

FREE 15 DAY CHALLENGE

**KNOCK  
OUT** **FITNESS**

WITH COACH KAYTLIN

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# **IT'S TIME TO KNOCKOUT FAT!**

## **LET'S GET STARTED.**

**In my 15 Day Knockout Fitness  
program, you will:**


**Build lean muscle and burn fat.**

**Learn how to eat healthy, simple, and delicious meals.**

**Learn fat burning MMA-inspired workout moves.**

**Gain confidence and feel like a fitness knockout.**

**Have a great time working out!**

A woman with long blonde hair in a ponytail, wearing a black and white sports bra and black leggings, is shown in profile from the waist up, performing a boxing jab. She is barefoot and standing on a grey mat. The background is a dark, slightly textured wall.

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# KAYTLIN'S STORY

Let me tell you about how I came to love fitness. I came from an active family: I watched both of my parents exercise and stay fit, and even as a kid I was a cheerleader and a dancer. I figured out early on that fitness could be really fun...but I also learned that it wouldn't always be easy.

When I started my freshman year of college, I knew I wanted to become a certified personal trainer, in addition to earning my bachelor of science in community health. I was working out 2-3 hours a day, but I was suddenly free to eat whatever I wanted; and I chose poorly. We all know what that's like, right? I realized how bad my nutrition was when I gained the dreaded "freshman 15."

I felt horrible! Here I was, earning my degree in community health, working on becoming a personal trainer, and I couldn't even stay in shape!

I wondered, "How can I be a personal trainer and tell people how to be healthy, when I can't even do it myself?"

I soon discovered the fire and passion I needed when my friends took me to watch an MMA (mixed martial arts) fight. These fierce, fit girls were so confident and tough, I couldn't help but fall in love with the sport!

I knew that I needed to get back in shape in order to become a serious MMA athlete and personal trainer. Knowing myself, I picked a method that I knew would work: I signed up for a bikini competition. I mean, if knowing that hundreds of people will be looking at you in a bikini won't get you eating the right foods, then I don't know what will! The bikini show gave me a goal and deadline, but it was my MMA training that helped me burn fat and get toned.

My own personal fitness and weight loss experience has given me the fuel and knowledge to help thousands of people lose weight and reach their own fitness goals; and now I'm ready to help you too, with my 15 Day Knockout Fitness challenge! MMA works so well because it doesn't feel like working out. I can't think of anything worse than running on the treadmill for an hour, but MMA is fun, fast-paced, and challenging.

I want you to see that getting fit and staying fit will make you happier, healthier, more active, and a more lively person. You don't have to spend hours at the gym to feel strong, confident and full of life. With Knockout Fitness, you can experience all of these benefits in less than a half hour every day with my fast-paced, never-boring workouts.

And as far as food goes, my plans are totally maintainable. I love to eat PB&Js, and I hate

meal plans that are so rigid that you feel like you ruined your whole day if you don't eat lunch at exactly the right time.

My workouts aren't easy: they will totally kick your butt so you can get max calorie burn! We're going to have fun getting sweaty, and we're going to learn how to eat healthy without a million rules to follow.

You ready?



**COACH KAYTLIN**

## TAKING YOUR PICTURES AND MEASUREMENTS

How to Take Perfect Measurements (see next page for examples)

**Chest:** Circumference of rib cage/chest at the nipple line

**Waist:** Circumference of waist at the smallest point – usually an inch or two below ribs

**Belly Button:** Circumference of stomach at the point that is level with belly button

**Glutes:** Circumference of glutes/hips around the fullest part of glutes

**Right Thigh:** Circumference of thigh around the fullest part

**Right Calf:** Circumference of calf around the fullest part

**Right Arm:** Circumference of arm halfway between shoulder and elbow

|              | DAY 1 | DAY 15 |
|--------------|-------|--------|
| WEIGHT       |       |        |
| CHEST        |       |        |
| WAIST        |       |        |
| BELLY BUTTON |       |        |
| GLUTES       |       |        |
| RIGHT THIGH  |       |        |
| RIGHT CALF   |       |        |
| RIGHT ARM    |       |        |



**BELLY BUTTON**



**CHEST**



**GLUTES**



**ARM**



**THIGH**



**CALF**



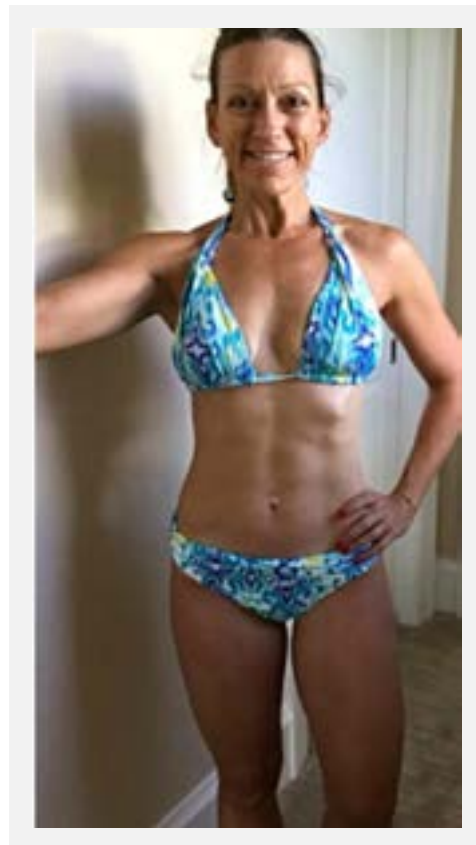
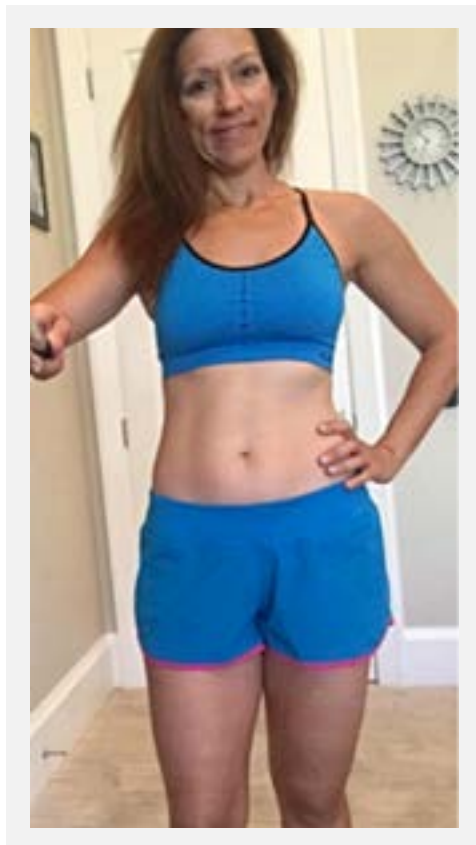
## HOW TO TAKE PERFECT BEFORE/AFTER PICTURES

