

# *mommy* TRAINER

15 DAY FIT MOMMY CHALLENGE



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Welcome to my 15 Day Fit Mommy Challenge.  
I'm so excited to start this journey with you.  
During this Challenge you will:

**Gain "hot mama" confidence**

**Boost energy**

**Feel stronger and more toned**

**Learn a healthy, clean, and easy-to-follow diet**

**Make new mommy friends**

**Learn safe workouts**

**Have FUN working out!**

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# Bree's Story

Hey mamas,

Let me tell you a little bit about my journey, so you can get to know me even better!

Ever since I was a little girl, I've always loved fitness.

My whole family loved to workout together. My mom was a health nut and I grew up eating flax seed oatmeal for breakfast and protein shakes after school. I thought I had it all figured out! I became a personal trainer at age 18 and never looked back. It was my dream to help people get healthy.

I thought to myself, "Wow... I will never get my body back."

But after I had my first baby, I felt like my world had been completely rocked, like the rug had been pulled out from under me. I remember looking in the mirror and feeling like I had lost my whole identity. I didn't recognize the person staring back at me. I thought to myself, "Wow... I will never get my body back." It was absolutely crushing.

I felt depressed. My hormones were off from having the baby, and no matter what I did, I felt that because I was nursing and constantly hungry, I couldn't lose the baby weight.

I remember pushing myself way too hard after having my baby and feeling depleted and tired all the time. Then I would give up and binge on the weekends. I didn't give my body enough time to properly heal. Man, I wish I knew what I know now!

I slowly stopped putting so much pressure on myself and made little changes to my diet that were sustainable, instead of unrealistic and dramatic changes that left me starving and discouraged. Instead of spending hours at the gym with no results, I started focusing on doing the right kinds of exercises and found I actually spent less time in the gym.

I also learned how important it is to listen to your body and not push too hard, or you will do damage to your pelvic floor muscles. I started feeling so much better, and I did end up getting my body back, but more importantly, I learned to love my body in every stage.

You don't have to starve yourself or spend hours at the gym.

I had just created a life! Even though that comes with stretch marks, loose skin, wider hips, and all the other fun stuff, it's so amazing to

experience making a life. On my second baby I was a lot more patient with myself and I applied all my knowledge to help make realistic goals and find balance, so I could give myself time to heal while still getting fit.

I am now a Pre and Post Natal Fitness Specialist, a Fitness Nutrition Specialist, a certified Personal Trainer, Health and Wellness Coach, and my passion is helping other moms feel confident and know that it's totally possible to get their body back! Even better? You don't have to starve yourself or spend hours at the gym. I can't wait to share my 10 years of knowledge with you! You are not alone! I'm here to help you every step of the way!

Let's get it, mamas!

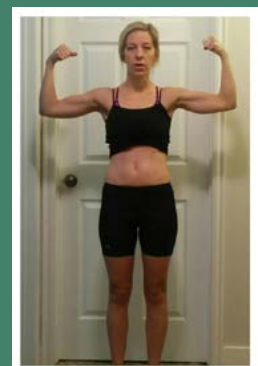
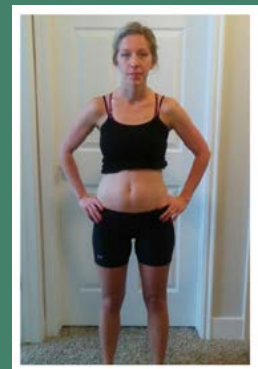
♥ *mommy trainer*

# Before You Start

- **Save this eBook on your laptop and phone.**
- **Join our awesome mommy community on Facebook!**
- **Take your starting measurements and weight.**
- **Take your before pictures.**

## Taking a Good Before/After Pic

- Find a place in your home with good natural light to take your pictures
- Wear the same thing in your before AND after pics
- Try to have the lighting be as similar as possible in both sets of pictures
- Stand the same distance from the camera in both sets of pictures
- Have your full body or knees and up fill the frame of the photo - in other words, don't be too far away from the camera or you won't see your progress!
- Wear a sports bra and shorts if you're comfortable with that. The more of your body you can see, the more progress you'll see!





# How to Take Measurements

When it comes to your measurements, make sure you are staying consistent so you can really track your results!

See the demo photos below to learn how to take proper measurements!



	DAY 1	DAY 15
<b>Chest</b>		
<b>Waist</b>		
<b>Glutes</b>		
<b>Right thigh</b>		
<b>Right calf</b>		
<b>Right arm</b>		

# My Philosophy:

## How This Challenge Works

### **Make every workout count!**

Trust me when I say that I feel like moms just never have enough time in the day to get everything done! Life can get so busy, I know. That's why I love these workouts!

These exercises are short and effective and designed to help you manage healthy weight gain and increase your energy if you are pregnant (with my modifications), and help you burn fat and increase endurance if you've already had your baby -in just 24 minutes per day!

Because the workouts are so speedy, I want you to push (sound familiar? ;) ) yourself as hard as you can every single time, while also listening to your body.

Don't forget, there will always be modifications for pregnant and nursing moms.

I always say: "No one ever regretted working out." This is your 24 minutes of the day to give it all you've got!

## **Fuel your body: NEVER deprive yourself of food!**

Food is your fuel! And the healthier the fuel, the more energy it will give you. You will be eating five nutritious meals throughout the day. You'll also have substitutions for when you need to change it up, plus modifications for pregnancy and nursing.

It's important to stick to the meal plan that's right for you. I include diet modifications for pregnant and nursing moms to make sure that you and your baby get everything you need!

Meal prepping is also part of my program and will help you SO much during the week to stick to your plan. If you can grocery shop and cook on one day, you'll save a ton of time during the week.

At first, healthier eating might be an adjustment for you! If your diet included lots of junk food, you might feel a little sluggish at first. That is totally normal! In no time, you will be seeing a huge difference in alertness, energy, and sleeping patterns! It's amazing how much the foods we put in our bodies affect us!

## **All about eating out on the plan.**

I know we all have busy lives, and since I want this Challenge to improve your lifestyle, I've given you an indulgence meal! So go out, have fun, eat at a restaurant, and enjoy your indulgence meal!

Fit mommy challengers are more able to stick to their meal plans when they know that they can indulge once in awhile.

There's only one rule: Keep the indulgence meal to 500 calories!

## **Drink Water**

There are so many benefits to staying hydrated! Getting enough water helps your body flush out toxins, keeps your metabolism going, and helps fight fatigue.

If you're pregnant, it is super important to stay hydrated because you need water to cope with the demands of your changing body.

And if you're nursing, staying hydrated keeps your milk supply up!

# Meal Plan

## **What To Do If You're Pregnant**

If you're currently pregnant, check with your doctor before taking any and all nutritional supplements.

