



5-25 INTENSE-INTERVAL STRENGTH-TRAINING

DAY: _____ DATE: _____ TIME: _____ LOCATION: _____

☐	UPPER BODY WORKOUT	☐	LOWER BODY WORKOUT
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Rest 2 Minutes
Before Repeating
the Cycle



No Rest
Between Sets

Exercise:

Weight:

Exercise:

Weight:

Exercise:

Weight:

Exercise:

Weight:

Exercise:

Weight:

Repeat
5 Times in
25 minutes

- Choose 5 Exercises for either the upper or lower body and perform 10 reps of each exercise, with no rest between sets.
- After completing all 5 sets of 10, rest for 2 minutes, then repeat the cycle a total of 5 times.
- Aim to complete all 5 cycles in about 25 minutes.
- Lift and lower weights slowly and under control. Count "one-thousand-one-two" on the way up and down. Breathe out through the mouth on exertion.
- Aim for 90% - 95% of estimated cardiac maximum at the completion of cycles 3, 4, and 5.

Upper Body Workout

1. Incline Dumbbell Bench Press
2. Iron Cross (shoulder side raises)
3. Bent Over Rows
4. Bicep Curls
5. Overhead Tricep Extension

Lower Body Workout

1. Shoulder Width Dumbbell Squat
2. Good Mornings / Dead-lifts with Dumbbells
3. Sumo Squats
4. Calf Raises
5. Narrow Stance Squats

NOTICE: Check with your doctor before you begin any new exercise program. If you feel faint, dizzy, unusual pain, or cannot recover your breath between sets, stop immediately and consult your physician.



MEAL PLAN

Lose Fat + Gain Energy + Tone Muscles

Meal #1

CHOOSE 1 OF THESE 4 OPTIONS:

- Protein Shake
- Greek Yogurt + Berries (W: 1/2 cup; M: 3/4 cup)
- Scrambled Eggs & Toast (W: 3 egg whites, 1 whole egg, 1 slice whole grain toast; M: 3 egg whites, 2 whole eggs, 1.5 slices whole grain toast)
- Protein Pancakes (W: 2 medium; M: 3 medium)

Meal #2

CHOOSE 1 OF THESE 4 OPTIONS:

- Protein Shake
- Nutrition Bar
- Greek Yogurt with Fruit
- Lowfat Cottage Cheese with Yoplait Light Yogurt (W: 1/2 cup; M: 3/4 cup)

Meal #3

CHOOSE 1 OF THESE 4 OPTIONS:

- Turkey Sandwich
- Chicken Breast, Brown Rice, Steamed Vegetables
- Right Protein Shake
- Turkey Chili (left over from previous nights dinner)

Meal #4

CHOOSE 1 OF THESE 4 OPTIONS:

- Protein Shake
- Nutrition Bar
- Greek Yogurt with Fruit
- Lowfat Cottage Cheese with Yoplait Light Yogurt (W: 1/2 cup; M: 3/4 cup)

Meal #5

CHOOSE 1 OF THESE 4 OPTIONS:

- Baked Salmon (W: 4oz uncooked; M: 6oz), Quinoa (W: 3/4 cup cooked; M: 1 cup), Steamed Broccoli (1 cup+)
- Grilled Chicken Salad with 1/2 apple or 10 grapes, and 2 tbsp low-fat dressing
- Lean Steak (W: 6oz; M: 8oz), Baked Potato (with 2 tbsp salsa, 1 tbsp lowfat sour cream), with Steamed Green Beans (1 cup+) or 1 whole Sliced Tomato
- Ground Turkey Burger (whole wheat bun, lettuce, tomato, pickle, mustard)

Meal #6

CHOOSE 1 OF THESE 4 OPTIONS:

- Protein Shake / Protein Pudding
- Greek Yogurt with Fruit
- Lowfat Cottage Cheese with Yoplait Light Yogurt (W: 1/2 cup; M: 3/4 cup)
- Blueberry Protein Pancakes



MEAL PLAN • TIPS FOR SUCCESS

Lose Fat + Gain Energy + Tone Muscles

TIPS For Success

- Drink 10 - 12 cups of water per day. Iced tea or sparkling water counts as water. Limit diet soda to one per day and coffee to less than 4 cups per day.
- Drink an extra cup of water for every diet soda or cup of coffee to stay hydrated.
- Do not skip meals. Do not eat double portions. Always plan your meals in advance and make 110% effort to follow that plan. Learn to eat according to your planned schedule and meals.
- Learn to eat when you are not hungry.
- Never eat carbohydrates on their own.
- If you make a mistake put it behind you and make the next right choice.

notes:

The G.R.A.C.E. Process

Go To a Memory

Release Forgiveness

Acknowledge the Lie

Confirm the Truth

Experience Healing





SMART Goals

S	Specific What am I going to do? Why is this important to me?
M	Measurable How will I measure my success? How will I know when I have achieved my goal?
A	Attainable What will I do to achieve this goal? How will I accomplish this goal?
R	Relevant Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?
T	Time-Bound When will I accomplish my goal? How long will I give myself?



Action Plan

My goal is _____

Date to finish	How will I measure my success?

Steps to Achieving my Goal

Description	Time Estimate	Completion date

Obstacles that may arise	How I will respond

Helpful Tools	Helpful Resources