For your before and after photos, take pictures in the same place and at the same time of day.

Like measurements, take pictures first thing in the morning, after using the bathroom, and before you eat anything.

Wear the same thing in both pictures, preferably shorts and a sports bra.

Include your whole body in the pictures, or at least from the knees up.



# ABOUT KNOCKOUT FITNESS

Here's the (Meal) Plan

Each Day Choose:

**1 Breakfast option**

**1 Lunch option**

**1 Dinner option**

**2 Snack options**

**1 Treat option or additional snack option (I recommend eating this post-workout)**

A big part of this meal plan is making sure that you eat consistently throughout the day — roughly every three hours. This will keep your calorie intake consistent and energy levels up.

I recommend eating your treat option after your workout. And depending on when your workout is, it can also be eaten together with another meal, no need to space it out.

Try to stick to a regular schedule (like mine below). I know each day may be different or busy; and that's OK! Just be sure to eat all of your food every day. Your body needs it.

As long as you're eating all of your meals and spacing them out around three hours apart, you're good to go.

Here's an example of my meal schedule so you can see what that looks like.

**8:00 am Breakfast**

**11:00 am Lunch**

**2:00 pm Snack**

**5:00 pm Dinner**

**8:00 pm Snack**

**Treat – Either I eat my treat after my workout or I end up eating my treat at the same time as my snack or lunch.**

## TIPS

Add as many veggies as you want to each meal or between meals if you're hungry. Broccoli, cauliflower, carrots, brussel sprouts, spinach, leafy greens etc. are all allowed, but stay away from "starchy" veggies like potatoes and corn. They're higher in calories! I included a full list of free veggies found below in your meal plan.

Drink between .75 and ONE gallon of water every single day.

On day six, have a treat meal under 600 calories! (ANYTHING you want. Not EVERYTHING you want.)

Spice it up! Feel free to add light dressings, your favorite spices, vinegars, hot sauces, and other healthy and low or no-calorie options to make things taste good to you. Remember not to go overboard with the dressings; just one serving or less with each meal that needs some.



**MEAL**

**OPTIONS**

These meal plans are based around calorie goals. I've already done the math on the macro-nutrient ratios so you don't have to! Pick from the options below, use substitutions to create recipes you love, or come up with completely new recipes that have at least 20g of protein and that match your calorie goals.

## **VEGETABLES**

These vegetables are "free," meaning that you can eat as much as you like whenever you like! Add them to your meals or eat them as extra snacks.

Asparagus  
Broccoli  
Brussels Sprouts  
Cabbage  
Cauliflower  
Celery  
Collard Greens  
Cucumber  
Eggplant  
Fennel  
Green Onions  
Leeks  
Lettuce (all varieties)  
Mushrooms  
Okra  
Onions  
Bell Peppers  
Radishes  
Snow Peas  
Spinach  
Tomatoes  
Zucchini  
Green Beans  
Carrots  
Pickles (all varieties)  
Squash

These are all just ideas! Feel free to mix them up and cater them to fit your taste preferences! All I care about is that you stay within the calorie ranges for each meal by choosing recipes below or on the approved foods list. If you choose a recipe for a meal that you need more calories added to, just pick an additional snack to get you within the calorie range for your goal.

**25 lbs or less to lose:**

Meals: 300-375 cal | Snacks: 100-200 cal | Treats: 100-200 cal | Total: 1,200-1,725

**26-50 lbs to lose:**

Meals: 325-400 cal | Snacks: 100-200 cal | Treats: 100-200 cal | Total: 1,275-1,800

**50 lbs or more to lose:**

Meals: 350-425 cal | Snacks: 100-200 cal | Treats: 100-200 cal | Total: 1,350-1,875



# BREAKFAST

## YOUR OPPONENT IS TOAST

1 slice of whole wheat or rye bread  
1 egg  
3 egg whites  
1/2 medium avocado  
1 red pepper flakes  
Pinch of salt

**Directions:** Mash the avocado in a bowl, sprinkle as many red pepper flakes as you'd like, and add a pinch of salt. Toast the bread, and spread the mashed avocado on the toast. Cook your eggs how you'd like. I like to make mine over easy and crack the yolk on the toast. You can choose to eat the eggs on the side or on top of the toast!

Calories: 330  
Carbs: 25g  
Fats: 18g  
Protein: 23g  
Sugar: 4g

## I'M AWAKE PANCAKE

1/2 c oat flour  
1 scoop French Vanilla IdealLean Protein  
1/4 c unsweetened almond milk  
2 egg whites  
1 tbsp. coconut oil  
1 tsp. baking powder  
1/4 tsp. baking soda  
1/4 tsp. salt

\*You have up to 45 calories to add toppings! Feel free to use dark chocolate chips, sugar free syrups, peanut butter, just whatever you want as long as you stay within the calorie range!

