

 **TRAINERLINDSEY**

SIX WEEK FIT BODY

SCULPT



WELCOME

TO MY 6 WEEK FIT BODY
SCULPT



Introduction

I am so excited to share this new program I created, because YOU told me you needed it. Over 250,000 of you (and counting!) have participated in my previous 15 Day Challenge and 6 Week Fit Body Challenge and have learned how to work out and eat well. Some of you have done these challenges over and over again to achieve some incredible results!

Because so many of you have made this a lifestyle, I started hearing from you that you need more. Many of you are at or close to an ideal weight, and are ready for a new focus. You need a new goal; you need to kick your workouts up a notch and your nutrition needs to match it.

So I set out to develop a brand new program that will help you accomplish those new goals. All of the workouts are gym-based, utilizing lots of heavy weight, designed to help you get stronger and more fit through the six weeks. These gym workouts will help you push yourself to lift heavy, creating more self-confidence and a sense of empowerment.

With the 6 Week Fit Body Sculpt, the focus is OFF the scale. You won't be weighing in as often, but using the scale with other metrics in evaluating your efforts. This program is designed to help you build on the foundation of the fitness goals you have already achieved. Instead of focusing solely on weight loss, this program will also help you get stronger and more fit than ever before.

Unique to this program are two "tracks" I designed to personalize to your own goals. The "Tone Track" helps you find that sweet spot between getting leaner, even if the scale changes more slowly than you've seen before, and building your strength simultaneously. The "Strength Track" is for those of you who are at your goal weight but maybe want to work on building strength, muscle, and improving your fitness level. Fitness goals can go way beyond just weighing a certain number on a scale and this is the perfect program to help you focus on a new one! More on that later.



And let's talk about the food! Because neither of the tracks will be successful for you if you don't eat properly. The big focus on this new program is fueling your workouts to get stronger, more fit, and training your metabolism to be a furnace! Included are eight different meal plans with plenty of yummy recipes that will help you stay full, satisfied, and feel amazing during your workouts and everyday life. Combined with proper hydration and the right supplementation, you will be unstoppable.

Above all, this program will teach you what body composition really means. It's not about being skinny or weighing less but understanding how to change the composition of your body and how weightlifting and the right kind of cardio will get you there.

With my own fitness journey and over a decade of training under my belt, I've learned that if you want to see lasting results you have to hit it from all angles. Focused workouts, on point nutrition, lots of water and using the appropriate supplements will get you to your goals.

And when you achieve those goals, adjusting and setting new ones will keep you motivated and hungry for more. That's why I made this program: for the thousands of you who have made it a lifestyle to be fit and are hungry for more. If you follow it as outlined, you will amaze yourself at what you can achieve. It's important to love the process and take pride in your hard work.

Thanks for bringing me along on your journey, be sure to use these hashtags in your posts so I can follow your amazing progress. Time to sculpt!

#trainerlindseystribe

#fitwithlinds

#fitbody

#fitbodysculpt

#trainerlindsey

#FBS

XOXO,
Lindsey



FIT BODY
SCULPT

08	FIT TEST
13	NUTRITION
22	WORKOUTS
26	FAQS



What You Need For This Program

- IdealLean supplements (Protein, BCAA's, Pre-Workout, Fat Burner (optional), Nighttime Probiotic, Protein Bars)
- Gym membership*
- Food scale
- Measuring tape
- Scale for weigh-in's

*You CAN do this program without a gym membership with some adjustments. If it's not possible to get to a gym you will need a wide assortment of dumbbells and a stability ball.

FIT TEST

Getting Started

The heart of this program enables you to build on the progress you have already made in your fitness journey.

Fit Test

You will complete this fit test before beginning the six-week program to give you a baseline, and again when you finish, to measure your progress against that baseline. It's important to monitor your progress in many different ways and measuring your fitness level is just as important as taking pictures and measurements. As I mentioned before, weight will be monitored, but only taken into consideration with the other metrics.

You will complete four tests below after a five minute warm-up. Walk or jog for five minutes on a treadmill or do jumping jacks for 30 seconds on/30 seconds rest for five minutes. Once you are warmed up, complete the test below, taking time to rest for five minutes between each one OR by doing each test on a separate day. Remember to do the test the same way at the end of the program!

Treadmill Speed Test

Warm up on the treadmill for about 5-6 minutes increasing your intensity as you go. Start with a walk and increase to a jog and then a run. Finish your warm up with a slow walk again. When you feel ready to begin your test, increase your speed to your starting speed. Estimate what you think your top sprint speed would be for 30 seconds. Start your test at 1.5 mph less than that. Hold this start speed for 30 seconds. Increase by 0.5 mph every 30 seconds until you can't hold that speed for the full 30 seconds. This top speed is your score. If you're new to treadmill running and have no idea where to start, use 5.0 mph as your starting speed.

Plank Test:

Hold an elbow plank for as long as you can, then record your time. For proper form, keep your hands and forearms relaxed on the floor with elbows right under your shoulders, keep your core tight and in a straight line from your shoulders to your toes.

