

THE FITNESS SISTAS  
2018  
Winter  
SHAPE  
Up





# WINTER SHAPE UP

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THE FITNESS SISTAS 2018

# Winter Shape Up

## THE FOUR WEEK PLAN

	week <i>One</i>	week <i>two</i>	week <i>three</i>	week <i>four</i>
MON	Workout # 1 + HIIT 15 minutes	Easy steady state- 30 min	Easy steady state- 30 min	Workout #3 + workout # 7
TUES	Workout #5	OFF/gentle	Workout #4 + Workout #7	Workout #2 + 15 min HIIT
WED	Workout #3 + Workout #4	Workout # 1 + Workout #3	Workout #2 + 20 minutes hill climbing	Workout #4 + 20 min easy steady state
THUR	OFF/gentle	Workout #5	Workout #5	OFF/gentle
FRI	Workout #6 + 20 min easy steady state	Workout #2 + Workout #4	OFF/gentle	OFF/gentle
SAT	HIIT + steady	OFF/gentle	Workout #1 + Workout #3	Easy steady state- 30 min
SUN	Workout #2 + Workout #7	Workout #6	Easy steady state- 30 min	WSU finisher: your fave 2 video workouts



# week *One*

## BREAKFAST

Pecan Pie Protein Oatmeal  
Pumpkin Pie Protein Bowl  
Homemade Sous Vide Egg Bites

Single-Serving Bone Broth Soup  
Homemade Salad Dressings to Spice Up  
Your Lunch Salad  
Chocolate Acai BowlBites

## LUNCH

## DINNER

Jackfruit Carnitas Tacos  
Serve with a side of beans for more protein!  
Healthy Baked Chicken Tenders  
Easy Garlic-Lime Salmon

Cauliflower Tots  
Trail Mix Chex Bites  
BBQ Roasted ChickpeasBites

## SNACKS

# week *two*

## BREAKFAST

- Harvest Turkey Breakfast Scramble
- Savory Breakfast Quiona
- Healthy Baked Breakfast Cookie

- Curry Chicken Salad with Turmeric Wraps
- Grilled Chicken Salad with Strawberries and Maple Roasted Pecans
- Hummus Chicken Salad Bowls

## LUNCH

## DINNER

- Chicken Tacos with Homemade Tortillas
- Chicken with Mediterranean Cauliflower Rice
- Slow Cooker Turkey Barbacoa
- Savory Chicken Sausage Butternut Squash Bowls

- Apple Spice Amazeballs
- Peanut Butter Oatmeal Cookie Granola
- Chocolate Chip Cookie Dough Bars

## SNACKS

# week *three*

## BREAKFAST

Healthy Egg Casserole  
Pumpkin Banana Blender Pancakes  
Pumpkin Oatmeal Bake

Chicken, Quinoa, Sweet Potato Soup  
The Best Black Bean Soup  
Tuna Stuffed Avocado

## LUNCH

## DINNER

Sriracha Chicken and Cauliflower Tacos  
Slow Cooker Butternut Squash Lasagna  
Mediterranean Chicken Bake  
Coconut Curry Meatballs with Sweet Potato Noodles

Chocolate Protein Cake for One  
Healthy Banana Chocolate Chip Muffins  
Kalamata Olive Dip

## SNACKS



# week *four*

## BREAKFAST

- Breakfast Salad
- Overnight Apple Pie Slow Cooker
- Oatmeal
- Tropical Cherry Paleo Muffins

- Italian Kale Salad
- San Diego Lobster Street Tacos
- Slow Cooker Greek Chicken Soup

## LUNCH

## DINNER

- 10 Different Ways to Cook Salmon
- Crispy Shrimp +Veggie Bowls with Soy Ginger Sauce
- Slow Cooker White Chicken Chili
- One Pan Chicken with Tomatoes, Basil and Feta
- Grain-Free Balsamic Mushroom Chicken with Zucchini Noodles

- Strawberry Shortcake Energy Bites
- Homemade Suja Sunset Protein Smoothie
- Brownie Batter Protein Bites

## SNACKS

# Workout #1

## HIIT AND STRENGTH

3 rounds: each round is 8 minutes. Do as many rounds as possible within the 8-minute blocks. Rest 1 minute in between circuits

### CIRCUIT 1 (8 MINUTES)

Squat press x 10

Squat jumps x 15

Reverse lunge with knee-up or kick x 10 each side

### CIRCUIT 2 (8 MINUTES)

Burpees x 10

Triceps dips x 15

Biceps curl complex x 15

### CIRCUIT 3 (8 MINUTES)

Mountain climbers x 30

Lateral lunges x 10 each

Push-ups x 15

\*Cool down and stretch





# VIDEO ALTERNATE WORKOUTS:



## workout #2

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BARRE LEGS WORKOUT

“BARRE SO HARD” LEG WORKOUT

LEAN LEG WORKOUT

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## workout #3

FUNCTIONAL CORE

STANDING CORE WORKOUT

# UPPER BODY BURNER

Warm up, 5-7 minutes with moderate cardio

Complete the following moves in a circuit, moving quickly from one exercise to the next. When you finish the circuit, repeat up to 2 more times for up to 3 total times through.

## CIRCUIT

Snatches x 10 each

Wide row to narrow row x 10 each

Push-ups x 15

Triceps dips x 1 minute max

Cheerleader shoulder raises x 20 total

Full-range presses x 10

Bent-over triceps extensions x 1 minute max

Chest press to chest fly x 20 total

Chest press pulse x 30 seconds



5  
Workout #

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# TREADMILL WORKOUT

0:00 - 5:00 Warm up, 1% incline, steady state pace

5:00-7:00 3% incline, push pace

7:00-8:00 3% incline, steady state pace

8:00-9:00 3% incline, SPRINT

9:00-10:00 1% incline, recover

10:00-12:00 5% incline, push pace

12:00-13:00 5% incline, steady state pace

13:00-14:00 5% incline, SPRINT

14:00-15:00 1% incline, recover

15:00-17:00 7% incline, push pace

17:00-18:00 7% incline, steady state pace

18:00-19:00 7% incline, SPRINT

19:00-20:00 1% incline, recover

20:00-21:00 1% incline, push pace

21:00-22:00 1% incline, steady state pace

22:00-23:00 1% incline, SPRINT

23:00-24:00 1% incline, recover

24:00-24:30 1% incline, SPRINT

24:30-27:00 cool down, recover and stretch.

# TOTAL BODY CIRCUIT

## CIRCUIT 1

Biceps curl to overhead press x 12

Sumo squat x 15 with 15 pulses

Plie squat, squat jump x 20

Push-up punch x 20 total

## CIRCUIT 2

Bent over wide row and narrow row x 15

Triceps dips

Reverse lunge to front kick x 10 each

Jumping lunges x 20 total

## CIRCUIT 3

Plank x 30 seconds

V-up x 30 seconds



# Workout # 7

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## AB BURNER



Woodchop x 20 each side

Plank walk x 15 seconds each direction

Bench side-to-side hops x 20

Frog crunch x 20

Leg raises x 20

Plank x 60 seconds

