



March Madness WEEK 1 CHEAT SHEET

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No Magic Pills or Endless Hours on the Treadmill - Just Efficient [Workouts](#), a [Simple Nutrition Plan](#), and the Results You Deserve

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HERE ARE SOME OF THE RESULTS OF PEOPLE JUST LIKE YOU

“A very big THANK YOU to Sara Leger and her youtube workouts and coaching. My last check up was great. My doctor was pleased and questioned what changes I made. She noticed my weight loss , body tone and overall health has "greatly improved" . She (Doctor) was impressed enough that she is planning on looking into it after her vacation .” - Jane

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“After a little over a month of eating mindfully and doing these workouts I lost almost all my love handles and some belly blubber. Energy level is wonderful! No before pictures because I hated my body and would delete pictures but now I am learning to love it again.. Thanks Sara” - Kim

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“I have been forced to go shopping with my wife because none of my pants fit. They fall off, without sucking my gut in!!! LOL! I feel stronger and just plain better. Thank you for reminding me that I’m not old but no thank you on the shopping ;).” -Matt

BE KIND THIS WAS FROM A LONG TIME AGO & MY VIDEOS WERE PRETTY ROUGH :)

That said the workouts are still quite effective and if you have ANY questions please don't hesitate to leave a comment or message us. - Sara



When it comes to results, we've got the perfect formula for you to look and feel your best without boring cardio or over-restrictive diets.

Metabolic Strength Training

During these 4 weeks we have created a custom workout plan that is based on limited equipment and full body workouts that can be modified to your ability and your goals. We did this by giving you two options to choose from - MODIFIED (Firecracker) or REGULAR (Atomic Athlete). Also, we will modify things as needed, if you find that you have some physical limitations or movement impingements, we will always be striving to coach you on what you need to be doing and working on next to continue to get the results that you deserve. Just email us and we will help! sara@cherrybombgaragegym.com

Simple Nutrition Jumpstart Guide & Clean Eating Meal Plan

You can't out train a bad diet. That's why we built you a nutritional framework that's flexible and fits your lifestyle. No more "rabbit food" diets. We understand that sometimes you just need someone to show you how or tell you what to do, this is where we have you covered. No need to think, just do what's on the piece of paper and the results will take care of themselves. **Download > [SIMPLE NUTRITION GUIDE](#) Download > [7 Day Meal Plan & Recipes](#)**

Hey, Some days are harder than others. Making a health and fitness lifestyle change isn't always going to be easy, if it was you wouldn't be here. We know, we've been there too. That's why we are available for any questions you may have, be it through email sara@cherrybombgaragegym.com or [DM](#). You can also follow along on our journey and those at Cherry Bomb Garage Gym [here](#). Some of our best and most inspirational moments come from being within a great community. Some days you just need to be reminded that you are on the right path and success is right around the corner.

NEED A BIT MORE ?

Get expert coaching from our coaches with the support of others who are just like you in small group training, then [BOOK A FREE INTRO](#) with one of our expert coaches.



MARCH MADNESS. Winter Blues Be damned!

Be you. Be strong. Be awesome.

Let's get our butts moving no matter what's happening out there!

The exercises will be short and intense - eventually. I'll start you off slowly with some basic bodyweight exercises and ease you into the more intense work. All these workouts will have scaled/modified movements so everyone no matter what their fitness level can participate.

WEEK 1

Day 1

"IF YOU HATE TO EXERCISE THEN YOU'RE PROBABLY DOING THE WRONG ONE." [Read more...](#)

WORKOUT:

VIDEO [Testing Testing 1-2-3](#) (You will both perform 2 ROUNDS)

Atomic Athletes RX

Firecrackers SCALED

- 45/15 sec. 30/30 sec.
- Squat
- Pushup
- Situp
- Dip
- burpees

NO BREAK

1 MIN. BREAK before second round

Day 2

"The decision to be healthy, live a long life and be there for your kids needs to be a priority. It's a choice, your choice, not to. Everyone has an excuse. Your story is no different than mine. Only I decide not to believe those excuses. You choose whatever story you want tell yourself. But always remember you get to choose." [read more from my blog post](#)

WORKOUT:

VIDEO [BOMBSHELL WORKOUT #2](#)

ATOMIC 5 rounds / FIRECRACKER 3 rounds

10 lunges

10 V push ups

10 back extensions

10 plank walks

40 high knees



Day 3

"The positive benefits of exercise far outweigh the negative. Get moving this winter and meet my new drug pushing friend The Endorphin." [Read more here](#)

WORKOUT: VIDEO [Bombshell workout #3](#)

10 minute AMRAP
40 mountain climber
30 squats
20 plank punches
10 sit up
5 burpee

Day 4

"BE A SUCCESS"

Remember this during your next workout. You SHOULD be challenged in all aspects of your life, but most DEFINITELY during your time in the gym or at home during a workout. That's when you learn to get stronger mentally and physically.... Are you in the game or are you watching from the sidelines. Accept the challenge." [Read more](#)

WORKOUT: VIDEO [EMOM Cardio & Core \(every Minute on The minute\)](#)

EMOM ATOMIC 10 minutes/ FIRECRACKER 6 minutes

Walk out push up tuck jump
1 - 2 - 3 burpees

Day 5

TO CHANGE YOUR BODY YOU MUST FIRST CHANGE YOUR MIND. You're in the middle of a workout and you hear a little voice in the back of your mind telling you, ever so gently "I can't" or "I'm weak" or "I just don't wanna finish". I'm here to tell you, you got this! [Read more](#)

WORKOUT: VIDEO [MARCH MADNESS WORKOUT 5](#)

You made it to day 5. Hope you're as excited for this workout as I was. You'll be doing this one for time.

ATOMIC 1-10 / FIRECRACKER 1-6
squat
push up
sit up
dip
burpee

Perform one rep of each, then two reps of each, then three, all the way to 10.

BE YOU! BE STRONG! BE AWESOME!!!



Keep Going! Get ALL 4 WEEKS Of training videos [here!](#)

Week 2 - [Day 1](#) Intervals & AB Finisher

Week 2 - [Day 2](#) 3 Rounds Full Body & Protein recipe

Week 2 - [Day 3](#) Body Weight

Week 2 - [Day 4](#) Pull ups and a variation for at home

Week 2 - [Day 5](#) Kettlebell (sub in a dumbbell)

Week 3 - [Day 1](#) RETEST & AB Finisher & Week 4 can be found on our Youtube [here](#)

FREEBIES

- Download > [SIMPLE NUTRITION GUIDE](#)
- Download > [7 Day Meal Plan & Recipes](#)
- Free Intro > [BOOK Free Intro with Trainer](#)
- Workouts > [Fit Bomb Wod](#)

ARTICLES

- Stop Losing Weight (The Cult Of Lean - March Madness wk 4) [Read ...](#)
- Are You Setting The right Goals? [Read...](#)
- Fitness Rules That Change after 50. (And in my case after 40) [Read...](#)
- Try This Quick Workout To start Your day. [Read...](#)



[BOOK A FREE INTRO - MEET WITH A COACH ONE ON ONE](#)

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