Push-Up Test

Do as many push-ups as you can do on your toes without resting. Start and stay on your toes and do as many as you can. Keep your core nice and tight the whole time! You can take brief rests as needed but when your rest gets to five seconds, you're done! Write down how many push-ups you did. When you repeat the fit test, look at your number again so you know what to beat!

Example: 10 push-ups, 3 sec rest, 8 push-ups, 4 sec rest, 8 push ups, 6 sec rest - END TEST. Score would be 26.

Wall Sit Test

Find a sturdy wall to complete this test. You will hold a wall sit with proper form for as long as you can and then record your time. For proper form, make sure your back is flat against the wall, hips are in line with your knees and ankles are right under your knees. Focus on right angles at the hips, knees, and ankles. Don't rest your hands on your legs while you sit, that's cheating!

DATE: _____	BASELINE	END OF PROGRAM
Treadmill Test		
Plank Test		
Wall Sit Test		
Push-Up Test		



Let's Get Personal

The heart of this program enables you to build on the progress you have already made in your fitness journey. The scale is taking a backseat to other metrics. You are doing this program to get stronger, increase your fitness and fuel your metabolism. How you as an individual achieve that is going to be a little different for everyone. I want this program to feel as personalized as possible, which is why I created the two different “tracks” to follow.

Tone Track

As I mentioned earlier, this track is a happy medium between leaning out, albeit at a slower pace than perhaps you’ve experienced previously, and building and shaping your muscles. Your pictures will show your progress because you’ll start looking smaller in your trouble spots and muscles you’ve never seen before will start to show. You’ll still lose fat but it will be at a slower, maintainable rate.

Your calories will be in a slight deficit, but still high enough to feel good and fuel your workouts and have it be sustainable for a lengthy period of time. Ultimately, you’ll

see shape and definition—not just a lower number on the scale, while increasing your fitness level, getting stronger, and fueling your metabolism.

Strength Track

Again, this track is for you if you’re at or close to your goal and your focus is to build muscle or just maintain your body weight and get stronger and work on your fitness level. The calories are NOT set in a surplus so you will still feel lean and won’t feel bloated or “chubby.” But you WILL feel satisfied from your food and your muscles will look so full when you’re lifting. You’ll get a great “pump” because you’re actually fueling your workouts. You’ll start building more muscle than before because you’re eating enough to support the growth.

Your cardio and nutrition will differ depending on which track you choose, but lifting will be the same. Think about your goals, decide which track best fits those goals and follow the guidelines for that track. Easy peasy!



NUTRITION

Food Guide

Nutrition

There are eight delicious meal plans to choose from. I have included really great recipes to dress up the food on your plans, or you can simply eat the protein, fats and carbs I have laid out for you as well. There is something for everyone, their schedules, and preferences. Feel free to try different plans and pick your favorite as long as you stick to the same plan for the entire day! No mixing and matching meals between meal plans is allowed!

Guidelines

1. Choose one of the meal plans to follow and stick to that plan for the entire day. Do not switch between meal plans mid-day or pick and choose meals from different days.
2. Drink ONE gallon of water a day.
3. You may use any non-caloric sweetener.
4. No BLT's (bites, licks, tastes) of anything off the plan.
5. You must eat ALL of the food on the plan. Do not skip meals.
6. All veggies are allowed at any time during the day and do not need to be counted with the exception of soybeans/edamame, potatoes and corn. These fall under the carb category. Carrots, peas and squash can be eaten without tracking but keep them in moderation as eating these in excess will increase your carb intake.

Treat Meal

Treat meals are worked into this program as a reward for your hard work and to give your metabolism and hormones a boost! Eating clean makes ME happy, as does the occasional treat. No need to feel deprived!

You can have one treat meal each week on any day you choose.

You do NOT need to count the calories from your treat meal! This should be a time when you can go to a restaurant or to a party and eat moderate servings of the food that is served or a normal serving size of whatever it is you're craving. Just follow the guidelines listed below:

- Don't pig out or binge! This is not an excuse to hit a Las Vegas buffet, ha! Enjoy a moderate serving size of whatever it is you choose to have and move on.
- PLAN your treat meal! It's much more satisfying to plan it out in advance and anticipate the meal to come. Doing this can also help you stay on track and works as a reward system.
- Your treat meal should replace one of the meals on your plan. If you are going out to dinner, skip meal 5 on that day's plan and eat on track the rest of the day.
- If you don't feel like you need it or you feel like you haven't stuck to the plan as well as you should have/could have — don't take it! You do not NEED to take a treat meal if you don't want it.
- Time your weekly weigh-in on the MORNING OF your treat meal and most definitely not after! It's common for your weight to go up a bit after a treat meal because of extra carbs and sodium so stay away from the scale after you take one and don't stress, it will even right back out!



Meal Plans

This plan is completely doable for anyone. In the Meal Plan Charts, I've provided a basic food chart OR a recipe to follow for each meal. You can pick whichever works best for you. If you're in a hurry and can't make the recipe or you simply don't like the recipe, stick to the basic foods for that meal in the chart provided. You can eat those basic foods plain or you can use the food substitution chart to create your own meal that is still on plan! (More on this chart to follow).

