HOT MOMZ

ACCOMPLISHED N8

AGGRESSIVE 8 WEEK TRAINING PROGRAM

COMPLETE WITH DETAILED MEAL PLANS AND WORKOUTS

AT HOME OR GYM

CONTENTS

INTRODUCTION	3
WHAT TO EXPECT	4
EQUIPMENT NEEDED	5
TOOLKIT	6
PROGRESS and CHECK-INs	7
PHOTO CRITERIA	9
PHOTO CRITERIA POSES	10
INSTRUCTIONS	11
TROUBLESHOOTING	12
EXERCISE LINGO	13
EXECUTION	14
REST TIME	15
CARDIO	16
THE WORKOUTS	17
WEEK 1&2	18
WEEK 3&4	27
WEEK 5-8	34
DIET	43
PLAN AND EXECUTE	44
CONDIMENTS	45
SUPPLEMENT RECOMMENDATIONS-	46
WEEK 1 Meal Plan	49
WEEK 2	50
WEEK 3	51
WEEK 4	52
WEEK 5 & 6	53
WEEK 7	54
WEEK 8	55

INTRODUCTION

This program was created by Casey Shipp for anyone who is tired of looking at what they see in the mirror. Stepping into the gym as a beginner can be intimidating! I KNOW, I've been there. This program is a great way to jumpstart your confidence and begins working on the new you! This program can be done at home as it was designed with "home training" in mind. However, this program could be done in a gym if you wish.

"No citizen has a right to be an amateur in the matter of physical training... what a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable."

~ Socrates

WHAT TO EXPECT

Motivation, being uncomfortable, better muscle tone, muscle gain, hunger, increased strength, more self-confidence, fat loss & weight-loss, more energy, a hunger for change, better body awareness, improved mobility
&
flexibility.

EQUIPMENT NEEDED

* A Bench or some type of coffee table. Something that resembles a weight bench or Riser/Reebok Step would be best

* Dumbbells- It would be best if you have the kind that are able to be adjusted. If not, get a set of 8lbs, 12lbs or 15 lbs and a heavy set of possibly 25-30 lbs (the heavier you can lift, the better you will look).

* A Stability Ball

* Ankle Weights

* A Pull-up bar for doorway

* Resistance Bands (right click underlined words)

* Resistance Bands 2

* A Yoga Mat

* A Digital Food Scale

* Dumbbells (any weight)

TOOLKIT

WANT MY TOOLKIT? PRODUCTS/ITEMS with my feedback.
10 years tested!

CLICK HERE TO GRAB

PROGRESS and CHECK-INs

How to Check Progress and what you need to do in order to know exactly how your body is responding.

A Note: Through your amazing transformation, PLEASE feel free to upload photos and tag me on Facebook or Instagram so I can personally see your progress and you may be added to our exclusive private Facebook group. It makes me feel good to know you feel better about yourself and are getting the help you may need from the program.

@caseyshipp - Instagram

https://www.facebook.com/Hotmomzlifestyle - Facebook page

#hotmomzlifestyle or #caseyshipp #accomplishedN8 - hashtag

You may also send before and after pictures to support@hotmomzlifestyle.com (not mandatory but you may receive a gift... 'Just sayin')

You will be using two methods to check progress for check-in.

It is very important that you track progress consistently! Progress photos will be the primary source to gauge progress. Measurements will be secondary. You will need a scale that shows body fat or a device to check body fat. See links.

SCALE NUMBER ONE

SCALE NUMBER TWO

PROGRESS and CHECK-INs

Although you will be tracking your weight, your full attention will be on the change in your photos, body shaping, and body fat to weight ratio (NOT BMI). The Scale isn't the best way to track progress. Constantly taking photos under the same guidelines, however, will be the best way. You need to make sure you use full body pictures, same lighting, same clothes, and the same poses. The best and easiest way to get a full body progress photos is to set up the camera facing you, make sure your entire body is in the frame, then hit all the poses you see here. Go back to the video you just took of yourself and pause while scrolling through video and screenshot the poses. The next easiest way to do this is to use your camera in a front facing direction self-timer that way you can consistently hit the poses and know they look like the ones I you need them to.

PHOTO CRITERIA

* Take before photos before starting the program.

* You should set a reminder in your phone to take pictures every 4 weeks. (Starting pictures, after 4 weeks and final 4 weeks)

* Make sure you always take photos in the same circumstances (lighting, clothes, poses, 7am before eating on Friday mornings, etc.)

* Pictures should always be full body shots

* Always send in or compare with a side by side collage (before on left and current on right)

* No Nude Pics

Weigh and measure on the same day, same time, before eating and after poop if possible. Same scale (if you move the scale, it will skew the reading). Note: measurements taken during that time of the month (for women) are also off a bit. Take them anyway and redo the following week. Also, if you weigh in after a cheat meal, you will be up an additional 2-3 lbs., so weigh before your cheat meal.

Go ahead and get starting measurements now so you have something to compare next week weigh/body fat check-in with.

Do poses below. Should have front, side and rear.

PHOTO CRITERIA POSES

Front Pose =

double bicep flex while showing strongest part of quads aka thighs (slightly angle toes open to create a better looking leg shot).

Rear Pose =

Tip Toes or in heels, arch back and poke out butt - arms in front double bicep flex.

