Meal

180 calorie protein bar

Drink: Water

DAY 5

Meal 1

Veggie Egg White Omelet

4 - 5 egg whites 1 egg yolk 2 Tbsp. skim milk 1 Tbsp. onion, minced 1 plum tomato, chopped 1 small clove of garlic, chopped 1 handful spinach, shredded Lite Cooking Spray

Place eggs, milk, vegetables and garlic in bowl or blender and mix together. Spray large skillet with cooking spray and place mixture in pan. Cook on both sides until done.

Drink: Water

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 2

Avocado & Chicken Salad

4 oz. grilled chicken 3 cups mixed greens 1/4 cup avocado, sliced 1/2 cup orange, sliced 1 Tbsp. lemon juice

2 tsp. olive oil

Top mixed greens with orange, avocado and chicken. Drizzle with olive oil and lemon juice.

Drink: Water

Snack

10 - 15 baby carrots 2 Tbsp. low-fat ranch dip

Drink: Water

Meal 3

BLT with Turkey

2 slices whole wheat bread 3 slices turkey bacon Tomato, sliced Lettuce

Side: 1 serving of fruit

Drink: Water

Optional Snack

2 hard boiled eggs 2 slices tomato 1/2 grapefruit

Drink: Water

Post Workout Meal

1 cup pineapple or mango

Drink: Water

DAY 6

Meal 1

Shake

1 scoop whey protein (vanilla or chocolate) 1/2 cup soy or fat-free milk 1/2 cup water 1 tsp. peanut butter

Handful of ice

Drink: Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 2

Minestrone Soup

1 1/2 cup low-sodium minestrone soup 1 whole grain roll or toast

Side: 1 tomato, sliced 1 oz. mozzarella, sliced Basil Balsamic vinegar

Top tomato slices with mozzarella. Drizzle with basil and balsamic vinegar.

Drink: Water

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 3

Halibut 6 oz. marinated halibut

Marinate halibut with your favorite herbs, spices or fat-free sauce for 20 minutes. Wrap in foil and bake at 350° for 20 - 25 minutes or until fully cooked.

Sides: 4 cups steamed baby red potatoes (no butter) 1 cup steamed broccoli

Drink: Water

Optional Snack

1 whole-grain English muffin 1 Tbsp. natural peanut butter 1 medium banana

Drink: Water

Post Workout Meal

1/2 cup low-fat frozen yogurt 1/2 cup strawberries

Drink: Water

DAY 7

Meal 1

Egg Burrito

4 small whole grain tortillas 2 cups egg whites 1/2 cup non-fat cottage cheese 1/2 cup tomatoes, chopped

1/2 cup red or green sweet pepper, chopped 1/2 cup sweet onion, chopped 1/2 cup black beans (rinsed, drained and mashed coarsely with fork) Salt and pepper Lite cooking spray

Spray large skillet with cooking spray. Add eggs, cottage cheese, vegetables and beans. Stir together. Once fully cooked, place mixture on tortillas. Salt and pepper to taste.

Drink: Water

Snack

2 slices turkey jerky

Drink: Water

Meal 2

Meatballs & Marinara

4 oz. extra-lean ground turkey 1/2 cup marinara sauce 2 Tbsp. parmesan cheese, grated

Lite cooking spray

Roll ground turkey into 3 - 4 balls. Spray pan with cooking spray and cook meatballs approximately 7 minutes. Top meatballs with marinara sauce and parmesan cheese.

Drink: Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 3

Grilled Teriyaki Tuna

4 oz. tuna steak 2 Tbsp. low-fat, bottled teriyaki sauce 1 tsp. olive oil 1/3 cup cooked brown rice Fresh spinach

Place tuna steak in saucepan with olive oil. Cook approximately 10 minutes or until meat is done. Add teriyaki sauce and place on top of rice with a side of fresh spinach.

Drink: Water

Optional Snack

Omelet

1 egg 3 egg whites 1/2 cup spinach & tomato 2 Tbsp. feta cheese 1 slice multi-grain bread

Drink: Water

Post Workout Meal

2 small oatmeal raisin cookies

Drink: Water

WEEK 8

DAY 1

Meal 1

Oatmeal

2/3 cup oatmeal (non-instant) 1 cup water 2 tsp. 100% maple syrup or natural sweetener

Follow oatmeal instructions and top with maple syrup.

Side: 1/2 cup milk or yogurt

Drink: Water

Snack

1 banana 1 handful nuts

Drink: Water

Meal 2

Turkey Lettuce Wrap

2 oz. deli-style turkey breast 1 Tbsp. low-fat dressing 1/4 cup chickpeas 1/4 cup kidney beans

1/4 cup celery, chopped 1/4 cup tomato, chopped 1 tsp. olive oil 1 tsp. lemon juice

Salt and pepper to taste Large romaine lettuce

Mix turkey breast, dressing, beans, celery and tomato together with oil, lemon juice, salt and pepper. Fill romaine lettuce and enjoy!

Drink: Water

Snack

Protein bar, no more than 220 calories and 5 grams of fat

Drink: Water

Meal 3

Turkey Burger

4 oz. lean ground turkey 2 Tbsp. salsa 2 Tbsp. red onion, chopped 1 whole grain pita

Form ground turkey into a patty. Cook turkey approximately 4 minutes on each side until done. Top with salsa and onion and place in whole grain pita.

Side: 1 cup steamed vegetables

Drink: Water

Optional Snack

1/2 cup lemon sorbet with fresh berries

Drink: Water

Post Workout Meal

2 hard boiled eggs

Drink: Water

DAY 2

Meal 1

Cereal

1 cup non-sweetened whole grain cereal 1 cup low-fat milk

Side: 1 serving of fruit

Drink: Water

Snack

1/2 cup low-fat cottage cheese 1 serving of fruit

Drink: Water

Meal 2

Chicken Salad Grilled

3 oz. grilled chicken breast 3 cups mixed dark greens 1/2 apple, chopped 1 Tbsp. pecans, chopped
Cucumber, sliced

Drink: Water

Snack

1 banana 1 handful nuts

Drink: Water

Meal 3

Lemon Chicken 6 oz. chicken breast

1 lemon 1 1/2 cups vegetables

Squeeze lemon juice over chicken. Bake at 350° for 20 - 30 minutes. Bake assorted vegetables at 350° for 10 - 15 minutes.

Side: 1/2 cup fresh fruit

Drink: 1 cup low-fat milk

Optional Snack

1 cup mango 1 Tbsp. shaved coconut

Drink: Water

Post Workout Meal

Handful of nuts

Drink: Water

DAY 3

Meal 1

Blueberry Oat Pancakes 1 serving = 3 pancakes

1 cup old fashioned oats 1 cup blueberries 1/2 cup low-fat cottage cheese 2 large eggs 1 tsp.
vanilla extract 1 tsp. 100% maple syrup or 2/3 cup light Greek yogurt

In a blender, combine oats, cottage cheese, eggs and vanilla extract. Stir in blueberries. Scoop batter onto warm skillet and make 3-inch pancakes. Cook until brown on each side. Top with maple syrup or Greek yogurt.

Drink:

1/2 cup of skim milk

Snack

1 serving of fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 2

Turkey Chili 1 cup turkey or vegetable chili

Side: 1 1/2 cups mixed greens 2 egg whites, hard-boiled 1 tsp. olive oil 1 tsp. red wine vinegar

Top mixed greens with egg whites, vinegar and olive oil.

Drink: Water

Snack

1/2 cup low-fat cottage cheese 1 serving of fruit

Drink: Water

Meal 3

Marinated Turkey

4 oz. marinated turkey tenderloin 1/2 cup long grain & wild rice

Marinate turkey tenderloin in your favorite sauce for 20 minutes. Bake at 350° for 30 minutes or cook over medium heat for approximately 10 minutes on each side.