## **What To Do If You're Nursing**

If you're currently nursing, check with your doctor before taking any and all nutritional supplements. Make sure that you're getting enough calories and enough water! This meal plan is going to give you the nutrients you and your baby need because I've added in an extra 500 calories to make sure you are getting the proper amount of fuel! Be sure to follow the "nursing mom" modifications throughout.

## **What To Do If You're Done With Nursing**

If you aren't pregnant and you're no longer nursing, I recommend IdealRaw products to get the best possible results from my 15 Day Fit Mommy Challenge.

# MEAL PLANS

These meal plans are a balance of carbs, protein, and fats, with a good calorie base to start with.

For each meal and snack, pick from the appropriate category below.

## BREAKFAST

### Egg Scramble

2 eggs  
1-1 1/2 c veggies  
1 whole wheat tortilla (80-100 cals)  
6 oz any berry (1 cup)

NOTES: Spray pan with nonstick spray and sauté veggies until desired softness. Crack 2 eggs in pan and mix together until cooked all the way through. Combine eggs and veggies in tortilla and eat like a burrito.

### Chia Pudding

1 c unsweetened vanilla almond milk  
3 tbsp. chia seeds  
1 scoop IdealRaw Protein  
Side: 2 slices whole wheat toast

Alternative: Chunky Monkey Oatmeal

NOTES: Mix contents in a sealed jar or container and store overnight. Tip: Shake the container after 20 mins of sitting in the fridge. See Recipes section for Chunky Monkey Oatmeal

## MEAL PLAN

### Chunky Monkey Oatmeal

1/2 c old fashioned oats  
1 scoop Chocolate IdealRaw Protein  
1/2 banana, sliced  
1 1/2 tbsp. peanut butter  
Optional: sweetener, if desired

NOTES: Cook 1/2 c oats with 1 c water in the microwave for 1 1/2 - 2 minutes, stirring halfway through. When the oats are cooked, stir in protein powder, banana and peanut butter. If you'd like to top the oatmeal with peanut butter instead of stir it in, that is yummy too! If you'd like it sweeter you can stir in any non-caloric sweetener you'd like.

### Greek Yogurt Parfait

175g plain fat-free Greek yogurt  
1 tsp. honey  
2 tbsp. oats  
stevia or SLENDA®  
1 tbsp. sugar-free fat-free pudding-powder (opt)

NOTES: Stir Stevia/SLENDA® and pudding powder into yogurt and top with honey and oats.

# BREAKFAST

# MEAL PLAN

For each meal and snack, pick from the appropriate category below.

## Protein Pancakes

1/4 c oats  
1/4 c banana  
1/2 c egg whites  
1/2 tbsp. coconut oil  
1 scoop IdealRaw Protein  
almond milk, opt  
1/4 c berries

NOTES: Blend the first 5 ingredients together in a blender until well blended. Add almond milk 1 tbsp. at a time if the batter is too thick. Thicker batter yields fewer but thicker pancakes. Thinner batter yields more pancakes that aren't as fluffy. Cook like pancakes on a griddle. Top with berries or blend the berries in a blender and use as your syrup. Or use 2-4 tbsp. sugar-free syrup.

## Berry Smoothie

1 c spinach (or more if you want)  
1/2 avocado (frozen or fresh)  
8 oz unsweetened vanilla almond milk  
1 scoop Vanilla IdealRaw Protein  
1 c frozen strawberries and blue-berries  
1 c ice

NOTES: Blend all the ingredients in the blender with ice and enjoy! You can also add water to this recipe to make it thinner.

## Egg Omelet

2-3 eggs  
1-1 1/2 c veggies  
1 whole wheat toast (80 cal)

NOTES: Spray pan with nonstick spray and sauté veggies until desired softness. Crack 2 eggs in pan and mix together until cooked all the way through. Combine eggs and veggies in tortilla and eat with your toast.



# MEAL 2

# MEAL PLAN

## Combo 1

1/2 c c low-fat cottage cheese  
16 almonds OR 1 tbsp peanut butter

NOTES: Stir peanut butter into the cottage cheese or top your cottage cheese with almonds.

## Greek Yogurt Parfait

175 g plain fat free Greek yogurt  
1 tsp. honey  
2 tbsp. oats  
Stevia or SLENDA®  
1 tbsp. sugar-free fat-free pudding-powder (opt)

NOTES: Stir Stevia/SLENDA® and pudding powder into yogurt and top with honey and oats.

## Combo 2

1 Dannon Light & Fit® Greek Yogurt  
6 oz berries  
10 almonds

NOTES: Mix it all together or eat individually.

## Meal Replacement Shake

1 scoop IdealRaw Protein  
4 oz any berry  
1 c unsweetened almond milk  
100g plain fat-free Greek yogurt  
2 tbsp. oats

## Combo 3

3 cheddar rice cakes  
1/2 c cottage cheese

NOTES: Eat cottage cheese on top of rice cakes

## Combo 4

1 apple  
1 string cheese

NOTES: Enjoy together

# LUNCH

## Taco Salad

4 oz ground turkey (93/7)  
¾ c brown rice, cooked  
¼ c black beans  
⅓ c salsa  
1 c leafy greens

NOTES: Combine the first three ingredients together. Top your salad with the meat mixture and top with salsa!

## Simple Salmon Veggie Dish

5 oz salmon  
1 c cauliflower rice  
1 c veggies  
½ c brown rice

NOTES: See Recipes section for Cauliflower Rice and Salmon.

## Pulled Pork Salad

4 oz pulled pork  
1-2 c leafy greens  
¾ c brown rice  
Any salad veggies of your choice (tomatoes, shredded carrots, etc)

NOTES: See Recipes section for Pulled Pork

# MEAL PLAN

## Tuna Boats

1 can white tuna in water  
¼ c Greek plain yogurt  
2 tsp. dijon mustard  
½ c apple chopped  
14g walnuts  
sea salt to taste  
2-3 large green leafs  
side of carrots/snap peas/pickles

NOTES: Mix all the top ingredients together and wrap in lettuce. Eat carrots or snap peas on the side. See Recipes section.

## Chicken Avocado Salad

4 oz chicken, cooked  
1-2 c spinach  
¼ c avocado  
handful cherry tomatoes  
2 tbsp. crushed nuts  
⅓ c brown rice

NOTES: Toss all ingredients together into a big salad.

## Sliced Turkey Rice Cake Sliders

4 oz of sliced turkey  
2 tomato basil or white cheddar rice cakes  
2 tbsp. of hummus (red pepper)  
Banana peppers  
2 slices of tomato

NOTES: Spread the hummus on the rice cake and divide the slices of turkey on each rice cake, and then top with tomatoes and make 2 open face sandwiches.