Side Pose =

Showcase your midsection - stand with feet facing forward, hips straight while your shoulder turns to face the camera. Leg facing camera is straight.

From Toes up..

INSTRUCTIONS

Over the next 8 weeks, the amount and types of exercise you will be doing will change. Keep track of what you do, how much weight, what hurts, what feels good, and any other feelings on the workout.

We will be doing bodyweight, weight resistance training, dynamic warm-ups, cardio, and stretching.

The best way to get better results and continuous progress is to add resistance.

Example:

if you cannot do a pushup (military kind), start on a counter, then move to a coffee table and then to something lower until you are going down to the floor back up to your chest.
Stability ball work - if you can't use the stability ball for certain ab exercises like Step-offs, use the floor, then an object, until you can use the SB.

TROUBLESHOOTING

You will notice in the final 4 weeks you are going to be doing resistance training plus cardio. If you can't fit cardio AND the workout into the same 60-90 minutes, do the workout first and do cardio later that day. Always do your workout first. We need all energy to go towards the workout and muscle building! Only do what is listed and make note of what you didn't do or had to modify. Note any additions as well.

You should never static stretch before training. I have provided you with a dynamic warm-up routine to do before workouts that will fire up your central nervous system and joints. Do your static stretch after the workout.

If you have knee or back trouble from herniated a Disc, do not do anything that is unilateral like lunges, and/or jumping. Always sub out unilateral moves and do glute bridges, conventional deadlifts, sumo deadlifts, sumo squats or regular squats instead. (exercise demos provided in the routine portion)

If you are new to training and out of shape, I want you to barely (and I do stress barely) come off the ground when doing plyometric jumps. You also can just go through the motion, but do not jump.

If you are a beginner and have never trained, do not do this. Start a 2 week walking or running program, walk stairs and stretch afterwards.

EXERCISE LINGO

A set is when you do an exercise, take a rest and then continue into another exercise.

Example:

A. squats 3x15 rest 90s

B. Glute bridge. A then B means rest for time listed after A, complete all sets BEFORE moving to exercise B

Supersets = no rest after a letter with number.

Example:

A1. Squats 3x15 rest 0s

A2. Glute bridge 3x15 rest 90s

B1. Plank-means, do squats with no rest after and go straight into glute bridge. Rest as time says and complete all sets with A1 & A2 before going to B1.

If we do Giant Set or circuit style = A1. A2. A3. That means do A1, A2 then A3 before you rest.

Circuits = usually 6-8 exercises done as fast as possible with rest at the end.

Example:

A1., A2., A3., A4., A5., A6., A7.

EXECUTION

Download Microsoft word to your smartphone and open the workouts, edit the workout.

Start with dynamic warmup ‘wu’ that corresponds to body part being worked that day.

Example:

Do Upper body Dynamic warm-up before an upper body day. Do lower body Dynamic WU before lower workout. These are designed to prevent injury, warm muscle, lubricate joints, improve flexibility and mobility. This will be laid out in the workout so don’t worry.

REST TIME

**You will be given rest time for each exercise.
Always go heavy and take the max amount of rest.
Taking longer rest allows you to go heavier on the next set!
Going heavier is what will bring the results you are looking for. Trust me! I could care less about “calories burned”.**

**Let’s focus on building muscle so that you burn more calories as a whole. Ever wondered why the people in the free weight section are leaner and more toned than the cardio bunny? It’s because they have more muscle, and when you lift heavy, your heart rate stays in the fat burn zone vs cardio where your heart rate stays high for an extended period and you risk burning muscle which will lower metabolism.
We do not want that.**

CARDIO

We will be doing different types of cardio.

Here are the definitions:

LISS- Low intensity steady state - it's 65% of your max heart rate and to find that you do this formula.

220-age = and x by 65%. I don't want you going higher than 75% max for LISS.

More cardio equal better fat loss?

Circuit workouts and traditional cardio are only an 'adjunct therapy' or final finishers at best when it comes to fat loss. Circuit style workouts are very effective at improving cardiovascular conditioning, burning calories, and more positive outcomes, regardless of diet.

Circuits/hiit and cardio aren't the key to long lasting fat loss.

The real emphasis must always be placed on nutritional compliance and long-term compliance/ consistency to your plan. Exercise plays a very, very secondary role in fat loss.

~You can't out-work a bad diet. ~

THE WORKOUTS

WEEK 1 & 2

Warm-up before each workout using dynamic warm-up below (click hyperlinks for video demo)
1x10 of each

LOWER WARMUP

Inchworm

Birddog or **Monster walk w Band**

Leg Swings

Banded Internal Rotation

Clam

Fire Hydrants

Bodyweight Squat

WEEK 1 & 2

Cheat Meal Night before

Day 1 Lower 1

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A. Squats w SB on Wall	3	15-20	60-90s	HEAVY/add weight each week	
B. Split Squats back foot elevated	3	15-20ea	60-90s	HEAVY/add weight each week	
C. RDL w Weight	3	15-20	60-90s	HEAVY/add weight each week	
D1. Goblet Squat DB	3	15-20	0	HEAVY/add weight each week	
D2. Single Leg Hip Thrust	3	15-20ea	60-90s	HEAVY/add weight each week	
E1. Quadrupled Kick Back w Band	3	15-20ea	0	BAND	
E2. SB Back Extension	3	15-20	0	HEAVY/add weight each week	
E3. SB Reverse Hyperextension SQUEEZE glutes	3	15-20	60-90s	HEAVY/add weight each week	

WEEK 1 & 2

UPPER WARMUP

DO 1x10 unless you feel tight, you may do more.