Sides: 1/2 cup green peas

1 cup fresh fruit

Drink: 1 cup low-fat milk

Optional Snack

2 small squares dark chocolate/70% + chocolate

Drink: Water

Post Workout Meal

1/2 cup low-fat cottage cheese 1/2 cup peaches
Drink: Water

DAY 4

Meal 1

Shake

1 scoop whey protein 1 whole banana 1/2 cup skim, almond, rice or soy milk 1/2 cup water Handful of ice

Drink: Water

Snack

10 - 15 baby carrots 2 Tbsp. low-fat ranch dip

Drink: Water

Meal 2

Pita 1 large (6 1/2") wheat pita

4 slices lean turkey or other lean deli meat 1 oz. slice of cheese 1 Tbsp. light Miracle Whip or light mayonnaise 1/2 Tbsp. mustard Tomato, cucumber, lettuce, sprouts, other vegetables

Spread Miracle Whip and mustard on the pita. Fill pita with meat, cheese and vegetables.

Sides: 4 celery sticks 1 cup raw broccoli 2 Tbsp. low-fat dressing

Drink: Water

Snack

1 serving of fruit 1 part-skim mozzarella string cheese

Drink: Water

Meal 3

Southwestern Pizza 1 serving = 2 slices

12" whole wheat pizza crust 2 scallions, thinly sliced 1 1/3 cups canned black beans 1 1/4 cups reduced-fat mozzarella cheese, shredded 1 cup tomato salsa 1/4 cup cilantro leaves 1 small red pepper, chopped

Top pizza crust with all ingredients. Bake at 450° for 8 - 10 minutes.

Drink: Water

Optional Snack

4 oz. low-fat vanilla or chocolate pudding

Drink: Water

Post Workout Meal

3 whole grain crackers 1 Tbsp. low-fat soft cheese

Drink: Water

DAY 5

Meal 1

Veggie Egg White Omelet

4 - 5 egg whites 1 egg yolk 2 Tbsp. skim milk 1 Tbsp. onion, minced 1 plum tomato, chopped 1 small clove of garlic, chopped 1 handful spinach, shredded Lite Cooking Spray

Place eggs, milk, vegetables and garlic in bowl or blender and mix together. Spray large skillet with cooking spray and place mixture in pan. Cook on both sides until done.

Drink: Water

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 2

Avocado & Chicken Salad

4 oz. grilled chicken 3 cups mixed greens

1/4 cup avocado, sliced 1/2 cup orange, sliced 1 Tbsp. lemon juice 2 tsp. olive oil

Top mixed greens with orange, avocado and chicken. Drizzle with olive oil and lemon juice.

Drink: Water

Snack

10 - 15 baby carrots 2 Tbsp. low-fat ranch dip

Drink: Water

Meal 3

BLT with Turkey

2 slices whole wheat bread 3 slices turkey bacon Tomato, sliced Lettuce

Side: 1 serving of fruit

Drink: Water

Optional Snack

1 cup mixed berries 2 Tbsp. light whipped topping 1 tsp. cocoa powder

Drink: Water

Post Workout Meal

1 cup fruit salad sprinkled with pecans

Drink: Water

DAY 6

Meal 1

Shake

1 scoop whey protein (vanilla or chocolate) 1/2 cup soy or fat-free milk 1/2 cup water 1 tsp.
peanut butter

Handful of ice

Drink: Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 2

Muffin Pizza

1 whole-grain English muffin 1/4 cup tomato sauce 1/4 cup mozzarella cheese 2 oz. grilled chicken
breast, sliced 1 cup steamed broccoli

Top English muffin with tomato sauce, cheese and chicken breast. Bake at 350° for 10 minutes and serve with steamed broccoli.

Snack

1 cup grapes 1/4 cup almonds

Drink: Water

Meal 3

Halibut 6 oz. marinated halibut

Marinate halibut with your favorite herbs, spices or fat-free sauce for 20 minutes. Wrap in foil and bake at 350° for 20 - 25 minutes or until fully cooked.

Sides: 4 cups steamed baby red potatoes (no butter) 1 cup steamed broccoli

Drink: Water

Optional Snack

3/4 cup plain, fat-free yogurt 1 tsp. honey

Drink: Water

Post Workout Meal

10 raw almonds

Drink: Water

DAY 7

Meal 1

Egg Burrito

4 small whole grain tortillas 2 cups egg whites 1/2 cup non-fat cottage cheese 1/2 cup tomatoes, chopped

1/2 cup red or green sweet pepper, chopped 1/2 cup sweet onion, chopped 1/2 cup black beans (rinsed, drained and mashed coarsely with fork) Salt and pepper Lite cooking spray

Spray large skillet with cooking spray. Add eggs, cottage cheese, vegetables and beans. Stir together. Once fully cooked, place mixture on tortillas. Salt and pepper to taste.

Drink: Water

Snack

2 slices turkey jerky

Drink: Water

Meal 2

Meatballs & Marinara

4 oz. extra-lean ground turkey 1/2 cup marinara sauce 2 Tbsp. parmesan cheese, grated Lite cooking spray

Roll ground turkey into 3 - 4 balls. Spray pan with cooking spray and cook meatballs approximately 7 minutes. Top meatballs with marinara sauce and parmesan cheese.

Drink: Water

Snack

6 oz. light Greek yogurt or kefir

Drink: Water

Meal 3

Grilled Teriyaki Tuna

4 oz. tuna steak 2 Tbsp. low-fat, bottled teriyaki sauce 1 tsp. olive oil 1/3 cup cooked brown rice Fresh spinach

Place tuna steak in saucepan with olive oil. Cook approximately 10 minutes or until meat is done. Add teriyaki sauce and place on top of rice with a side of fresh spinach.

Drink: Water

Optional Snack

1 Kashi granola bar or homemade protein bar

Drink: Water

Post Workout Meal

20 green grapes

Drink: Water

DINING OUT GUIDE

Dining Out Tips

Choose a lean protein with steamed vegetables Don't eat the rolls or bread before the meal, this will save you 300 calories! Ask for baked, not fried Eat what is in season For dessert, choose a fruit platter with light whipped cream Visit an organic restaurant or one that uses only fresh ingredients

If you need to replace a meal by eating out, follow the suggested list of items:

Restaurant	Menu Item	Calories	Fats	Carbs
Boston Market	Roast Turkey 4 oz.	150	2.5	0
Chili's	Cedar Plank Tilapia	200	4	8
Jack in the Box	Asia Chicken Salad with Grilled Chicken, no dressing	180	1.5	22
KFC	Original Recipe, 1 Breast Piece, 5.85 oz, no skin or breading	140	2	1
	Grilled Chicken Breast, 4.2 oz	180	4	0
	Grilled Chicken Drumstick, 1.38 oz.	70	4	0
	Grilled Chicken Wing, 1.16 oz	80	4	0
	Salad, House Side Salad, without dressing or croutons	15	0	2
	Salad, Roasted Chicken Cesar, without dressing or croutons	190	6	5
McDonald's	Cesar Salad, no Chicken, no dressing	90	4	9
	Cesar Salad with Grilled Chicken	220	6	12
	Side Salad	20	0	4
Quiznos	Flatbread Sammies, Cantina Chicken, without cheese	205	4	29

	Flatbread Sammies, Roadhouse Steak, without cheese	195	4	29
Sizzler	6 Shrimp, Fried	215	6	24
	Cesar Salad	50	4	2
	Carrot Raisin Salad	110	6	12
	Creamy Cole Slaw Salad	70	4	6
	Greek Salad	45	4	1
	Chicken Noodle Soup	100	2	14
	French Onion Soup	55	2	6
	Menudo Soup	70	1	14
	Minestrone Soup	70	1	14
Taco Bell	Taco Fresco Style, Ranchero Chicken	170	4	22

NordicTrack Incline Trainer 12-Week Program

Warm - UP Protocol
(completed before every workout)

Roll Out All Joints (ankles to Neck)
Foam Roll Head to Toe (Myofascial Release)
Dynamic Warm - Up

- Soldier Walk
- Jacks
- Plank
- Opposite/Extending
- Hip Lifts
- Reverse Lunge with Rotation
- Double Leg/ Single Leg Hops
- High Knees/Butt Kicks

- Dynamic Hamstring Cross Stretch
- Balance

Cool Down

Foam roll

Yoga Sequence: Downward Dog, Runners lunge, Half Pigeon, Seated Forward Fold, Happy Baby, supine twist, child's pose, savasana

5-Minute Vertical Feet Fitness Bench Mark Test

The NordicTrack Incline Trainer 5 Minute Vertical Feet Test is a 5-minute Fitness Bench Mark test measuring how many vertical feet the participant can climb in 5 minutes. This test will be administered 4 times throughout the 12-week program: Week 1, Week 4, week 8 and week 12.

