

FULL BODY GYM WORKOUT PROGRAM



MINDSET
BODY
NUTRITION

Giving you the tools to become the best version of yourself, both mentally and physically.

BODY BY
BLAIR

TABLE OF CONTENTS

4 SECTION 1

16 SECTION 2

32 SECTION 3

BODY BY BLAIR
INTRODUCTION

HELLO, I'M BLAIR

GUIDE SUMMARY

This guide is organized into three different sections, starting with the most important.





MINDSET

Mindset is the central, most important element in everything you do in life. If you can master your mind, you can re-create your reality. When practiced regularly, it can help you improve your sense of well-being and allow you to be more engaged in your everyday life.

NUTRITION

This guide contains general information about nutrition that will make you understand calories, macros, macro tracking and meal prepping to help your days go a little smoother when you just don't have the time or energy to cook. Meal prepping can also help alleviate stress with having to decide what to eat every day or having to settle for take-out. It saves you time, money, and your waistline.

Together, we are going to build a healthy relationship with food. I've also included delicious recipes to make some of your favorite meals, and I hope it inspires you to create your own originals!

TRAINING

When it comes to working out (with any form of training) it's important to know what you're doing, how to do it properly to prevent injury and maximize results and understand the benefit of each exercise. This guide includes your workouts for the next several weeks. Whether you're at home or in the gym, I've got you covered.

“If you can master your mind, you can re-create your reality.”

TRACKING YOUR PROGRESS

It's important to know where you're going. It's also important to know where you came from. By tracking your progress regularly, it will help motivate you to stick with it and push harder. I would advise to pick one day of the week as your check-in date. Try to keep your check-ins at the same time of day and on the same day every week. Keep track of your progress by taking measurements of the waist, hips, thighs, calves, chest and/or upper arms, and use the previous measurements as a benchmark to evaluate progress.

Taking progress pictures is a great tool for measuring how far you've come in your journey. Keep the scale, but do not heavily rely on it as a source of progress. ***You are not your number!*** As women, our weight fluctuates from day to day with many varying factors: time of the month, sleep, stress, inflammation, etc. Instead, try on that dress that was a little too snug last month, or your favorite pair of jeans that were tighter than they used to be. There are times where your weight won't budge, but your body has repositioned. You've lost fat but gained muscle.

Repeat after me, *"I AM NOT MY NUMBER!"*



Again, the scale might not move, but that waist is sinching, that top is looser, and you're glowing from the inside out because you've mastered your mind and your body.

Every small step is an accomplishment. Be proud of yourself and the work you're doing. You're farther along than you were yesterday, last week, and last month.

Keep going!

ACCOUNTABILITY

What are your goals? What is going to keep you accountable? Write them down where you see them and are reminded of them every day.

Now that we have that covered, what system are you going to put into place to keep yourself accountable? Prepare your meals the night before to take to work the next day? Get your gym bag ready with a pair of clothes to change into after work, or set them out the night before you go to the gym early the next day? Focus more on cooking your meals versus eating out every day? Focus on whole foods like fresh produce and fresh meat/fish instead of processed? Not hitting snooze every day, but getting up the first time the alarm goes off? That's hard, I know.

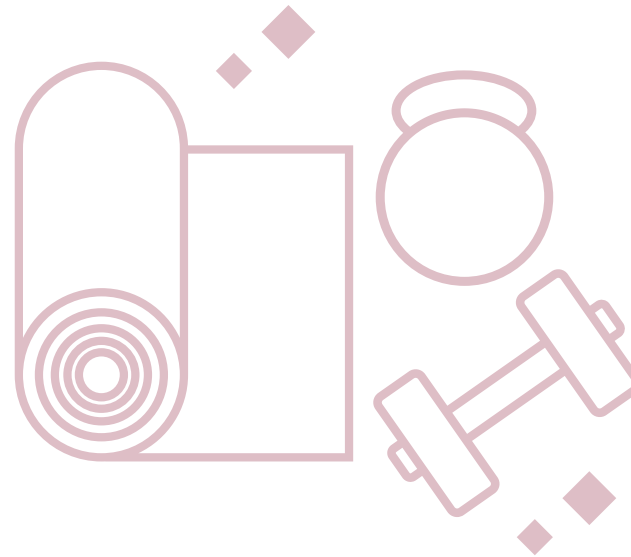
If you're new to the game, it's best to take baby steps. Start small and work your way to the bigger goals. If you do too much, too hard, too soon, it may feel impossible. Small changes add up over time and before you know it, your new lifestyle will be on autopilot.



“Start small and work your way to the bigger goals.”

EQUIPMENT NEEDED

Your home workouts have a list of equipment that will be needed to complete your exercises. You can use modifications, if necessary.



For the gym-based plan, not all gyms have the same machines, and even though this program only requires machines that most gyms *should* have, there might still be some exercises that you aren't able to do because you don't have the right equipment. In that case, look at the list with alternative exercises to find an exercise that you can do instead, or you can use a machine that targets the same muscle in a similar way.

Whether at home or in the gym, always make sure that you work on perfecting your form before adding additional weight. This helps with preventing injuries, and it allows you to target the intended muscles better. There are plenty of resources out there to help with this.

If you are unsure of proper form, or are generally uncomfortable in the gym, you may want to consider getting a personal trainer for a couple of sessions to make sure you're performing your exercises correctly, but also so they can give you guidance and improve your confidence when working out in a gym environment.



CALORIES

Nutrition is key when it comes to making progress. It will provide your body with the nutrients and energy it needs to thrive.

A calorie is a measurement, it's the amount of energy that's released when your body breaks down, digests and absorbs food. The more calories a food item has, the more energy it provides to your body.

Your total daily energy expenditure is the number of calories that your body burns per day. If you match the calories consumed with the number of calories burned, you will maintain weight.



If your goal is fat loss, you need to be in a calorie deficit. This is achieved when you burn more than what you consume, or you consume less than what you burn during the day.

If your goal is to gain weight, you need to be in a calorie surplus. This is achieved when you consume more than you burn or when you burn less than what you consume throughout the day.

After establishing the number of calories you should consume to help you work towards your goals, it's time to determine what those calories should be composed of.

MACROS & MICROS

Nutrients that are necessary for your body to function consist of two subgroups: macronutrients and micronutrients.



Micronutrients are vitamins, minerals, and other chemicals. Unlike macros, they don't have calories. They often accompany calories — if you eat spinach (about 20 calories per 2 cups), you'll get several necessary vitamins, such as iron, vitamin K, magnesium, and folate.