Broomstick Dislocation

Wall Slides

Subscapular Pushup

BirdDog

T Plank

Arm Circles

WEEK 1 & 2

Day 2 Upper 1

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A. Close Grip Push-up	3	15-20	2-3m	BW	
B. DB row Neutral Grip	3	15-20	2-3m	HEAVY/add weight each week	
C. SB DB Incline Chest Press	3	15-20	2-3m	HEAVY/add weight each week	
D. DB Upright Row	3	15-20	2-3m	HEAVY/add weight each week	
E1. Standing Db bent Arm Raise Lateral	3	15-20	0m	HEAVY/add weight each week	
E2. Standing Shoulder Press DB	3	15-20	2-3m	Add weight as reps go down	
F. Single Arm DB Row	3	15-20ea	2-3m	HEAVY/add weight each week	

WEEK 1 & 2

Day 3- Circuit

Cycle 1

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A1. Speed Squats (prisoner style)	3-6	25	0-30s		
A2. Side Lunges	3-6	12ea	0-30s		
A3. Alternating Jump Lunges*	3-6	12ea	0-30s		
A4. Jump Squats	3-6	12-MAX	45sec-3min		

A3. I want you to get as much air on these jumps as possible.

**For the first 2 weeks -30 seconds between movements;
3 minutes between circuits; 3 circuits total.
For weeks 3 and 4 – cut your rest down to 0 if possible
and 1-2 minutes between circuits; 4 circuits total**

WEEK 1 & 2

Cycle 2

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A1. Pushups	3-4	15-25ea	15-20s		
A2. SHELC	3-4	15-25	15-20s		
A3. Stability Ball Lying One-leg Leg Raises	3-4	15-25ea	15-20s		
A4. SB Glute Bridges	3-4	15-25	1-3min		

Cycle 3

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A1. DB Snatch	3-4	15-25ea	15-20s		
A2. SB Step Off's	3-4	15-25ea	15-20s		
A3. Shoulder Plank Taps	3-4	15-25	15-20s		
A4. Crab Touches	3-4	15-25	2-3min		

WEEK 1 & 2

Day 4 Lower 2

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A. DB Squat	3	15-20	2-3m	HEAVY/add weight each week	
B. Reverse Step Up with Hip flexion	3	15-20ea	2-3m	HEAVY/add weight each week	
C. DB Glute Bridge	3	15-20	2-3m	Go up in weight as reps go down	
D. Sumo DB RDL	3	15-20	2-3m	HEAVY/add weight each week	
E1. Single Leg Calf Raise (you can add weight)	3	15-20ea	0s	HEAVY/add weight each week	
E2. Seated Leaning Forward Band Hip Abductor	3	15-20	2-3m	Heavy as possible	
F. Lateral Leg raise	3	15ea way	2m	Heavy resistance band stay low	

WEEK 1 & 2

Day 5 Upper 2

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A. Db Cheer Press	3	15-20	2-3m		
B. SB Back Extension	3	15-20	2-3m		
C. Pushups	3	15-20	2-3m		
D. Jumping Pullups	3	15-20	2-3m		
E. Lateral Raise Standing	3	15-20ea	2-3m		
F. Close Grip DB Row	3	15-20	2-3m		

WEEK 1 & 2

Day 6 Circuit Cardio week 4

Circuit fashion. A1,A2,A3,A4,A5 no rest. rest 1.5min after A6. repeat 4 times.

EXERCISE	SETS	REPS	REST	WEIGHT
A1. Man Maker	3	10	0s	
A2. Db Lateral Throw	3	10	0s	
A3. 1 Arm Db Snatch	3	10	0s	
A4. Bent Over Row (for this do 3 rows and 1 rdl - that is 1 rep)	3	10	0s	
A5. Sb Pike	3	10	0s	
A6. Db Swings	3	10	2-3m	
A7. Walking Lunges	3	10	2-3m	
A8. Burpees	3	10	2-3m	

WEEK 3 & 4

Warm-up before each workout using dynamic warm-up below (click hyperlinks for video demo) 1x10 of each

LOWER WARMUP

Cheat Meal Night before

Day 1 Lower 1

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A. Squats w SB on Wall	4	15-20	60-90s	HEAVY/add weight each week	
B. Split Squats back foot elevated	4	15-20ea	60-90s	HEAVY/add weight each week	
C. RDL w Weight	4	15-20	60-90s	HEAVY/add weight each week	
D1. Goblet Squat DB	4	15-20	0s	HEAVY/add weight each week	
D2. Single Leg Hip Thrust	4	15-20ea	60-90s	HEAVY/add weight each week	
E1. Quadrupled Kick Back w Band	4	15-20ea	0s	BAND	
E2. SB Back Extension	4	15-20	0s	HEAVY/add weight each week	
E3. SB Reverse Hyperextension SQUEEZE glutes	4	15-20	60-90s	HEAVY/add weight each week	

WEEK 3 & 4

UPPER WARMUP

DO 1x10 unless you feel tight, you may do more.