You'll notice that some of the amounts are different in the recipe vs the basic foods chart, this is because I've accounted for any added sauces or extras that might affect the macro-nutrient content of the meal. So pick either the recipe OR the basic foods and stick with it for that meal.

For example, in Meal 6 on Plan #4 there is a different amount of peanut butter in the basic foods chart compared to the recipe on the right. This is because the recipe has an egg in it so if you weren't making the recipe, you'll need more fat from the peanut butter since you aren't having the egg yolk. Again, use either the recipe OR use the basic foods in the plan for each specific meal.

Meal Plan Chart Notes

1. If you don't work out in the morning see the section in the FAQ's about workout timing and adjusting your meals.
2. Drink one scoop of IdealLean BCAAs during your workout. You may also drink another scoop at the opposite time of day between meals. If you work out in the morning hours you can have your second scoop mid-afternoon. If you work out in the afternoon or evening, have your second scoop mid morning. If there are certain times of the day when you have more cravings, that would be a great time to take your BCAAs!
3. Try IdealLean Pre-Workout for more energy, blood flow and focus during your workout. Drink one scoop about 20 minutes before your workout.

3. When I specify a certain flavor of IdealLean in the meal plans, you can try the recipe with any flavor you'd like.

4. Preferred sweeteners are stevia or Splenda but you may use any non-caloric sweetener.

5. Practically any meal can be taken on-the-go if you have a smaller cooler and a hard-core attitude! Yes, you really CAN eat your food cold! ;-)

6. You'll need a food scale for accurate food measurements!

7. Make sure you follow the recipes in YOUR section of the booklet as they are formatted to fit YOUR specific meal plan!

Food Substitutions

Part of loving the process is loving your food! Feeling restricted or limited in your choices can have some pretty disastrous effects and can cause you to fall way off plan. It's important to have some flexibility in your options to give you ownership and confidence to make good nutrition choices both during and after the challenge ends.

To adapt any plan to fit your preferences, use the food substitution chart. To use this tool, simply find the item in the chart in the right amount that you want to sub out and you can sub in anything in the same row! The approximate calorie total for that food is in the left column so you can also substitute ANYTHING you'd like of the same macronutrient in the right calorie amount! Remember to only sub carbs for carbs, protein for protein and fat for fat. Also, keep in mind that if you want to follow the recipe, subbing in different foods may affect the recipe and the nutritional content.

Use the fruit substitution list the same way. Find the fruit and amount called for in your plan and sub in anything in the same row or match the calories with another fruit. Any fruit can be subbed in for your fruit in your plan. Fruit can also be subbed in as a carb source by matching calories using the substitution chart.

MACROS

The term “macros” refers to macronutrients and is where you get the “energy” (calories) from the food you eat. All of your calories can be classified as one macronutrient or another whether it’s considered “healthy” or not.

Macronutrients can be divided up into three categories:

1. **Protein**
2. **Carbohydrates**
3. **Fats**

*Alcohol is technically a fourth category that we’ll address later

How people choose to track and eat their macronutrients varies, but is ultimately based off of a few different factors including weight, height, and body fat percentage in relation to how often you work out and what your goals are (weight loss, build muscle, etc.).

All of the meals in this challenge have been carefully constructed around specific macronutrient amounts to help your metabolism operate at top efficiency for burning fat and developing lean muscle.

Protein

Protein is made up of amino acids that are the building blocks of muscle tissue. When you lift weights, your muscles break down, microscopically tearing. Protein is responsible for building those muscles back up and even stronger than before through a process called protein synthesis. If you want to build lean muscle to burn more fat and effectively lose weight, then you should include more protein in your meals.

Fat

Somewhere in the recent past, fat in any form became something to fear. Low-fat diets were all the rage and even though science and research has disproved this approach over and over, some people are still fooled. The truth is that your body needs and depends on healthy fats such as those found in

avocados, oils, eggs, nuts and nut butter, meats and even dairy products. Fat gives you energy, helps with cell structure, allows you to absorb other nutrients, and assists in nerve, brain and heart function. Plus, it’s delicious and makes your food taste better! Because fats are so rich and tasty, it’s easy to go overboard. Like most things in life, moderation is a key part of fat consumption.

Carbohydrates

Carbs are not the enemy, ESPECIALLY when it comes to boosting your metabolism and sustaining your weight lifting workouts. Carbs are your body’s preferred and most efficient source of energy and are very important when it comes to fueling high-intensity exercise.

- Simple carbs are digested and broken down in the body very quickly, triggering a rise in your blood sugar (via insulin release) and promoting fat storage. Most simple carbs are high in sugar and highly processed—think white bread, candy, chips, crackers, cakes and everything your sweet tooth probably craves! Ideally, you avoid simple carbs in your daily diet as much as you can with the exception of treat meals and a few specific post-workout related windows.
- Complex carbs take longer to digest and create less of a need for an immediate insulin release, which helps stabilize your blood sugar level. They contain important vitamins, minerals and nutrients that are essential to your health. These carbs are “unrefined,” meaning they aren’t broken down and processed. Generally, complex carbs come in the form of vegetables and whole grains.