Macronutrients help with major needs like providing energy and maintaining muscle mass, while micronutrients assist bodily processes, regulation, and even brain function. When counting your macros, it's important to know the breakdown of what you're getting and what your body needs based on your specific goals.

- *Protein (4 calories per gram)* you'll find in large amounts in meat, eggs, dairy, and legumes, and it helps build and repair muscle.
- *Carbohydrates (4 calories per gram)* you'll get in grains, fruits, starches, and they help support energy levels and provide fiber, which improves digestive health and helps with nutrient absorption.
- *Fat (9 calories per gram)* you'll find in fatty meats and fish, nuts, avocados, coconut, oils, seeds, and it's important for hormonal health and to help you absorb nutrients.

MACRO TRACKING

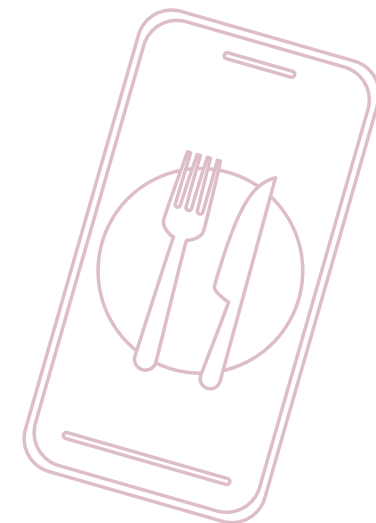
Always stick to what works best for you and your goals. Macro tracking is often referred to as a flexible way of dieting. This way of dieting can make it feel like you're not following a diet, as you don't have to give up most of the things you love to eat. You can move around it.

“It truly comes down to what makes it easier for you to stick to your plan!”

Tracking apps have an open database, which means that it has a lot of data already. Apps like *MyFitnessPal* has a lot of the items you already eat, however, you can add your own, create your own meals, and use the scanner to automatically upload the nutritional information into your list. You also have the ability to edit serving sizes for more accurate counting.



However, if you want to have a simpler approach, you can track with meal prepping by weighing and measuring out your food based on your macros. It keeps your items in the history, taking all the guess work out of it. All you have to do is plug and play. What you do is up to you, it truly comes down to what makes it easier for you to stick to your plan!



MACRO FOOD LIST

Your total calorie intake will determine whether you will gain or lose weight. The types of food we eat play a huge role in how we feel, think, and perform.

Below is a list with some food items per macronutrient to give you some inspiration, you'll see some food items more than once, as they are a good source of multiple macros:



CARBS

- Oats
- Potatoes
- Quinoa
- Rice
- Fruits
- Leafy Greens
- Cruciferous Vegetables
- Legumes & Beans

PROTEINS

- Lean Meats
- Poultry
- Fish & Seafood
- Egg Whites
- Low Fat Dairy (Cheese, Greek Yogurt, Milk)
- Soy Products
- Nuts
- Seeds
- Legumes & Beans

FATS

- Avocado
- Olives
- Nuts
- Seeds
- Nut & Seed Butters
- Egg Yolks
- Oils
- Fatty Fish
- Full Fat Dairy

HYDRATION

Are you getting enough water?

Water is **crucial** to maintaining health. Considering that your body is about 70% water and blood is 90% water, water is vital for transporting oxygen from our lungs to the different parts of the body. It keeps organs functioning properly, helps you stay focused by delivering essential nutrients to the brain and increases your energy, and it helps with digestion and breaking down your food.

The standard amount of water necessary is 8-9 glasses a day. However, if you're more active, your body will require more. A few factors play a part in how much you actually need:

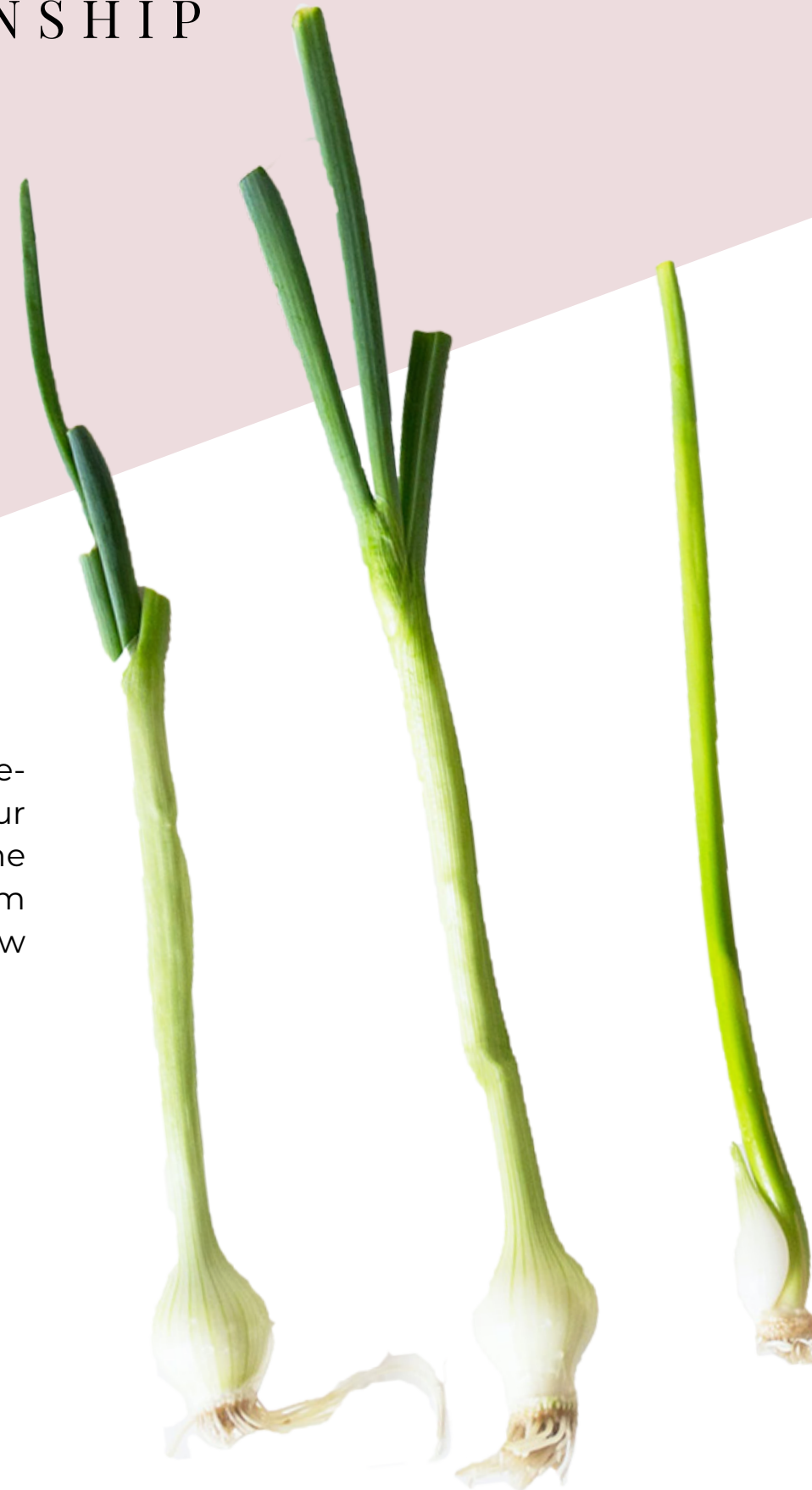
- **Where you live.** You will need more water in hot, humid, or dry areas. You'll also need more water if you live in the mountains or at a high altitude (3Trusted Source).
- **Your diet.** If you drink a lot of coffee and other caffeinated beverages you might lose more water through extra urination. You will likely also need to drink more water if your diet is high in salty, spicy, or sugary foods. Or, more water is necessary if you don't eat a lot of hydrating foods that are high in water like fresh or cooked fruits and vegetables.
- **The temperature or season.** You may need more water in warmer months than cooler ones due to perspiration.
- **Your environment.** If you spend more time outdoors in the sun or hot temperatures or in a heated room, you might feel thirstier faster.
- **How active you are.** If you are active during the day or walk or stand a lot, you'll need more water than someone who's sitting at a desk. If you exercise or do any intense activity, you will need to drink more to cover water loss.
- **Your health.** If you have an infection or a fever, or if you lose fluids through vomiting or diarrhea, you will need to drink more water. If you have a health condition like diabetes you will also need more water. Some medications like diuretics can also make you lose water.
- **Pregnant or breastfeeding.** If you're pregnant or nursing your baby, you'll need to drink extra water to stay hydrated. Your body is doing the work for two (or more), after all.