Day 2 Upper 1

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A. Close Grip Push-up	4	15-20	2-3m	BW	
B. DB row Neutral Grip	4	15-20	2-3m	HEAVY/add weight each week	
C. SB DB Incline Chest Press	4	15-20	2-3m	HEAVY/add weight each week	
D. DB Close Grip Chest Press	4	15-20	2-3m	HEAVY/add weight each week	
E1. Standing Db bent Arm Raise Lateral	4	15-20	0m	HEAVY/add weight each week	
E2. Standing Shoulder Press DB	4	15-20	2-3m	Add weight as reps go down	
F. Single Arm DB Row	4	15-20ea	2-3m	HEAVY/add weight each week	

WEEK 3 & 4

Day 3- Circuit

Cycle 1

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A1. Speed Squats (prisoner style)	3-6	25	0-30s		
A2. Lateral Lunges	3-6	12ea	0-30s		
A3. Alternating Jump Lunges*	3-6	12ea	0-30s		
A4. Jump Squats	3-6	12-MAX	45sec-3min		

A3. I want you to get as much air on these jumps as possible.

**For the first 2 weeks -30 seconds between movements;
3 minutes between circuits; 3 circuits total.
For weeks 3 and 4 – cut your rest down to 0 if possible
and 1-2 minutes between circuits; 4 circuits total**

WEEK 3 & 4

Cycle 2

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A1. Pushups	3-4	15-25ea	15-20s		
A2. SHELC	3-4	15-25	15-20s		
A3. Stability Ball Lying One-leg Leg Raises	3-4	15-25ea	15-20s		
A4. SB Glute Bridges	3-4	15-25	1-3min		

Cycle 3

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A1. DB Snatch	3-4	15-25ea	15-20s		
A2. SB Step Off's	3-4	15-25ea	15-20s		
A3. Shoulder Plank Taps	3-4	15-25	15-20s		
A4. Crab Touches	3-4	15-25	15-20s		

WEEK 3 & 4

Day 4 Lower 2

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A. DB Squat	4	15-20	2-3m	HEAVY/add weight each week	
B. Reverse Step Up with Hip flexion	4	15-20ea	2-3m	HEAVY/add weight each week	
C. DB Glute Bridge	4	15-20	2-3m	Go up in weight as reps go down	
D. Sumo DB RDL	4	15-20	2-3m	HEAVY/add weight each week	
E1. DB Calf Raise (high) single leg	4	15-20ea	0s	HEAVY/add weight each week	
E2. Seated Leaning Forward Band Hip Abductor	4	15-20	2-3m	Heavy as possible	
F. Lateral Leg raise	4	15ea way	2m	Heavy resistance band stay low	

WEEK 3 & 4

Day 5 Upper 2

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A. Db Cheer Press	4	15-20	2-3m		
B. SB Back Extension	4	15-20	2-3m		
C. Pushups	4	15-20	2-3m		
D. Jumping Pullups	4	15-20	2-3m		
E. Lateral Raise Standing	4	15-20ea	2-3m		
F. Close Grip DB Row	4	15-20	2-3m		

WEEK 3 & 4

Day 6 Circuit Cardio week 4

Circuit fashion. A1,A2,A3,A4,A5 no rest. rest 1.5min after A6. repeat 4 times.

EXERCISE	SETS	REPS	REST	WEIGHT
A1. DB or BB DeadLifts	4	10	0s	
A2. DB or BB RDL	4	10	0s	
A3. DB or BB Hang Clean	4	10	0s	
A4. DB or BB Push Press	4	10	0s	
A5. DB Front Squat	4	10	0s	
A6. DB Good Morning	4	10	2-3m	

WEEK 5 - 8

Congratulations! you MADE IT through the first 4 weeks!.

Now, It's time to go heavier and add cardio. You will be following this workout for the last 4 weeks. The only thing that changes is the circuit on Day 6 (see bottom) you will be doing one circuit for weeks 5 -6 & then the other circuit for weeks 7 & 8. They are designed to burn calories and tone muscle.

You will have days where you want to quit and just not do the workout. I recommend taking a pre-workout on those days. (try the visalus PRO energy or any pre-workout sold on bodybuilding.com with a high rating)

Please stick to rest times. They may seem long however, you NEED at least 2-3 minutes for ATP (energy within the muscle to rebuild in order to lift heavier weights). We need you to build muscle that will in turn burn more calories when you are resting.

WEEK 5 - 8

Warm-up before each workout using dynamic warm-up below (click hyperlinks for video demo) 1x10 of each

LOWER WARMUP

Cheat Meal Night before

Day 1 Lower 1

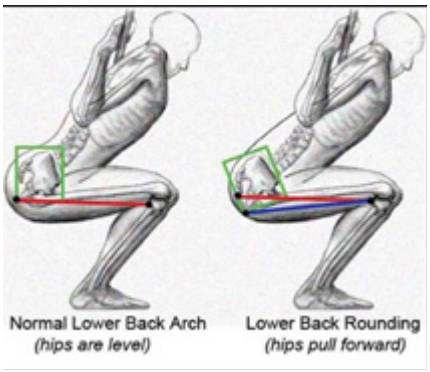
Don’t Forget to do CARDIO. Cardio may be completed after, before or anytime that day. DO 30 min at 65-75% Max heart rate

220-AGE= then multiply by 65,70,75%.
Any cardio equipment works or Hill walks outside.