Post-Workout Meal on Rest Days

On any day you don’t lift weights, replace the carb in your post workout meal with 100 calories of fruit. See the 100 calorie line on the fruit substitution chart and choose any fruit for 100 calories.



HYDRATION

Drinking a gallon of water a day is crucial to this program. Water is a natural appetite suppressant, improves metabolic function and keeps you hydrated during workouts and throughout the day. Plain old water is one of the best tools for maximizing metabolism!

If you aren't in the habit of drinking this much water, planning is key! Figure out the kind of bottle that would work best for you, and plan a daily schedule to stay on track to finish a gallon by the end of the day.

Example Hydration Strategy:

- Drink two cups immediately upon waking
- Two more by 9am, four cups by noon
- Four more cups by 3pm
- Four more cups by 6pm

Some of you may prefer to just sip on your gallon throughout the day and that's fine too. I recommend buying a plain empty gallon water jug from the grocery store (you can find these usually back by where you fill up filtered water jugs in the juice and beverage aisle).

However you go about it, try to get at least half of your water in by noon and finish early enough in the evening to make sure you're not up all night making trips to the bathroom.

Acceptable Low-Calorie Water Alternatives:

- IdealLean BCAAs
- Tea
- Black coffee (can use almond milk as a creamer and stevia to sweeten)
- Crystal Light
- Powerade Zero
- Any drink with five or fewer calories per serving

*Diet soda is allowed in moderation, do not exceed 1-12 oz can per day while on this program.

Alcohol

I recommend cutting out all alcohol for the entirety of the six week program. If that's not feasible, please limit your intake to one drink a week and include it with your cheat meal.

Most alcoholic beverages are sugar-laden and high calorie. Alcohol has low nutritional value and can actually keep your body from metabolizing other needed nutrients. Our bodies recognize alcohol as a toxin and will stop other processes (ie: your metabolism and digestion) in order to rid your body of this toxin. Also, when your judgement is impaired so is your willpower, potentially causing you to disregard calorie intake and drive your meal plan completely off track.

Let's keep things easy and stick with water!



EATING OUT

I understand that situations arise where you're not always home for meal times. The best case scenario would be to prepare your on-plan meals and take them on-the-go, but if that isn't possible, follow these guidelines to help you stay on plan as possible.

Consider the planned meal you would normally be having and try your best to replicate it. Eyeball your portion size and match up carbs and fats accordingly to what you would have been eating for that meal otherwise. Try to plan ahead of time, especially if you know the restaurant where you'll be eating, many have their menus posted and some even include the nutritional content. If you're using a phone app like MyFitness-Pal, you can search out the nutritional information of different foods which can also be a big help.

Remember, restaurant portions are usually huge—don't be tempted! Keep your portion size in check and box up any excess to go before you start eating.

Ideas for Food Choices When Eating Out

Proteins: order lean meats like chicken or fish, grilled if possible, and plain without sauces or butter. Seasoning is totally ok.

Vegetables: order plain without sauces or butter, seasonings are ok.

Side Dishes: order side salads or a baked potato without sour cream and butter.

Safe bets include:

- Grilled chicken or fish, steamed veggies and baked potato
- Salad with grilled chicken and rice and beans (ask for half the amount of rice and beans they would normally serve)
- Grilled fish tacos on corn tortillas
- Salad with grilled chicken and avocado, dressing on the side



SUPPLEMENTS

You don't need to run off to your local supplement shop and drop hundreds of dollars on supplements. We are relying primarily on whole foods and hard workouts for results in this program; below are the few specific supplements we do recommend:

IdealLean Protein Powder

This is a high quality 100% whey isolate that is great for pre- and post-workout nutrition. It is quickly and easily absorbed and will get to your muscles fast to start the repair process. Plus, the flavors are amazing and can be a great solution to a sweet tooth ;)

IdealLean BCAAs

BCAAs stand for Branched Chain Amino Acids. They are essential amino acids that our bodies cannot make themselves, so we need to get them from outside sources. BCAAs help maintain muscle as well as combat muscle soreness and assist in recovery. IdealLean BCAAs also has a special stimulant-free, fat-burning blend and coconut water to aid in hydration.

IdealLean Pre-Workout

Pre-workout can give you an extra boost for your workouts, helping you have the best workout possible every time.

Some of the ingredients include natural sources of caffeine for energy, betaine anhydrous for increased strength, beta alanine for endurance and stamina, and citrulline malate for that great "pump." I love this pre-workout because I get a great boost of energy and focus and never feel a crash because has natural caffeine that won't make you jittery or anxious, as can be common with other pre-workouts.

IdealLean Fat Burner

This is optional and only if you are on the Tone Track. With important fat-burning ingredients like caffeine, green tea, black pepper extract, and CLA, this supplement will give your metabolism a boost when you are eating right and working out hard in the gym.