Mix ingredients until combined. Using a 1/4 c measuring cup, pour batter on hot griddle. Once top of pancake starts to bubble, flip and cook until both sides are done. Eat the whole batch!

Calories: 330  
Carbs: 28g  
Fats: 18g  
Protein: 32g  
Sugar: 1g

## I TOTES WANT S'MORE OVERNIGHT OATS

1/2 c oats  
1/2 c unsweetened almond milk  
1 scoop French Vanilla IdealLean Protein  
1/4 c mini marshmallows  
1 tbsp. mini dark chocolate chips  
1/2 sheet low-fat graham cracker

**Directions:** Mix all of the ingredients together, except the marshmallows and graham cracker. Put the mix into a jar, bowl, or mug. Cover and refrigerate for at least an hour or overnight. Stir in marshmallows and graham cracker before eating!



Calories: 385  
Carbs: 52g  
Fats: 9g  
Protein: 26g  
Sugar: 16g

## **IDEALLEAN OATMEAL**

Follow instructions on the package.  
This is lower in calories than other meal options (180 calories), so you have up to 200 calories to add toppings to this or add in an extra snack if you like!

## **IDEALLEAN MEAL REPLACEMENT SHAKE**

Mix 1 scoop of IdealLean Meal Replacement with 1 cup of liquid of your choice. This is lower in calories than other meal options (180 calories), so you have up to 200 calories to add toppings to this or add in an extra snack if you like!

OR make this yummy recipe:

## **CHOCOLATE PUMPKIN PUMP**

3/4 c unsweetened almond milk  
2 scoops (1 serving) Chocolate IdealLean Meal Replacement Shake  
2 tbsp. pure pumpkin puree  
2 tsp. cocoa powder  
1/4 tsp. ground cinnamon  
pinch ground nutmeg  
pinch ground ginger  
1 tsp. raw honey  
1-2 cups ice cubes

**Directions:** Blend all ingredients and enjoy!

Calories: 255  
Carbs: 31g  
Fats: 7g  
Protein: 22g  
Sugar: 9g

## **STRAWBERRY BAM!-ANA PROTEIN SHAKE**

3/4 c unsweetened almond milk  
1 scoop French Vanilla IdealLean Protein  
1/2 medium banana  
1/2 c strawberries  
3 tbsp. oats  
1-2 cups ice cubes

**Directions:** Put all the ingredients into a blender. Blend & enjoy!

Calories: 250  
Carbs: 31g  
Fats: 4g  
Protein: 24g  
Sugar: 12g

# LUNCH

## **PB&J SLAMWHICH + PROTEIN SHAKE**

2 slices of whole grain or rye bread  
1 tbsp. natural peanut butter  
1 tbsp. natural fruit spread  
1 scoop IdealLean Protein  
1 c water

**Directions:** Spread peanut butter on one slice of bread. Spread jelly on the other slice of bread. Put the two slices of bread together. Mix 1 scoop of the IdealLean Protein with 1 cup of water and drink on the side to hit your protein intake for this meal!

Calories: 395  
Carbs: 50g  
Fats: 10g  
Protein: 32g  
Sugar: 18g

## **DON'T BE A CHICKEN QUESADILLA**

1 whole wheat tortilla  
3 oz chicken  
1/4 c colby & monterey jack cheese  
1 mini package guacamole (100 calorie pack)

Calories: 335  
Carbs: 22g  
Fats: 26g  
Protein: 34g  
Sugar: 0g

## **OH MY KALE THIS TURKEY WRAP IS GOOD**

1 whole wheat tortilla  
4 oz turkey  
1 tbsp. dried cranberries  
2 tbsp. feta cheese  
1-2 c kale  
2 tbsp. lite poppy seed dressing

**Directions:** Put the turkey, cranberries, feta cheese, and kale on the tortilla. Top with dressing and roll it up!

Calories: 300  
Carbs: 33g  
Fats: 10g  
Protein: 30g  
Sugar: 13g

## **BLACKEYES AND BLUEBERRIES PROTEIN SHAKE**

3/4 c unsweetened almond milk  
1 scoop Chocolate Brownie IdealLean Protein  
1/4 c plain nonfat Greek yogurt  
1 c spinach  
1 tbsp. dark cocoa powder  
1 c frozen blueberries  
1-2 c ice cubes

**Directions:** Put all the ingredients into a blender. Blend & enjoy!

Calories: 225

Carbs: 29g

Fats: 3g

Protein: 24g

Sugar: 15g

## **WRECKING RASPBERRY COCONUT MEAL REPLACEMENT SHAKE**

3/4 c unsweetened coconut milk

2 scoops (1 serving) Vanilla IdealLean  
Meal Replacement Shake

2 tbsp. unsweetened coconut, shredded

1/2 c raspberries, fresh or frozen

1-2 c ice cubes

**Directions:** Put all of the ingredients  
into a blender. Blend & enjoy!

Calories: 360

Carbs: 32g

Fats: 20g

Protein: 21g

Sugar: 6g

# DINNER

## **BOP-BQ RANCH CHICKEN QUINOA**

1/2 c quinoa, cooked  
4 oz chicken, cooked  
1/2 c broccoli  
1 tbsp. bbq sauce  
1 tbsp. ranch

**Directions:** Cook the quinoa according to the package. Cook or heat up pre-cooked chicken. Sautee or heat up the broccoli. Put all of the ingredients into a bowl and top with dressings.

Calories: 390  
Carbs: 23g  
Fats: 21g  
Protein: 36g  
Sugar: 9g

## **CHICKEN SALAD BUFF MUFFIN**

1 whole wheat English muffin  
4 oz chicken, cooked  
2 tbsp. Greek yogurt cream cheese  
1 tsp. ranch popcorn seasoning

**Directions:** Toast the English muffin. Microwave the chicken and Greek yogurt cream cheese for 30 seconds. Add the popcorn seasoning into the mix, and then stir. Put the chicken mix on the English muffin.