Duration:

During the study a challenge test was completed as a fun challenge, 5 Minutes vertical challenge move to

Protocol:

1. NT incline trainer must be 30%
2. Speed is participant defined
3. Participant cannot stop the incline trainer
4. Participant cannot pause the incline trainer
5. Participant cannot hold onto anything at anytime
6. Total Vertical Feet in 5 minutes is the recorded footage
7. If participant is unable to complete the full 5 minutes, their time and VF will be recorded at the stopping point to compare to later tests.

NordicTrack Incline Trainer 12-Week Program

Week 1 (see following page)

(15% 1-3mph)
(-3% decline Bouts)

Monday 1

- Review Machine: console, quick touch speed/incline, fan, how to view vertical feet
- Review 4 main benefits of incline training (heart rate, fat utilization, muscle Activation, Variations of movement pattern)
- Introduce participant, to variations (proper form and transitions), skip, carioca, side shuffle,
- Warm up
- Everyone Completes 5 min vertical feet challenge Bench Mark Test (30% incline, user predicted speed).
- Complete week 1 rounds 2 and 3.

Tuesday 2

- Machine Programmed Workout - “High Intensity” - Workout 1

Wednesday 3 (see following page)

- Warm up (15 min)
- Week 1 Rounds 1 - 3
- Cool Down

Thursday 4

- Machine Programmed Workout - “ Set A Goal” - 400 calories

Friday 5 (see following page)

- Warm up (15 min)
- Week 1 Rounds 1 - 3
- Cool Down

NT Incline Program Week 1: Wednesday/Friday

Participants will complete 5-minute vertical feet Fitness Bench Mark Test on the first day of the week. See Program details for benchmark testing procedures. On test day, the participants will only complete round 2 and round 3.

Warm Up: See program details for warm up protocol

15% Incline, 1-3 MPH (-3% decline bouts)

Round 1

Exercise	Incline/Decline	Speed	Duration
Walk Forward	15%	1-3 MPH	1 min
Soldier Walk forward	15%	1-3 MPH	1 min
Opposite and extending			1 min
High Knees - internal/external			30/30 sec
Walk Forward	15%	1-3 MPH	1 min
Soldier Walk forward	15%	1-3 MPH	1 min
Skate Jumps - slow and controlled			1 min
Straight arm plank			1 min
Walk Forward	15%	1-3 MPH	1 min
Soldier Walk Forward	15%	1-3 MPH	1 min

Round 2

Dumbbell squat to Bicep Curl			1 min
DB Front Raise to Lateral Raise			1 min
W-sit			1 min
Alternating Forward Lunge			1 min
Dumbbell Wood chops (high to low)			30/30 sec
Skip forward/Walk Forward	15%	1-3 MPH	30/30

			sec
Skip forward/Walk Forward	15%	1-3 MPH	30/30 sec
Walk Backwards/ Walk Forward	15%	1-3 MPH	30/30 sec
Walk Backwards/ Walk Forward	15%	1-3 MPH	30/30 sec
Soldier Walk Forward	15%	1-3 MPH	1 min

Round 3

Walk Forward	-3%	1-3 MPH	1 min
Regular Jumping Jacks			1 min
Side Shuffle	15%	1-3 MPH	30/30 sec
DB Muay Thai knees			30/30 sec
Walk Forward	-3%	1-3 MPH	1 min
One leg balance- arms overhead			30/30 sec
Side shuffles	15%	1-3 MPH	30/30 sec
Push ups			1 min
Walk Forward	15%	1-3 MPH	1 min
DB Bent Rows			1 min

Cool Down

Week 2

(15% -18% 1-3mph)

(0-5% speed defined by participant)

Monday 1 (see following page)

- Warm up (15 min)
- Week 2 Rounds 1 - 3

- Cool Down

Tuesday 2

- Machine Programmed Workout - “Incline Workout” - Workout 3

Wednesday 3 (see following page)

- Warm up (15 min)
- Week 2 Rounds 1 - 3
- Cool Down

Thursday 4

- Machine Programmed Workout - “Set A Goal” - 2-4 Miles

Friday 5 (see following page)

- Warm up (15 min)
- Week 2 Rounds 1 - 3
- Cool Down

NT Incline Program Week 2: Monday/Wednesday/Friday

Warm Up: See program details for warm up protocol

15% -18% Incline, 1-3 MPH (0-5% sprint, speed defined by user)

Round 1

Exercise	Incline/Decline	Speed	Duration
Walk Forward	15-18%	1-3 MPH	1 min
Soldier Walk Forward	15-18%	1-3 MPH	1 min

Bend-Extend-lower legs			1 min
Opposite and extending abduction			1 min
Side shuffles	15-18%	1-3 MPH	30/30 sec
Walk Forward	15-18%	1-3 MPH	1 min
Push ups (neutral, wide, diamond)			20/20/20 sec
Hip Lifts			1 min
Walk Forward	15-18%	1-3 MPH	1 min
Skip Forward	15-18%	1-3 MPH	1 min

Round 2

DB wood chops (low to high)			30/30 sec
Straight arm plank			1 min
Squat to DB upright row			1 min
One leg balance-leg slightly behind			1 min
Superman			1 min
Walk Backwards/Walk Forward	15-18%	1-3 MPH	30/30 sec
Walk Backwards/Walk Forward	15-18%	1-3 MPH	30/30 sec
Side Shuffle	15-18%	1-3 MPH	30/30 sec
Walk Forward	15-18%	1-3 MPH	1 min
Side Shuffle	15-18%	1-3 MPH	30/30 sec

Round 3

Forward Sprint	0-5%	Sprint	20sprint/10rest 2X
Skate Jumps			

Forward Sprint	0-5%	Sprint	20sprint/10rest 2X
Static Lunge with bicep curl			30 sec/side
Forward Sprint	0-5%	Sprint	20sprint/10rest 2X
Mountain Climbers			1 min
Forward Sprint	0-5%	Sprint	20sprint/10rest 2X
Russian twists (without DB)			1 min
Forward Sprint	0-5%	Sprint	20sprint/10rest 2X
DB Reverse Flies			1 min

Cool Down

Week 3

(18% 2-4mph)
(27% bouts)

Monday (see following page)

- Warm up (15 min)
- Week 3 Rounds 1 - 3
- Cool Down

Tuesday

- Machine Programmed Workout - "Speed Workout" - Workout 5

Wednesday (see following page)

- Warm up (15 min)
- Week 3 Rounds 1 - 3

- Cool Down

Thursday

- Machine Programmed Workout - “Set a Goal” - 600-800 Vertical Feet Climbed

Friday (see following page)

- Warm up (15 min)
- Week 3 Rounds 1 - 3
- Cool Down

NT Incline Program Week 3: Monday/Wednesday/Friday

Warm Up: See program details for warm up protocol

18% incline, 2-4 mph (27% incline bouts)

Round 1

Exercise	Incline/Decline	Speed	Duration
Walk Forward	18 %	2-4 MPH	1 min
Side Shuffle	18 %	2-4 MPH	30/30 sec
Squat to opposite-extending			30/30 sec
Forearm plank			1 min
Walk forward	18%	2-4 MPH	1 min
Side Shuffle	18%	2-4 MPH	30/30 sec
Alternating leg V-ups			1 min
Superman			1 min
Walk Forward	18 %	2-4 MPH	1 min
Skip Forward	18 %	2-4 MPH	1 min