# MEAL 4

# MEAL PLAN

For meal 4 each day, choose one of the following snacks in the list

- 2 rice cakes and 2 tbsp. peanut butter
- 2 tbsp. hummus and a handful of carrots, cucumbers, and celery with 3 slices of turkey
- 1 hard boiled egg and a cheese stick
- 4 oz Greek yogurt with a handful of berries and 1/4 c of granola
- 1 serving of rice crackers with 1/2 c cottage cheese
- 6 strawberries dipped in 2 tbsp. almond butter
- 1 apple and 2 tbsp. almond butter
- 1 IdealRaw homemade protein bar (see directions in the Recipe section)
- 10 almonds and 1/2 oz of dark chocolate chips with 3/4 oz jerky

# DINNER

# MEAL PLAN

## Turkey Burger

1 Turkey Burger\*  
4 oz sweet potato  
2 tomato slices

NOTES: See Recipes section for Sweet potato bun instructions.

\*Approx 200 calories

Family Style: Add whole wheat buns

Optional: Turn extra sweet potato into fries.

## Chicken Delight

5 oz chicken breast, cooked  
½ tbsp. ghee or avocado oil (cooking for chicken and veggies)  
2 c roasted veggies  
4 oz berries  
Family Style: Add brown rice or whole wheat noodles.

## Avocado Chicken

4 oz chicken breast, cooked  
1 serving avocado salsa  
½ c. green beans/carrots  
Family Style: Add a whole wheat tortilla and turn it into a Chicken Burrito.

NOTES: See Recipes section for Avocado Salsa.

## Skinny Girl Spaghetti

4 oz 99% fat-free ground turkey  
1 medium zucchini (zoodles)  
½-1 c marina sauce

## Side Salad

2 tbsp. Newmans Own® Lite Vinaigrette dressing  
2 c dark leafy greens  
1 c strawberries  
Family Style: add whole wheat spaghetti noodles

NOTES: See Recipes section

## Herb Crusted Salmon

4 oz salmon  
½ tbsp. coconut flour  
½ -1 tbsp. parsley  
½ tbsp . dijon mustard  
1-2 c zoodles or 1 c cauliflower rice

NOTES: Place salmon on pan with parchment paper. Rub dijon mustard on top of each fillet.

In a bowl, mix the coconut flour, parsley, and salt and pepper.

Use a spoon to sprinkle mixture on top of salmon and then pat down with your hand.

Place in the 450 oven for 12-15 mins or until salmon is cooked.

# DINNER

## Grilled Chicken Stir Fry

4 oz of grilled chicken with Teriyaki sauce  
½ c basmati rice  
1 c of Stir Fry Veggies

NOTES: Grill the chicken first, stir fry veggies in a tsp. of coconut oil for about 5 min until bright and tender, then add a dash of teriyaki sauce to taste and top on a bed of 1/2 c of basmati rice

## Caprese Chicken

4 oz grilled chicken  
2 slices of tomato  
1 oz fresh mozzarella cheese  
balsamic glaze  
fresh basil  
½ c of basmati rice or cus cus  
½ c of grilled asparagus baked with salt pepper and olive oil

NOTES: Grill the chicken and top with mozzarella and tomato and broil for a few minutes till cheese is soft and top with fresh basil and drizzle balsamic glaze on top and add a side of grilled asparagus with cus cus or rice on the side.

# MEAL PLAN

## Post workout:

(Have this meal after your workout)  
1 scoop IdealRaw Organic Protein  
1 c unsweetened almond milk  
150 calories from any carb with less than 6g fat\*

NOTES: See Post Workout Carb List for ideas!  
Have your shake on the side or get creative and put the shake and carb together!  
\*Approx 200 calories.

# INDULGENCE MEAL – ON THE 7TH DAY

## MEAL PLAN

NOTES: Remember to keep this meal under 500 cal. If there is something you have been craving all week now is the time to have it! Enjoy this meal you deserve it!

# ADDITIONAL SNACKS MEAL PLAN

For pregnant and nursing moms.

## **Pregnant moms:**

Choose one A list snack below and add it to the meal plan each day.

## **Nursing moms:**

Choose one A list snack AND one B list snack and add it to the meal plan each day.

### **A List:**

#### **Shake**

1/2 banana  
1 scoop IdealRaw Organic Protein  
1 tbsp. peanut butter  
1 c unsweetened almond milk

#### **Yogurt Bliss**

1 c plain fat-free Greek yogurt  
8 almonds  
1 tbsp. chocolate chips  
6 oz berries

### **B List:**

#### **Crackers & Cheese**

100 cal whole wheat crackers  
2 low-fat Laughing Cow® cheese wedges

#### **Yogurt & Cheese**

1 Chobani® Greek yogurt  
1 string cheese

# Post workout carb idea list

The post workout meal is a great time to include a treat if you're craving it! Your body uses the carbs from this post workout meal very quickly so for this meal only it doesn't matter if you choose a complex carb or a simple carb.

Your body will use it right away to replenish glycogen stores and begin the rebuilding process either way. Use 150 calories worth of any low fat carb. Keep the fats in the carb you choose to 6g or less.

## **Some ideas are:**

- Skinny Cow® Ice Cream Sandwiches
- Low-fat candy such as gummy bears or licorice
- Pretzels
- Fruit
- Oatmeal
- Toast and honey
- Low fat crackers
- Toaster waffles
- Brown or white rice



# Substitution Lists

## **Gluten-Free Subs**

(When plan calls for..... sub in....)

100 cal whole wheat crackers -> 3 plain rice cakes OR 1 small apple

$\frac{3}{4}$  c brown rice - 7 oz any potato

$\frac{1}{3}$  c brown rice - 3 oz any potato

$\frac{1}{2}$  c brown rice - 5 oz any potato

Whole wheat tortilla - 80 cal corn tortilla

80 cal whole wheat bread - 80 cal gluten free bread

## **Lactose free subs**

Here are some options if you are lactose intolerant.

1 Dannon® Light & Fit -  $\frac{3}{4}$  oz beef jerky OR 65g deli turkey breast

$\frac{1}{2}$  c low-fat cottage cheese - 1 oz beef jerky OR 85g turkey breast

2 Laughing Cow® swiss cheese wedges -  $\frac{3}{4}$  c. egg whites OR 85g chicken breast

1 string cheese -  $\frac{3}{4}$  oz beef jerky OR 65g deli turkey breast

1 c plain Greek yogurt - 1 oz beef jerky OR 85g turkey breast

1 Chobani® Greek yogurt -  $\frac{1}{2}$  banana AND 65g turkey breast

## Commonly asked for subs

4 oz sweet potatoes - 100 cal whole wheat sandwich thins OR  $\frac{1}{2}$  c brown rice

Salmon - top sirloin or lean ground beef in the same amount

Chia seed pudding - Chunky Monkey Oatmeal

Any nut/nut butter - sunflower seed butter in same amount as butter

$\frac{1}{4}$  Avocado - 12g any nut/nut butter/seed or 20g cheddar cheese

Pork - Chicken, turkey or any white fish in the same amount

1 c. plain Greek yogurt - 1 oz beef jerky OR 85g turkey breast

Spaghetti squash - Zoodles or any steamed veggie

Coconut oil - any oil in the same amount. Ideal-Raw Coconut Oil is a great option.