WEEK 5 - 8

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A. Squats (low bar form) feet wide, toes slightly open, arch hard! touch-ing butt on low box DB or your BB	5	10	1-2m	HEAVY/add weight each week	
B. Split Squats static	4	10ea	2-3m	HEAVY/add weight each week	
C. DB Overhead Squats	4	10ea arm	2-3m	HEAVY/add weight each week	
D1. Goblet Squat	4	15	0m	HEAVY/add weight each week	
D2. Walking Lunges DB beside- Short Stride for quad	4	15ea	2-3m	HEAVY/add weight each week	
E1. SB Back Extension	4	12	0s	BW	
E2. Single Leg RDL	4	10ea	2-3m	HEAVY/add weight each week	

High bar on left (bar sits on Traps vs neck)
Low bar on right (bar on back of shoulders)



To fix butt wink, elevate heels (squat with small plate under heels)

WEEK 5 - 8

UPPER WARMUP

DO 1x10 unless you feel tight, you may do more.

Day 2 Upper 1

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A. Pull- Ups (negatives/ jumping or assisted)	5	Failure at least 10	2-3m	BW	
B. DB row 1 arm (arch)	5	10	2-3m	HEAVY/add weight each week	
C. DB Bent Over Rows	5	8-10	2-3m	HEAVY/add weight each week	
D. Standing DB Shoulder Press (abs tight)	5	8-10	2-3m	HEAVY/add weight each week	
E1. DB Upright Rows	4	12	0m	HEAVY/add weight each week	
E2. Bent Over rear Delt fly	4	15/12/10/8	2-3m	Add weight as reps go down	
F. Palms Up Lateral Raise	4	10	2-3m	HEAVY/add weight each week	

WEEK 5 - 8

Day 3 Active Recovery

Don't Forget to do CARDIO. Cardio may be completed after, before or anytime that day. DO 30 min at 65-75% Max heart rate

220-AGE= then multiply by 65,70,75%.
Any cardio equipment works or Hill walks outside.

Do A1,A2,A3 in order with no rest in between.
rest 2-3m after A3. THEN Move to B1 and B2.
Repeat this circuit 3 x's

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
Run 1 Mile warm- up			0s	13:00	
A1. Weighted Sit ups	3	25	0s		
A2. Reverse Crunches	3	25	60s		
A3. Doorway knee lifts or Plank hold 1 min	3	12 or 1 min	2-3m		
B1. Burpees	3x's 2min max reps	2min max reps			
B2. Jump rope	3x's 2min max reps	2min max reps			

WEEK 5 - 8

Day 4 Lower 2

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A. DB Step Up HIGH (Optional. Remove the hip flexion and just do the step up)	5	8-10ea	2-3m	HEAVY/add weight each week	
B. DB Swings	4	15	2-3m	HEAVY/add weight each week	
C. Band around knee db Glute Bridge shoulder elevated	4	10/8/6/20	2-3m	Go up in weight as reps go down	
D. DB back foot elevated Split Squat holding DB close underhand	4	10ea	2-3m	HEAVY/add weight each week	
E1. DB Calf Raise (high) single leg	4	25ea	0m	HEAVY/add weight each week	
E2. Reverse Lunge into single RDL (lunge and rdl equals 1 per side)	4	10ea side	2-3m	Heavy as possible	
F. X-band Walks	4	15ea way	2m	Heavy resistance band stay low	

WEEK 5 - 8

Day 5 Upper 2

Don't Forget to do CARDIO. Cardio may be completed after, before or anytime that day. DO 30 min at 65-75% Max heart rate

220-AGE= then multiply by 65,70,75%.
Any cardio equipment works or Hill walks outside.

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A. DB Clean and Press	4	10	2-3m		
B. Elbow to hands	4	10ea side	2-3m		
C. Pushups	4	failure	2-3m	BW	
D. Pullups or do jumping negatives	5	Min 8 to failure	2-3m	BW	
E. Db lateral to front raise (lateral to front is 1)	4	10	2-3m		
F1. DB Front Raise underhand (like uppercut punches) same time	4	10	0s		
F2. Rear Delt Fly bent over	4	10	2-3m		

WEEK 5 - 8

Day 6 Circuit weeks 5 & 6

Don't Forget to do CARDIO. Cardio may be completed after, before or anytime that day. DO 30 min at 65-75% Max heart rate

220-AGE= then multiply by 65,70,75%.
Any cardio equipment works or Hill walks outside.

Move through this in circuit fashion. A1,A2,A3 etc with no rest. Rest after A9. Repeat Circuit 3 x's week 5 and 4x's on week 6.

EXERCISE	SETS	REPS	REST	GOAL WEIGHT	WEIGHT
A1. DB Lateral Throw	3-4	10ea	0s		
A2. Incline Pushups	3-4	10	0s		
A3. One Arm DB Snatch	3-4	10ea	0s		
A4. Bent over BB Row into an RDL- for this I want 3 rows and then 1 rdl and that is 1 rep	3-4	10	0s		
A5. SB Pikes	3-4	10	0s		
A6. DB Swings	3-4	10ea	0s		
A7. Plank Pullins	3-4	10ea	0s		
A8. Walking Lunges w DB held overhead	3-4	10	0s		
A9. Burpees	3-4	10	2-3m		

WEEK 5 - 8

Day 6 Circuit Cardio weeks 7-8

Don't Forget to do CARDIO. Cardio may be completed after, before or anytime that day. Do 30 min at 65-75% Max heart rate

220-AGE= then multiply by 65,70,75%.
Any cardio equipment works or Hill walks outside.