Calories: 315  
Carbs: 30g  
Fats: 14g  
Protein: 41g  
Sugar: 8g

## **SLAMMIN' STRAWBERRY SALAD**

2 c spinach  
4 oz chicken, cooked  
1 tbsp. feta cheese  
1/2 c strawberries  
2 tbsp. pecans  
2 tbsp. lite balsamic vinaigrette dressing

**Directions:** Top spinach with all the ingredients, mix and enjoy!

Calories: 340  
Carbs: 15g  
Protein: 37g  
Fats: 28g  
Sugar: 9g

## **LEAN AND GREEN SMOOTHIE**

3/4 c unsweetened almond milk  
1 scoop French Vanilla IdealLean Protein  
1 c spinach  
1/2 c raspberries  
1/4 medium avocado  
1 tbsp. lime juice  
1-2 c ice cubes

**Directions:** Put all the ingredients into a blender. Blend & enjoy!

Calories: 210

Carbs: 15g

Protein: 23g

Fats: 8g

Sugar: 3g

## **CHOCOLATE-COCONUT CLOBBED STRAWBERRY MEAL REPLACEMENT SMOOTHIE**

3/4 c unsweetened coconut milk

2 scoops (one serving) Chocolate Ideal-  
Lean Meal Replacement Shake

1/2 c strawberries

1/4 c plain nonfat Greek yogurt

1/2 tsp. vanilla extract

2 tbsp. unsweetened coconut, shredded

1 tbsp. dark chocolate cocoa powder

1-2 c ice cubes

**Directions:** Put all the ingredients into a  
blender. Blend & enjoy!

Calories: 390

Carbs: 37g

Fats: 19g

Protein: 23g

Sugar: 7g

# SNACKS

## YOGURT

1 c plain nonfat Greek yogurt  
1/2 c fruit

**Directions:** Stir all ingredients together, roll into individual balls, and roll balls in extra oats. Refrigerate and enjoy!

## HUMMUS

1/4 c hummus (Sabra® brand or similar)  
1 c veggies (your choice)

One recipe makes 20 bites  
Two bites are one serving  
Each bite will weigh .7 oz on a food scale

## CHEESE AND FRUIT

1 reduced-fat string cheese  
1 c fruit

Nutrition Per Bite (1 protein ball):

Calories: 100

Carbs: 12g

Protein: 4g

Fats: 5g

Sugar: 8g

## RAISIN RICE CAKE

1 rice cake  
1 tbsp. almond butter  
10 raisins  
1 tsp. raw honey

**Directions:** Spread almond butter onto rice cake. Top with the raisins and drizzle honey on top!

Calories: 159

Carbs: 18g

Protein: 5g

Fats: 9g

Sugar: 9g

## FIGHT BITES

1 c quick oats  
1/2 c natural peanut or almond butter  
1/2 c dark chocolate chips  
1/3 c raw honey  
1 scoop IdealLean Protein (any flavor)

# POST-WORKOUT TREATS

## DARK CHOCOLATE

1 oz of 70% or more cocoa

## CHOCOLATE MILK

1 c chocolate milk

## CHOCOLATE PB RICE CAKE

1 rice cake

1 tbsp. peanut butter

5 dark chocolate chips

1 tsp. raw honey

**Directions:** Spread the peanut butter on the rice cake. Top with chocolate chips and drizzle the honey on top!

Calories: 186

Carbs: 19g

Protein: 5g

Fats: 10g

Sugar: 9g

## PROTEIN PUDDING

1/2 c plain nonfat Greek yogurt

1/2 scoop IdealLean Protein (any flavor)

1 tbsp. dark chocolate chips

**Directions:** Mix the protein into the Greek yogurt & enjoy!

Calories: 175

Carbs: 16g

Protein: 20g

Fats: 5g

Sugar: 12g

## IDEALLEAN PROTEIN

1/2 scoop IdealLean Protein (any flavor)

1 c water, milk, or almond milk (Good for post-workout. If you use milk, find a milk that has carbs if it is for after your workout, or preferably pair it with a meal option that doesn't already have the shake in it.)

# **SUPPLEMENT OPTIONS**

## **Help Build Lean Muscle**

IdealLean Protein and IdealLean BCAAs

## **Help Aid Fat Loss**

IdealLean Burner, IdealLean L-Carnitine,  
and IdealLean CLA

## **Increased Energy and Workout Performance**

IdealLean Pre-Workout, IdealLean Stim-Free Pre-Workout,  
IdealLean Burner

## **Help with Joint Health**

IdealLean Glucosamine and IdealLean Krill Oil



## **IF THESE MEAL PLANS DON'T WORK FOR YOU...**

It's simpler to use my meal plans as written above. But if you want to mix things up, or if you have dietary restrictions, or even if you just like to put together your own meals, I've compiled a list of allowed foods. See the calorie recommendations for each meal at the top of the meal plans? Don't exceed those amounts, and you'll still be on the plan! Stick to the calorie guidelines for your plan and make sure you include a serving of protein with each meal and you're good to go!

### **CARBOHYDRATES**

Below is a list of healthy carbs to choose from. Make sure that you're eating the serving size that meets the needs of that meal, and that the total calories of the meal falls within your calorie guidelines.

Oatmeal  
Instant Oatmeal  
Low-fat/fat-free yogurt  
Cream of wheat/cream of rice cereal  
Quinoa  
Barley  
Lentils  
Sweet potatoes/yams  
White potatoes/red potatoes  
Black beans/kidney beans  
Garbanzo beans/hummus  
Plain or cheddar rice cakes  
Air-popped popcorn  
Any cold cereal with 6g sugar or less  
Corn  
Whole wheat tortillas  
Corn tortillas  
Brown rice  
White rice  
Ezekiel bread  
Whole wheat bread  
Whole wheat products  
Whole wheat pasta  
Whole wheat couscous  
Honey/agave/real maple syrup

## PROTEINS

Below is a list of healthy proteins to choose from. Make sure that you're eating the right serving size, and that the total calories of the meal falls within your calorie guidelines.