Round 2

DB Bent Rows			1 min
Mountain Climbers			1 min
Reverse Lunges with rotation			1 min
Bicep Curl to shoulder press			1 min
Speed Skate jumps			1 min
Walk Forward/Walk Backwards	18 %	2-4 MPH	30/30 sec
Side Shuffle	18 %	2-4 MPH	30/30 sec
Skip Forward	18 %	2-4 MPH	1 min
Walk Forward/Walk Backwards	18 %	2-4 MPH	30/30 sec
Walk Forward/Walk Backwards	18 %	2-4 MPH	30/30 sec

Round 3

Skip Forward	18%	2-4 MPH	1 min
Straight Arm Plank Jacks			1 min
Walk Forward	27%	2-4 MPH	1 min
Warrior III			30/30 sec
Forward Lunges	18%	2-4 MPH	1 min
W-sit with Chest Press			1 min
Walk Forwards	27%	2-4 MPH	1 min
Squat to upright row			1 min
Side Shuffle	18%	2-4 MPH	1 min
DB Reverse Flies			1 min

Cool Down

Week 4

(18%-21% 1-3mph)

(0-5% speed defined by participant)

Monday (see following page)

- Warm up (15 min)
- Week 4 Rounds 1 - 3
- Cool Down

Tuesday

- Machine Programmed Workout - "Incline Workout" - Workout 6

Wednesday (see following page)

- Warm up (15 min)
- Week 4 Rounds 1 - 3
- Cool Down

Thursday

- Machine Programmed Workout - "Easy", flat 2-4 Miles

Friday (see following page)

- Warm up (15 min)
- Everyone Completes 5 min vertical feet challenge Bench Mark Test (30% incline, user predicted speed).
- Week 4 Rounds 2 and 3; do not do round 1
- Cool Down

NordicTrack Incline Program Week 4: Monday/Wednesday/Friday

Participants will complete 5-minute vertical feet Fitness Bench Mark Test on the final day of the week. See Program details for benchmark testing procedures. On test day, the participants will only complete round 2 and round 3.

Warm Up: See program detail document for warm up protocol

18-21% Incline, 1-3 MPH (0-5% sprint bouts, speed determined by user)

Round 1

Exercise	Incline	Speed	Duration
Walk Forward	18-21 %	1-3 MPH	1 min
Side Shuffle	18-21 %	1-3 MPH	30/30 sec
Air Squats			1 min
Leg Lowers			1 min
Walk Forward	18-21 %	1-3 MPH	1 min
Skip Forward	18-21 %	1-3 MPH	1 min
Double leg hip lifts/ no hand support			1 min
Push ups (neutral, wide, diamond)			20/20/20 sec
Walk Backwards	18-21 %	1-3 MPH	1 min
Side Shuffle	18-21 %	1-3 MPH	1 min

Round 2

Burpees			1 min
DB Reverse Flies			1 min
Alternating Lunges			1 min
Russian twists			1 min
Squat Jacks			1 min
Side Step overs	18-21 %	1-3 MPH	30/30 sec
Skip Forwards	18-21 %	1-3 MPH	1 min
Side Shuffle	18-21 %	1-3 MPH	30/30 sec
Walk Forward/Walk Backward	18-21 %	1-3 MPH	30/30 sec

Walk Forward/Walk Backward	18-21 %	1-3 MPH	30/30 sec
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Round 3

Forward Sprint	0-5%	Sprint	20sprint/10rest 2X
Reverse lunge to Bicep Curl			1 min
Forward Sprint	0-5%	Sprint	20sprint/10rest 2X
Tricep Kickbacks			1 min
Forward Sprint	0-5%	Sprint	20sprint/10rest 2X
Reverse Plank			1 min
Forward Sprint	0-5%	Sprint	20sprint/10rest 2X
Low to High Wood chops with DBs			30/30 sec
Forward Sprint	0-5%	Sprint	20sprint/10rest 2X
Prone swimmers			1 min

Cool Down

Week 5

(21% 2-4mph)

(30% bouts & -4% decline)

Monday (see following page)

- Warm up (15 min)
- Week 5 Rounds 1 - 3
- Cool Down

Tuesday

- Machine Programmed Workout - "High Intensity" - Workout 7

Wednesday (see following page)

- Warm up (15 min)
- Week 5 Rounds 1 - 3
- Cool Down

Thursday

- Machine Programmed Workout - Complete ifit video called Hana run found under the “video” button on the console
-

Friday (see following page)

- Warm up (15 min)
- Week 5 Rounds 1 - 3
- Cool Down

NT Incline Program Week 5: Monday/Wednesday/Friday

Warm Up: See program details for warm up protocol

21% incline, 2-4 MPH (30% bouts & -4% decline)

Round 1

Exercise	Incline/Decline	Speed	Duration
Walk Forward/ Walk Backward	21%	2-4 MPH	30/30 sec
Walk Forward/ Walk Backward	21%	2-4 MPH	30/30 sec
Squat to opposite and extending			1 min
Jacks			1 min
Side Shuffles	21%	2-4 MPH	30/30 sec
Forward Soldier Walk	21%	2-4 MPH	1 min

Single leg hip raise			30/30 sec
Plank Jacks and MTN Climbers			30/30 sec
Walk/Run Forward	-4%	2-4 MPH	1 min
Walk/Run Forward	-4%	2-4 MPH	1 min

Round 2

Push up to DB Row			1 min
Squat-Bicep curl-to overhead press			1 min
V-sit with DB Chest Flies			1 min
Jumping lunges			1 min
Single Leg Explosive Hip Lift			30/30 sec
Gallop	21%	2-4 MPH	30/30 sec
Walk Backward	21%	2-4 MPH	1 min
Carioca	21%	2-4 MPH	30/30 sec
Skip Forward	21%	2-4 MPH	1 min
Walk Forward	-4%	2-4 MPH	1 min

Round 3

Carioca	21%	2-4 MPH	30/30 sec
DB Reverse Flies			1 min
Walk Forward	30%	1-3 MPH	1 min
Single leg RDL			30/30 sec
Walk backward	21%	2-4 MPH	1 min
Lunge, Squat, Lunge - repeat			1 min
Walk Forward	30 %	1-3 MPH	1 min
Tricep Kickbacks			1 min
Around the world	21%	2-4 MPH	15/15/15/15

			sec
Wall sit -DB front raise /DB lateral raise			1 min

Cool Down

Week 6

(21%-24% 1-3mph)

(5%-10% speed determined by participant)

Monday (see following page)

- Warm up (15 min)
- Week 6 Rounds 1 - 3
- Cool Down

Tuesday

- Machine Programmed Workout - "Speed Workout" - Workout 8

Wednesday (see following page)

- Warm up (15 min)
- Week 6 Rounds 1 - 3
- Cool Down

Thursday

- Machine Programmed Workout - Complete Monterey Coastal 5 miles found under "maps" on the console.