Circuit fashion. A1,A2,A3 no rest. rest 2-3min after A3.
Repeat 3 times and THEN, run/walk and lunge
1.5 miles for time. NOTE time!

EXERCISE	SETS	REPS	REST	WEIGHT
A1. Pushups	MAX for 2 min	MAX for 2 min		
A2. Sit Ups	MAX for 2 min	MAX for 2 min		
A3. Pullups or assisted Pullups	MAX for 2 min	MAX for 2 min	2-3m	
B. 1.5 Mile Run/walk-if walking=LUNGE				

DIET

**Speaking of diet, I will have meal plans laid out for you.
I created the meal plans with your taste buds in mind.
They are low calorie and provide exact measurements.
I will also provide macros for those of you who
log in a calorie tracker and count macros vs calories.
Macros = carbs, fat and protein.**

I will have the macros in the meal plan segment.

PLAN AND EXECUTE

For best results, you should be doing the following-

1. Drink a gallon of water a day (even if it means carrying a gallon around so you know what you take in)
2. Must eat Breakfast within 1 hour of waking
3. Must eat PWO 'post workout' meal immediately after training
4. Eat every 2-3 Hours
5. No alcohol
6. Cheat meal only 1x a week. You may eat whatever you want for 90 minutes (restaurant or wherever) I recommend burgers (no bun), fries, froyo for dessert, breakfast foods, steak dinner at restaurant or sushi.
7. Weigh and measure your food on Digital Food Scale

The better and more consistent in following your food plan the better the results. Eat all your meals and don't nibble. Weigh and measure everything. Use your digital food scale.

Have your Cheat Meal on the Sunday-off day, the Night Before Leg day labeled Day 1 lower 1

~Don't let the WEEKEND be your WEAKEND~

CONDIMENTS

May use hot sauce and or mustard on foods as long as there is NO added sugar in the ingredients.

Use Liquid Stevia extract (about $12) from natural food section.

May use Walden farm products as well found in diabetic section at grocery stores.

SUPPLEMENT RECCOMENDATIONS

Not mandatory, only suggestions.

1. Get the EXACT brands I use in the TOOLKIT

2. Take a fat burner of your choice once you wake up or 1 hour before workout. Replace coffee with your fat burner of choice. Fat burners are designed to burn fat and provide energy whereas coffee is just a quick pick me up.

3. Take a whole food vitamin (made from food vs chemicals) in the AM with your first meal and again at night with last meal.

4. At night before bed take I zinc, 1 magnesium (or you can buy ZMA for all in one supp OR a Zinc, Magnesium, Calcium tablet) Helps with recovery and sleep (inexpensive)

5. Take 1000mg of vitamin C; 1 vitamin E before training. (inexpensive)

6. Before bed do 30 crunches and 30 reverse crunches (free)

7. Take 1 serving of liquid Amino acids or serving capsule form (BCAA) before, during or after training - mix w water (can be pricey)

SUPPLEMENT RECCOMENDATIONS

8 Take 1 tsp of Glutamine before and after weight training (can mix with aminos if you have powder aminos) I like dymatize natural with stevia - Helps with digestion and recovery/sickness (iron tek glutamine powder) (can be pricey)

9 Scoop NeoCell 6,600mg Collagen Type 1 anytime - helps joints, and skin (inexpensive) plus, you save money because you aren't buying alcohol or Starbucks ;)

NOTE: if you are taking any RX that contains steroids - for autoimmune diseases, etc. You may not drop weight as easy due to the steroid in your medication.

MEAL PLANS

“Take care of your body. It’s the only place you have to live”

– Jim Rohn

WEEK 1 MEAL PLAN

Plan and Execute

The better and more consistency in following your food plan the better the results. Eat all your meals and don't nibble. Weigh and measure everything. Use your digital scale. These Meal Plans are low calorie so be sure and get in a weekly off plan meal to keep your metabolism up.

1,380 Cal = Macros are about 148c/31f/127p

MEAL 1	MEAL 2	MEAL 3	MEAL 4	PWO- Post Workout Meal
• 85 grams frozen mixed pepper and onion • 16 grams bobs gluten free quick cook oatmeal • 100 grams pineapple tidbits • 15 grams prunes • 5 omega 3 capsule (Bar lean's brand) • 2 whole eggs omega 3 enriched • 194 grams liquid egg whites (in carton)	• 3 oz. boneless skinless chicken breast • 84 grams okra • butter flavor pam spray (3 second spray) • 60 grams no sugar added grapefruit (del monte)	• 3 oz. cod fish • 40 grams instant 5 min grits (not packet) • 80 grams pear fresh • 1 cup fresh collards (cooked steamed)	• 3 oz. orange roughly • 15 grams tomato sauce with Ms. dash over fish • 100 grams broccoli steamed • 100 grams zucchini • 7 grams olive drizzled over food	• 3 rice cake plain • 33 grams dymatize iso chocolate in water • 50 grams polander regular jelly over rice cake

WEEK 2 MEAL PLAN

Plan and Execute

The better and more consistency in following your food plan the better the results. Eat all your meals and don't nibble. Weigh and measure everything. Use your digital scale.

