

A woman with long brown hair, wearing a red sports bra and high-waisted leggings, stands on a blue tennis court. She is leaning against a tennis net. She is wearing white sneakers and a smartwatch. The background shows green trees and a clear sky.

*Amia Noella*

# 6 WEEK SCULPT & STRENGTHEN GUIDE



# INTRO

So, it's a new year and if you're anything like me that usually means new goals to be set and new dreams to reach. I love fitness so much, it's been such a big part of my life for so many years. I love forgetting the world for an hour or so and just focus 100% on me. It's so much more than physical for me. In addition to setting goals, I also love challenges and I'm super competitive. Another aspect I like to bring with me to the gym !!

Alright, so now that we got that out of the way... let's talk about this guide.

**What is it?**

It's 6 week sculpt and strengthen guide based on my style of training. It incorporates resistance training (so weight lifting), High Intensity Interval Training (HIIT), core strengthening and Low Intensity Steady State Training (LISS).

This style of training is super effective for me and has gotten me in the best shape my life !! I get asked a lot about how I train and how I got my physique so for 6 weeks I'll not only be sharing my training with you, but I'll also be doing it along with you !!

**What you'll need**

Since this is a strength based program, you will need access to ideally a gym or some machines or dumbbells and/or kettlebells, barbells and resistance bands.

\*I will include both the actual exercise I'll be doing as well as a dumbbell version for those that don't have access to a gym or machines.\*

**Training Split**

We will be training 6 days a week with 1 rest day. We will have 4 HIIT days, 5 Ab/Core days and we will do LISS (In the form of walking/daily steps) every day.

- 1. Leg Day + HIIT + Abs/Core**
- 2. Back/Biceps + HIIT + Abs/Core**
- 3. HIIT/CIRCUIT + Abs/Core**
- 4. Leg Day - Glute Focused + Abs/Core**
- 5. Shoulders/Triceps + Abs/Core**
- 6. HIIT/Circuit**

**LISS = Daily Steps**

## Disclaimer

REMEMBER THIS IS HOW I TRAIN AND THE TYPE OF TRAINING I LIKE. THIS IS WHAT I FIND WORKS BEST NOT ONLY FOR MY BODY BUT FOR MY MENTAL WELLBEING AS WELL.

I ENJOY THE CHALLENGE AND TRAINING VERY HARD. YOU DO NOT NEED TO TRAIN EXACTLY LIKE ME TO ACHIEVE RESULTS. I WILL TRAIN THIS WAY FOR HOPEFULLY THE REST OF MY LIFE BECAUSE I LOVE IT.

PLEASE FEEL FREE TO MODIFY AND ADJUST TO SUIT YOU, YOUR BODY AND FITNESS LEVEL.



# FOOD <3

Okay... I LOVE food but I do have to be careful because it is very easy for me to fall into bad eating habits. I get super busy and if I'm being honest, too lazy to cook and will order take out... and by take out I mean McDonald's and poutine !! This would be totally fine here and there but unfortunately for me it's like that Lays potato chip commercial and I really can't eat just one... I will usually go weeks ordering out once I've started. I do think it's important to eat whole, nutritious food. I believe highly processed foods just aren't good for us and should try to minimize them... MINIMIZE them, not totally eradicate them !!

Something that has helped me a lot recently is remembering the 80/20 approach. Eat healthy, nutritious food 80% of the time and don't sweat the 20% indulging foods. Just as nutrient dense foods are good for our body, I do think some indulging can be good for our soul and mental wellness !!

So for food I'll be sharing some tips and some sample go-to meals or snacks I love eating. I will be posting my meals on my instagram @amianoella so be sure to follow me there for more food and actual recipes.

Couple of things to keep in mind... carbs are not the enemy and you will need them to be able to get through this guide. Make sure to eat complex carbs, these are carbs that get digested slower, rather than simple carbs like potato chips, cookies and soda which are digested quickly and cause insulin spikes.

Make sure to drink enough water !! Something my nutritionist told me is to divide my body weight by 2 and that will give the ounces of water you need to drink a day. Another thing she mentioned was that 1 cup of coffee depletes the equivalent to 2 cups of water from our body, crazy right !! So make sure you're drinking that h2o.

I like to also make sure that I am eating enough protein and by enough I don't mean 3 protein shakes a day followed by protein bars and egg whites and all that jazz. As I said in the disclaimer, I don't track macros or calories. I know what foods are higher in protein and will make sure I include them throughout the day or I like to have a tasty protein shake throughout the day... it's more of a sweet treat though to be honest with you !!

I want to mention that I need my food to taste good... I am not a fan of bland, flavorless food, it's a big no for me. So don't be afraid to add some spices and herbs or sauces to your food.

Lastly, please remember the 80/20 rule. I really believe that life, everything in it, is about balance. I know it can be hard to remember... I am an all or nothing kind of person so trust me I get it but you just have to shut down those thoughts and tell yourself 80/20 !!

## Disclaimer

I DO NOT TRACK MACROS OR CALORIES. I AM MORE OF AN INTUITIVE EATER. I DO TRY TO KEEP CERTAIN THINGS IN MIND THOUGH SUCH AS HIGHER PROTEIN AND CARBS IF I'M LIFTING HEAVY, ETC.

THERE IS NOTHING WRONG WITH TRACKING MACROS. IT CAN ACTUALLY BE VERY INFORMATIVE FOR A LOT OF PEOPLE BUT IT CAN ALSO BE VERY OVERWHELMING FOR OTHERS.