HEALTHY RELATIONSHIP WITH FOOD

Fad diets. They're everywhere. It seems like a new diet comes out every year, sometimes twice a year. Who can possibly keep up? Why would you want so many options? Nobody likes the word "diet", anyway. It's too restricting. You feel that if you're on a "diet", you're giving up so much. In a sense, yes, but what you're really doing is replacing all the bad processed food with healthy whole foods.

Whatever works for you, do it. It's not a one-size-fits-all. It whatever fits your body and your goals. Whatever makes you feel your best is the only way that you will stick with it long-term and get the results you want. There are a few basic rules to live by that keep it simple.



- **Eat balanced meals.** Meals that consist of fats, carbs, protein, and veggies/fruits.
- **Whole foods.** The less processed the better. Sometimes it can't be avoided and that's okay, as long as it's not everything you consume.
- **Taste the rainbow.** No, not Skittles. Different-colored plants and foods are linked to higher levels of specific nutrients and health benefits:
 - **Red foods:** Raspberries, strawberries, tomatoes, red peppers, apples, and red potatoes.
 - **Orange foods:** Oranges, carrots, orange peppers, and sweet potatoes.
 - **Yellow foods:** Bananas, starfruit, lemons, and yellow peppers.
 - **Green foods:** Spinach, zucchini, cucumbers, green peppers, kiwi, grapes, apples, and limes.
 - **Blue foods:** Blueberries and plums.
 - **Purple foods:** Cabbage, onions, grapes, and prunes.
 - **Browns & whites:** Rice, quinoa, potatoes, lentils, beans, oatmeal, whole wheat bread or pasta.

Obviously, there are more options to choose from, but this is a basic list to help you get started on the right track.

BODY RECOMPOSITION

Rather than simply aiming for weight loss, body recomposition focuses on decreasing body fat while simultaneously increasing muscle mass. There are two factors that are necessary to attain this: training and nutrition.

There are a few key points that you need to implement correctly:



Step 1: Eat at a slight caloric deficit. To successfully build muscle and lose fat simultaneously, you need to eat at a slight caloric deficit. Higher deficits will maximize more fat loss but will counteract muscle gain, consequently. Therefore, you need to set up your caloric deficit so that you're able to lose some fat while enabling muscle gain.

Step 2: Maintain a high protein intake. Adequate protein intake is essential for a body recomposition to maintain a positive balance despite being in a caloric deficit. This ensures that your muscles still have what they need for growth. A good rule of thumb is 0.8-1.5 grams of protein per pound of body weight.

Step 3: Progress in the gym. The third tip is to ensure that you're progressing in the gym. Your muscles need an incentive to grow, and you get that through resistance training. While losing fat is important, maintaining or gaining muscle is key to changing your body composition.

As a beginner or someone who has been out of the gym for a while, this is relatively easy to do since you're able to gain strength quickly in the gym. Maintain a strong training plan and make sure that you're progressively overloading throughout the weeks. This means that you increase your weight or increasing your reps week by week.

If you are a regular gym goer or train frequently, this will be harder to do. Your body is accustomed to the intensity and exercises you do. You can do progressive overloading as well, or train at a higher intensity. You want to avoid hitting plateaus.

MEAL PREP

Meal prepping is just planning and preparing meals ahead of time and portioning them out for quick grab-and-go meals. Perfect for a busy lifestyle and most importantly, staying on track with your fitness goals as you're less likely to stop and grab fast food or whatever is convenient. The best part? It saves you money.



Proteins, grains, and produce can all be bought in bulk. Then you can add your healthy fats. The best thing to do is to create a list of items that you want to eat for that week. This will help you stay organized and know exactly what you need to buy from the grocery store.

Grilling several chicken breasts all at once, popping your veggies in the oven, and boiling a pot of rice can yield a week's worth of meals. Obviously, there are more food options, but just using that as an example.

Get creative. Eating healthy doesn't have to be boring. Spices, peppers, citrus fruits, and herbs are a fantastic way to shake up any dish. Soups are always a good idea because you can make a substantial amount and freeze the rest for later.

I have also included some delicious recipes for your tastebuds to do their happy dance.