Egg whites  
Whole eggs  
Chicken breast  
Turkey breast  
93% lean ground turkey breast  
Canned tuna  
Cottage cheese  
Low-fat string cheese  
Beef jerky  
Plain fat-free Greek yogurt  
Flavored Greek yogurt  
96% lean ground beef  
Top round steak  
Top sirloin steak  
Fish, any variety  
Pork tenderloin  
Protein powder  
Fat-free cheese  
Skim milk (This is allowed, but is not strictly a carb or a protein; it's both.)  
Edamame (Same as the milk; both a protein and a carb.)

## FATS

Below is a list of healthy fats to choose from. Make sure that you're eating the right serving size, and that the total calories of the meal falls within your calorie guidelines.

Extra virgin olive oil  
Flaxseed oil  
Coconut oil  
Fish oil capsule  
Natural almond butter  
Natural cashew butter  
Natural peanut butter  
Mixed raw nuts: almonds, walnuts, pecans, brazil nuts, cashews, etc.  
Cheeses: cheddar, mozzarella, blue cheese, goat cheese, feta, etc.

Avocado  
Olive oil mayo (limited amount)  
Smart Balance® Light Butter

## **CONDIMENTS/EXTRAS/DRINKS (IN MODERATION)**

Vinegars  
Low-carb ketchup and mustard  
Hot sauces and salsas  
Seasonings and spices, including salt  
Low-sodium soy sauce or steak sauce  
DaVinci® or Torani® sugar-free syrups  
Splashes of unsweetened almond milk  
Walden Farms® syrups  
IdealLean BCAAs  
Crystal Light® or other low-calorie drink mixes (under 10 calories)  
Sugar-free Jell-O®  
2g sugar-free fat-free pudding powder (smoothie mix-in)  
Diet sodas  
Stevia or Splenda® sweeteners  
1/2 tbsp. unsweetened cocoa (smoothie mix-in)  
Spray-on salad dressings  
Any store-bought salad dressing that is less than 5 calories per serving

## **FRUITS**

All fruits are okay, but limit to one serving.

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# ABOUT THE WORKOUTS

You can do your workouts at any time of day. Each one can be completed in approximately 20-30 minutes. They get longer as the program progresses, and include a warm-up and a cool-down.

## MMA-INSPIRED WORKOUTS

Here are the written versions of your workouts in case you want to do them at the gym, or if you can't follow along with the videos for any reason!

**Equipment needed:** small (1-2lbs), medium (5-12lbs), and heavy (15-20lbs) dumbbells and a couch/chair/bench. Your small (1-2lbs) dumbbells can even be household objects. You just need something to grip that has a little bit of weight for resistance (bananas could even work here!).

### Warm Up (before every workout)

2 deep breaths (with arm raises)  
Jog in place  
Side lunge, each side  
Rotate into runner's lunge, each side  
Bend & straighten front leg 5x, each side  
5 arm circles forward and back  
Jumping jacks  
Knee to chest quad stretch 3x, each leg  
5 squats  
5 toe hold squats  
2 deep breaths

### Cool Down (after every workout)

2 deep breaths  
Hip flexor stretch 3x, each leg  
5 walruses  
Child's pose  
Calf stretch  
Side stretch  
Quad stretch  
Hamstring stretch  
Roll shoulders forward & back  
Tricep & bicep stretch  
2 deep breaths  
And you're done!

# DAYS 1-5 (3 ROUNDS)

## DAY 1

Warm-Up

### Round 1: Hamstrings & Glutes

1st min: Jab, Cross, Hook & 2 Jumping Jacks (60 sec)

2nd min: Frogs (30 sec), Frog Taps (30 sec)

3rd min: Glute Bridge Hold (30 sec), Glute Bridges (30 sec),

Rest (60 sec)

### Round 2: Hamstrings & Cardio

1st min: Straight-Leg Deadlifts

2nd min: Right Stationary Lunge with a Cross (30 sec), Sprint High Knees (30 sec)

3rd min: Left Stationary Lunge with a Cross (30 sec), Sprint High Knees (30 sec)

Rest (60 sec)

### Round 3: Glutes & Cardio

1st min: Right Leg Doggie Curl (30 sec), Plank Jacks (30 sec)

2nd min: Left Leg Doggie Curl (30 sec), Plank Jacks (30 sec)

3rd min: Toe Taps on Bench (30 sec), Jab, Cross, Hook (30 sec)

Cool-Down

# DAY 2

Warm-Up

## **Round 1: Shoulders & Abs**

1st min: Lateral Shoulder Raises (60 sec)

2nd min: Crunches & Punches (60 sec)

3rd min: Front Shoulder Raises (60 sec)

Rest (60 sec)

## **Round 2: Shoulders & Cardio**

1st min: Military Press (60 sec)

2nd min: Mountain Climbers (60 sec)

3rd min: Shoulder Touches (60 sec)

Rest (60 sec)

## **Round 3: Abs & Cardio**

1st min: Ab Bicycles (60 sec)

2nd min: Standing Twists (30 sec), Side Reach (30 sec)

3rd min: Light Weight Punches (60 sec)

Cool-Down

# DAY 3

Warm-Up

## **Round 1: Biceps & Lower Back**

1st min: Alternating Bicep Curls (60 sec)

2nd min: Back Extensions (30 sec), Alternating Back Extensions (30 sec)

3rd min: Alternating Reverse Curls (60 sec)

Rest (60 sec)

## **Round 2: Biceps & Cardio**

1st min: Alternating Forward Lunge & Bicep Curl (60 sec)

