



Beginner Gym Guide

Hi Friend!

Welcome to my 3 month guide! Thanks for joining <3 I'm so happy to have you here! You're on your way to the best YOU you can be. How exciting!

This guide will include:

- 3 months worth of workouts - structured to be 4 days per week.
- Info about the easiest and most sustainable way of eating.
- A dictionary of fitness lingo

You also receive:

- Custom macronutrient and cardio targets for YOUR body and goals!

Leg Day Active Warm Up and Glute Activation:

- Leg Swings front and back x15 and side to side x15
- Bodyweight walking lunges x 15 each leg
- Banded bodyweight squats x20
- Banded bodyweight stiff leg deadlift x20
- Banded bodyweight hip thrusts x20

Repeat 2-3x

Upper Body Active Warm Up:

- Arm Circles forward x15 then backwards x15
- Bodyweight pushups on knees AMRAP
- Chest stretch (grab hands behind back and pull back)
- Tricep Stretch (extend arms above head and pull down on elbow as hand dangles down)
- Cross body shoulder stretch both directions

Hamstring/Glute Day	Chest/Shoulders/Triceps	Quads/Glute Day	Back/Biceps
*Prescribed amount of cardio + Active Warm Up listed Above	*Prescribed amount of cardio + Active Warm Up listed Above	*Prescribed amount of cardio + Active Warm Up listed Above	*Prescribed amount of cardio + Active Warm Up listed Above
Dumbbell or Barbell Deadlifts 4x12	Dumbbell Chest Presses 3x12	Leg Press Machine SUPERSET w/ optional band above knees	Assisted Pull Up Machine 3x12
SUPERSET	SUPERSET	1) Wide Stance presses x12	
Dumbbell Goblet Squats 4x12	Dumbbell Shoulder Presses 3x12	2) Close stance parallel presses x12	
		Repeat 3x total	
Lying Leg Curl Machine 3x12	Dumbbell Chest Flys 3x12	Dumbbell Single Leg Hip Thrusts 3x12 each leg	Single Arm Bent Over Dumbbell Rows
	SUPERSET	*do these against a bench	3x12 each arm
	Bodyweight Tricep Dips on Bench AMRAP (bend knees to make easier)		
Reverse Lunges holding dumbbells	Dumbbell Upright Rows 3x12	Dumbbell Goblet Sumo Squats x12	Lat Pulldowns 3x12
3x12 each leg	SUPERSET	SUPERSET	SUPERSET
	Dumbbell Lateral Raises 3x12	Jump Squats AMRAP	Dumbbell Bent Over Rear Delt Flys 3x12
		Repeat 3x total	
Side Lunges 3x12 each leg holding dumbbells	Tricep Rope Pull Downs	Walking Lunges Holding Dumbbells 3x12 each leg	Nuetral Grip Rows on Machine 3x12
(keep both feet planted on the ground. Dont straighten working leg all the way up)	Do 10 HEAVY then 10 more with lighter weight		SUPERSET
	Repeat 3x		Dumbbell Bicep Curls 3x12 (both arms at once)

FITNESS LINGO KEY

- **SETS AND REPS:** When I write, for example, Back Squats 4x8, this means 4 sets of 8 reps. Reps are the number of repetitions and sets are the number of cycles. So, if you're squatting a 4x8, then you would squat 8 times. Rest 1 min, and repeat that for 4 cycles.
- **AMRAP** = "as many reps as possible" instead of trying to reach a set number of reps, just do as many as you can. The last one should be really hard.
- **Choosing weight!** At first, deciding which weights to use can be difficult if you are a beginner. To decide if a weight is too heavy or light, choose one, do as many reps as you can. If you can do more than 12, it is too light. If you can't quite do 8 reps, it is too heavy. You should be in the 8-12 rep range for most of the exercises, with the last rep being very difficult. It's the last one, where you're really pushing, that you develop strength.
- **REST PERIODS:** I typically advise resting 45-60 seconds between sets. It may seem like a lot, but it is necessary to get the most out of each exercise. It takes about 60 seconds for the muscle to rest and be able to put out maximum effort on each set. If you aren't resting, each set will feel harder and harder and you won't be able to give your all.
- **SUPERSET** = doing two exercises back to back. For example, if the program says to superset squats with hip thrusts, you would do x number of squats, then immediately do x number of hip thrusts, then rest for a minute and repeat the back to back set 3-4 times depending on what is asked.
- **DROPSET** = If the program calls for a dropset, this means you do one set of the exercise at a heavy weight for 8-12 reps, then immediately drop the weight down 10-20 pounds and try to bang out a few more reps (usually less than 5). Rest 1 min and repeat 3-4 sets. This is a great way to burn out the muscle and keep the heart rate up.

Macro Tracking Guide

What are macros and why do I need to know about them?

Macros = macronutrients.

Macronutrients = the categories of food required in large amounts by the body. The four macronutrients we will be dealing with are 1. protein, 2. carbohydrates (carbs), 3. fats, and 4. alcohol!

Macronutrient #1: Carbohydrates

Fill your plate with healthy carbs, including leafy greens, whole grains and root veggies. A few good picks: vegetables, beans, oatmeal, sweet potatoes, potatoes and quinoa.

Macronutrient #2: Protein

You need plenty of protein but don't go crazy ordering greasy burgers and wings. Instead, choose: fatty fish (salmon, mackerel, herring), cod, lean grass-fed beef, turkey, and eggs. OR if you're vegan (like me) choose tofu, tempeh, beans, nuts, lentils, or meat substitutes like veggie burgers! Getting the right amount of protein ensures that you retain your muscle while losing fat.

Macronutrient #3: Fat

Getting plenty of healthy fats is important for healthy hormone levels, metabolism, mood vitamin absorption. Foods high in essential fatty acids include: coconut oil, olive oil, avocado, nuts, and nut butter.

Macronutrient #4: Alcohol

While this macronutrient should be avoided most of the time, since it provides no nutritional benefit, it can definitely be a healthy part of a diet in moderation (1-3 drinks per week).

Macronutrient tracking is much like calorie tracking. However it is a little more specific and more likely to get you the body composition changes that you are hoping for. Each macronutrient has a specific calorie number per gram assigned to it.

Fat = 9 calories per gram

Carbs = 4 calories per gram

Protein = 4 calories per gram

Alcohol = 7 calories per gram

This may all seem incredibly confusing. BUT here's the catch... I'm going to do most of the work for you!

What you need to do: provide me with your height, weight, goals (fat loss, muscle gain, etc) and normal level of activity outside of the gym.

What I do: Provide you with the right amount of grams of each macronutrient that you should be eating each day to reach your individual goals based on that info.

What you do next: download MyFitnessPal and input each food you eat during the day. This will then total up your macronutrient numbers for you! All you have to do is hit them as closely as possible. And if you are still confused, my email is always open, and I'm more than happy to call and talk it over on the phone!

WHY MACRO COUNTING

I teach macro counting as my main nutrition approach because it is the EASIEST and LEAST restrictive way to manage your nutrition EVER. No foods are off limits, meaning you won't have that "I ate one cookie so I might as well eat the entire box moment". With macro counting, you can obviously make healthier choices with your food, which will make you feel better and stay fuller. BUT! If you want a cookie or two, or any other "not clean" food, it WON'T hinder your progress at all, as long as it fits in your daily goals that I give you.

Eat ALL the foods you love and still get fit and healthy?! What are you waiting for??