BODY BY BLAIR
RECIPES

CHOCOLATE PUMPKIN MOUSSE

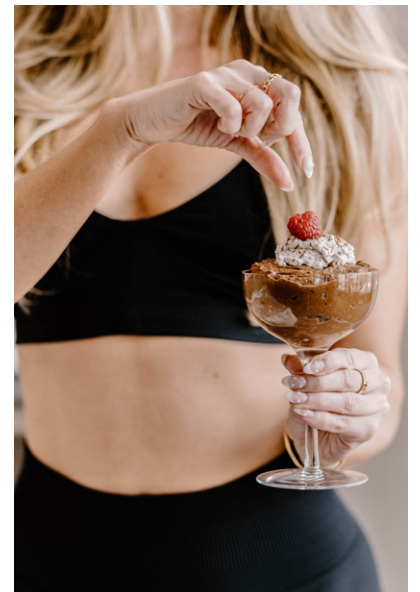


INGREDIENTS

- 1/2 can of organic pumpkin purée (*can sub for 2 cups of cooked and mashed sweet potato*)
- 1 cup of pitted medjool dates (*soaked in hot water for 10 minutes and drained*)
- 3/4 cup full fat coconut milk
- 1/2 cup cacao powder
- 2-3 Tbsp rice malt syrup (*or choice of liquid sweetener*)
- 2 tsp vanilla extract
- Shaved dark chocolate
- *Optional: vanilla chia seed pudding or vanilla coconut yogurt as toppings*

METHOD

1. Place all ingredients into a food processor or high quality blender and blend until smooth.
2. Taste and adjust sweetness with liquid sweetener.
3. Transfer to a jar and let it chill for at least 30 minutes before consuming. Top with vanilla chia seed pudding or vanilla coconut yogurt. (store in the fridge for 4-5 days.)



PEACH COBBLER OVERNIGHT OATS



INGREDIENTS

- 1 peach, diced
- 3/4 cup gluten free rolled oats
- 3/4 cup non-dairy milk (*I used protein infused flax milk by Good Karma*)
- 2 Tbsp pure maple syrup
- 1/2 tsp vanilla extract
- 1/2 tsp vanilla extract
- 1/2 tsp pumpkin pie spice
- 1 Tbsp ground flaxseed
- Pinch of salt
- *Optional:* chopped pecans

METHOD

1. In a bowl, mix together all ingredients except for peaches and pecans.
2. Put in fridge to chill for at least an hour or overnight.
3. You can add your peaches and pecans raw, or you can grill your peaches on a skillet top with more of the pumpkin pie spice and a drizzle of maple syrup.



AÇAÍ SMOOTHIE BITES

INGREDIENTS

Granola Base:

- 1 cup gluten free rolled oats
- 1 Tbsp coconut oil, melted
- 1/4 cup peanut butter (*can sub other nut or seed butter*)
- 1/4 cup maple syrup
- 1/2 tsp vanilla extract
- 1 Tbsp chia seeds
- Pinch of salt

Açaí Smoothie Top:

- 1 large frozen banana
- 1/2 cup frozen mango
- 1 Tbsp açaí powder
- 1 Tbsp chia seeds
- 1/2 cup non-dairy milk



METHOD

1. First, start by making your granola base.
2. Mix together all ingredients and press into lined cupcake tins.
3. Top with hemp seeds, pumpkin seeds or dark chocolate drizzle.
4. Freeze for at least 4 hours. Peel off liner before eating. Place in Tupperware and keep frozen until eating. (*Let thaw for 5-8 minutes before eating*).



SWEET POTATO HASH BOWL



INGREDIENTS

- 1 sweet potato
- 1 sweet yellow onion
- 1 avocado
- 3 eggs (*can sub for vegan liquid "Just Egg plant based Scramble"*)
- 2 Tbsp olive oil or avocado oil
- *Optional: salsa*

METHOD

1. Peel and dice your sweet potato then put in a pan over medium/high heat with your oil for 8-10 minutes with lid on.
2. Chop onion and add to the mix for a few minutes while onions caramelize.
3. In a separate skillet you can scramble your eggs (*use low heat so they don't overcook*).
4. Add your cooked items to a bowl and top with freshly sliced avocado and chunky salsa, season to taste!



TOFU SCRAMBLE

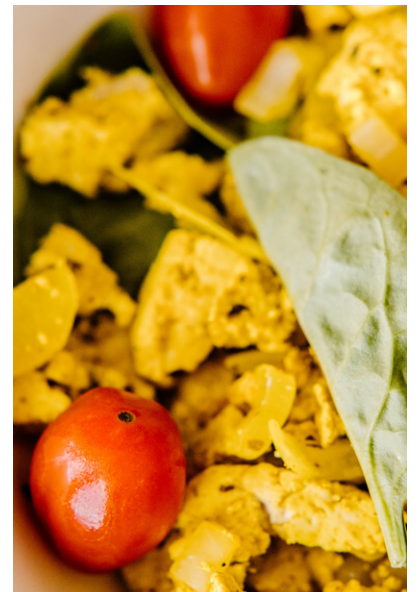


INGREDIENTS

- 1/2 block of firm or extra firm tofu
- Spinach leaves
- 1/2 sweet onion
- Cherry tomatoes
- 1 tsp olive oil
- 1 tsp basil
- 1 tsp garlic powder
- 1 tsp turmeric
- Salt and pepper

METHOD

1. Drain liquid from tofu container and then press out as much moisture from tofu as you can between kitchen towels or paper towels.
2. Over medium heat, in a skillet add 1 tsp of olive oil to grease pan, add tofu and break it up into small chunks.
3. Add 1 tsp of garlic powder, turmeric, and basil, then mix into tofu.
4. Chop up your onion and add it to the mix for onions to caramelize (*you can add your tomatoes if you want them cooked or you can put them in last if you prefer them raw*).
5. Add a pinch of salt and black pepper as well as a small handful of spinach leaves, cooking just enough that they barely wilt. Enjoy!



ASIAN CUCUMBER SALAD



INGREDIENTS

- 3 cucumbers
- 2 Tbsp sesame oil
- 1 Tbsp gluten free soy sauce
- 1 Tbsp rice vinegar
- 1 clove minced garlic
- 1/2 tsp vanilla extract
- 1 Tbsp sesame seeds
- *Optional:* 1/2 tsp chili powder

METHOD

1. In a bowl, add all ingredients except for your cucumbers and mix together.
2. Slice your cucumbers however you like and then add them to your sauce bowl, mix thoroughly, enjoy!