Turkey burger (200 cal) - 5 oz 93/7 ground turkey OR 4 oz lean ground beef

1 whole egg - 65g turkey breast OR 2 slices Turkey bacon

$\frac{3}{4}$  c brown rice - 7 oz any potato OR 1 c whole wheat pasta

$\frac{1}{3}$  c brown rice - 3 oz any potato OR  $\frac{1}{2}$  c whole wheat pasta

$\frac{1}{2}$  c brown rice - 5 oz any potato OR  $\frac{3}{4}$  c whole wheat pasta

If you don't like the IdealRaw homemade protein bar or want to change it up, you can sub in the trail mix recipe instead!

## **Alternates for protein powder for pregnant and nursing moms**

If you are pregnant or nursing and choose not to use IdealRaw protein powder you can sub in anything below for 1 scoop of protein powder:

65g chicken breast/turkey breast/pork/white fish

$\frac{2}{3}$  c egg whites

$\frac{2}{3}$  c plain Greek yogurt

$\frac{1}{2}$  c cottage cheese

# Recipes

## Avocado Salsa:

¼ avocado chopped & slightly mashed  
1 oz roma tomato chopped small  
1 tsp. jalapeno finely diced  
1 tsp. green onions chopped  
lime juice to taste  
Dash of garlic salt and onion salt

Mash avocado and add tomato, jalapeno, green onions, lime juice and seasonings. Mix well and add to the top of your chicken.

## Cauliflower Rice

1 head cauliflower  
dash of sea salt  
dash of any other spices to add flavor

Cut out stem of cauliflower. Wash head and pat dry. Chop in smaller chunks and place in a food processor or blender. Pulse until rice like. You might need to do smaller batches at a time. Pour into heated pan with 1 tsp. coconut oil and cook on medium-high for about 10-15 mins. Add any spices.

## Chunky Monkey Oatmeal

½ c old fashioned oats  
1 scoop Chocolate IdealRaw Protein  
½ banana, sliced  
1 ½ tbsp. peanut butter  
Optional: sweetener, if desired

Cook ½ c. oats with 1 c water in the microwave for 1 ½ - 2 minutes, stirring halfway through. When the oats are cooked, stir in protein powder, banana and peanut butter. If you'd like to top the oatmeal with peanut butter instead of stir it in, that is yummy too! If you'd like it sweeter you can stir in any non caloric sweetener you'd like.

## Herb Crusted Salmon

4 oz salmon  
½ tbsp. coconut flour  
½-1 tbsp. parsley (fresh or dried)  
½ tbsp. dijorn mustard  
salt and pepper to taste

Place salmon on pan with parchment paper. Rub dijorn mustard on top of each fillet.

In a bowl, mix the coconut flour, parsley, and salt and pepper.

Use a spoon to sprinkle mixture on top of salmon and then pat down with your hand

Place in the oven at 450 degrees for 12-15 mins or until salmon is cooked.

## Homemade IdealRaw protein bar

1 c steel cut oats\*  
2 Scoops IdealRaw Vanilla Protein  
½ c almond butter  
2 tbsp. coconut oil  
2-3 tbsp. almond milk  
1 tsp. vanilla extract  
Pink Himalayan salt to taste  
2 tbsp. honey

Blend oats in a food processor or blender until powder like. Add IdealRaw Vanilla Protein. In a separate bowl add almond butter and coconut oil. Heat in microwave for 20-40 seconds until coconut oil is melted. Add in honey, vanilla and Himalayan salt (to taste). Only add in almond milk if batter feels too dry.

Press in a 9x9 pan lined with parchment paper. Freeze for 10-15 minutes.

Cut into 12 bars.

\*Can also use old fashioned oats

## **Pulled Pork Salad**

4 oz shredded pork  
1-2 leafy greens  
any salad veggies of your choice.  
(Tomatoes, shredded carrots,)

2 lbs pork roast  
1 tbsp. salt  
½ c chicken broth

Place ingredients in crock pot and cook 6-8 hrs on low. Shred and eat! Cook this up for your family or save in 4 oz portions for meal prep.

## **Simple Salmon**

5 oz salmon, thawed  
dill or other spices

Easy clean up option:

Place thawed salmon on a square of foil paper that can wrap salmon. Add dill weed or other spices to season. Seal foil and cook in oven at 425 for 15-25 mins.

Normal option:

Place thawed salmon in a cooking pan with a little nonstick spray. Add spices and cook at 425 for 15-25 mins.

## **Skinny Girl Spaghetti Squash**

4 oz 99% fat free ground turkey  
1 medium zucchini (zoodles)  
½-1 c marina sauce  
side salad  
2 tbsp. Newmans Own® Lite  
Vinaigrette Dressing

Cut spaghetti squash in half. Roast in oven at 425 for an hour with both halves cut side down on pan with parchment paper.

I like to rub extra virgin olive oil or avocado oil on the top and sea salt (about 1 tbsp.).

Let it cool and when it's done roasting, scrape out inside with a fork.

Oven is my favorite way to make side salad but you can microwave too.

Top ground turkey and marina sauce on top of squash.

## **Trail Mix**

¾ oz beef jerky  
10 almonds  
½ oz dark chocolate chips

## **Turkey Burger**

1 Kirkland Turkey Burger  
4 oz sliced sweet potato (¼ in)  
2 slices tomato

Slice sweet potato in ¼ in slices, brush with avocado oil, salt and pepper, and bake in oven at 375 for 25-30 mins flipping half way through.

To assemble burgers, half turkey patty and place on top of 1 sweet potato, spread mashed avocado and sliced tomato.

## **Zoodles**

To make zoodles I use a machine. If you don't have veggetti, or zoodle maker you can use a potato peeler.

Turn 1 medium zucchini or yellow squash into zoodles and cook on stove top with some extra virgin olive oil/

avocado oil on medium-high heat for about 5-10 mins.

Season with any spices. I like to keep it simple with salt and pepper.

# WORKOUTS

I've got you covered for daily workouts. I even put in specific exercises and modifications for pregnant mamas!

# Quick Note For My Pregnant and New Moms

## **Diastasis Recti and Pelvic Floor Health**

If you just had a baby, chances are your abs are separated. The degree of separation varies from person to person, but it's important to know a few things before you start working out again. Your body goes through so many changes when you are pregnant.

Some of those changes include ab muscle separation, wider hips, looser ligaments supporting your joints, loose pelvic floor muscles and loss of balance and coordination. Because of all these changes you can easily injure yourself if you are not educated on the proper exercises after you deliver.