# FOOD <3

Alright, so this isn't going to be a recipe book... do let me know if that is something you would be interested in though !! This is more of a general list of foods and suggestions.

## Breakfast

They say breakfast is the most important meal of the day and while that may be true there are some days I just don't feel hungry right in the morning and that's totally fine because I'll make up for it at lunch time !! When I do have breakfast I usually stick to one of these:

Avocado toast with poached eggs, sometimes I'll do some turkey bacon.

Toast or gluten free blueberry eggo with nut butter, natural honey & cinnamon - I usually have this as a pre-workout snack.

Protein Pancakes with homemade fruit sauce or 100% maple syrup and I usually toss a whole bunch of goodies on top like nut butter, chia seeds, flax & hemp seeds.

Of course it wouldn't be breakfast without oats !! I love making mine with frozen fruits to add a bit of flavour and sweetness. Then I top it off with goodies like hemp, chia and flax seeds, nut butter and honey.

I also really enjoy an easy egg sandwich with some cheese, egg overeasy, spinach and sriracha... so good !!

## Lunch

Salads are amazing and if you top them up with a bunch of goodies can be really filling !! I love arugula salad mixed with some roasted sweet potatoes, chicken, shrimp or even salmon and chickpeas. You can add some pumpkin seeds or walnuts and avocado... the options are limitless really. I love to make my own dressing as well with olive oil, balsamic vinegar, lemon juice, salt and pepper. Super easy and quick.

Tuna sandwich or Tuna plate with chick peas, boiled potatoes, onions and hard boiled eggs.

Turkey or chicken breast sandwich packed with lettuce, tomatoes, pickles and olives...  
\*drool face\*

I like to make sure I eat enough carbs, especially on lifting days as well as some protein & healthy fats



# FOOD <3

## Dinner

So I do try to eat dinner a little earlier rather than later just so that my body has enough time to digest it before bed. Otherwise, sometimes my food sits there throughout the night and can wake me up... not fun !! Plus I like to leave a bit of room for a dessert or snack.

Homemade Pizza... so good !!

Pasta - either lentil pasta or spaghetti squash with either tomato sauce base or pesto sauce base with chicken, ground chicken or beef or shrimp.

Lettuce wraps - You can make these with any type of protein, sautee some veggies, top off with cheese, salsa or maybe some homemade piri piri sauce. I like to include a carb side like rice or airfried potatoes.

Simple protein source, carb source and veggies. Make sure to use lots of herbs and spices and sauces to add a bit of fun to your dish :)

Hopefully you can see by the little list of go to meals and items that I am pretty relaxed with my food choices. I don't adhere to any label whereas before I would try to box myself up in a certain category... I'm ditching labels in 2021 !!

Instead of picking apart my food, I just make sure that what I'm eating is 'good' for me, I actually like what I'm eating and it doesn't take too long to make. Just a quick note, sometimes 'good' food means good for your mental state too... like enjoying a piece of cake or some cookies.

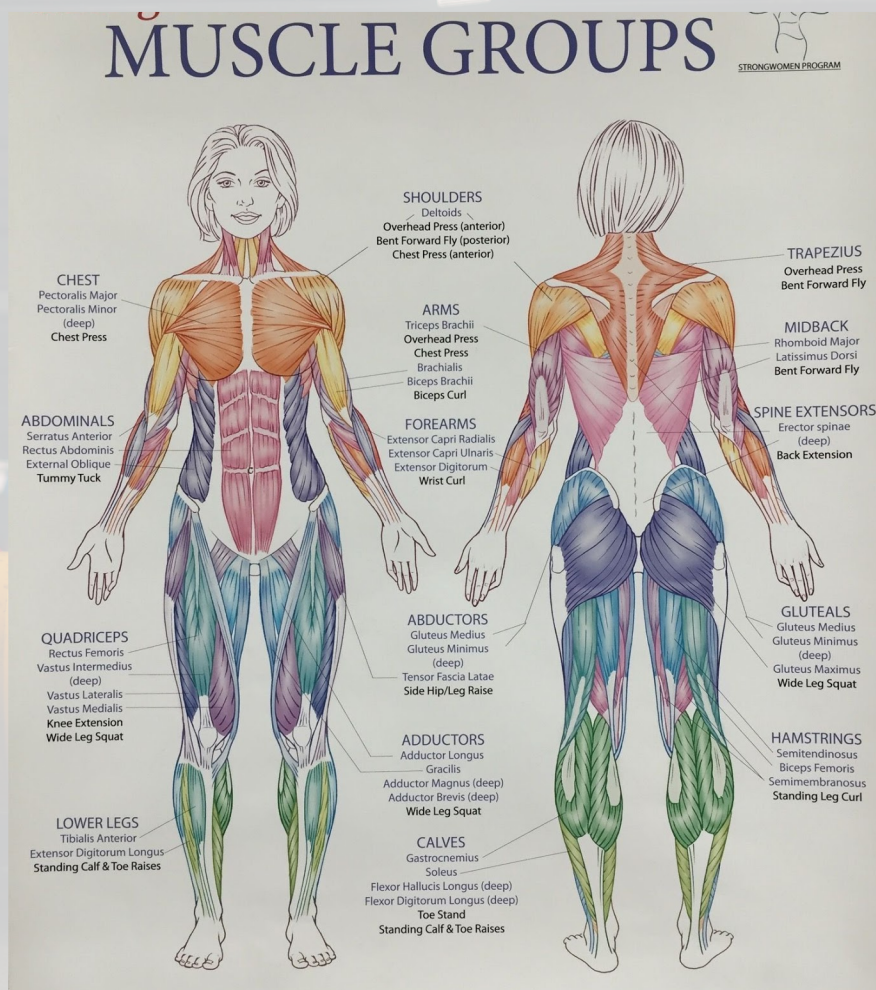
The goal for me is always to create a healthy LIFESTYLE... never diet. Diet to me is something short, usually restrictive in some way and isn't sustainable in the long run. You want something that you aren't going to yo-yo between and something that is easy and you could do forever.