SWEET POTATO TACOS WITH CABBAGE SLAW

INGREDIENTS

Tacos:

- Gluten free tortillas
- 2 medium-size sweet potatoes
- 2 Tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- Pinch of pepper

Cabbage Slaw:

- 2 cups sliced red cabbage
- 1 cup thinly sliced carrots
- 2 Tbsp vegan mayo
- 2 Tbsp lemon juice
- Pinch of salt and pepper
- *Optional:* splash of maple syrup for a sweeter coleslaw



METHOD

1. Preheat oven to 375°F.
2. Chop sweet potatoes into small 1 inch pieces. Drizzle with olive oil and mix in the spices.
3. Bake for 25 min, mixing half way through.
4. Meanwhile, chop up red cabbage and carrots. Mix in vegan mayo, lemon juice, and a pinch of salt and pepper to taste. *Optional: add in a splash of maple syrup if you like a sweeter coleslaw.*
5. Once your sweet potato is done baking, you can add it to freshly warmed gluten free tortillas along with your coleslaw.



RASPBERRY VANILLA CHIA SEED PUDDING

INGREDIENTS

- One heaping cup of organic raspberries
- 1 can of full fat coconut milk
- 3 Tbsp chia seeds (*I used white*)
- 1 Tbsp rice vinegar
- 1 Tbsp pure maple syrup
- Fresh berries of choice for topping

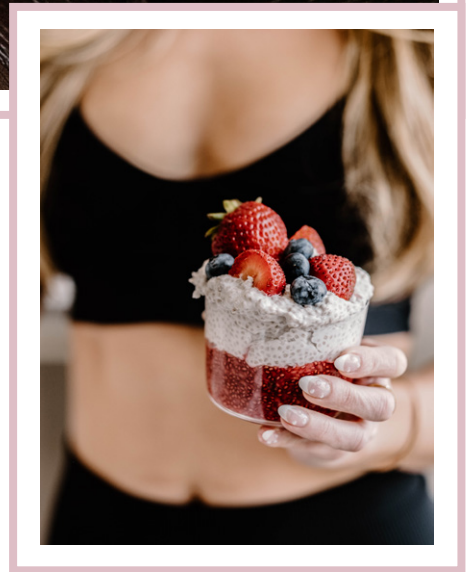
METHOD

Vanilla Chia Pudding:

1. In a bowl, add your can of coconut milk, 3 tbsp chia seeds, 1 tsp vanilla extract and 1 tbsp maple syrup.
2. Mix together and then place in the fridge for 10 minutes. After 10 minutes, take it out stir it again and then put back into the fridge while you make your raspberry jam.

Raspberry Chia Jam:

1. Add 2.5 cups fresh or frozen raspberries to a small pan over medium heat with 3 tbsp maple syrup and 2 tbsp chia seeds.
2. Bring to a low boil, continue to simmer for 10-15 minutes then remove from heat. Let cool for 10 minutes.



Once your vanilla chia pudding has chilled for 2+ hours to thicken up, you can stack it on top of some of your raspberry jam, then top with your fresh berries and enjoy!

CHICKPEA “TUNA” SALAD SANDWICH



INGREDIENTS

- 1 can chickpeas
- 1 can sweet corn
- 1 Tbsp capers, chopped
- 1 Tbsp caper juice from the jar
- 1 tsp dried dill
- 1/2 juice lemon
- 3 Tbsp vegan mayo
- Salt and pepper
- Lettuce
- Gluten free bread

METHOD

1. Firstly, drain the chickpeas, add to a mixing bowl and mash with a fork.
2. Now add the drained sweetcorn, capers, caper juice, dill, lemon juice, mayonnaise, salt & pepper and mix until well combined.
3. Finally, serve up between some freshly warmed bread and lettuce and enjoy!



SPICY SHREDDED TOFU BOWL



INGREDIENTS

- Firm tofu (*drained of moisture*)
- Sesame oil
- Steamed jasmine rice
- Gluten free soy sauce
- 1 tsp dried dill
- Sriracha
- Vegan mayo
- 3 Tbsp vegan mayo
- Avocado
- Kimchi
- *Optional:* Gluten free crackers

METHOD

1. Grate your tofu to shred it, then heat up a little sesame oil in a pan, add the tofu and fry while stirring along with gf soy sauce, sriracha, garlic powder and a little maple syrup.
2. Add to the bowl along with the other ingredients, mix up and enjoy with gluten free crackers.



CHICKPEA AND TOFU BUDDHA BOWL

INGREDIENTS

Chickpeas:

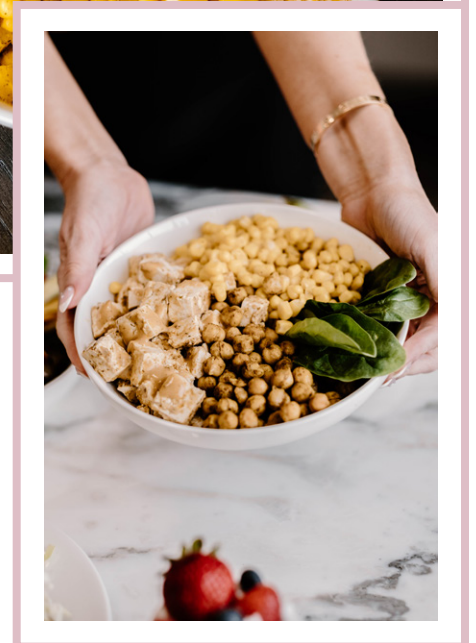
- One can of chickpeas, rinsed and drained
- 2 Tbsp olive oil
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp garlic salt
- 1/2 tsp cayenne
- 1 tsp golden Lakanto granules

Tofu:

- 1/2 block of firm or extra firm tofu
- Marinade of choice (*I used a Sriracha tahini flavor*)

METHOD

1. Preheat oven to 400F.
2. Rinse and drain chickpeas then pat dry (*the drier they are the crispier they will be*)
3. Add oil and spices and mix, then add to baking tray and bake for 40 mins.
4. Chop tofu into small square chunks, mix with your marinade.
5. Cook on skillet over medium heat for 8-10 minutes.
6. Add your cooked tofu and chickpeas to a bowl, along with your other veggies of choice (*such as corn, greens, peas, quinoa, etc.*)



SALMON AND ROASTED VEGGIES



INGREDIENTS

- Salmon fillet (*I chose one with a tequila lime seasoning but your local market may offer a variety of choices*)
- Veggies of choice (*I chose trimmed green beans, carrots and garlic cloves for flavor*)
- Olive oil
- Salt & Pepper
- Other seasonings of choice

METHOD

1. Place your salmon on top of parchment paper or greased foil on a baking pan (*skin side down*) at 375° for 12 minutes and then for a few minutes on broil.
2. Place salmon to the side, then turn oven up to 400° F.
3. And a bowl mix your veggies of choice with 1 tbsp olive oil, salt, pepper and any additional seasoning you like. *If your veggies seem kind of dry, add a bit more oil and then add all of your veggies to your baking pan with fresh parchment paper.*
4. Bake for 20 minutes at 400° F and enjoy.