IdealLean Nighttime probiotics

Fitness is holistic—meaning what's going on inside is just as important as what goes on outside. And your gut health absolutely affects how well your body responds to nutrition and workouts. Re-balancing your gut with both healthy pre- and probiotics will speed up healthy digestion for a smooth metabolism, boost immunity by replacing old or weak probiotics. And it has a natural Sleep Blend, with chamomile and valerian root, to help you get a restful night's sleep—which is also essential for good results.



WORKOUTS

Breakdown

WORKOUTS

All of your workouts with links to video demos are written out in the workout eBook but here is some info on some of the cool things you'll see throughout the program.

What to do when you join a gym

Take a tour, look at organization of machines, look at signs on machines, if you're feeling hesitant or nervous about joining, do it anyway! It's cheaper than you'd think and most have great day cares for the kids too.

Direction on traditional weight training/"lifting heavy."

You learn it builds confidence, makes you feel strong, builds muscle and feminine curves!

Workout Set-Up

Most of these workouts are set up using straight sets. This means you do all the reps for one exercise, rest, complete the next set of that exercise, rest and repeat for the recommended sets. For example, if it says 3 sets of 15 reps of squats you'll do 15 squats, rest, 15 squats, rest, 15 squats. Then move on to the next exercise. If a workout is set up in supersets, it will be explained in the workout.

Rest Period: you'll notice there will be rest periods between each exercise or superset. At first this rest period may seem long, especially if you're used to circuit training workouts. It's important that you're pushing yourself hard enough to NEED this rest period. You need to rest so that you can push your muscles to exhaustion again the next set.

Periodization: This six-week program is periodized, which means the sets and reps change each week to build the most strength possible over the six week period. It's also perfect to repeat over and over because when you finish the lower rep weeks at the end your body will be ready to move back into the higher rep weeks when you start the program over. To get the most out of this periodization, make sure you increase your weights and lift heavier as your reps get lower!

Progressive Overload: This is probably the most important aspect of lifting weights when it comes to getting results! What it means is simple—make sure you're always challenging yourself and working to increase your weight when you feel ready. A good rule of thumb is that if you could have lifted that weight for 2-3 more reps, increase your weight for the next set. This



will happen naturally with the way the program is periodized (remember that term?). As you decrease the amount of reps in each set, increase your weights! It's a no-brainer to keep you progressing.

High-Volume Finishers: In Phase 2 we introduce a concept called "finishers." These are 5 minute high-volume, low-rest add on's to your lifting workout. These finishers will leave you feeling completely fatigued knowing that you worked that muscle group to your absolute max. Finishing your workout with high-volume work will increase your natural production of growth hormone which will help in building muscle and those feminine curves we all want! These ARE optional, so if you're short on time you can skip them. But if you really want to push your muscles to the MAX and leave it all on the floor, don't skip these!

Drop Sets, Supersets and Pyramid Sets: These are just more of the many different techniques used in this program to keep things fun, help you get stronger and build your fitness level!

HIIT Cardio: Is basically the "answer" when it comes to fat loss cardio. This cardio should not feel easy. It shouldn't even just feel "hard." It should almost feel like you're dying a little... in a good way ;-) When I say sprint, this is not a fast run. This is a life or death sprint. Pretend like a bear is chasing you and you have to get away or you will for sure get eaten—that kind of a sprint. With that said, you don't have to actually run for your cardio. You can use any sort of cardio modality you'd like. The workout eBook will list a lot of options. The idea is that you push yourself to your max during that short time period. Your rest period

should not be a jog or anything slightly intense. If you can jog during your rest, you weren't running fast enough. Your rest can be a slow walk/pace or even a complete rest where you stand on the side of the machine and wait it out struggling for breath. Have I scared you yet? ;-) This kind of cardio will boost your metabolism, burn MORE fat in LESS time when compared to normal cardio, CONTINUE to allow your body to burn fat throughout your day, boost heart health, actually help in muscle building and generally make you feel like a bad a**. 'Nuff said.

Steady-State Cardio: The downside to HIIT cardio is that it is taxing on your central nervous system (CNS) so it shouldn't be done too often. I have you doing it four times a week. Sometimes you need a little more cardio to reach your sculpting goals. Later in the program the Tone Track will have the privilege of adding some steady-state cardio! This is simply cardio done without the intense intervals. It's a way to burn some extra calories without taxing the CNS and the need for recovery. Don't go crazy though, because just like HIIT cardio, too much is not always better so only do what is recommended! Also, if you're following the Strength Track and/or trying to really build some muscle, steady-state cardio can slow that process down so keep that in mind!

At-Home Substitutions: I recommend doing this program in a gym, BUT if that's not a possibility for you, I included at-home substitutions at the back of the workout eBook. Keep in mind, you will lose some of the variety you'd get from all the different cables and machines at the gym but that's OK! If you need to do the program at home, do it and put your whole heart and soul into it!



FAQ

Frequently Asked Questions

FAQ

Q: Can I mix elements of each track?