Friday (see following page)

- Warm up (15 min)
- Week 6 Rounds 1 - 3
- Cool Down

NordicTrack Incline Program Week 6: Monday/Wednesday/Friday

Warm Up: See program details for warm up protocol

21%-24%, 1-3 MPH (5%-10% sprint bouts, speed determined by user)

Round 1

Exercise	Incline/Decline	Speed	Duration
Walk Forward	21%-24 %	1-3 MPH	1 min
Side Shuffle	21%-24 %	1-3 MPH	30/30 sec
Alternating Side Lunges			1 min
Up downs			1 min
Skip forward	21%-24 %	1-3 MPH	1 min
Walk Backwards	21%-24 %	1-3 MPH	1 min
Squat to Opposite and extending			1 min
Forearm to straight arm plank- repeat			1 min
Walk Forward	21%-24 %	1-3 MPH	1 min
Carioca	21%-24 %	1-3 MPH	30/30 sec

Round 2

Russian Twists with DBs			1 min
Pistol Squats			30/30 sec

Plank to row with Tricep extension			30/30 sec
Chest Flies in V-sit with legs lifted			1 min
Sumo Squats			1 min
Carioca	21%-24 %	1-3 MPH	30/30 sec
High knees forward/Walk forward	21%-24 %	1-3 MPH	30/30 sec
High knees backward/Walk backward	21%-24 %	1-3 MPH	30/30 sec
Side Shuffle	21%-24 %	1-3 MPH	30/30 sec
Gallop Forward	21%-24 %	1-3 MPH	30/30 sec

Round 3

Forward	5%-10%	Sprint	20sprint/10rest 2X
Full or Alternating v-ups			1 min
Forward	5%-10%	Sprint	20sprint/10rest 2X
Lunge with single arm shoulder press			30/30 sec
Forward	5%-10%	Sprint	20sprint/10rest 2X
Speed Skate Jumps			1 min
Forward	5%-10%	Sprint	20sprint/10rest 2X
High to Low Wood Chops with DBs			30/30 sec
Forward	5%-10%	Sprint	20sprint/10rest 2X
Single leg hip lift with			30/30 sec

abduction			
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Cool Down

Week 7

(21%-24% 2-4mph & 1-3mph)
(35% bouts)

Monday (see following page)

- Warm up (15 min)
- Week 7 Rounds 1 - 3
- Cool Down

Tuesday

- Machine Programmed Workout - "High Intensity" - Workout 9

Wednesday (see following page)

- Warm up (15 min)
- Week 7 Rounds 1 - 3
- Cool Down

Thursday

- Machine Programmed Workout - "Set a goal" - 500 calories

Friday (see following page)

- Warm up (15 min)
- Week 7 Rounds 1 - 3
- Cool Down

NordicTrack Incline Trainer Program Week 7: Monday, Wednesday, Friday

Warm Up: See program details for warm up protocol

21%-24% incline, 2-4 MPH & 1-3 MPH (35% bouts)

Round 1

Exercise	Incline/Decline	Speed	Duration
Walk Forward	21%-24 %	2-4 MPH	1 min
Skip Forward	21%-24 %	2-4 MPH	1 min
Jumping Jacks (3 types)			20 sec each
Opposite and extending			1 min
Side Shuffles	21%-24 %	2-4 MPH	30/30 sec
Walk Backwards	21%-24 %	2-4 MPH	1 min
Around the clock lunges			1 min
High Knees and Butt Kickers			30/30 sec
Forward Lunges (slow speed)	21%-24 %	1-2 MPH	1 min
Backward Skip/Walk Backward	21%-24 %	2-4 MPH	30/30 sec

Round 2

Single leg balance DB Rows			1 min
Star Jumps			1 min
Cuban to press			1 min
Side Plank Hip Drops			30/30 sec
Burpees			1 min
Side Skips	21%-24 %	2-4 MPH	30/30 sec
Walk Backward	21%-24 %	2-4 MPH	1 min
Lunge Forward (slow speed)	21%-24 %	1-3 MPH	1 min
Run/Jog Forward	21%-24 %	2-4 MPH	1 min
Carioca	21%-24 %	2-4 MPH	30/30

			sec
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Round 3

Walk Forward	35 %	1-3 MPH	1 min
Leg Lowers - Toe Touches			30/30 sec
Side Shuffle	21%-24 %	2-4 MPH	30/30 sec
DB swings (similar to kb swing)			1 min
Walk Forward	35%	1-3 MPH	1 min
Superman/swimmers			30/30 sec
Carioca	21%-24 %	2-4 MPH	30/30 sec
One Leg Balance with Anterior Reach			30/30 sec
Walk Forward	35%	1-3 MPH	1 min
Dynamic single leg hip lifts			30/30 sec

Cool Down

Week 8

(21%-24% 2-4mph)

(5%-10% speed determined by participant)

Monday (see following page)

- Warm up (15 min)
- Week 8 Rounds 1 - 3
- Cool Down

Tuesday

- Machine Programmed Workout - “Incline” - Workout 9

Wednesday (see following page)

- Warm up (15 min)
- Week 8 Rounds 1 - 3
- Cool Down

Thursday

- Machine Programmed Workout - “Easy”, flat 3-6 miles

Friday (see following page)

- Warm up (15 min)
- Everyone Completes 5 min vertical feet challenge Bench Mark Test (30% incline, user predicted speed).
- Week 8 Rounds 2 and 3; do not do round 1
- Cool Down

NordicTrack Incline Trainer Program Week 8; Monday/Wednesday/Friday

Participants will complete 5-minute vertical feet Fitness Bench Mark Test on the final day of the week. See Program details for benchmark testing procedures. On test day, the participants will only complete round 2 and round 3.

Warm Up: See program details for warm up protocol

21%-24% incline, 2-4 MPH (5%-10% sprint bouts, speed determined by user)

Round 1

Exercise	Incline/Decline	Speed	Duration
Walk Forward	21%-24%	2-4 MPH	1 min
Soldier Walk Forward	21%-24%	2-4 MPH	1 min
Opposite and Extending (abduction)			1 min
Double Leg hip lifts			1 min
Side Shuffles	21%-24%	2-4 MPH	30/30 sec
Jog forward	21%-24%	2-4 MPH	1min
Mountain Climbers			1 min
Squat Jacks			1 min
High Knees Forward/High Knees Backwards	21%-24%	2-4 MPH	30/30 sec
Side Shuffles	21%-24%	2-4 MPH	30/30 sec

Round 2

Squat to upright row			1 min
Weighted Jumping lunges			1 min
Flip Flops (sit-up to push-up)			1 min
Warrior III balance with tricep kickback			30/30 sec
Straight arm Plank to opposite/extending			1 min
Skip Forward/Walk Forward	21%-24%	2-4 MPH	30/30 sec
Skip Forward/Walk Forward	21%-24%	2-4 MPH	30/30 sec
Carioca	21%-24%	2-4 MPH	30/30 sec
Bounding Forward	21%-24%	2-4 MPH	1 min
Skip Backward/Walk Backward	21%-24%	2-4 MPH	30/30 sec

Round 3

Forward	5%-10%	Sprint	20sprint/10rest 2X
Alternating Lunge with DB Lateral raise			1 min
Forward	5%-10%	Sprint	20sprint/10rest 2X
Wall Sit with Shoulder press			1 min
Forward	5%-10%	Sprint	20sprint/10rest 2X
DB v-sit in-n-outs			1 min
Forward	5%-10%	Sprint	20sprint/10rest 2X
Balance one leg single arm Reverse Flies			30/30 sec
Forward	5%-10%	Sprint	20sprint/10rest 2X
Reverse lunge with dynamic knee drive			30/30 sec

Cool Down

Week 9

(21%-24% 2-4mph)

(37% incline bouts & -6% decline bouts)

Monday (see following page)

- Warm up (15 min)
- Week 9 Rounds 1 - 3
- Cool Down

Tuesday

- Machine Programmed Workout - "Speed" - Workout 10

Wednesday (see following page)

- Warm up (15 min)
- Week 9 Rounds 1 - 3
- Cool Down

Thursday

- Machine Programmed Workout - Complete ifit video Haleakala Run found under “videos” button on console - 35 min workout

Friday (see following page)

- Warm up (15 min)
- Week 9 Rounds 1 - 3
- Cool Down

NordicTrack Incline Trainer Program Week 9; Monday/Wednesday/Friday

Warm Up: See program details for warm up protocol

21%-24% incline, 2-4 MPH & 1-3 MPH (37% incline bouts & -6% decline bouts)

Round 1

Exercise	Incline/Decline	Speed	Duration
Walk Forward	21%-24%	2-4 MPH	1 min
Side Shuffle	21%-24%	2-4 MPH	30/30 sec
Jumping Jacks (variations)			1 min
Single Leg hip lifts			30/30 sec
Skip Forward	21%-24%	2-4 MPH	1 min
Jog forward	21%-24%	2-4 MPH	1min
Superman and prone swimmers			30/30 sec