Take the time to let your body fully heal after having a baby and don't rush anything. Always get cleared by your doctor before starting to work out.



## **Working Out After Delivery**

Once you have been cleared by your doctor and resume working out, you need to start very slow. Start with light weights and let your body get used to it before you add heavier weights. You can do damage to your pelvic floor muscles if you start lifting too heavy too soon.

Be careful with the core workouts such as planks, mountain climbers, and sit ups. Start by doing kegels everyday after you have your baby to strengthen your core and your pelvic floor muscles to prevent injury. Modify if you ever feel your stomach "cone" out in the middle. This is proof of your ab separation and you can make it worse if you "push through it". If this happens simply modify the movement.

Pay close attention to your lower back. Your ligaments are a lot more loose because of the added progesterone in your body, so if you feel your back hurting, modify the movement or go lighter.

## **Diastasis Recti Workouts**

Lastly, I want you to perform the Diastasis Recti Workouts every day to bring that gap closer together. A recent study shows that a third of moms experience Diastasis Recti, and each case varies in severity.

To do these exercises, I recommend referring to the video I made where I discuss Diastasis Recti and go through these exercises with you and show you the form!

It doesn't matter what time of the day you do these Diastasis Recti exercises. The most important thing is that you do them.

Here are the exercises you'll find in the video:

Small crunches

Crunch up and alternate legs out and in in a crunch position

Hip Bridges, hold and squeeze for 30 seconds

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAY 1 FULL BODY	DAY 2 SPRINTS	DAY 3 LOWER BODY	DAY 4 UPPER BODY	DAY 5 SPRINTS	DAY 6 FULL BODY
DAY 8 FULL BODY	DAY 9 CARDIO/ABS	DAY 10 LOWER BODY	DAY 11 UPPER BODY	DAY 12 SPRINTS	DAY 13 FULL BODY

**Tip:** Download a good tabata app to keep track of the intervals so you don't have to be watching a clock the whole time.

# DAY 1 FULL BODY

**STRENGTH MOVEMENT**  
**CARDIO/CORE BLAST**  
**\*PREGNANT MODIFICATION**

IMPORTANT: Start every workout with a WARM UP and end with a COOL DOWN  
FOR 12 MINS REPEAT THE FOLLOWING THREE TIMES THROUGH

**\*Pregnant Mommas:** You should not be doing planks, or any core for the last trimester.

**\*Pregnant Mommas:** If push ups are too much pressure on your stomach, you can do inverted push ups.

<b>CURTSY LUNGE/BICEP CURL</b>		40 sec
<b>HIGH KNEES</b>	<b>*High Knee March</b>	20 sec
<b>SQUAT OVERHEAD PRESS</b>		40 sec
<b>JUMP ROPE</b>	<b>*No Jumping, Toe Taps</b>	20 sec
<b>TRICEPS DIPS</b>	<b>*Triceps Dips On Chair</b>	40 sec
<b>HIGH KNEES</b>	<b>*High Knee March</b>	20 sec
<b>LEG CURL</b>	<b>*Glute Bridge On Ball</b>	40 sec
<b>JUMP ROPE</b>	<b>*No Jumping, Toe Taps</b>	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE TIMES THROUGH

<b>HAND RELEASE PUSH UPS</b>	<b>*Downward Dog Push Ups</b>	40 sec
<b>SKATERS</b>		20 sec
<b>BENT OVER DB ROWS</b>		40 sec
<b>PLANK TUCK</b>	<b>*Plank w/ Step In &amp; Out</b>	20 sec
<b>DB DEADLIFT</b>		40 sec
<b>SKATERS</b>		20 sec
<b>BICEP CURL W/ SHOULDER PRESS</b>		40 sec
<b>PLANK TUCK</b>	<b>*Plank w/ Step In &amp; Out</b>	20 sec

**CHALLENGE:** How many burpees can you do in 2 min  
(\*for pregnant moms do burpee alternative):

\_\_\_\_\_

# DAY 2 SPRINTS

## YOUR CARDIO OF CHOICE

(bike, rower, stair climber, treadmill, outside jump rope, high knees, tuck jumps, stair jumps up and down, burpees, quick feet, or mountain climber)

## WARM UP

For the 30 seconds, go all out!

Give it your all!

Then use the 90 seconds to recover.

Do this six times!

30 SEC ON (fast pace)	90 SEC RECOVER (walk/jog)
Min :30	Min :30-2:00
2:00-2:30	2:30-4:00
4:00-4:30	4:30-6:00
6:00-6:30	6:30-8:00
8:00-8:30	8:30-10:00
10:00-10:30	10:30-12:00

## COOL DOWN

**CHALLENGE:** Drop and give me 100 reps! (100 combo reps of any 5 movements: Supermans, bicycle twist, Russian twist, leg raises, hip lifts):

---

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# DAY 3 LOWER BODY LEAN

IMPORTANT: Start every workout with a WARM UP and end with a COOL DOWN

**STRENGTH MOVEMENT**  
**CARDIO/CORE BLAST**  
**\*PREGNANT MODIFICATION**

FOR 12 MINS REPEAT THE FOLLOWING  
THREE TIMES THROUGH

<b>ATERNATING FORWARD LUNGE</b>		40 sec
<b>IN-OUT SPLIT JUMP</b>	<b>*Same Motion, No Jumping</b>	20 sec
<b>DB STEP UPS</b>	<b>*No Weight</b>	40 sec
<b>TOE TAPS</b>		20 sec
<b>SUMO SQUAT</b>		40 sec
<b>IN-OUT SPLIT JUMP</b>	<b>*Same Motion, No Jumping</b>	20 sec
<b>LATERAL LUNGE</b>		40 sec
<b>TOE TAPS</b>		20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE TIMES THROUGH

<b>GLUTE BRIDGE</b>	<b>*Glute Bridge With Stability Ball</b>	40 sec
<b>BURPEE</b>	<b>*Step In &amp; Out</b>	20 sec
<b>PULSE SQUATS</b>		40 sec
<b>RUSSIAN DB TWIST</b>	<b>*Elbow To Knee March</b>	20 sec
<b>DEADLIFT</b>		40 sec
<b>BURPEE</b>	<b>*Step In &amp; Out</b>	20 sec
<b>JUMP LUNGE</b>	<b>*Regular Lunges</b>	40 sec
<b>RUSSIAN DB TWIST</b>	<b>*Elbow to Knee March</b>	20 sec