A: Yes! Feel free to take this program and make it yours! It is written in a way that will help you best reach your goals whether that is toning or strengthening. But if, for example, you like a little more cardio and are doing the Strength Track, you can add in the steady state cardio from the Tone Track, as long as you recognize it may slow down your muscle-building progress a bit.

Q: What does it mean to “lift heavy”? I think I’m lifting heavy but the weights I’m lifting aren’t as heavy as the girl next to me. Am I lifting heavy enough?

A: Keep in mind that the term “lifting heavy” is relative and means something different to everyone. For each individual, it means you are pushing yourself to exhaustion or close to it every single set. That may mean using 10lb weights for one person and 20lb weights for someone else. As long as you know you are giving each workout your best, you’re lifting heavy. Don’t worry about what weights other people are using. Focus on you, girl.

Q: These exercises are new to me. How do I know what weights to use?

A: I want the workouts to be challenging! In order to change your body you MUST push outside of your comfort zone. The weights you use should be very challenging to finish the set but not impossible. If you feel like you could have done 3-5 more reps when the set is over, increase the weight next time. If you couldn’t finish the set, decrease the weight. The first workout will be full of trial and error and that’s ok! Pick a weight that you think you can handle to start out with. Play around with it if you don’t know. Most people like to start with two sets of weights—one heavier and one lighter. Try starting with 5lb or 8lb dumbbells and then a set of 12’s, 15’s or 20’s.

Q: Can I do the exercises out of order if someone is using the machine I need or should I just wait for it to open up?

A: The exercises were written in the order they were for a specific reason, BUT I don’t want you to waste time sitting around waiting. Definitely feel free to do the exercises out of order if needed to keep you moving through the workout.

Q: The workouts are too long for the amount of time I have. Can I shorten them?

A: Definitely! Keep in mind that to build muscle and get toned you do need to be able to commit a solid amount of time every day, but shortening the workout is definitely better than skipping it or feeling frustrated and quitting. All you need to do is do one less set than the workout calls for in each exercise. If the workout is set at 4 sets of 12 reps, feel free to do 3 sets of 12 reps of each exercise if needed. Simple as that! :-)

Q: I feel really good in my workouts and have great energy throughout the day. I love that I don't think about food all the time and I'm rarely hungry. But some days I just feel kinda "fluffy." Is this normal?

A: Yes this is totally normal! Keep in mind we aren't eating at an extreme deficit here. You're eating for health, energy, metabolism, sculpting, muscle-building, and to just be a rockstar at life! You're not going to feel "skinny" all the time; that's not real life. You need to recognize the other benefits in this program besides whether or not your tummy is always flat. Focus on mental clarity, energy levels, confidence, muscle fullness during your workouts, your mood, your patience levels (yes, this is affected by your nutrition too!), how your clothes fit--things like that. Nutrition and workouts can do SO much more for you than just making you "skinny." Focus on the big picture girlfriends!

Q: I'm losing weight on the Strength Track! I know most people wouldn't complain about this, but I really don't want to lose any more weight. What should I do?

A: The first step would be to cut the cardio to 3 HIIT sessions a week. If you're still losing, try 2 HIIT sessions a week. You may be able to even completely cut them out and still maintain your physique! Consider yourself lucky! Many people would love to be you right about now :-). If you're still losing weight after dropping the cardio, consider increasing your calories as discussed in the question below.

Q: I feel like I am too skinny for my own preferences and really want to focus on building muscle. Should I follow the Strength Track as written or should I adjust it at all?

A: Like the question above, try doing less cardio. You can even try doing no cardio at all. If you still want to increase the rate of putting on muscle, try bumping up to the meal plans for the next higher weight range. Stay there for a few weeks and see how you do. You can even jump to the highest weight range meal plans if you aren't already there. Keep in mind that your weight may go up if you're very lean and trying to put on muscle and that's OK! Gaining scale weight very slowly such as 1-2lbs per month is generally a great rate of weight gain for muscle building.

Q: I've been following the Strength Track, but I have a vacation coming up and want to lean out a bit more. Can I switch to the Tone Track for a little while and then switch back to the Strength Track after my trip?

A: Yes, for sure! Feel free to use both tracks depending on your current goal. There will be times in your life when you want to lean out a bit faster and other times when you want to focus on building strength and some muscle. Feel free to switch between the two tracks as you'd like. Keep in mind though, that reaching a goal takes time and you'll need to give the changes at least a few weeks to take effect.

Q: I'm really sore from my workouts, what should I do? Is it okay to skip a workout?

A: Muscle soreness is a result of lactic acid built up in your muscles from resistance training. Some things that can help break this lactic acid buildup down and reduce soreness include:
Low intensity cardio such as a walk or easy jog
Foam rolling

Stretching

Epsom salts bath--put two cups epsom salts into a really warm bath and soak for 20 minutes.