High Knees (internal - external)			30/30 sec
Walk/Run Forward	-6%	2-4 MPH	1 min
Walk/Run Forward	-6%	2-4 MPH	1 min

Round 2

One Leg Balance-arms overhead			30/30 sec
Single Leg RDL			1 min
Full V-ups			1 min
Plank with Row to Tricep kickback			30/30 sec
Spider Monkey Push-ups			1 min
Walk/Run Forward	37%	1-3 MPH	1 min
Squat Jumps Forward	21%-24%	1-3 MPH	1 min
Side Skips	21%-24%	2-4 MPH	30/30 sec
Skip Backward/Skip Forward	21%-24%	2-4 MPH	30/30 sec
Walk/Run Forward	-6%	2-4 MPH	1 min

Round 3

Forward	37%	1-3 MPH	1 min
Squat jumps			1 min
Carioca	21%-24%	2-4 MPH	30/30 sec
Alt. Reverse Lunge with single arm press (palms facing)			1 min
Forward	37%	1-3 MPH	1 min
DB Low to High Wood chops			30/30 sec
Forward	21%-24%	2-4 MPH	1 min
Side Plank with thread the needle			30/30 sec
Forward	37%	2-4 MPH	1 min

Chaturanga			1 min
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Cool Down

Week 10

(21%-24% 2-4mph)

(37% bouts 1-3mph)

(10%-15% speed determined by participant)

Monday (see following page)

- Warm up (15 min)
- Week 10 Rounds 1 - 3
- Cool Down

Tuesday

- Machine Programmed Workout - "High intensity" - Workout 11

Wednesday (see following page)

- Warm up (15 min)
- Week 10 Rounds 1 - 3
- Cool Down

Thursday

- Machine Programmed Workout - "Set a goal" 500-600 calories

Friday (see following page)

- Warm up (15 min)
- Week 10 Rounds 1 - 3
- Cool Down

NordicTrack Incline Trainer Program Week 10: Monday/Wednesday/Friday

Warm Up: See program details for warm up protocol

21%-24% incline, 2-4 MPH AND 37% incline, 1-3 MPH (10%-15% incline sprints)

Round 1

Exercise	Incline/Decline	Speed	Duration
Walk Forward	21%-24%	2-4 MPH	1 min
Skip Forward	21%-24%	2-4 MPH	1 min
Alternating Forward lunge with Reach overhead (hip flexor stretch)			1 min
Reverse Plank			1 min
Side Shuffle	21%-24%	2-4 MPH	30/30 sec
Jog forward	21%-24%	2-4 MPH	1min
Push ups (neutral, wide, diamond)			20/20/20 sec
Squat Jumps (2 forward, 2 backward)			1 min
Walk Forward/Walk Backward	21%-24%	2-4 MPH	30/30 sec
Walk Forward/Walk Backward	21%-24%	2-4 MPH	30/30 sec

Round 2

Straight Arm Plank opposite/extending			1 min
Lunge, Squat, Lunge			1 min
Russian Twists			1 min
DB Bent rows to tricep extensions			1 min
Speed Skate Jumps			1 min
High knees forward/High knees	21%-24%	2-4 MPH	30/30

backward			sec
Side Shuffle (Butt Low)	21%-24%	2-4 MPH	30/30 sec
Skip Forward	37%	1-3 MPH	1 min
Walk backward/Walk forward	37%	1-3 MPH	30/30 sec
Walk/Run Forward	37%	2-4 MPH	1 min

Round 3

Forward	10%-15%	Sprint	20sprint/10rest 2X
Leg Lowers and Toe Touches			30/30 sec
Forward	10%-15%	Sprint	20sprint/10rest 2X
V-Sit with Single Arm Chest Fly			30/30 Sec
Forward	10%-15%	Sprint	20sprint/10rest 2X
Squat to Press			1 min
Forward	10%-15%	Sprint	20sprint/10rest 2X
Flip Flops			1 min
Forward	10%-15%	Sprint	20sprint/10rest 2X
Single Leg Hip Lift with abduction			30/30 sec

Cool Down

Week 11

(21%-24% 2-4mph)
(40% bouts 1-4mph)

Monday (see following page)

- Warm up (15 min)
- Week 11 Rounds 1 - 3

- Cool Down

Tuesday

- Machine Programmed Workout - "Incline" - Workout 12

Wednesday (see following page)

- Warm up (15 min)
- Week 11 Rounds 1 - 3
- Cool Down

Thursday

- Machine Programmed Workout - "Climb" 800-1000 Vertical Feet

Friday (see following page)

- Warm up (15 min)
- Week 11 Rounds 1 - 3
- Cool Down

NordicTrack Incline Trainer Program Week 11: Monday/Wednesday/Friday

Warm Up: See program details for warm up protocol

21%-24% incline, 2-4 MPH AND 40% incline bouts 1-4 MPH

Round 1

Exercise	Incline/Decline	Speed	Duration
Walk Forward	21%-24%	2-4 MPH	1 min
Side Shuffle	21%-24%	2-4 MPH	30/30 sec
Squat to external hip circles			30/30 sec
Mountain Climbers			1 min
Carioca	21%-24%	2-4 MPH	30/30 sec
Walk Backwards	21%-24%	2-4 MPH	1min
Opposite and extending (elbow to knee)			30/30 sec
Squat Jumps - Square			1 min
Walk Forward/Walk Backward	21%-24%	2-4 MPH	30/30 sec
Walk Forward/Walk Backward	21%-24%	2-4 MPH	30/30 sec

Round 2

Static Lunge with front and lateral raises			30/30 sec
Superman and prone swimmers			3/30 sec
Alternating Lunge to bicep			1 min
Plank to single arm reverse fly			30/30 sec
Speed Skate Jumps			1 min
Walk/Jog Forward	21%-24%	2-4 MPH	1 min
Side Shuffle	21%-24%	2-4 MPH	30/30 sec
High knees forward/High knees backward	21%-24%	2-4 MPH	30/30 sec
Bounding Forward	21%-24%	2-4 MPH	1 min
Walk forward	40%	1-4 MPH	1 min

Round 3

Walk/Run Forward	40%	1-4 MPH	1 min
Straight arm Plank to forearm plank (repeat)			1 min
Side Shuffle	21%-24%	2-4 MPH	30/30 sec
Burpees			30/30 Sec
Walk/Run Forward	40%	1-4 MPH	1 min
DB Muay Thai knees			1 min
Carioca	21%-24%	2-4 MPH	30/30 sec
Weighted jumping lunges			1 min
Walk/Run Forward	40%	1-4 MPH	1 min
Dynamic single leg hip lifts			30/30 sec

Cool Down

Week 12

- (21%-24% 2-4mph)
- (40% bouts 1-4mph)
- (10%-15% speed determined by participant)

Monday (see following page)

- Warm up (15 min)
- Week 12 Rounds 1 - 3
- Cool Down

Tuesday

- Machine Programmed Workout - "Speed" - Workout 12

Wednesday (see following page)

- Warm up (15 min)
- Week 12 Rounds 1 - 3
- Cool Down

Thursday

- Machine Programmed Workout - “Easy” 3-6 miles completed

Friday (see following page)

- Warm up (15 min)
- Everyone Completes Final 5 min vertical feet challenge Bench Mark Test (30% incline, user predicted speed).
- Week 12 Rounds 2 and 3; do not do round 1
- Cool Down

NordicTrack Incline Trainer Program Week 12: Monday/Wednesday/Friday

Participants will complete 5-minute vertical feet Fitness Bench Mark Test on the final day of the week. See Program details for benchmark testing procedures. On test day, the participants will only complete round 2 and round 3.