**CHALLENGE:** How long can you hold a wall sit:

---

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# DAY 4 UPPER BODY TRIM

IMPORTANT: Start every workout with a WARM UP and end with a COOL DOWN

**STRENGTH MOVEMENT**  
**CARDIO/CORE BLAST**  
**\*PREGNANT MODIFICATION**

FOR 9 MINS REPEAT THE FOLLOWING  
THREE TIMES THROUGH

<b>PUSH UP/ROW (LFT THEN RT)</b>	<b>*Just Row</b>	40 sec
<b>FOOTBALL RUN (QUICK FEET)</b>		20 sec
<b>ALTERNATING DB SNATCH</b>		40 sec
<b>SKIERS</b>		20 sec
<b>TRICEPS DIPS ON CHAIR</b>		40 sec
<b>FOOTBALL RUN (QUICK FEET)</b>		20 sec
<b>BICEPS CROSSOVER</b>		40 sec
<b>SKIERS</b>		20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE TIMES THROUGH

<b>STABILITY BALL DB CHEST PRESS</b>		40 sec
<b>JUMPING JACKS</b>	<b>*Step Out</b>	20 sec
<b>ALTERNATING HAMMER CURLS</b>		40 sec
<b>HEISMAN</b>		20 sec
<b>PUSH UPS TO PLANK</b>	<b>*Downward Dog Push Ups</b>	40 sec
<b>JUMPING JACKS</b>	<b>*Step Out</b>	20 sec
<b>L-FRONT RAISES</b>		40 sec
<b>HEISMAN</b>		20 sec

**CHALLENGE:** 2 minute push ups:

---

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# DAY 5 SPRINTS

## YOUR CARDIO OF CHOICE

(bike, rower, stair climber, treadmill, outside jump rope, high knees, tuck jumps, stair jumps up and down, burpees, quick feet, or mountain climber)

## WARM UP

For the 30 seconds, go all out!

Give it your all!

Then use the 90 seconds to recover.

Do this six times!

30 SEC ON (fast pace)	90 SEC RECOVER (walk/jog)
Min :30	Min :30-2:00
2:00-2:30	2:30-4:00
4:00-4:30	4:30-6:00
6:00-6:30	6:30-8:00
8:00-8:30	8:30-10:00
10:00-10:30	10:30-12:00

## COOL DOWN

**CHALLENGE:** Drop and give me 100 reps! (100 combo reps of any 5 movements: Supermans, bicycle twist, Russian twist, leg raises, hip lifts):

---

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# DAY 6 FULL BODY FAT BLAST

IMPORTANT: Start every workout with a WARM UP and end with a COOL DOWN

**STRENGTH MOVEMENT**  
**CARDIO/CORE BLAST**  
**\*PREGNANT MODIFICATION**

FOR 12 MINS REPEAT THE FOLLOWING  
THREE TIMES THROUGH

<b>SQUAT SHOULDER PRESS</b>		40 sec
<b>BUTT KICKERS</b>	<b>*No Jumping</b>	20 sec
<b>INCH WORM PUSH UPS</b>	<b>*Inch Worm Push Ups on Knees</b>	40 sec
<b>WEIGHTED JACKS</b>	<b>*Step Out</b>	20 sec
<b>LUNGE AND FRONT KICK</b>		40 sec
<b>BUTT KICKS</b>	<b>*No Jumping</b>	20 sec
<b>BENT SHOULDER RAISE</b>		40 sec
<b>WEIGHTED JACKS</b>	<b>*No Jumping</b>	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE TIMES  
THROUGH

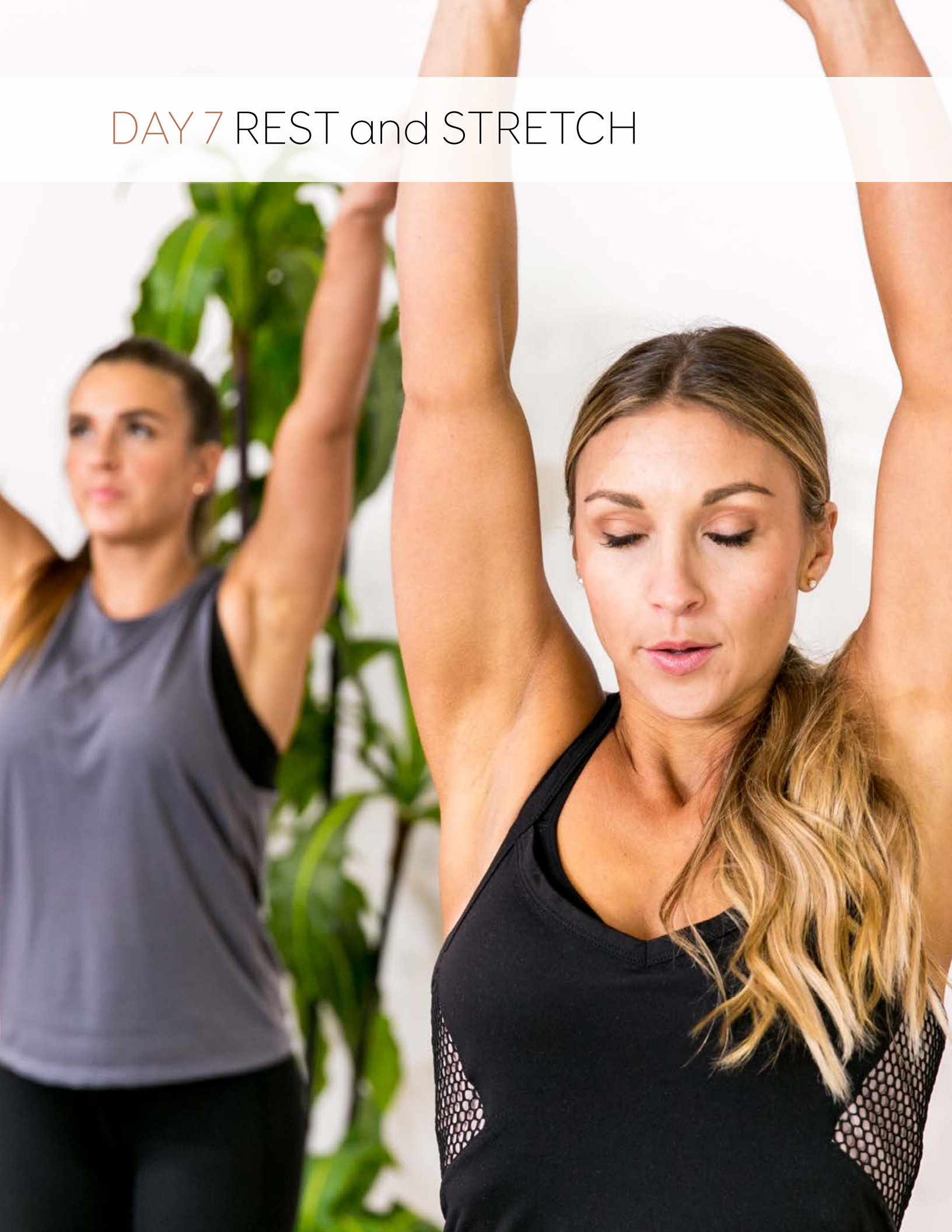
<b>DB BENTOVER ROW/TRI KICKBACK</b>		40 sec
<b>TOE TAPS</b>		20 sec
<b>DEADLIFT</b>		40 sec
<b>MUMMY KICKS</b>	<b>*No Jumping</b>	20 sec
<b>STATIONARY LUNGES</b>		40 sec
<b>TOE TAPS</b>		20 sec
<b>ELEVATOR BICEP CURLS</b>		40 sec
<b>MUMMY KICKS</b>	<b>*No Jumping</b>	20 sec