OATMEAL ZUCCHINI CHOCOLATE CHIP COOKIES

INGREDIENTS

Dry Ingredients:

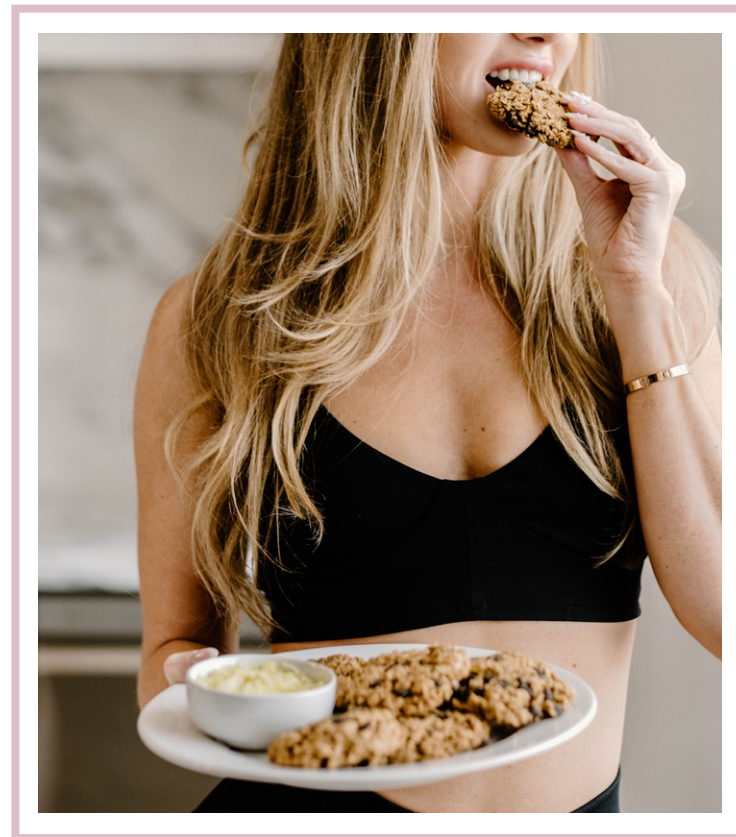
- 1 ¼ cups oat flour (*you can blend your oats into a fine powder*)
- 1 cup gluten free rolled oats
- 1 tsp baking powder
- 1/2 tsp cumin
- 3/4 tsp ground cinnamon
- 1/4 tsp salt

Wet Ingredients:

- 5 Tbsp melted vegan butter or coconut oil
- 1/4 cup coconut sugar
- 3 Tbsp pure maple syrup
- 2 Tbsp lemon juice
- One flax egg (*1 tbsp ground flaxseed and 3 tbsp water whisked together, set for 10 mins to thicken*)
- 1 tsp vanilla extract

Fold-in Ingredients:

- 1/2 cup grated zucchini
- 1/2 cup dark chocolate chips



METHOD

1. Preheat the oven to 350°F. Line a cookie sheet with parchment paper or greased foil. Set aside.
2. In a medium bowl, whisk together all the dry ingredients. In a large bowl, whisk together all wet ingredients.
3. Add dry ingredients to wet ingredients and whisk until just incorporated, making sure no flour patches remain. Switch to folding with a spatula when needed.
4. Add zucchini to the dough. Using a rubber spatula, stir and fold zucchini into the dough, until well incorporated.
5. Fold in chocolate chips.
6. Spread cookie dough into a flat, even layer in the bowl. Cover bowl with foil or lid, then freeze for about 15 minutes or until somewhat firm.
7. Using a medium cookie scoop, you'll scoop and drop balls of cookie dough onto the prepared baking sheet. Using a fork, flatten each cookie to desired thickness. (*Mine was about 1/3" thick.*)
8. Bake for 10-14 minutes. (*Mine took 12 minutes.*)
9. Allow your cookies to cool for about 15 minutes. Enjoy!

KEY LIME PIE BARS

INGREDIENTS

Filling:

- 1 cup raw cashews
- 2 tbsp arrowroot starch (*or cornstarch, though I prefer arrowroot for this recipe*)
- 1 cup coconut cream
- 1/2 cup lime juice (*regular or key lime*)
- 1 heaping Tbsp lime zest
- 1/4 cup maple syrup (*or agave nectar, plus more to taste*)
- A pinch of sea salt

Crust:

- 1 scant cup gluten-free oats
- 1 scant cup almonds
- 1/4 tsp sea salt
- 1/2 Tbsp coconut sugar
- 4 Tbsp coconut oil (*melted*)



METHOD

1. Add raw cashews to a mixing bowl and cover with boiling hot water. Let rest for 1 hour (*uncovered*). Then drain thoroughly.
2. In the meantime, preheat oven to 350°F and line an 8×8 inch baking dish with parchment paper (*adjust number/size of pan if altering batch size*).
3. Add oats, nuts, sea salt, and coconut sugar to a high-speed blender and mix on high until a fine meal is achieved.
4. Add melted coconut oil, starting with 3 tbsp and adding more if it's too dry. Pulse/stir with a spoon to combine until a loose dough is formed. You should be able to squeeze the mixture between two fingers and form a dough instead of it crumbling. (*If too dry, add a bit more coconut oil.*)
5. Transfer mixture to parchment-lined baking sheet and spread evenly. Then, place parchment paper on top and use a flat-bottomed object, such as a drinking glass, to press down firmly until it's evenly distributed and well packed. A little may go up the sides, which is good!
6. Using a medium cookie scoop, you'll scoop and drop balls of cookie dough onto the prepared baking sheet. Using a fork, flatten each cookie to desired thickness. (*Mine was about 1/3" thick.*)
7. Bake for 15 minutes or until the edges are golden brown and there is some browning on the surface.
8. Remove from oven to cool. Let rest for 10 minutes, then transfer to refrigerator to let cool completely (*uncovered*) for at least 3 hours, or overnight.
9. To store: keep covered, up to 4 days in refrigerator, though best within the first 2-3 days.