2nd min: Front Kick & 2 Jumping Jacks (60 sec)

3rd min: Bicep 90 Degree Hold (30 sec), Hammer Curls (30 sec)

Rest (60 sec)

## **Round 3: Lower Back & Cardio**

1st min: Good Mornings (60 sec)

2nd min: Wrestling Stance (60 sec)

3rd min: Swimmers (60 sec)

Cool-Down



# DAY 4

Warm-Up

## **Round 1: Triceps & Chest**

1st min: Right Tricep Kickback (60 sec)

2nd min: Left Tricep Kickback (60 sec)

3rd min: Standing Chest (60 sec)

Rest (60 sec)

## **Round 2: Triceps & Cardio**

1st min: Dips with Bent Leg (30 sec), Mountain Climber with Couch (30 sec)

2nd min: 2 Foot Hops (60 sec)

3rd min: Jab, Uppercut, Hook (60 sec)

Rest (60 sec)

## **Round 3: Chest & Cardio**

1st min: Invisible Jump Ropes (60 sec)

2nd min: Modified Burpee with Push-Ups (60 sec)

3rd min: Walrus Push-Ups (60 sec)

Rest (60 sec)

## **\*Bonus\* Round 4: Abs**

1st min: Crunches & Punches (60 sec)

2nd min: Heel Touches (60 sec)

3rd min: Heel Touches, Side to Side (60 sec)

Cool-Down

# DAY 5

Warm-Up

## **Round 1: Quads & Calves**

1st min: Squat & Calf Raise (60 sec)

2nd min: Footwork- Front/Front, Back/Back (60 sec)

3rd min: Sumo Squats (30 sec), Sumo Squat Hold (30 sec)

Rest (60 sec)

## **Round 2: Calves & Cardio**

1st min: Alternating Reverse Lunge With 3 Front Leg Calf Raises (60 sec)

2nd min: Footwork- Out/Out, In/In (60 sec)

3rd min: Calf Raises with Feet Facing In (30 sec), Calf Raises with Feet Facing Out (30 sec)

Rest (60 sec)

## **Round 3: Quads & Cardio**

1st min: Roll-Back & Roll-Up (60 sec)

2nd min: Squats (30 sec), Squat Pulses (30 sec)

3rd min: Cross, Hook & Vertical jump (60 sec)

Cool-Down

# DAYS 6-10 (4 ROUNDS)

## DAY 6

Warm-Up

### Round 1: Upper Back & Abs

1st min: Right Bentover Rows (60 sec)

2nd min: Left Bentover Rows (60 sec)

3rd min: Front Plank Tap the Knees on Floor (60 sec)

Rest (60 sec)

### Round 2: Upper Back & Cardio

1st min: Kneel Back Rotation, Right Side (60 sec)

2nd min: Kneel Back Rotation, Left Side (60 sec)

3rd min: Alternating Knee & Sidekick (60 sec)

Rest (60 sec)

### Round 3: Abs & Cardio

1st min: Penguin, Right Side (60 sec)

2nd min: Penguin, Left Side (60 sec)

3rd min: Uppercut, Uppercut, Knee (60 sec)

Rest (60 sec)

### Round 4: Abs

1st min: Plank Hops (Side, Middle, Side) (60 sec)

2nd min: Forward Pedal (30 sec), Backward Pedal (30 sec)

3rd min: Crunches & Punches (60 sec)

Cool-Down

DAY 7

REST  
DAY

# DAY 8

## Round 1: Hamstrings & Glutes

1st min: Right Single-Leg Glute Bridge (30 sec), Left Single-Leg Glute Bridge (30 sec)

2nd min: Glute Bridge(60 sec)

3rd min: Crab Walk (60 sec)

Rest (60 sec)

## Round 2: Hamstrings & Cardio

1st min: Right Single-Leg Deadlifts (60 sec)

2nd min: Left Single-Leg Deadlifts (60 sec)

3rd min: Wrestling Stance with Sprawls (60 sec)

Rest (60 sec)

## Round 3: Glutes & Cardio

1st min: Right Leg Doggie Sidekicks (30 sec), Plank Jacks (30 sec)

2nd min: Left Leg Doggie Sidekicks (30 sec), Plank Jacks (30 sec)

3rd min: Alt. Front Kick & 2 Leg Jacks (60 sec)

Rest (60 sec)

## Round 4: Hamstrings & Glutes & Cardio

1st min: Left Standing Leg Curl (30 sec), Right Standing Leg Curl (30 sec)

2nd min: Wrestling Stance with Sprawls (60 sec)

3rd min: glute bridge hold (30 sec), glute bridge pulse (30 sec)

Cool-Down

# DAY 9

Warm-Up

## **Round 1: Shoulders & Abs**

1st min: Snowmans (60 sec)

2nd min: Crunches with Hip Curl (60 sec)

3rd min: Horizontal Snowmans (60 sec)

Rest (60 sec)

## **Round 2: Shoulders & Cardio**

1st min: Overhead Press (60 sec)

2nd min: Inchworm Push-Ups (60 sec)

3rd min: Alt. Shoulder Touches (60 sec)

Rest (60 sec)

## **Round 3: Abs & Cardio**

1st min: Ab Bicycles (60 sec)

2nd min: Russian Twists (60 sec)

3rd min: Straight Leg Raises (30 sec), Flutters (30 sec)

Rest (60 sec)

## **Round 4: Shoulders, Abs & Cardio**

1st min: Jab-Cross & 2 Jumping Jacks (60 sec)

2nd min: 90 Degree Raise (60 sec)

3rd min: Alternating Heel Touches (60 sec)

Cool-Down

# DAY 10

Warm-Up

## **Round 1: Biceps & Lower Back**

1st min: Hammer Curls (60 sec)

2nd min: Alt. Back Extensions (60 sec)