# ANATOMY

Alright, firstly I am not a Personal Trainer although I have gotten my certification a few years ago, I still don't consider myself a PT. My 'real' education comes from experience and self-education. So please keep that in mind :)

If you're anything like me, I like to know the 'why' behind everything and how something I am doing affects my body. So we're going to do a SUPER quick and basic Anatomy lesson.



This image is just for reference and more of a visual !!



# ANATOMY

I believe in a complete physique and so I try to work each muscle group, some more than others though.

Let's start with lower body.

**Glutes** - This is your bum basically and it is made up of a few different muscle groups such as the Gluteus Medius, Gluteus Minimus and Gluteus Maximus. The Gluteus Medius and Minimus are on the outer part of your glutes while the Gluteus Maximus is the large muscle that forms your glutes (the one most visible).

I like to target all three muscles through different exercises to help create a strong, rounded, perky Glute

**Hamstrings** - I love working on Hamstrings, this is the muscle behind your legs.

**Quadriceps** - Also love a good quad workout. These are the muscles on the front of your legs.

\*Our hamstrings and quadriceps are often referred to as our thighs.

**Calves** - These are the small muscles located on the back lower portion of our legs. I usually don't do targeted calf exercises as I find they get worked out during other exercises. However, you can totally target them with different exercises.

That is pretty much all we need to focus on for our lower body. Let's move onto our back and upper body.

I like to think of the back as being made up of two parts, the lower and upper/midsection.

The lower section is made up of Spine Extensors, so this is the lower back and I refer to this as my 'love handles'. We will be targeting this section in the guide !!

The upper/midsection is one of my favorite sections to work on... I should just say that my whole body is a favorite section to work on !! I do love the look of a nice chiseled back though and I am proud to say that my back does look pretty good Here is a pic for reference and maybe a bit of proof that resistance training is amazing for women too.

So this section is made up of Rhomboid Major and Latissimus Dorsi. We have a lot of good exercises coming up that target that section, so stay tuned !! This section is the section on your back beside your armpits and along the two sides of your back.

Shoulders next, another favorite of mine.

**Deltoids** - The shoulder is made up of three deltoid muscles. You have Lateral Deltoid, Rear Deltoid and Front Deltoid. It's important to work each of them.



# ANATOMY

## Arms & Chest

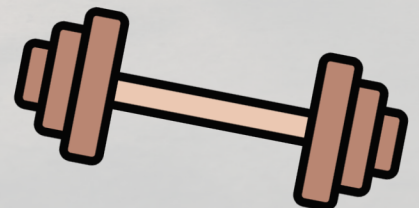
**Biceps Brachii & Brachialis** - This is the front upper arm section, usually when people flex their arms it makes a little hill... those are the biceps. Now I know a lot of women may have reservations about working their biceps but trust me you need to. You **WILL** not grow huge arms by working your Biceps and Brachialis (Smaller muscle beside the biceps). It will help create a toned arm with definition to your shoulder.

**Triceps Brachii** - This little muscle is the back of your upper arms... you know the part sometimes referring to by our parents or grandparents as 'bat wings'. These can be annoying, especially if your genetics cause you to store extra fat in that section. The good news is that with some resistance training, proper eating and some HIIT/LISS you can improve this area !!

**Pectoralis Major & Pectoralis Minor** - These muscles make up your chest. Contrary to some popular beliefs, you cannot grow your breasts by doing chest exercises... trust me, I was just as heartbroken as you are !! This is sometimes said because by growing your chest muscles **UNDER** your breasts and fat tissue it can make your breasts look bigger... but they aren't. So why work your chest as a women... why not? The goal is to not leave out any muscle group. By working your chest muscles you will avoid injury as you use your chest for a lot of different movements and exercise and it will also just balance out your upper physique. We don't have to go crazy here with the chest exercises, I usually do chest during my HIIT and plank routines, so you won't even really notice that we're working our chest here. I do sometimes through in a chest routine with other days though so keep an eye out for that.

Alright, that is your muscle anatomy (or atleast what we will need) in a nutshell.

*Let's get to work !!!*



# GUIDE BREAKDOWN

Our focus here is progression. By that I mean slowly increasing the weights we do for each exercise. In order to grow our muscles we must actually tear them so that they rebuild stronger. How amazing is that though? Let's take a second to appreciate our body, especially as women and all it does for us.

This means that a lot of this guide will have similar, if not the same workouts with a focus of progression as the weeks go on.