SPICY DOLMAS

INGREDIENTS

- 1 16-ounce jar of grape leaves
- 3 Tbsp olive oil, divided
- 1 medium yellow onion, minced
- 3/4 cup basmati rice, uncooked
- 1/4 cup toasted pinenuts
- 1 1/4 cup vegetable stock, divided
- 3 Tbsp fresh dill, minced
- 1/4 tsp salt and black pepper
- 1/2 tsp ground cinnamon
- 1 Tbsp fresh lemon juice
- *Optional spicy ingredients:* sriracha, chili pepper, roasted red pepper pulp



METHOD

1. Remove grape leaves from the jar and rinse under running water to remove the brine. Pat the leaves dry and trim off the stems. Set aside.
2. In a large skillet over medium heat, add 1 tbsp of olive oil. Add onion, cover, and cook until soft (*about 5 minutes*).
3. Stir in rice, pine nuts, dill, cinnamon, salt, and pepper to taste (also spicy ingredients if you're using those), and 1 cup of stock. Cover and simmer until the liquid is evaporated, stirring occasionally. Transfer filling to a bowl and cool completely.
4. Place a grape leaf on a work surface, shiny side down, with the stem end toward you. Place a tbsp of the cooled filling near the stem end and fold in the sides of the leaf over the filling. Roll up the leaf away from you, firmly but not too tightly. Repeat the process using the remaining leaves and filling. Transfer to a large skillet.
5. Pour the remaining stock, oil, and lemon juice over the stuffed grape leaves, adding additional water to just barely cover them with liquid. Bring to a simmer and cook, covered, until tender, about 30 minutes. Remove from the heat, uncover, and let cool.
6. Drain any remaining liquid and transfer to a serving plate. Serve at room temperature. Feel free to top with more roasted red pepper pulp. Serves well with hummus and raw veggies!



FULL BODY GYM WORKOUT

NOTES

Incorporate cardio in your plan 3-5 days a week for a minimum of 20 mins. Cardio options are treadmill (jog/run, incline walk), elliptical, bike, HIIT exercises, Stairmaster, etc.

WEEKS 1 & 2

Day 1: Shoulders/Triceps/Abs

- | | |
|--|--|
| <p>1. Incline Bench Dumbbell Front Raise superset with Standing One Arm Dumbbell Lateral Raise
..... 4 sets of 10-12 each exercise</p> <p>2. Seated Dumbbell Lateral Raises
.....7 sets of 20 reps</p> <p>3. Reverse Pec Dec superset with Standing Arnold Presses
.....4 sets of 10 each exercise</p> <p>4. Cambered Bar Cable Press Downs
.....4 sets of 15 reps</p> | <p>5. Standing Dumbbell Kickbacks
..... 4 sets of 12 reps</p> <p>6. Basic Crunches superset with Floor Bicycles
..... 4 sets of 30 each exercise</p> <p>7. Ab Wheel Rollouts
..... 3 sets of 25 reps</p> |
|--|--|

Day 2: Hamstrings/Glutes/Calves

1. Standing Leg Curls
..... 4 sets of 20 reps each leg
2. Walking Barbell Lunges superset with Dumbbell Sumo Squats
..... 4 sets of 12-15 each
3. Barbell Squats (slow negatives each rep)
.....4 sets of 12 reps
4. Dumbbell Stiff Leg Deadlifts
..... 4 sets of 12-15 reps
5. DB Frog Pumps
.....6 sets of 25-30 reps
6. Seated Calf Raise superset with Standing Calf Raise
..... 5 sets of 15 each exercise

Day 3: ACTIVE REST**

Day 4: Back/Biceps

1. Barbell Rows
..... 5 sets of 8 reps
plus 12 drop sets on last set
2. Seated Cable Rows superset with Wide Grip Pulldowns
.....4 sets of 12 each exercise
3. Pull-Up Assist Machine
..... 4 sets of 10 reps
plus pulses til failure after each set
4. Dumbbell Pullovers superset with Knee on Bench Dumbbell Rows
.....4 sets of 10 reps each leg

5. TRI-SET
..... 3 total sets
plus one drop set

 Standing Cable Rope Pulldowns12 reps
 Standing Cable Rope Curls12 reps
 Standing Dumbbell Curls.....12 reps
6. Preacher Curl Machine
..... 7 sets of 20 reps

Day 5: Quads/Hans/Glutes

1. GIANT SET
..... *5 total sets*

 Leg Ext..... *12 reps*
 Leg Press *12 reps*
 Dumbbell Walking Lunges *20 reps each leg*
 Bodyweight Jump Squats *20 reps*
2. Reverse Hack Squats (pyramid up in weight each set)
..... *4 sets of 12 reps*
3. Barbell Hip Thrusts superset with Goblet Squats
..... *4 sets of 10 each exercise*
4. Single Leg Side Lying Leg Press superset with Leg Press Machine (feet in a V formation, press with heels)
..... *4 sets of 12-15 each exercise*
5. TRI-SET
..... *4 total sets of 12-15 reps plus one drop set of each*

 Lying Leg Curls *12-15 reps*
 Dumbbell Sumo Squats *12-15 reps*
 Bulgarian Split Squats w/ Dumbbells ... *12-15 reps*
6. Glute Burnout: Banded Bodyweight Hip Thrust (heels elevated)
..... *10 sets of 20 reps (rest 10 sec between sets)*

Day 6: Shoulders/Back/Abs

1. Incline DB Bench Press (think about contracting front delts)
..... *4 sets of 10-12 reps*
2. TRI-SET
..... *5 total sets*

 Standing Bent Over Dumbbell Lateral Raises ... *10 reps*
 Standing Dumbbell Overhead Press *10 reps*
 Standing Dumbbell Hammer Front Raise *10 reps*
3. Wide Grip Lat Pulldown
..... *4 sets of 10 reps (static hold first rep of each set for 5-10 sec)*
4. Straight Bar Cable Front Raise superset with Straight Bar Stiff Arm Cable Pulldowns
..... *4 sets of 15 each exercise*
5. GIANT SET
..... *5 total sets*

 High Pulley Cable Rope Row *10 reps*
 High Pulley Cable Face Pull..... *10 reps*
 Kneeling Rope Crunches *15 reps*
 Lying Leg Raises On Floor *15 reps*
6. Ball Pikes superset with Ab Wheel Rollouts
..... *4 sets of 20 each exercise*

Day 7: REST

WEEKS 3 & 4

Day 1: Shoulders/Biceps/Abs

1. Seated Dumbbell Lateral Raises (30 sec rest b/w sets)
.....7 sets of 12 reps
2. Reverse Pec Dec superset with Standing Plate Front Raise
.....4 sets of 10-15 each exercise
3. Smith Machine Upright Row superset with Smith Machine Overhead Press
..... 4 sets of 12 reps
4. Standing Cambered Bar 21's
..... 4 sets of 21 reps
5. Barbell Preacher Curls (slow negatives each rep) superset with Standing Dumbbell Alternating Curls
..... 4 sets of 10 each exercise