**CHALLENGE:** PHONE NUMBER PUSH UPS (take your phone number and do that many pushups.. ex 360-621-3546, 3 push ups, rest, 6 push ups, rest, skip 0 and go right into 6 pushups, etc):

---

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DAY 7 REST and STRETCH



# DAY 8 FULL BODY TOWEL WORKOUT

IMPORTANT: Start every workout with a WARM UP and end with a COOL DOWN

**STRENGTH MOVEMENT**  
**CARDIO/CORE BLAST**  
**\*PREGNANT MODIFICATION**

FOR 12 MINS REPEAT THE FOLLOWING  
THREE TIMES THROUGH

<b>DOWNWARD DOG PUSH UPS</b>		40 sec
<b>TOWEL MOUNTAIN CLIMBER</b>	<b>*High Knee March</b>	20 sec
<b>AROUND THE WORLD LUNGES (One Leg)</b>		40 sec
<b>GRAPEVINE</b>		20 sec
<b>AROUND THE WORLD LUNGES (One Leg)</b>		40 sec
<b>TOWEL MOUNTAIN CLIMBER</b>	<b>*High Knee March</b>	20 sec
<b>REACH RT/PUSH UP REACH LFT</b>		40 sec
<b>GRAPEVINE</b>		20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE TIMES  
THROUGH

<b>LEG CURLS (KEEP YOUR HIPS UP)</b>		40 sec
<b>TOWEL ELBOW TO KNEE MT CLIMBER</b>	<b>*Crossover March</b>	20 sec
<b>SQUAT SIDE LEG LIFT</b>		40 sec
<b>PLANK JACKS</b>	<b>*Outside Jack</b>	20 sec
<b>GLUTE BRIDGE ON BALL</b>		40 sec
<b>TOWEL ELBOW TO KNEE MT CLIMBER</b>	<b>*Crossover March</b>	20 sec
<b>ARNOLDS</b>		40 sec
<b>PLANK JACKS</b>		20 sec

# DAY 9 CARDIO/ABS

\*Pegnant women DON'T do this ABS section, refer to pregnant core workouts at the bottom  
\*\*POST PARTUM MODIFICATION

## CARDIO

### 20-45 MIN CARDIO CHOICE

TREADMILL WALK OR RUN, OUTDOOR WALK OR RUN,  
ELLIPTICAL, STATIONARY BIKE, STAIR  
CLIMBER, SWIMMING , ROWER.

## ABS

### PART 1

#### WEIGHTED RUSSIAN TWIST

#### STRAIGHT LEG TOE TOUCH CRUNCHES

#### HIP LIFTS

#### BICYCLES (LFT +RT + 1 REP)

#### IN & OUTS (SEE VIDEO EXAMPLE)

\*\*Just Crunches

50  
40  
30  
20  
10

### PART 2

\*\*Pregnant Moms SKIP Part 2. This is ONLY for Moms after  
6 Weeks Post Partum\*\*

#### PLANK

#### AB BLASTER

#### LYING AB TUCK

#### OBLIQUE TAPS

#### PLANK SHOULDER TAPS

60 sec  
20 reps each side  
20 reps  
20 reps each side  
60 sec

CONTINUE ON NEXT PAGE

# DAY 9 CARDIO/ABS CONTINUED

**PART 3 \*Pregnant Moms Skip Part 3)**

**MAX PLANK (compare to previous time)**

**PART 3 (\*For Pregnant Mommas (After 1st trimester)**

REPEAT 2-3 TIMES

<b>CAT/COW</b>	10
<b>HANDS AND KNEES ALTERNATING SUPERMAN</b>	10
<b>HIP LIFTS</b>	10

# DAY 10 LOWER BODY LEAN

IMPORTANT: Start every workout with a WARM UP and end with a COOL DOWN

**STRENGTH MOVEMENT**  
**CARDIO/CORE BLAST**  
**\*PREGNANT MODIFICATION**

FOR 12 MINS REPEAT THE FOLLOWING  
THREE TIMES THROUGH

<b>ALTERNATING LUNGE (DB)</b>		40 sec
<b>BOXER SQUAT PUNCH</b>		20 sec
<b>DB STEP UPS</b>	<b>*No Weight</b>	40 sec
<b>HIGH KNEES</b>	<b>*No Jumping</b>	20 sec
<b>SUMO SQUAT</b>		40 sec
<b>BOXER SQUAT PUNCH</b>		20 sec
<b>LATERAL LUNGE</b>		40 sec
<b>HIGH KNEES</b>	<b>*No Jumping</b>	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE TIMES THROUGH

<b>WEIGHTED GLUTE BRIDGE</b>	<b>*On Ball</b>	40 sec
<b>QUICK FEET</b>		20 sec
<b>PULSE SQUAT</b>	<b>*No Weight</b>	40 sec
<b>FLUTTER/SCISSOR KICKS (ABS)</b>	<b>*Side Leg Lift Lying Down</b>	20 sec
<b>ONE LEG DEADLIFTS</b>		40 sec
<b>QUICK FEET</b>		20 sec
<b>ONE LEG DEADLIFTS (OTHER SIDE)</b>		40 sec
<b>FLUTTER/SCISSOR KICKS (ABS)</b>	<b>*Side Leg Lift Lying Down</b>	20 sec

**CHALLENGE:** weighted wall sit (grab a child or dumbbell) time:

---

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# DAY 11 UPPER BODY TRIM

IMPORTANT: Start every workout with a WARM UP and end with a COOL DOWN

**STRENGTH MOVEMENT**  
**CARDIO/CORE BLAST**  
**\*PREGNANT MODIFICATION**

FOR 12 MINS REPEAT THE FOLLOWING  
THREE TIMES THROUGH

<b>PUSH UP/ROW</b>		40 sec
<b>X JUMPS</b> (hands touch floor in sumo squat jump up, hands make a "Y" shape.)	<b>*No Jump</b>	20 sec
<b>ALTERNATING DB SNATCH</b>		40 sec
<b>PLANK SHOULDER TAPS</b>	<b>*Overhead Press</b>	20 sec
<b>HAMMER CURLS + SHOULDER PRESS</b>		40 sec
<b>X JUMPS</b>	<b>*No Jump</b>	20 sec
<b>TRICEP DIPS ON CHAIR</b>		40 sec
<b>PLANK SHOULDER TAPS</b>	<b>*Overhead Press</b>	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE TIMES THROUGH