**IMPORTANT - Watch your form, take the first couple of weeks to work on your form and lift moderate to low (depending on your fitness level). You don't want to start strong and either injury yourself or lift so heavy that you're too sore to complete the next days. Been there, done that and it sucks !! So take it easy.**

## **WEEK 1 & 2**

**Weigh in and/OR progress photo. Notice the 'OR' in that sentence. Some people are okay with a scale while others aren't... figure out which one of those people you are !! If scales are a 'no' for you then take a progress photo, pick a pair of jeans or pants and remember how they fit. If you're okay with scales then do both.**

**IMPORTANT - SOMETIMES THE SCALE WILL PLAY TRICKS ON YOU, ESPECIALLY WHEN YOU ARE RESISTANCE TRAINING. FOR SOME THE NUMBER ON THE SCALE WILL GO UP, THIS IS WHERE THE PROGRESS PHOTOS AND CLOTHING FITS COME INTO PLAY. DON'T LET THE NUMBERS GET TO YOUR HEAD AND REMEMBER YOU CAN ALWAYS REACH OUT TO ME IF YOU NEED SOME SUPPORT AND GUIDANCE**

**Focus on form, staying hydrated and eating patterns. Keep track of the weights you're lifting (write it in a notebook or at the top of the pages if you print this guide out).**

**Set your daily step goal. I am setting mine to 10,000 steps per day but feel free to work your way up.**

## **WEEK 3 & 4**

**Weigh in and/OR progress photo/clothing fit.**

**Increase your weights by 5 - 10 lbs for each exercise. A good way to know if you can increase weight is if you're able to do more than 15 repetitions each set in GOOD FORM. I usually aim for anywhere between 10 - 15 reps each set. If I can do more then I know I can lift heavier and decrease the amount of reps.**

ALWAYS HAVE SOMEONE SPOT YOU IF YOU ARE ATTEMPTING TO LIFT HEAVY. PLAY IT SAFE MY FRIENDS !! FUN FACT - I TRIED TO SQUAT SUPER HEAVY AND ENDED UP BEING STUCK ON THE BENCH IN THE MIDDLE OF THE GYM... LUCKILY A SUPER SWEET GIRL WAS AROUND TO HELP ME OUT !! SHE EVEN TRIED TO MAKE ME FEEL BETTER, WHAT AN ANGEL !!



# GUIDE BREAKDOWN

## WEEK 5 & 6

**FINAL Weigh in and/OR progress photo/clothing fit !! Check in on how you're feeling, stronger hopefully !! How are your eating habits? Don't be afraid to eat a bit more if your body is telling you it's hungry... try to make sure you're eating foods that will support your workouts and movement.**

**Lift heavier... you should be keeping track of your lifts and weights used. Increase them again by 5 - 10 lbs. If you have to decrease your reps in order to lift heavier with good form that is totally fine and is actually what most people do !!**

### STARTING POINT

*Optional*

WEIGHT:

MEASUREMENTS:

RIGHT ARM:

LEFT ARM:

STOMACH:

HIPS:

RIGHT LEG:

LEFT LEG:

*Progress Photo*

DATE:

*Optional*

WHAT CLOTHING ARE YOU WEARING FOR YOUR CLOTHING FIT CHECK-IN?

*Goals*

WHAT GOALS ARE YOU TRYING TO ACHIEVE WITH THIS GUIDE? WHAT ARE YOUR GOALS FOR 2021. DON'T JUST THINK ABOUT THE PHYSICAL GOALS. REMEMBER EXERCISE AND FITNESS GOES BEYOND THE PHYSICAL. INCLUDE MENTAL, EMOTIONAL AND HABIT GOALS TOO !!

# WEEK 1 & 2

Monday

*hiit*

- JUMPING ALTERNATING LUNGES
- JUMPING JACK TO STAR JUMP
- SQUAT JUMPS
- HIGH KNEES
- LATERAL LUNGE TAPS
- HIGH KNEE TO BURPEE (WITHOUT PUSHUP)
- LATERAL HOPS
- GROINERS
- SIDE SHUFFLE TOE TAPS

30 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

**REMEMBER THIS WEEK IS ABOUT GETTING USED TO TRAINING AND FOCUSING ON GOOD FORM. PUSH YOURSELF BUT ALSO TAKE A LONGER REST IF NEEDED.**

*legs*

- SQUATS
- WALKING LUNGES
- CURTSY LUNGES
- LEG PRESS
- LEG CURL
- LEG EXTENSION
- NON-MACHINE ALTERNATIVES**
- Leg Press -> Single Leg Leg Press Using Resistance Band
- Leg Curl -> Reverse Lunges
- Leg Extension -> Seated Leg Extension with Resistance Band

10-15 REPETITIONS  
4 SETS EACH EXERCISE

USE EITHER DUMBBELLS, BARBELLS, KETTLEBELLS OR SQUAT RACK LIGHT TO MODERATE WEIGHT, FOCUS ON FORM.

*abs*

- CRUNCHES
- BICYCLE CRUNCHES
- FLUTTER KICKS
- RUSSIAN TWISTS
- V-UPS
- IN & OUT CRUNCH
- STANDING OBLIQUE CRUNCH
- REVERSE CRUNCH
- LEG DROPS
- LEG RAISES

30 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

WEEK 1 & 2  
WEIGHTS

SQUATS

WALKING LUNGES

CURTSY LUNGES

LEG PRESS

LEG CURL

LEG EXTENSION



# WEEK 1 & 2

*Tuesday*

*hiit*

- SKATER HOPS
- HEISMANS
- HIGH KNEES
- SIDE SHUFFLE TOE TAPS
- IN & OUT SQUATS
- REVERSE LUNGE WITH DONKEY KICK (LEFT)
- REVERSE LUNGE WITH DONKEY KICK (RIGHT)
- SINGLE LEG LUNGE JUMPS (LEFT)
- SINGLE LEG LUNGE JUMPS (RIGHT)
- JUMPING JACKS