3rd min: Reverse Curls (60 sec)

Rest (60 sec)

## **Round 2: Biceps & Cardio**

1st min: Alt. Forward Lunge with Bicep Curls (60 sec)

2nd min: Bicep Hold (30 sec), Bicep Twist (30 sec)

3rd min: Sit-Outs (60 sec)

Rest (60 sec)

## **Round 3: Low Back & Cardio**

1st min: Wrestling Stance with Sprawls (60 sec)

2nd min: Weighted Good Mornings (60 sec)

3rd min: Invisible Jump Rope (60 sec)

Rest (60 sec)

## **Round 4: Biceps & Low Back & Cardio**

1st min: Bicep Twists (60 sec)

2nd min: Bicep Curls (60 sec)

3rd min: Alt. 2 Sidekicks & 2 Jumping Jacks (60 sec)

Cool-Down

# DAYS 11-13 (5 ROUNDS)

## DAY 11

Warm-Up

### Round 1: Triceps & Chest

1st min: Overhead Tricep Extension  
(60 sec)

2nd min: Chest Press (60 sec)

3rd min: Chest Flys (60 sec)

Rest (60 sec)

### Round 2: Triceps & Cardio

1st min: Tricep Dips with Couch (30 sec),  
Mountain Climber with Couch (30 sec)  
2nd min: 2 foot Hops Side to Side (60 sec)  
3rd min: Tricep Dips, Straight Leg (30 sec),  
Mountain Climber with Couch (30 sec)

Rest (60 sec)

### Round 3: Triceps, Chest, & Cardio

1st min: Sprawl with 3 Tricep Push-Ups  
(60 sec)

2nd min: Chest Press (60 sec)

3rd min: Light Punches (60 sec)

Rest (60 sec)

### Round 4: Chest & Cardio

1st min: Walrus Push-Ups, Right Side (60 sec)

2nd min: Walrus Push-Ups, Left Side (60 sec)

3rd min: Burpee with Push-Ups (60 sec)

Rest (60 sec)

### Round 5: Abs

1st min: Crunch & Punch (60 sec)

2nd min: Right Oblique Crunch (60 sec)

3rd min: Left Oblique Crunch (60 sec)

Cool-Down



# DAY 12

Warm-Up

## Round 1: Biceps & Back

1st min: Lower Half Bicep Curls (30 sec), Upper Half Bicep Curls (30 sec)

2nd min: Full Bicep Curls (60 sec)

3rd min: Back Flys (60 sec)

## Round 2: Upper Back & Cardio

1st min: Alt. Renegade Rows (60 sec)

2nd min: Plank Jacks (60 sec)

3rd min: 4 High Knees, 2 Knees (60 sec)

## Round 3: Biceps & Cardio

1st min: Bicep Extend & Twist (60 sec)

2nd min: Jab, Cross, Alt. Front Kick (60 sec)

3rd min: Bicep Curl-Outs (60 sec)

## Round 4: Upper Back, Abs, Cardio, & Biceps

1st min: Kneeling Back Rotation, Right Side (60 sec)

2nd min: Kneeling Back Rotation, Left Side (60 sec)

3rd min: Sit-Outs (60 sec)

## Round 5: Abs

1st min: Crunches (60 sec)

2nd min: Alt. Knee Pull In (60 sec)

3rd min: Plank Hold Right Leg Lift (30 sec), Plank Hold Left Leg Lift (30 sec)

Cool-Down

# DAY 13

Warm-Up

## Round 1: Quads & Glutes

1st min: Air Squats (60 sec)

2nd min: Frogs (30 sec), Frog Taps (30 sec)

3rd min: Forward Alt. Lunges (60 sec)

Rest (60 sec)

## Round 2: Glutes & Cardio

1st min: Squat Hold (30 sec), Squat In & Out with Little Jumps (30 sec)

2nd min: Uppercut, Uppercut, Sidekick (60 sec)

3rd min: Squat Kickbacks (60 sec)

Rest (60 sec)

## Round 3: Quads & Cardio

1st min: Roll Back & Roll Up (60 sec)

2nd min: Alt. Side Lunges (60 sec)

3rd min: High Knees (60 sec)

Rest (60 sec)

## Round 4: Quads, Calves & Cardio

1st min: Sumo Squats (60 sec)

2nd min: Footwork- Front/Front, Back/Back (30 sec), Out/Out In/In (30 sec)

3rd min: Squat & Raise (60 sec)

Rest (60 sec)

## Round 5: Abs

1st min: Crunch & Punch (60 sec)

2nd min: Forward Pedal (30 sec), Reverse Pedal (30 sec)

3rd min: Planks with Knee Pull-In (60 sec)

Cool-Down

DAY 14

REST  
DAY

# PRO ROUND! DAY 15

Warm-Up

## Round 1: Everything

1st min: Squat (30 sec), Squat Hold Pulse (30 sec)

2nd min: Jab, Cross, Hook, Weave, Weave (60 sec)

3rd min: Alt. Reverse Lunge (60 sec)

4th min: Jab, Cross, Hook, Weave, Weave (60 sec)

5th min: Squat (30 sec), Squat Hold Pulse (30 sec)

Rest (60 sec)

## Round 2: Everything

1st min: Walrus Push-Ups (60 sec)

2nd min: Uppercut, Uppercut, Alt. Knee (60 sec)

3rd min: 3 Glute Bridges & 3 Crab Walks (60 sec)

4th min: Uppercut, Uppercut, Alt. Knee (60 sec)

5th min: Walrus Push-Ups (60 sec)

Rest (60 sec)

## Round 3: Everything

1st min: Roll Back & Roll Up (60 sec)

2nd min: Back Flys (60 secs)

3rd min: Sit-Outs (60 sec)

4th min: Bicep Curls (60 secs)

5th min: Roll Back & Roll Up (60 sec)

Rest (60 sec)