<b>STABILITY BALL DB PRESS</b>		40 sec
<b>BURPEES</b>	<b>*Step In &amp; Out</b>	20 sec
<b>SQUAT OVERHEAD/TRI EXT</b>		40 sec
<b>ALT JACK JUMPS</b>	<b>*Step Out</b>	20 sec
<b>PUSH UP TO SIDE PLANK</b>	<b>*Cat Cow</b>	40 sec
<b>BURPEES</b>	<b>*Step In &amp; Out</b>	20 sec
<b>SHOULDER WHEEL TURN</b>		40 sec
<b>ALT JACK JUMPS</b>	<b>*Step Out</b>	20 sec

**CHALLENGE:** Grab a deck of cards. Flip through the pile and do as many BURPEES as the card number says. Alternate with a partner or just skip every other card for yourself. Keep track of your pile and record how many total reps you did in the deck:

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# DAY 12 SPRINTS

## YOUR CARDIO OF CHOICE

(bike, rower, stair climber, treadmill, outside jump rope, high knees, tuck jumps, stair jumps up and down, burpees, quick feet, or mountain climber)

\* Pregnant Moms: You should not be sprinting during the 2nd and 3rd trimester. You don't want to get your heart rate up past 80% of your VO2 Max. Try fast walking instead of sprints!

## WARM UP

For the 30 seconds, go all out!

Give it your all!

Then use the 90 seconds to recover.

Do this six times!

30 SEC ON (fast pace)	90 SEC RECOVER (walk/jog)
Min :30	Min :30-1:30
1:30-2:00	2:00-3:00
3:00-3:30	3:30-4:30
4:30-5:00	5:00-6:00
6:00-6:30	6:30-7:30
7:30-8:00	8:00-12:00

## COOL DOWN

**CHALLENGE:** 12 times running up your stairs, go!  
Alternative for no stairs: grab a chair and do 4 minutes of step-ups.

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# DAY 13 FULL BODY

IMPORTANT: Start every workout with a WARM UP and end with a COOL DOWN

**STRENGTH MOVEMENT**  
**CARDIO/CORE BLAST**  
**\*PREGNANT MODIFICATION**

FOR 12 MINS REPEAT THE FOLLOWING THREE TIMES THROUGH

<b>GLUTE BRIDGE</b>		40 sec
<b>SKATERS</b>		20 sec
<b>INCH WORM PUSH UPS</b>	<b>*Inch Worm Push Ups on Knees</b>	40 sec
<b>FRONT KICKS</b>		20 sec
<b>DB SQUAT</b>		40 sec
<b>SKATERS</b>		20 sec
<b>AROUND THE WORLD</b>		40 sec
<b>FRONT KICKS</b>		20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE TIMES THROUGH

<b>DB ROW</b>		40 sec
<b>JUMPING JACKS</b>	<b>*Step Out</b>	20 sec
<b>DEADLIFT/BICEP CURL/SHOULDER PRESS</b>		40 sec
<b>SQUAT JUMPS</b>	<b>*No Jump</b>	20 sec
<b>OVERHEAD TRICEP EXT</b>		40 sec
<b>JUMPING JACKS</b>	<b>*Step Out</b>	20 sec
<b>LUNGES</b>		40 sec
<b>SQUAT JUMPS</b>	<b>*No Jump</b>	20 sec

**CHALLENGE:** LEGS FOR DAYS: 25 donkey kicks right, 25 donkey kicks left, 25 squat jumps, 25 mountain climbers:

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# DAY 14 REST and STRETCH



# DAY 15 FULL BODY

IMPORTANT: Start every workout with a WARM UP and end with a COOL DOWN

**STRENGTH MOVEMENT**  
**CARDIO/CORE BLAST**  
**\*PREGNANT MODIFICATION**

FOR 12 MINS REPEAT THE FOLLOWING  
THREE TIMES THROUGH

<b>CURTSY LUNGE/BICEP CURL</b>		40 sec
<b>SUPERMAN FLUTTER KICKS</b>	<b>*SIDE LEG LIFT</b>	20 sec
<b>SQUAT DB SWING</b>		40 sec
<b>JUMPING LUNGES</b>	<b>*REGULAR LUNGES</b>	20 sec
<b>TRICEP DIPS ON CHAIR</b>		40 sec
<b>SUPERMAN FLUTTER KICKS</b>	<b>*SIDE LEG LIFT</b>	20 sec
<b>LEG CURL ON BALL</b>		40 sec
<b>JUMPING LUNGES</b>	<b>*NORMAL LUNGES</b>	20 sec

FOR 12 MINS REPEAT THE FOLLOWING THREE TIMES  
THROUGH

<b>HAND RELEASE PUSH UPS +PLANK JACK</b>	<b>*Downward dog push up</b>	40 sec
<b>DB RUSSIAN TWIST</b>	<b>*Opposite Knee to Elbow March</b>	20 sec
<b>DB ROWS ON ALL FOURS</b>		40 sec
<b>X JUMPS</b>	<b>*No Jump</b>	20 sec
<b>CURTSY LUNGE/OBLIQUE/ CRUNCH</b>		40 sec
<b>DB RUSSIAN TWIST</b>	<b>*Opposite Knee to Elbow March</b>	20 sec
<b>LATERAL/FRONT SHOULDER COMBO</b>		40 sec
<b>X JUMPS</b>	<b>*No Jump</b>	20 sec

**CHALLENGE:** Do as many sit-ups as you can for 2 minutes.

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# FAQS

## **Can I do the 15 day challenge if I'm nursing?**

This program is safe for postpartum moms and many of them are breast-feeding, but just to be extra safe, double check with your doctor to get the OKAY and to see if any exercises should be off limits for now.

## **When can I start working out after giving birth?**

This is definitely a question you'll want to ask your doctor or midwife. Typically, a woman can resume exercise 2-4 weeks after a vaginal delivery and 6-8 weeks after a c-section. Just remember, every mama is different, so make sure to get the okay from your doctor and don't rush anything!

## **I have Diastisis Recti what can I do?**

Certain exercises can make it worse, so visit a physical therapist or your doctor to see what they can do to help you and determine the severity of your ab separation. I recommend before starting any exercises during or after pregnancy, be sure to ask your doctor what's OK for you to do and what's off-limits for now. You could try some of my workouts but I would avoid any planking or twisting movements along with anything that causes strain or discomfort.

## **Can I take the IdealRaw Products if I'm breastfeeding?**

Due to the ingredients being plant based, organic, dairy free, and soy free, I feel very comfortable recommending it to my nursing and pregnant Mommas, but you should always check with your doctor before taking any type of supplement.