30 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

**REMEMBER THIS WEEK IS ABOUT GETTING USED TO TRAINING AND FOCUSING ON GOOD FORM. PUSH YOURSELF BUT ALSO TAKE A LONGER REST IF NEEDED.**

*back & biceps*

- LAT PULLDOWNS (CABLE MACHINE)
- HAMMER CURLS (DUMBBELLS)
- STRAIGHT ARM PULLDOWNS (CABLE MACHINE)
- ALTERNATING BICEP CURLS
- BENT OVER Y RAISES (DUMBBELLS)
- BARBELL CURL

**NON-MACHINE ALTERNATIVES**

- Lat Pulldowns -> Superman Lat Row w Dumbbells/Resistance Bands
- Straight Arm Pulldowns -> Bent Over Fly w Dumbbells/Resistance Bands

10-15 REPETITIONS  
4 SETS EACH EXERCISE

LIGHT TO MODERATE WEIGHT, FOCUS ON FORM.

*abs*

- CRUNCHES
- BICYCLE CRUNCHES
- FLUTTER KICKS
- RUSSIAN TWISTS
- V-UPS
- IN & OUT CRUNCH
- STANDING OBLIQUE CRUNCH
- REVERSE CRUNCH
- LEG DROPS
- LEG RAISES

30 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

WEEK 1 & 2  
WEIGHTS

LAT PULLDOWNS

HAMMER CURLS

STRAIGHT ARM PD

ALTERNATING BICEP CURLS

BENT OVER Y RAISES

BARBELL CURL

# WEEK 1 & 2

## hiit circuit

wednesday

WARM UP:

10 MIN SPRINTS - 30 SECOND SPRINT, 30 SECOND REST.

45 SQUATS W KETTLEBELL OR DUMBBELL

45 KETTLEBELL SWINGS

45 BALL SLAMS OR BURPEES IF YOU DON'T HAVE BALL SLAM.

45 DEADLIFTS W BARBELL, DUMBBELLS OR KETTLEBELLS

45 CHEST PRESS

45 FRONT/SIDE RAISES (45 TOTAL NOT EACH)

45 ALTERNATING LUNGES WITH BARBELL, DUMBBELLS OR KETTLEBELLS

10 MIN SPRINTS

**This is a circuit, it is meant to be done with speed (but watch your form), you can complete at your own pace and move and come back to exercises... as long as you complete the reps indicated.**

**THIS IS STILL WEEK 1, FEEL FREE TO TAKE IT EASIER ON YOURSELF IF NEEDED, WRITE DOWN HOW MANY REPS YOU DID AND TRY TO BEAT IT NEXT WEEK :)**

**REMEMBER THIS WEEK IS ABOUT GETTING USED TO TRAINING AND FOCUSING ON GOOD FORM. PUSH YOURSELF BUT ALSO TAKE A LONGER REST IF NEEDED.**

CRUNCHES

BICYCLE CRUNCHES

FLUTTER KICKS

RUSSIAN TWISTS

V-UPS

IN & OUT CRUNCH

STANDING OBLIQUE CRUNCH

REVERSE CRUNCH

LEG DROPS

LEG RAISES

abs

30 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

WEEK 1 & 2  
WEIGHTS

How many reps did you complete for your first circuit? (Week 1)

How many reps did you complete for your circuit in Week 2?



# WEEK 1 & 2

## legs - glute focused

10-15 REPETITIONS  
4 SETS EACH EXERCISE

STIFF LEG DEADLIFTS - BARBELL, DUMBBELLS,  
KETTLEBELLS OR RESISTANCE BAND  
HIP THRUSTS - BARBELL, DUMBBELL, KETTLEBELL  
OR RESISTANCE BAND  
BULGARIAN SPLIT SQUAT - DUMBBELS OR  
KETTLEBELLS  
GLUTE BRIDGE - BARBELL, DUMBBELL,  
KETTLEBELL OR RESISTANCE BAND  
BOX SQUATS - BARBELL, DUMBBELL, KETTLEBELL  
OR RESISTANCE BAND.

LIGHT TO MODERATE WEIGHT, FOCUS ON FORM.

**REMEMBER THIS WEEK IS ABOUT GETTING USED TO TRAINING AND FOCUSING ON GOOD FORM. PUSH YOURSELF BUT ALSO TAKE A LONGER REST IF NEEDED.**

## abs

CRUNCHES  
BICYCLE CRUNCHES  
FLUTTER KICKS  
RUSSIAN TWISTS  
V-UPS  
IN & OUT CRUNCH  
STANDING OBLIQUE CRUNCH  
REVERSE CRUNCH  
LEG DROPS  
LEG RAISES

30 SECONDS ON  
15 SECONDS REST  
1 - 2 TIMES

WEEK 1 & 2  
WEIGHTS

STIFF LEG DEADLIFTS

GLUTE BRIDGE

HIP THRUSTS

BOX SQUATS

BULGARIAN SPLIT SQUATS

Thursday

# SHOULDERS/TRICEPS + ABS/CORE

## WEEK 1 & 2

### *shoulders & triceps*

FRONT RAISES - DUMBBELLS, KETTLEBELLS OR RESISTANCE BAND  
 TRICEP EXTENSIONS - DUMBBELL, KETTLEBELL OR RESISTANCE BAND  
 LATERAL RAISES - DUMBBELLS, KETTLEBELLS OR RESISTANCE BANDS  
 TRICEP DIPS - ON ELEVATED SURFACE SUCH AS BENCH, CHAIR OR COUCH  
 ARNOLDS - DUMBBELL OR KETTLEBELLS  
 TRICEP KICKBACKS - DUMBBELL, KETTLEBELL OR RESISTANCE BANDS  
 UPRIGHT ROW - BARBELL, DUMBBELL, KETTLEBELL OR RESISTANCE BAND  
 TRICEP PULLDOWN - CABLE MACHINE

10-15 REPETITIONS  
 4 SETS EACH EXERCISE

**alternative exercise - Skull Crushers with dumbbell or kettlebell**

LIGHT TO MODERATE WEIGHT, FOCUS ON FORM.