1,380 Cal's- Macros are about 148c/31f/127p

MEAL 1	MEAL 2	MEAL 3	MEAL 4	PWO- Post Workout Meal
• 85 grams frozen mixed pepper and onion • 30 grams bobs gluten free quick cook oatmeal • 5 omega 3 capsule (Bar lean's brand) • 1 whole egg omega 3 enriched • 165 grams liquid egg whites (in carton) • 35 grams fresh black-berries in oats	• 3 oz. turkey cutlets (like breast) • 2 tsp dry McCormick chicken gravy mix (mix with water) pour over food • Butter flavor pam spray (3 second spray) • 120 grams cooked red potato	• 3 oz. boneless skinless chicken breast • 100 grams enriched cooked instant rice white (measure cooked) • 1 cup fresh baby spinach (wilt in eat) • 25 grams raisins	• 100 grams cooked broccoli steamed • 4 oz. maverick ground buffalo • 15 grams tomato sauce with Ms. Dash	• 45 grams rice crispy cereal • 6 oz. unsweetened almond milk • 33 grams dymatize iso chocolate in water

WEEK 3 MEAL PLAN

Plan and Execute

The better and more consistency in following your food plan the better the results. Eat all your meals and don't nibble. Weigh and measure everything. Use your digital scale.

1,323 cals 135c/29f/138p

MEAL 1	MEAL 2	MEAL 3	PWO- Post Workout Meal
• 37 grams iso dymatize chocolate • 9 grams raw almonds • 30 grams bobs gluten free quick cook oatmeal (mix all together) (weigh dry)	• 3 oz. boneless skinless chicken breast • 3 oz. tail on shrimp • 100 grams steamed broccoli • Melt 2 wedges of Swiss laughing cow cheese over food or shrimp and broccoli • 43 grams instant grits (weigh dry)	• 1 package Stouffer fit kitchen rotisserie turkey	• 1 laughing cow ice cream sandwich • 33 grams dymatize iso chocolate in water

WEEK 4 MEAL PLAN

Plan and Execute

The better and more consistency in following your food plan the better the results. Eat all your meals and don't nibble. Weigh and measure everything. Use your digital scale.

1,323 cals 135c/29f/138p

MEAL 1	MEAL 2	MEAL 3	MEAL 4	PWO- Post Workout Meal	SNACK
• 1 whole omega 3 enriched egg • 40 grams fresh black-berries • 115 gram liquid egg whites • 30 grams bobs gluten free quick cook oatmeal (weigh dry)	• 2 cups iceberg lettuce (salad bed) • 1 tbsp. balsamic vinegar (not vinaigrette) • 35 grams avocado • 74 grams or 1 pack of tuna creation lemon pepper • 85 grape tomatoes • 95 chickpeas	• 100 grams steamed broccoli • 80 grams enriched rice white (weigh cooked) • 1 tsp blackening seasoning old bay • 3 oz. cod	• 20 grams prunes • 4 capsule flax oil • 30 grams iso dymatize chocolate in water	• 2 low fat eggo waffles • Walden farm pancake syrup over waffles • 3 oz. chicken tenderloin	• 1 strawberry cheesecake quest bar

WEEK 5 & 6 MEAL PLAN

1,320
94c/51f/121p
low carb/high fat

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5
• 2 slices Applegate Sunday Bacon • 2.8 oz. white meat turkey breast baked or crock pot cooked (may cook in NO sugar added chicken broth) may use seasoning w/o added sugar • 27 grams oatmeal (try gluten free) sweeten with liquid stevia extract or Splenda • 2 cups baby fresh spinach wilted in water	• 15 grams chocolate whey PP • 15 grams raw almonds	• 1 High Fiber Xtreme high fiber labanderita brand if possible (may use mustard) • 3 oz. BS chicken Breast • 30 grams low sugar or sugar free BBQ sauce for flavor on wrap • 100 grams cooked or raw baby carrots	• 1 brown rice cake (Lund burg) • 15 grams Chocolate PP in water • 18 grams almond butter spread on rice cake	(cook veggies to liking- no added oil and quick spray of cooking spray because it counts as fat) • 100 grams or so of collard greens (may use hot sauce w/o added sugar in ingredients) • 100 grams of so of zucchini • 85 grams no skin baked sweet potato • 10 grams ORGANIC butter salted or unsalted in potato

WEEK 7 MEAL PLAN

112c/26f/132p
program
1,210 PWO
Meal 3 or 4

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5
(omelet with salsa on top) may cook veggies however you like NO OIL or added fat/sugar. So steam/sauté in water or broil/ bake • 100 grams herdez salsa or any salsa w/o added sugar in ingredients • 100 grams steamed broccoli • 85 grams steamed zucchini • 100 yellow squash steamed • 5 grams shiitake mushroom (cooked however) • 100 grams cooked baby carrots • 108 grams liquid egg whites	• 113 grams ORGANIC low fat cottage cheese • 152 fresh or frozen no sugar added strawberries in the cottage cheese • 18 grams raw almonds	• 100 grams bok choy (sauté) • 100 grams spaghetti squash cooked (try and add cinnamon and or powdered stevia) tastes great! • 200 grams cooked butternut squash • 5.7 white meat turkey breast (cooked in crockpot or baked) no sugar added broth if you use crockpot	• 140 grams ORGANIC fat free Greek yogurt • 30 grams RAW LOCAL honey	• 100 grams or so of collard greens (may use hot sauce w/o added sugar in ingredients) • 100 grams zucchini steamed • 4 oz. ground bison (try maverick brand 90% fat) 11 grams of fat per 4 oz.

