

EMPOWERHER TRANSFORMATION
BLUEPRINT

7 Day Weight Loss Jump Start Workout



For women 40+
who are
looking to
lose belly fat
and build
muscle.





Everyday Fit with Sarah

Hello and welcome! I'm Coach Sarah, and I've got a quick 7 day workout jump start program for you that you'll be able to complete in 10 minutes or less without any equipment. This will get you moving on your weight loss journey!

A little about myself... I am a Doctor of Physical Therapy and Certified Personal Trainer. I'm also a formerly overweight mother and true fitness enthusiast! I know the ins and outs of the human body and what it takes to achieve weight loss when you don't have much time to spare in the day.

I created this 7 day jump start program to help other busy women squeeze a quick workout into their day to help them on their fat loss journey.



Squat

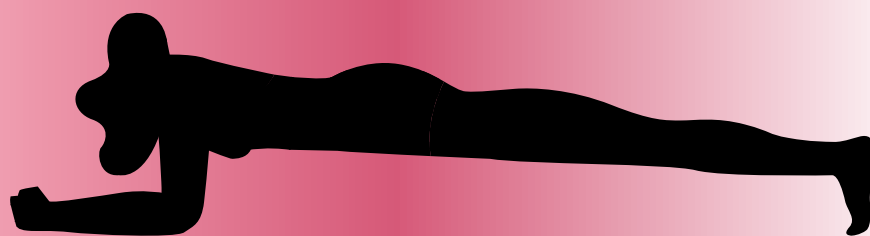
The Moves:



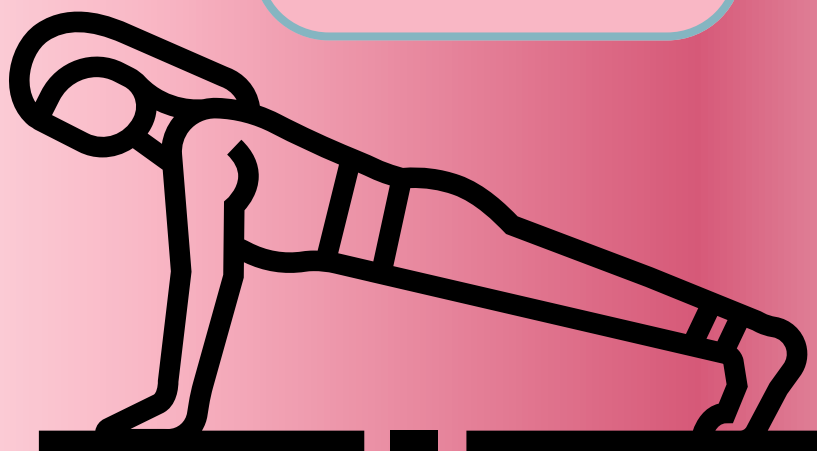
Everyday Fit with Sarah



**Plank
hold**



Pushup



The Program



Everyday Fit with Sarah

1

30 second plank
30 squats

2

30 second plank
15 pushups

3

40 squats
15 pushups

4

45 second plank

5

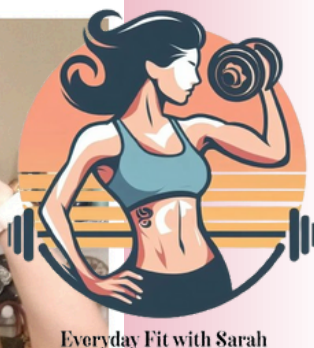
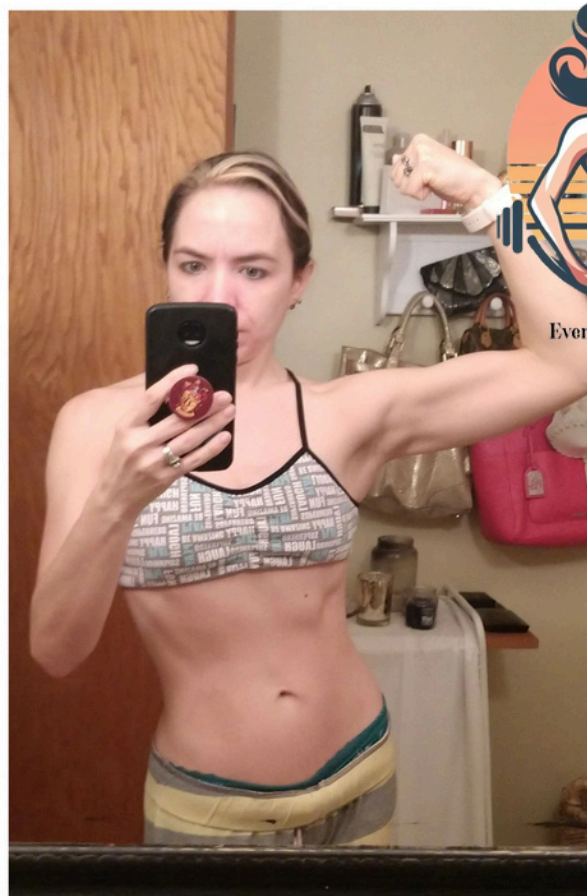
30 second plank
50 squats
20 pushups

6

45 second plank
60 squats
30 pushups

7

Rest



Ready to take it to the next level?

This is just a tiny sliver of what you can expect with my EMPOWERHER TRANSFORMATION BLUEPRINT program.

Ready to learn more and explore how I can help you lose belly fat and gain muscle to improve your health and confidence?

[Check out my Programs HERE!](#)