Day 2: Legs/Glutes

1. Barbell Hip Thrust
..... 4 sets of 10 reps
(static hold each rep 3 sec)
2. Goblet Squat superset with Leg Ext
..... 4 sets of 15 each exercise
3. TRI-SET
..... 4 total sets

Reverse Hack Squat 10 reps
Dumbbell Stiff Leg Deadlifts..... 12 reps
Frog Pumps 15 reps
4. DB or BB Walking Lunges
.....3 sets of 15 lunges each leg
(walk in a zig zag pattern to emphasize glutes)
5. Lying Leg Curls superset with Single Hip Thrusts
..... 4 sets of 20 each exercise

Day 3: Back/Triceps/Abs

1. Knee on Bench One Arm Dumbbell Row
..... 4 sets of 12 each exercise
2. Seated One Arm Pulldowns
..... 4 sets of 10 reps
3. Wide Cable Row superset with Standing Dumbbell Overhead Ext
..... 4 sets of 12 each exercise
4. EZ Bar Overhead Press Downs superset with Cambered Bar Underhand Press Downs
..... 4 sets of 10 each exercise
5. Renegade Row into a Tricep Kickback (perform the row and go directly into a kickback, bring your arm back in and repeat)
..... 4 sets of 15 each arm
6. Overhead Tricep Kickouts with Rope superset with Kneeling Cable Rope Crunches
..... 3 sets of 20 reps
7. Captain's Chair Hanging Leg Raises
.....3 sets of 20 reps

Day 4: ACTIVE REST**

Day 5: Legs/Glutes

1. Dumbbell Single Leg Stiff Leg Deadlift
..... 4 sets of 15 each leg
2. Barbell Box Squats (squeeze glutes hard at top!) superset with Banded Goblet Squats
..... 4 sets of 10 each exercise
3. TRI-SET
..... 4 total sets
- Leg Press 12 reps
(feet high and wide, press through heels)
- Reverse Hyper Ext Off Bench 12 reps
- Deep Squat Pulses..... 30 reps
4. Glute Kickback Machine superset with HEAVY Cable Pull Throughs or Banded Good Mornings
..... 4 sets of 15 each
5. DB or BB Curtsy Lunges superset with DB Frog Pumps
..... 4 sets of 20 each (10 each leg)
6. Banded Glute Kickbacks superset with DB Frog Pumps
..... 3 sets of 20 each exercise

Day 6: Back/Shoulders/Abs

1. Reverse Grip Barbell Rows
..... 4 sets of 8-10 reps
plus one drop set after the last set for 15-20 sec
2. Any Pulldown Machine Your Gym Has
..... 4 sets of 12 reps
(static hold 2-3 sec each rep)
3. Single Arm Cross Body Lat Pulldown
..... 4 sets of 12 reps
4. DB Shoulder Presses
..... 4 sets of 12 reps
5. Standing High Pulley Rope Rows superset with Rope Face Pull
..... 4 sets of 12-15 each
6. Lying Leg Raises on Bench superset with Bench Crunches
..... 3 sets of 20 each exercise
7. Hanging Leg Raises superset with Kneeling Rope Crunches
..... 3 sets of 20 each exercise

Day 7: REST

****Active Rest Days** should include going for a long walk, yoga, stretch, foam roll, incline walk for 30 mins on treadmill, etc.



WARM UP

WWe're starting every workout with a warm-up. You'll want to do some dynamic stretching, foam rolling, joint mobility exercises, light bands, and maybe even walking on a low incline on the treadmill for a minimum of five minutes.

This will help with getting your blood flowing, temperature up, helps prevent injury and improves overall performance.

This should be done slowly and comfortably.



COOL DOWN

After your workout it's time to get your body temperature, blood pressure and heart rate return to their normal levels.

This process doesn't have to take long, but it's important not to skip it as it will help increase the range of motion in the joints you just worked. After cooling down, perform some static stretches.



CARDIO

Cardio is important in your training regimen and is also seen as a tool for fat loss, as you can use it to burn extra calories. For higher intensity cardio, it is optimal to at least do anywhere from 20-30 minutes, but for a lower intensity cardio, 35-55 minutes is ideal. Higher intensity cardio will be running, stairmaster on a high level, HIIT workouts, etc. Your lower intensity, or LISS (lower intensity steady state), will be walking on a treadmill on an incline of 7 or higher, steady cycling, swimming, or the elliptical.

Any cardio is going to have its benefits, it's just what works best for you.



A B S

T Training your abdominal muscles is an important step in your training regimen. A strong core improves your balance and stability. When you train your abs, you're strengthening your pelvis, lower back, hips, and of course, your abdominal muscles.

Weak core muscles can also leave you prone to poor posture, lower back pain and muscle injuries. Strengthening core muscles helps when you're performing most exercises as well.

One of the best things about training abs is that you can do it anywhere! You don't need equipment to perform the exercises. If combined with the right nutrition, your abs will appear. However, the amount of visibility comes down to genetics.



THE PLANS

The workout plans are broken up into upper body and lower body days. Abdominal training is on certain days, but can be implemented any time, and cardio is listed on there as well, but use at your discretion. The plans are set up for training to be six days a week. I know that can seem daunting—especially if you're just getting started. Work with your schedule and what you can maintain, then build from there. Also, make sure that you incorporate each body group throughout your week if you are training only 2-4 days a week.

Every week, you will want to incorporate some sort of progressive overload. Whether that's adding more reps to your exercises or adding more weight and doing fewer reps, whatever works for you. Be mindful and do not increase your weight too much or before you're ready. How do you know if you're ready? A good rule of thumb for this is to do 10 reps of an exercise. If it's hard before you get to 10, then you don't need to increase the weight yet, and you can focus on getting more reps. If you push through 10 and can easily keep going, increase your weight. Start with 5-10 pounds, depending on the body part. For instance, your legs are stronger than your arms. You'll be able to add more weight than if you were training your biceps.

Please do this at your discretion and based on your level of fitness.

SUPPORT

For support, any questions or remarks, please email blairharpinquiries@gmail.com and we'll get back to you as soon as possible!



DISCLAIMER

The contents of this document should not be taken as medical advice and is not intended for use as diagnosis, prevention, and/or treatment of health problems. It's always a good idea to talk to your doctor before beginning a new fitness, nutritional, and/or supplement routine.

Body by Blair will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, economic loss, injury, illness, or death.

All documents included or exchanged between Body by Blair and the Client are the intellectual property of Body by Blair and are not to be copied, sold, published, posted, or redistributed either in part or in full without my written consent.

All violations will be prosecuted to the fullest extent of the law.