Remember that IdealLean Protein is also formulated with a special recovery blend that includes L-Glutamine and anti-oxidants from super fruits and can actually help reduce your soreness. Use IdealLean Protein and make sure you're drinking IdealLean BCAAs during your workout and one other time during your day between meals! BCAAs help muscle recovery and protein synthesis. Your sore muscles can use the extra help!

If you're so sore you feel like you can't even walk or move, try rearranging the workouts for the rest of the week so that you have another day off before you work the sore body part again. It's also okay to drop the weight a little bit but still complete the workout if you can. If you are absolutely too sore to move, add a rest day in and pick things back up the day after.

Q: I love this program so much, I'm about to start round two on the Tone Track! Should I go back to Phase 1 cardio or stay with the increased amount of cardio that is in Phase 3 of the Tone Track?

A: Great question! There are benefits to your metabolism of cycling your cardio amount and not letting your body get too used to a certain amount of cardio. You should go back to the Phase 1 cardio and let your body readjust to the lower cardio amount and then you'll benefit even more from increasing it again!

Q: I'm not sore anymore! Is this bad?

A: Being sore is generally a good indicator of how hard you pushed yourself, but if you're not sore that doesn't necessarily mean your workout was unsuccessful. As I mentioned above, soreness is the result of built-up lactic acid. Some people will produce more lactic acid than others and some workouts will cause you to produce more lactic acid than others, thus causing more soreness. Not all bodies react the same!

Q: Do I get a treat carb with the post workout meal even on days I don't lift weights?

A: No. Bummer, right?! On your days you don't lift I want you to have 100 calories of fruit in place of the full carb option in the plan. So you'll have 100 calories of fruit along with the protein powder. Use the fruit substitution list to get the correct serving size of the fruit you want. Be creative and have different fruit smoothies or green drinks!

Q: Do I need to eat before working out?

A: It's ALWAYS best to eat before working out, but can be difficult to do if you workout very early in the morning or simply prefer to exercise on an empty stomach. If you find that doesn't work for you, working out on an empty stomach is OK too, as long as you're sipping on IdealLean BCAAs during your workout to keep protein synthesis going. See the next FAQ for how to organize your meals for early AM workouts.

Q: What if I don't workout in the morning? How do I adjust my meals?

A: Based on when you workout, adjust your meals for the moderate carb days as follows:

VERY EARLY AM workouts for people who don't want to eat pre-workout:

Workout

Meal 2

Meal 1

Meal 3

Meal 4

Meal 5

Meal 6

AM workout:

Plan as written

Mid day workout:

Meal 1

Meal 3

Workout

Meal 2

Meal 4

Meal 5

Meal 6

Afternoon Workout:

Meal 1

Meal 3

Meal 4

Workout

Meal 2

Meal 5

Meal 6

Late Afternoon/Early Evening Workout:

Meal 1

Meal 6

Meal 3

Meal 4

Workout

Meal 2

Meal 5

After Dinner Workout:

Meal 1

Meal 6

Meal 5

Meal 4

Meal 3

Workout

Meal 2

Q: Why is there sugar/junk food included in some of the post-workout meal options?

A: Your body burns through a post-workout meal very fast, so adding in a fast-digesting carb or simple sugar (i.e. "treat") during this window can actually help speed up that digestion even more. This is the one time of the day that eating simple carbs or sugars can be considered helpful! I've also observed that having a post-workout treat helps people stay on plan because they feel rewarded and can satisfy their sweet tooth, which in turn, keeps them motivated and moving forward. You do not need extra fat post-workout because it can slow digestion and impede the body's ability to recover so you'll notice the treats we use are all low-fat or fat-free options!

If you do include a treat with your post-workout meal you might feel hungry faster than you would normally. This is normal and you can eat your next scheduled meal 90 minutes after your post workout meal if you need to, you don't have to wait the full 2 1/2 to 3 hours as directed in the nutrition plan.

Feel free to use the sub list and sub in a complex carb if you feel like a treat post-workout would be mentally counterproductive for you. However, rest assured that a little sugar will not affect your results when included as part of your post-workout meal and may even help with muscle building!

Q: Do I alter the meal plans on my rest days?

A: I don't want you skipping any meals on days you don't lift weights. When you're working out 5-6 days a week your body is always in a state of recovery and will always need this amount of protein and food.

One change I do want you to make though is to have 100 calories of fruit instead of the carb in your "post workout meal." You can reference to fruit sub list for amounts for a wide variety of fruits. Feel free to make a fun smoothie by using 50 calories of two different fruits or adding free veggies to make a green smoothie!

Q: I'm having a lot of sugar cravings. What can I do to curb them?

A: Keeping your blood sugar levels stable will do a lot to help you avoid cravings, do this by adding in more approved veggies to each of your daily meals. You can also try any of the following strategies to help you stay on plan:

Drink one scoop of IdealLean BCAA's

Take a walk outside for 10 minutes

Drink 16oz water or Crystal Light

Chew a piece of gum

Brush your teeth

Take a bath

Change up your scenery and keep yourself busy! Do you have errands to run? Laundry to fold? Work that needs done? Get yourself involved in those tasks and take your mind off your cravings!