## Round 4: Everything

1st min: Right Elbow to Knee (60 sec)

2nd min: Footwork- Out/Out, In/In (60 sec)

3rd min: 5 Squats & 5 Calf Raises (60 seconds)

4th min: Footwork- Front/Front, Back/Back (60 sec)

5th min: Left Elbow to Knee (60 sec)

Rest (60 sec)

## Round 5: Everything

1st min: Lateral Shoulder Raise (60 sec)

2nd min: Cross, Hook, Cross, Sprawl

3rd min: Front Shoulder Raise (60 sec)

4th min: Cross, Hook, Cross, Sprawl

5th min: Plank

Cool-Down

**YOU  
DID  
IT!**



# FAQS

## **Q: What if I'm hungry? What can I eat?**

A: This plan does include snacks, plus a treat, every day! But if you're still hungry, remember that you can eat as many vegetables as you like... including pickles! See the list of veggies in the meal plan section for ideas.

## **Q: What if I miss a workout?**

A: This is a short challenge, so every workout really counts. But if you do miss one, you can double-up on workouts the next day! They're short and they don't all work the same muscle groups, so you'll be fine. That said, don't plan on doubling up your workouts. The challenge will be more effective if you do it exactly as directed!

## **Q: How much water should I drink?**

A: At least 3/4 of a gallon, or up to 1 whole gallon. This is at least 12 measured cups of water per day, or about 6 average-sized (16 oz) water bottles. I like to use an actual gallon jug of water so that I can see exactly how much I'm drinking in a day! Start first thing in the morning — don't leave your water intake until the afternoon or you'll struggle. And you might be up a lot during the night.

## **Q: Do we have to drink just water or can we flavor it?**

A: You can drink IdealLean BCAAs, or add a half-squeezed lemon, or other low-calorie drink mixes.

## **Q: Can I have diet drinks during the challenge?**

A: Yes! Diet sodas and low-calorie drinks are allowed. Just make sure that you're also drinking the recommended amount of water.

## **Q: The workouts are too short for me. What can I do to lengthen them?**

A: Repeat the first three rounds of the workout if you want more. You can also add some cardio to your day as a supplement to my workouts. It all depends on your fitness level when

you begin the program.

**Q: Can we work out on top of these workouts?**

A: Yes! You can add these workouts to your normal workout routine if you like. Just listen to your body, and if you ever feel burned out or exhausted, limit yourself to only my workout for the day.

**Q: What if I don't want to eat the recipes on the meal plan?**

A: No problem! Refer to the food lists of carbs, protein, and fats I included, and be sure to hit your calorie targets for each meal and get 20g of protein per meal you eat.

**Q: Can I have coffee or tea on this challenge?**

A: Yes! You can have coffee and tea as long as you don't use sugar or creamer. Feel free to use 2 tbsp. unsweetened almond milk as a creamer, and a stevia to sweeten. If you add Ide-  
alLean Protein to your coffee as a creamer/sweetener, make sure to count this as a snack for the day!

**Q: Can I have wine or alcohol on this challenge?**

A: This challenge is only 15 days long so do your best to cut out alcohol. If you're really craving a glass of wine or a cocktail, save it for your treat meal. You'll be able to savor and appreciate it that much more when you reserve it for a special treat.

**Q: What if I am not working out to the videos and prefer to work out at the gym, but don't know how to do an exercise?**

A: If you plan on doing your workouts at the gym, I suggest bringing a printout of the written workout with you, or viewing it on your phone. Before you work out, skim over the video and make notes about the exercises you don't know how to do. Another option is to pull up the video on your mobile device so you can reference the demonstrations on form there.

**Q: What if I'm a vegetarian or vegan?**

A: Feel free to choose vegetarian or vegan options from the allowed foods list that have a good amount of protein, healthy carbs, and fats for your meals that fit in the calorie range. For snacks, choose high-protein snacks that fit in the snack calorie range. This plan is definitely doable for vegetarians and vegans!

**Q: What should I do after the challenge ends? What's your routine, Kaytlin?**

A: If you want to continue losing weight, then I suggest continuing to eat within the calorie ranges I've given you, and sticking to an almost-daily workout routine that you enjoy! You can also repeat my challenge again for accelerated results! :)

Personally, I eat a pretty relaxed diet, but I try to stick within the calorie ranges given in this program. For breakfast, lunch, and dinner I eat around 300-400 calories, and I eat two snacks of 100-200 calories every day. For a treat, I stay within the 100-200 calorie range as well: a cookie, a brownie, or a cupcake! I generally eat pretty healthy because my body now craves healthy foods, but I still have a sweet tooth... so I add a treat into my daily calorie allowance!

**Q: What is IdealLean Protein?**

A: IdealLean Protein is a high quality whey protein isolate designed to help you recover effectively after training and build lean muscle. IdealLean Protein only contains 80 calories per serving, and has 20g of protein, but doesn't contain any sugar, carbs, or fat. It mixes up easily by itself, but can also be used as a delicious base for smoothies and shakes with fruits, vegetables, and juices.

**Q: What are IdealLean BCAAs?**

A: IdealLean BCAAs are designed to be taken during your workout, to help your muscles recover quickly so you can get back into action ASAP. They also contain a Fat Loss Blend to help you stay lean, and coconut water powder to keep you hydrated. They have 0g sugar, 0g fat, and 0g carbs so you can stay on track and build a lean and toned body. They are easy to mix up and come in delicious flavors.

**Q: What if I don't want to lose weight? What if I just want to maintain?**

A: If you want to maintain your current weight, then aim to hit the higher calorie amount within the "50 lbs or more to lose" range and adjust as needed.

**Q: What if I want to gain weight?**

A: If you want to gain weight, then aim to hit the higher calorie amount within the "50 lbs or more to lose" range, and continue adding calories until you are gaining 1-2 pounds a month.





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