**REMEMBER THIS WEEK IS ABOUT GETTING USED TO TRAINING AND FOCUSING ON GOOD FORM. PUSH YOURSELF BUT ALSO TAKE A LONGER REST IF NEEDED.**

### *abs*

CRUNCHES  
 BICYCLE CRUNCHES  
 FLUTTER KICKS  
 RUSSIAN TWISTS  
 V-UPS  
 IN & OUT CRUNCH  
 STANDING OBLIQUE CRUNCH  
 REVERSE CRUNCH  
 LEG DROPS  
 LEG RAISES

30 SECONDS ON  
 15 SECONDS REST  
 1 - 2 TIMES

WEEK 1 & 2  
 WEIGHTS

FRONT RAISES  
 LATERAL RAISES  
 ARNOLDS

UPRIGHT ROW

I DO NOT TRACK MY WEIGHTS FOR TRICEP EXERCISES AS I LIKE TO FOCUS ON TONING AND NOT NECESSARILY STRENGTHENING. I ALWAYS DO A WEIGHT THAT IS CHALLENGING THOUGH !

*friday*



# WEEK 1 & 2

## hiit circuit

BENT OVER ROWS - BARBELL, DUMBBELL, KETTLEBELL OR RESISTANCE BANDS

STEP UP WITH LEG EXTENSION - BARBELL, DUMBBELLS OR KETTLEBELLS (ON BENCH, CHAIR OR COUCH... MAKE SURE THE SURFACE IS STABLE !!

BENCH HOP OVERS

WEIGHTED SIT UPS - DUMBBELLS, BARBELLS, KETTLEBELLS, WEIGHTED PLATE.

LEG RAISES

BURPEES WITH PUSH UP

10 MIN SPRINTS

45 SECONDS ON  
15 SECONDS REST  
REPEAT 3 TIMES

**THIS IS STILL WEEK 1, FEEL FREE TO TAKE IT EASIER ON YOURSELF IF NEEDED :)**

**REMEMBER THIS WEEK IS ABOUT GETTING USED TO TRAINING AND FOCUSING ON GOOD FORM. PUSH YOURSELF BUT ALSO TAKE A LONGER REST IF NEEDED.**

Did you find this week's circuit difficult? Check back in next week and see if it's a bit easier !!

saturday

WEEK 1 & 2  
WEIGHTS

# CHECK-INS

**THESE CHECK-INS ARE MEANT TO BE DONE EVERY TWO WEEKS. FEEL FREE TO SKIP AS YOU NEED OR JUST FILL OUT THE QUESTION PORTION.**

*Optional*

*Progress Photo*

WEIGHT:

MEASUREMENTS:

RIGHT ARM:

LEFT ARM:

STOMACH:

HIPS:

RIGHT LEG:

LEFT LEG:

DATE:

*Optional*

HOW DOES YOUR CLOTHING FIT ?

MAKE SURE YOU TRY ON THE SAME PIECES OF CLOTHING EACH CHECK IN

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*Check-in Questions*

HOW ARE YOU FEELING THIS WEEK?

DID YOU CHALLENGE YOURSELF WITH YOUR WORKOUTS? BE HONEST, NO JUDGEMENTS HERE.

WHAT ARE GOALS FOR THE NEXT TWO WEEKS?



WEEK 3 & 4

Monday

- JUMPING JACKS
- CROSS BODY JACKS
- SKATER HOPS WITH WINDMILL
- HEISMANS WITH CRUNCH
- POP SQUATS
- HIGH KNEE
- BURPEES
- TOUCH DOWN + JUMP UPS
- 1 HOP FORWARD, 3 HOPS BACK

hiit

45 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

NOW THAT YOU HAD TWO WEEKS TO GET USED TO THIS GUIDE STYLE, IT'S TIME TO REALLY PUSH YOURSELF AND CHALLENGE YOURSELF. CIRCUIT TIMING WILL INCREASE & YOU SHOULD TRY LIFT HEAVIER (BUT SAFELY). IT'S STILL IMPORTANT LISTEN TO YOUR BODY. IF YOU CAN'T LIFT HEAVIER, DON'T, IF NEED TO TAKE LONGER BREAKS DO SO. IF YOU'RE TOO SORE, TAKE AN EXTRA REST DAY. THIS IS ALL ABOUT PROGRESS WHICH LWAYS TAKES TIME !!

- SQUATS
- ROMAINIAN DEADLIFTS
- LATERAL LUNGES
- LEG PRESS
- LEG CURL
- LEG EXTENSION
- NON-MACHINE ALTERNATIVES**
- Leg Press -> Single Leg Leg Press Using Resistance Band
- Leg Curl -> Reverse Lunges
- Leg Extension -> Seated Leg Extension with Resistance Band

legs

10-15 REPETITIONS  
4 SETS EACH EXERCISE

USE EITHER DUMBBELLS, BARBELLS, KETTLEBELLS OR SQUAT RACK TRY LIFTING HEAVIER, BUT SAFETY AND FORM IS TOP PRIORITY. IF YOU CAN'T LIFT HEAVIER WITHOUT COMPROMISING YOUR FORM STAY AT THE SAME WEIGHT AND TRY HEAVIER NEXT WEEK !!