Warm Up: See program details for warm up protocol

21%-24% incline, 2-4 MPH And 40%, 1-4 MPH (10%-15% sprints, user determines speed)

Round 1

Exercise	Incline/Decline	Speed	Duration
Walk Forward	21%-24%	2-4 MPH	1 min
Side Shuffle	21%-24%	2-4 MPH	30/30 sec
Squat to opposite and extending			1 min
Mountain Climbers			1 min
Carioca	21%-24%	2-4 MPH	30/30 sec
Walk Backwards	21%-24%	2-4 MPH	1min
V up			1 min
Push up to knee drive			1 min
Walk Forward/Walk Backward	21%-24%	2-4 MPH	30/30 sec

Walk Forward/Walk Backward	21%-24%	2-4 MPH	30/30 sec
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Round 2

Star Jumps			1 min
Warrior III row to tricep extension			30/30 sec
Squat to press			1 min
V sit DB chest flies			1 min
Pendulums			1 min
Walk/Jog Forward	21%-24%	1-3 MPH	1 min
Side Shuffle	21%-24%	2-4 MPH	30/30 sec
Skip forward/Skip backward	21%-24%	1-3 MPH	30/30 sec
Squat Jumps forward	21%-24%	1-3 MPH	1 min
High Knees forward/High knees backward	40%	1-4 MPH	30/30 sec

Round 3

Forward	10%-15%	Sprint	20sprint/10rest 2X
Weighted squat jumps			1 min
Walk/Run Forward	40%	1-4mph	1 min
V sit Russian twists			1 min
Forward	10%-15%	Sprint	20sprint/10rest 2X
Alt. Reverse lunge with shoulder press			1 min
Walk/Run Forward	40%	1-4mph	1 min
Push up to opposite and extending			1 min


Forward	10%-15%	Sprint	20sprint/10rest 2X
One leg Balance - DB row to straight arm forward raise			30/30 sec

Cool Down

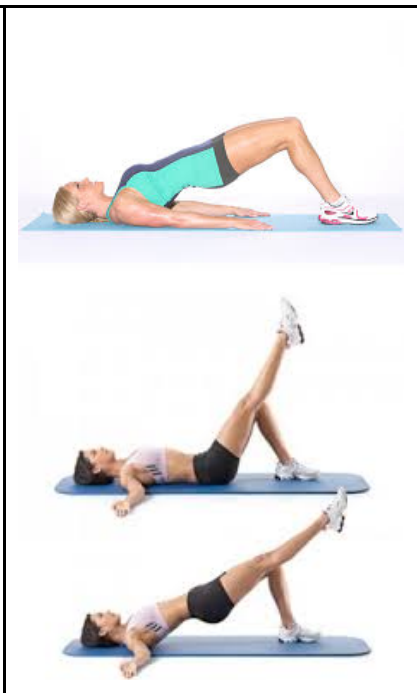
Exercise Library

Warm-up

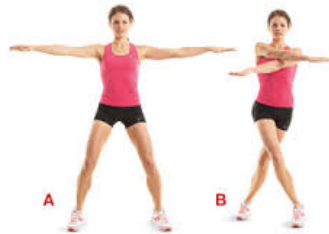
Roll out joints		<p>Legs- Starting with the right ankle, roll three times to the right, then three times to the left Holding right leg up with a 90degree bend in the knee, roll three times to the right, then three times to the left. Keeping the knee bent at 90degrees, repeat circular motion with hip joint, three times right then three times left. Repeat movements with the left leg.</p> <p>Hips-Hinging at the hips, tilt hips forward and back.</p> <p>Shoulders- Roll</p>
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		<p>shoulders forward three times, then back three times. With a slight bend in the hips, let right arm hang in front of the body and swing. Repeat with the left arm.</p> <p>Head- Standing upright, tilt head from right to left, ear to shoulder, three times. Tilt forward and back, chin to chest. Then turn head side to side.</p>
Straigh arm plank		<p>Body in prone position, arms straight. Straight through hips and knees. Heels directly over the ball of the foot.</p>
Opposite and Extending		<p>On hands and knees, extend the right arm in front of body while extending the left leg behind the body. Bring back to starting position and repeat on</p>



		other side.
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<p>Hip lifts Variations: single leg hip lift, hip lift with abduction</p>		<p>On back, knees bent, push hips toward ceiling. Raise and lower hips. Single leg - one leg straight while the other does the hip lift. Hip lift with abduction: single leg, raised leg goes out to the side, away from body and back. Hips are raised and static.</p>
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Jump jacks
Variations: forward
arms, forward legs
crossover








At the same time, jump legs apart, slightly wider than shoulder width, arms come together overhead. Forward arms, forward legs: At the same time jump legs forward and back, arms swing opposite the legs. Crossover: at the same time, jump legs out and arms are also out wide. Jump together, crossing feet and arms.

<p>Reverse lunge with rotation</p>		<p>Start in standing position, stepping right foot back into a lunge keeping knee bent, rotate trunk and arms over the left leg. Stand back up, repeat on the other side.</p>
<p>High knees</p>		<p>Bringing knees up to hip height; quick, repeated motion.</p>


<p>Butt kickers</p>		<p>Kick heels to bum; quick, repeated motion.</p>
<p>Dynamic hamstring stretch</p>		<p>Bending in right knee, left leg straight in front, heel flexed and resting on the floor, hinging at the hip, reach to knee. Repeat on other side.</p>
<p>Balance</p>		<p>On left leg, extend right leg to the side, elevated. Arms overhead. 30 seconds, then repeat on the other side.</p>

Cool-Down

<p>Downward dog</p>		<p>From hands and knees position, push hips to the ceiling. Body will resemble a triangle position. A bend in the knees is acceptable. Straight through elbows and shoulders.</p>
<p>Runners lunge</p>		<p>Keeping knee over the front ankle, step back into a lunge. Stretch should be felt in the hip complex. Lean shoulders back and raise arms for a more intense stretch.</p>


<p>Half pigeon</p>		<p>Tuck front leg in, foot under opposite hip. Back leg should be as straight as possible, top of foot against the floor.</p>
<p>Seated forward fold</p>		<p>Legs straight out in front. Leading with chest, reach for toes.</p>
<p>Happy baby</p>		<p>On back, hips flat against floor. Bring knees to chest and open. If you cannot reach your feet, grab behind your knees.</p>





Supine twist		On back, keeping shoulders on the floor, bring left leg over the top of the body. Look right, arms extended. Repeat on other side
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Child's pose		On all fours, toes together, sit back on heels. Extend arms in front. Knees can be wide for more stretch.
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Savasana		<p>On back, arms extended, palms up. Legs straight and extended, letting feet fall out naturally.</p>
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Workouts




High knees internal/external		<p>In a hopping motion, alternate right leg, bringing knee forward, foot to ground, then knee to the side. Alternate sides.</p>
Skate jumps		<p>Leap side to side taking inside leg behind the other into a shallow lunge. Take opposite hand forward as forward leg.</p>


<p>Dumbbell bicep curl</p>		<p>Starting in squat position, arms with weights by your sides, palms out, straighten knees and curl weights to shoulders.</p>
<p>Dumbbell front raise with lateral raise Variation: wall sit, static lunge</p>		<p>Standing upright, raise weight to shoulder height in front of body, then down to sides, the out to the sides, shoulder height again.</p>
<p>W-sit</p>		<p>Resting on sacrum, keeping back straight, lean back and let feet come off the floor, knees bent. Feet can remain on the floor for a modified version.</p>
<p>Alternating forward lunge</p>		<p>Step forward into a lunge, step back, alternate sides.</p>




<p>Dumbbell wood chops</p>		<p>Legs slightly bent, twist trunk starting with arms on the outside of the knee. Rotate and swing arms high across body.</p>
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<p>Dumbbell muay thai knees</p>		<p>Starting with arms holding weight above head, to the right and left leg extending in the opposite direction, bring arms into trunk with a small twist through the core, while doing the same with the knee. 30 sec on one side, then switch.</p>
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<p>Dumbbell bent row Variation: single leg</p>		<p>Knees slightly bent, slight hinge in the hips, arms with weights parallel to the thigh. Bring weights to lower rib cage, driving elbows straight back.</p>
<p>Bend-extend-lower legs</p>		<p>Lying on the back, legs straight out, bend knees and bring legs to a tuck position, straighten legs to ceiling, lower slowly to the ground. Try to keep legs elevated without touching the ground for duration.</p>
<p>Opposite and extending abduction</p>		<p>On hands and knees, elbow in 90degree bend, bring arm to the side while the opposite leg, also in a 90degree bend, goes to the opposite side. Alternate sides.</p>
<p>Superman</p>		<p>Lying in prone position, arms</p>

		extended forward, raise and lower legs at the same time. IF this puts strain on the back in any way, keep feet on the floor.
Squat to dumbbell upright row		Starting in squat position, arms in front of torso, straight legs and bring weights up, ending in front of chest. Wrists, elbows and shoulders should be in a straight line.
Static lunge with bicep curl		In lunge position, bicep curl weights. Hold lunge entire time.
Mountain climbers		In plank position, drive knee up between elbows in tuck position. Alternate legs. Pace as needed.