Q: Can I still do this program if I'm pregnant or breastfeeding?

What do I need to adapt?

A: First of all, if you're pregnant or breastfeeding you should receive clearance from a doctor before beginning any new fitness regimen.

I am not a medical professional. But generally, if you've been weight training and doing cardio prior to getting pregnant you are OK to continue that same approach into pregnancy. If you want to begin a new program, it's always best to take a slow approach and really pay attention to how your body feels. If you begin to feel dizzy, sick, light-headed or otherwise "off," rest until you feel better or cut the workout short to be safe and be sure to discuss these symptoms with your doctor before continuing further.

Women in the second trimester shouldn't do anything inverted or lie flat on their back. Use a stability ball or an aerobic step to put your body at an incline instead of lying flat on the floor.

As you advance into pregnancy, pay special attention to how your joints feel. If any exercise hurts your joints such as your hips or knees for example, substitute another exercise that works the same body part or skip it altogether.

For the second and third trimesters, and also postpartum (if you are breastfeeding) you'll need additional calories. If you are pregnant, I recommend taking the food amounts in the Strength Track of this program and multiplying them by 1.15. This will add about 250-300 calories to the program. If you aren't putting on weight and your doctor feels like you should be gaining more, jump up to the next higher calorie meal plan and continue multiplying the amounts by 1.15. If you are nursing, I suggest following the Tone Track and multiplying the food amounts by 1.3. The idea here is to allow you to start to lose extra weight while still maintaining your milk supply. Again, if you feel like you are losing too quickly and your milk supply begins to suffer, jump up to the next higher calorie meal plan and multiply the amounts by 1.3.

For example:

If the plan calls for 40g oats you would do the following:

40g oats x 1.15 = 46g oats

Instead of having 40g oats you would have 46g oats. Do that for every single food item on the plan. This will ensure you're getting enough calories for your pregnancy and for postpartum

milk production.

Q: Can men do this program?

A: Yes! Just multiply all food amounts by 1.3, this will increase the carbs, protein and fats in proportion with each other.

For example:

If the plan calls for 40g oats you would do the following:

40g oats x 1.3 = 52g oats

Use the same calculation for every single food item on the plan. This will ensure you're getting enough calories to fuel your workouts and your metabolism and still lose fat.

Q: I am lactose intolerant/gluten intolerant/vegetarian. Can I still follow this program?

A: Yes!! Just use the Food Substitution Chart to sub out any non-allowed food items and sub in gluten-free or lactose-free foods, or non-meat based protein sources off the list.

Q: I'm going on vacation during the challenge and I don't want to lose all of my results and ruin my progress, what should I do?

A: If it's the type of vacation where you have control over some of your food, try to stick to the plan when you can. Use the Food Substitution Chart and sub out the basic foods in the meal plan for more travel friendly options. Some of my favorite travel-friendly options are:

Carbs: tortillas, rice cakes, low-sugar cereal, fruit

Protein: IdealLean Protein, beef jerky, tuna packets, low-sugar protein bars

Fats: nuts and nut butters

For the meals where you don't have control over your food, try to eat as close to plan as possible with your food choices. If that's not possible, focus on the amount of food eaten and keep portions small. Get back on track with your next on plan meal as soon as you are able.

For your workouts, invest in an inexpensive set of bands, most dumbbell exercises can also be done with bands. Bands are easy to tuck into a suitcase and you can take them anywhere. If you need to make a weighted move body weight due to lack of equipment, you can increase the reps to increase the intensity of the workout. You can also add in more plyometric type moves such as burpees, mountain climbers, squat thrusts, etc. to increase the overall intensity of the workout. Don't forget to look into local gyms or your hotel gym, there are sometimes great options close by!

Staying on plan on vacation CAN be done, I've personally done it many times! It is hard but completely worth it to come home from vacation feeling amazing and knowing you earned great results even while you were away from home!

Q: Why do you always use unsweetened almond milk? Can I use a different kind of milk?

A: Unsweetened almond milk is a creamy, low calorie alternative to cow's milk. Other acceptable milks are unsweetened coconut or cashew milk, any milk that is 30-40 calories per cup is fine. If you'd like to use skim milk you can, but use half the amount that is listed in the plan for almond milk to sub properly. Soy milk isn't recommended because too much soy can affect women's hormone levels.

Q: How far apart should my meals be spaced?

A: In order to get all six meals in during the day your meals will end up being approximately 2 1/2 - 4 hours apart, the one exception to this is that post-workout meal. Since your body burns through those calories quicker than it does the other meals, you might need to eat sooner and that's okay. After your post-workout meal you can eat again as soon as 1 1/2 hours later.

Q: Why do you list the weights and measurements for the food items?

A: Weighing your food is actually a much more accurate way to portion your food than using measuring cups and spoons. It's so easy to use a rounded tablespoon of peanut butter and a rounded 1/4 c of oats which can add extra calories and throw off your macro count. It's best to weigh your food but the plan also includes measurements so you can use what you feel works best for you. I recently made a really helpful video demonstrating how important this is--check it out.