- SPIDERMAN PLANK
- HIP DIP PLANK
- UP-DOWN PLANK
- SIDE PLANK WITH DIP (RIGHT)
- SIDE PLANK WITH DIP (LEFT)
- PLANK JACKS
- PLANK WITH SHOULDER TAPS
- FROGGERS

planks

30 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

WEEK 3 & 4  
WEIGHTS

SQUATS

LEG PRESS

ROMAINIAN DEADLIFTS

LEG CURL

LATERAL LUNGES

LEG EXTENSION

WEEK 3 & 4

*Tuesday*

*hiit*

- SQUAT JUMPS WITH TOE TAPS
- STAR JUMPS
- SKATER HOPS WITH JUMP
- HIGH KNEES
- PUSH UP
- GROINERS
- SKI PLANKS
- IN & OUT SQUAT JUMPS

45 SECONDS ON  
15 SECOND REST  
1 TIME

REMEMBER THIS WEEK IS ABOUT GETTING USED TO TRAINING AND FOCUSING ON GOOD FORM. PUSH YOURSELF BUT ALSO TAKE A LONGER REST IF NEEDED.

*back & biceps*

- CLOSE GRIP LAT PULLDOWNS (CABLE MACHINE)
- SINGLE ARM CONCENTRATED BICEP CURLS (DUMBBELLS)
- BENT OVER SINGLE ARM ROWS (DUMBBEL OR KETTLEBELL)
- ALTERNATING HAMMER CURLS
- SINGLE LEG DEADLIFT - RIGHT (DUMBBELLS OR KETTLEBELLS)
- SINGLE LEG DEADLIFT - LEFT - (DUMBBELLS OR KETTLEBELLS)

10-15 REPETITIONS  
4 SETS EACH EXERCISE

NON-MACHINE ALTERNATIVES

Lat Pulldowns -> Superman Lat Row w Dumbbells/Resistance Bands

LIGHT TO MODERATE WEIGHT, FOCUS ON FORM.

*planks*

- SPIDERMAN PLANK
- HIP DIP PLANK
- UP-DOWN PLANK
- SIDE PLANK WITH DIP (RIGHT)
- SIDE PLANK WITH DIP (LEFT)
- PLANK JACKS
- PLANK WITH SHOULDER TAPS
- FROGGERS

30 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

WEEK 3 & 4  
WEIGHTS

CLOSE GRIP LAT PULLDOWNS

ALTERNATING HAMMER CURLS

SINGLE ARM BICEP CURLS

SINGLE LEG DEADLIFT

BENT OVER SINGLE ARM ROWS



# WEEK 3 & 4

## hiit circuit

wednesday

WARM UP:

10 MIN SPRINTS - 30 SECOND SPRINT, 30 SECOND REST.

30 RENEGADE ROWS WITH DUMBBELLS  
45 SQUATS WITH KETTLEBELLS  
30 PRESSES WITH BARBELL, DUMBBELLS, KETTLEBELLS OR RESISTANCE BANDS.  
45 DEADLIFTS W BARBELL, DUMBBELLS OR KETTLEBELLS  
30 WEIGHTED V-UPS  
30 BOX JUMPS

10 MIN SPRINTS

**This is a circuit, it is meant to be done with speed and no or very little rest between exercises.**

**REMEMBER TO PUSH YOURSELF, KEEPING IN MIND SAFETY AND FORM :)**

## planks

SPIDERMAN PLANK  
HIP DIP PLANK  
UP-DOWN PLANK  
SIDE PLANK WITH DIP (RIGHT)  
SIDE PLANK WITH DIP (LEFT)  
PLANK JACKS  
PLANK WITH SHOULDER TAPS  
FROGGERS

30 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

WEEK 3 & 4  
WEIGHTS

How did you feel after today's workout?

Don't get to drink plenty of water and full your body with some good food !!

WEEK 3 & 4

legs - glute focused

Thursday

- SUMO DEADLIFTS - BARBELL, DUMBBELLS, KETTLEBELLS OR RESISTANCE BAND
- HIP THRUSTS - BARBELL, DUMBBELL, KETTLEBELL OR RESISTANCE BAND
- REVERSE LUNGES - DUMBBELS OR KETTLEBELLS
- GLUTE BRIDGE - BARBELL, DUMBBELL, KETTLEBELL OR RESISTANCE BAND
- CLOSE-LEGGED LEG PRESS

10-15 REPETITIONS  
4 SETS EACH EXERCISE

**Alternative:**  
**closed legged squats with dumbbells, kettlebells or resistance bands**

PUSH YOURSELF, BUT KEEP GOOD FORM. IF YOU CAN'T UP YOUR WEIGHTS WITHOUT GOOD FORM, DON'T... TRY AGAIN NEXT WEEK OR THE WEEK AFTER. PROGRESS TAKES TIME.

planks

- SPIDERMAN PLANK
- HIP DIP PLANK
- UP-DOWN PLANK
- SIDE PLANK WITH DIP (RIGHT)
- SIDE PLANK WITH DIP (LEFT)
- PLANK JACKS
- PLANK WITH SHOULDER TAPS
- FROGGERS