WEEK 8 MEAL PLAN

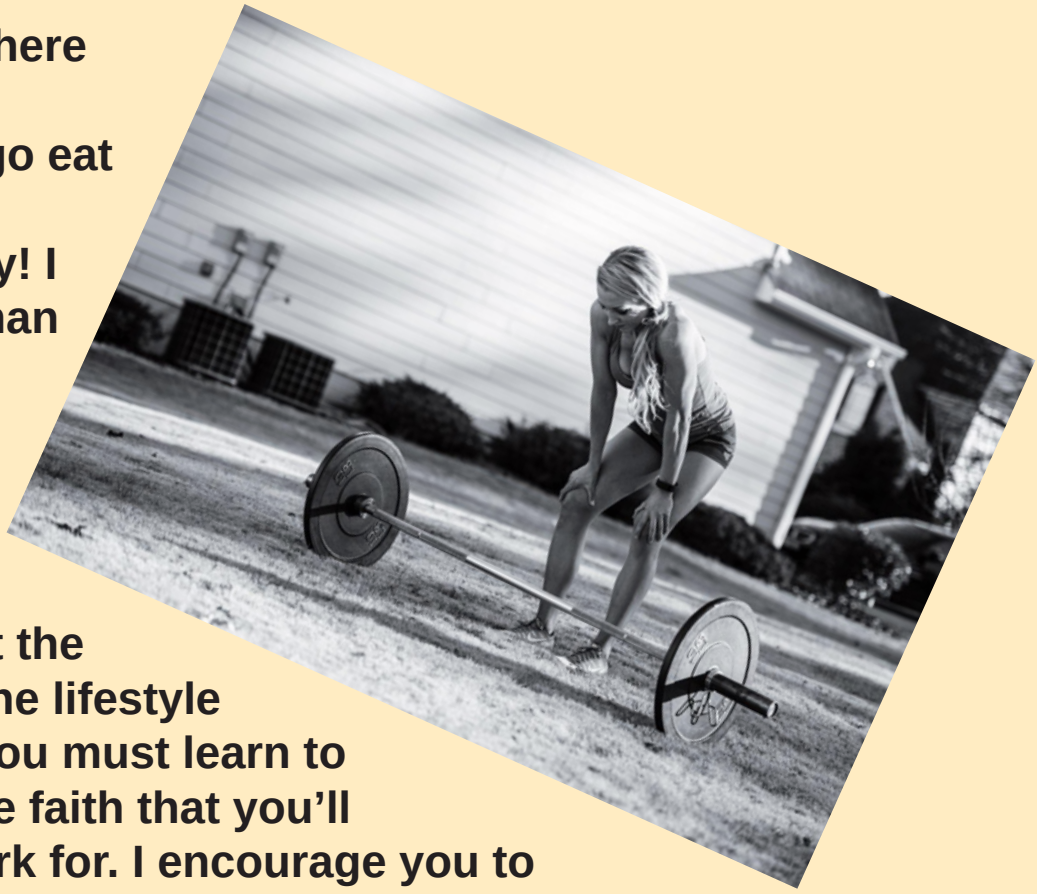
This plan is 1,200 Cal's for those that log in a calorie tracking app
140c/27f/99p
mod carbohydrates.
Meal 2 PWO
Meal 1

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5
• 11 grams chocolate whey protein powder (bodytech - vitamin shoppe brand of dymatize is what I used for this plan) • 18 grams smuckers natural peanut butter mixed in oats and PP • 30 grams quick cook oatmeal (gluten free if possible)	• 1 oz. Purdue fit and easy natural chicken breast boneless skinless • 85 grams uncle bens 10 min cooked brown rice • 170 grams strawberries fresh or previously frozen (no sugar added)	• 1 Bubba burger turkey patty (may use mustard) • 1 skinny bun whole wheat • 15 grams Brads kale Chips OR 25 grams classic hummus and 40 grams baby carrots	• 15 grams chocolate whey protein powder (PP) mix in yogurt (add additional liquid stevia if you need extra sweetness. • 90 grams ORGANIC fat free plain Greek yogurt	• 100 grams of steamed broccoli (may add seasoning without added sugar) • 1.5 BS chicken breast Purdue fit n easy natural

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion."

– Muhammad Ali

ACCOMPLISHED N8



Do I have hard days where I want to say, screw everything, Let's just go eat Mexican and drink margaritas? Absolutely! I have more bad days than good ones and if you look around at most successful people at the top of their game, they know bad days are what it takes to get the gold. You must learn the lifestyle if you want success, you must learn to push through and have faith that you'll get the results you work for. I encourage you to keep going! Winners NEVER quit. Losers never finish.

As a matter of fact most people never get started. I am so proud of you for completing this program. Unfortunately, this life brings so many challenging struggles and how you handle them determines your outcome. It's failure that lets you know you are alive and trying. Without growth we die. I hope to see your progress photos and once again I AM PROUD OF YOU. Be sure to treat yourself to a new outfit ;)

This is a 'Crash' Plan so be sure and merge out by slowly increasing calories and lowering cardio. Repeat it or Sign up for The Hotmomz lifestyle

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