Russian Twist		Vsit position with straight back, rotate upper body from side to side. Keep knees steady and not rocking. Add weight as directed.
Dumbbell reverse flies		Knees slightly bent, hinging at hips, arms resting in front of body. Slight bend in elbows, bring weights lateral to shoulder height. Keep eyes up and shoulders back.
Squat to opposite-extending		Slight bend in knees, stand and extend right leg out and slightly back while left arm extends out and up. Alternate sides.

<p>Forearm plank</p>		<p>Plank on elbows. Keep shoulders above elbows.</p>
<p>Alternating leg v-ups Variation: full v-ups</p>		<p>Resting on sacrum, legs extended out, bring right leg up, while upper body crunches toward leg. Alternate sides. Full V-up: legs are together.</p>
<p>Bicep curl to shoulder press</p>		<p>Arms resting at sides, curl weights to shoulders. Rotate wrists slightly while pushing arms overhead finishing with biceps close to head, behind ears.</p>

<p>Straight arm plank jack</p>		<p>In plank position, with slight jump motion in feet, take feet wide then back together repeatedly. Similar to feet when doing jumping jacks.</p>
<p>Warrior III</p>		<p>Hinging at the hip, extend one leg back and both arms extended forward. Keep toes on extended leg pointing toward the floor as not to let the hips rotate out.</p>
<p>W-sit with chest press</p>		<p>W-sit position as before. This time weight or weights in hand, press up ward away from body.</p>




<p>Air squat Variation: squat jump</p>		<p>Knees wide, keeping knees over your shoelaces, stick posterior chain out while you bend to chair height and back up. Back straight, shoulders back.</p>
<p>Leg lowers</p>		<p>Lying on back, arms out to the side or under hips for assistance, legs straight. Raise and lower legs.</p>




Push ups:
neutral,
wide,
diamond







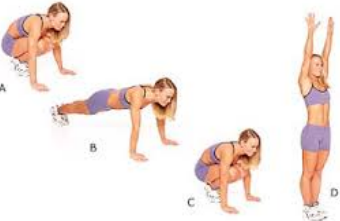
Neutral: hands under
shoulders.
Wide: Hands widely
placed.
Diamond: Hands
directly under chest,
hand creating a
diamond shape.




Pushups can always be
performed on knees.



Burpees		<p>In standing position, crouch down, hands to floor, kick or step feet back. Push up, bring feet to hands in tuck position then stand up.</p>
Squat jack		<p>Staying in a squat position, jump feet out and then back together, as in a jumping jack, but lower.</p>
Reverse lunge to bicep curl		<p>Starting in lunge, arms by sides, push to standing and bicep curl weights to shoulders. Relax arms while stepping opposite leg back into lunge.</p>



<p>Tricep kickback</p>		<p>Knees slightly bent, hinging at hips, keeping elbows close to body extend weights back behind the body. Keep back straight and shoulders back.</p>
<p>Reverse plank</p>		<p>Sitting on floor, legs straight out, hands slightly behind the hips, push hips up and hold. Relax head back.</p>
<p>Prone swimmers</p>		<p>Laying on belly, flutter kick legs and arms. If stress on back, keep feet on floor.</p>




<p>V-sit with chest fly</p>		<p>In V or W sit position, arms wide, slightly bent, bring hands together above chest.</p>
<p>Push up to dumbbell row Variation: tricep extension</p>		<p>Push up, then with weight in hand, drive elbow back keep arm near side.</p>

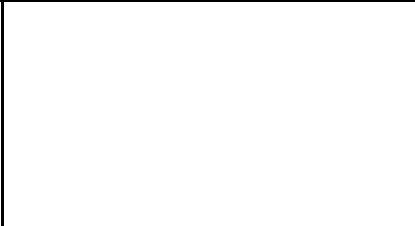


<p>Jump lunges</p>		<p>Lunge with a jump and switch at the top of the jump.</p>
<p>Single leg RDL (romanian dead lift)</p>		<p>On right leg, reach right arm to floor. As arm goes down, leg is tetering back. Keep back straight.</p>
<p>Up downs</p>		<p>Similar to burpee with no push up. Stay strong through core as you jump feet back into plank position.</p>




<p>Forearm to straight arm plank</p>		<p>Starting in straight arm plank, step right arm down to elbow, then the left. Then step back to tall plank.</p>
<p>Pistol squat</p>		<p>Leg extended, proceed to squat on the other leg on the ground. Tall back. Only go as far as your body permits.</p>
<p>Sumo squat</p>		<p>Feet wide, toes point out at 45degree angle. Bend in knees and back up.</p>




<p>Lunge with single arm press Variation: two arm press</p>		<p>Starting in standing position, hands at shoulders, press up with one right arm and lunge forward with left foot. Alternate sides. Variation: press both arms up while stepping into lunge.</p>
<p>Around the clock lunges</p>		<p>Alternating forward lunges at the following times associated on a clock in the following patten: right 12, left 12, right 2, left 10, right 3, left 9, right 5, left 7, right 6, left 6.</p>
<p>Cuban to press</p>		<p>Arms start in front of body, bring elbows high, hands down, rotate hands up, then finish with a full press above head.</p>

<p>Side plank with hip dip</p>		<p>Straight or elbow plank on one arm. Body open. Drop hip and back up.</p>
<p>Dumbbell swing</p>		<p>Similar to a kettlebell swing. Holding weight with two hands, swing through legs keeping back straight and swing in upward motion to head height.</p>
<p>Flip flops</p>		<p>Starting in sitting position, rocking forward, tucking knees under body OR swinging feet around the side, hands to floor, jump into plank position. Push up, then tuck feet in and rock back on back.</p>

<p>Warrior III tricep kickback</p>		<p>In Warrior III position, hold weights near side and press back.</p>
<p>Straight arm plank with opposite and extending</p>		<p>Plank, raise opposite arm and opposite leg in opposite directions. Keep stance in feet wide to sustain balance.</p>
<p>Lunge with lateral raise</p>		<p>Lunge forward, raise arms up at sides.</p>

<p>Wall sit with shoulder press</p>		<p>Sitting with back against wall, 90degree bend in the knee and hips, press weights above head keeping arms close to ears.</p>
<p>Dumbbell V-sit in and outs</p>		<p>V-sit, resting on sacrum, extend legs and arms out, then bring them in, to a tuck position.</p>
<p>Reverse lunge with knee drive</p>		<p>Step back in lunge, then drive back knee forward swiftly.</p>

<p>Spider monkey push up</p>		<p>Legs wider than hips, posterior in air.</p>
<p>Side plank thread the needle</p>		<p>Side plank, top arm extended. Rotate top arm down and thread between body and floor.</p>
<p>Chaturanga</p>		<p>Push up position, 90degree bend in the elbow.</p>

<p>Lunge with overhead reach, hip flexor stretch</p>		<p>Lunge, right leg back, take right arm over head and gently lean to the left.</p>
<p>Push up with knee drive</p>		<p>During push in push up, bring knee to shoulder.</p>
<p>Pendulums</p>		<p>Lying on back, legs extended toward ceiling, lower legs to right side, back up, left side, back up, down and back up.</p>