45 SECONDS ON  
15 SECONDS REST  
1 - 2 TIMES

WEEK 3 & 4  
WEIGHTS

- SUMO DEADLIFTS
- HIP THRUSTS
- REVERSE LUNGES

- GLUTE BRIDGE
- CLOSED-LEGGED LEG PRESS



WEEK 3 & 4

shoulders & triceps

- AROUND THE WORLDS - DUMBBELLS OR KETTLEBELLS
- CRAB WALKS
- SHOULDER PRESS - DUMBBELLS, KETTLEBELLS OR RESISTANCE BANDS
- DIAMOND PUSH-UPS
- FRONT RAISES WITH ROTATION - DUMBBELL OR WEIGHTED PLATE
- TRICEP KICKBACKS - DUMBBELL, KETTLEBELL OR RESISTANCE BANDS
- FRONT TO LATERAL RAISES - DUMBBELL, KETTLEBLL OR RESISTANCE BAND
- TRICEP PULLDOWN - CABLE MACHINE

**alternative exercise - Skull Crushers with dumbbell or kettlebell**

10-15 REPETITIONS  
4 SETS EACH EXERCISE

friday

planks

- SPIDERMAN PLANK
- HIP DIP PLANK
- UP-DOWN PLANK
- SIDE PLANK WITH DIP (RIGHT)
- SIDE PLANK WITH DIP (LEFT)
- PLANK JACKS
- PLANK WITH SHOULDER TAPS
- FROGGERS

45 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

WEEK 3 & 4  
WEIGHTS

- AROUND THE WORLD
- SHOULDER PRESS
- FRONT RAISES W ROTATION

FRONT TO LATERAL RAISES

I DO NOT TRACK MY WEIGHTS FOR TRICEP EXERCISES AS I LIKE TO FOCUS ON TONING AND NOT NECESSARILY STRENGTHENING. I ALWAYS DO A WEIGHT THAT IS CHALLENGING THOUGH !

# WEEK 3 & 4

## hiit circuit

UP & DOWN KETTLEBELL SWINGS - KETTLEBELL

KNEELING STEP UPS - BARBELL, DUMBBELLS OR KETTLEBELLS

SIDE STEP UP ON BENCH - BARBELL, DUMBBELLS OR KETTLEBELLS

SKI PLANKS

BENT OVER ROWS - BARBELL, DUMBBELLS OR KETTLEBELLS

PUSH UPS

10 MIN SPRINTS

**YOU GOT THIS !!**

60 SECONDS ON  
15 SECONDS REST  
REPEAT 3 TIMES

saturday

WEEK 3 & 4  
WEIGHTS

Did you find this week's circuit difficult? Check back in next week and see if it's a bit easier !!





# CHECK-INS

**THESE CHECK-INS ARE MEANT TO BE DONE EVERY TWO WEEKS. FEEL FREE TO SKIP AS YOU NEED OR JUST FILL OUT THE QUESTION PORTION.**

*Optional*

*Progress Photo*

WEIGHT:

MEASUREMENTS:

RIGHT ARM:

LEFT ARM:

STOMACH:

HIPS:

RIGHT LEG:

LEFT LEG:

DATE:

*Optional*

HOW DOES YOUR CLOTHING FIT ?

MAKE SURE YOU TRY ON THE SAME PIECES OF CLOTHING EACH CHECK IN

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*Check-in Questions*

HOW ARE YOU FEELING THIS WEEK?

DID YOU CHALLENGE YOURSELF WITH YOUR WORKOUTS? BE HONEST, NO JUDGEMENTS HERE.

WHAT ARE GOALS FOR THE NEXT TWO WEEKS?

# WEEK 5 & 6

*Monday*

- BURPEE WITH PUSH UP
- TUCK JUMPS
- SIDE SHUFFLE TAP
- PLANK JACKS TO FROGGER
- SINGLE LEG REACH AND CRUNCH (RIGHT)
- SINGLE LEG REACH AND CRUNCH (LEFT)
- TOUCH DOWN + JUMP UPS
- 1 HOP FORWARD, 3 HOPS BACK
- SHOULDER TAPS

*hiit*

50 SECONDS ON  
10 SECOND REST  
1 - 2 TIMES

LAST TWO WEEKS, YOU GOT THIS !! LET'S PUSH OURSELVES AND SEE WHAT WE'RE REALLY MADE OF !!

- SQUATS
- SUMO DEADLIFTS
- REVERSE LUNGE TO CURTSY LUNGE
- LEG PRESS
- LEG CURL
- LEG EXTENSION
- NON-MACHINE ALTERNATIVES**
- Leg Press -> Single Leg Leg Press Using Resistance Band
- Leg Curl -> Reverse Lunges
- Leg Extension -> Seated Leg Extension with Resistance Band

*legs*

10-15 REPETITIONS  
4 SETS EACH EXERCISE

USE EITHER DUMBBELLS, BARBELLS, KETTLEBELLS OR SQUAT RACK  
TRY LIFTING HEAVIER, BUT SAFETY AND FORM IS TOP PRIORITY. IF YOU CAN'T LIFT HEAVIER WITHOUT COMPROMISING YOUR FORM STAY AT THE SAME WEIGHT AND TRY HEAVIER NEXT WEEK !!

- V-UP HOLD
- DEAD BUG
- SIDE PLANK WITH DIP (RIGHT)
- SIDE PLANK WITH DIP (LEFT)
- PLANK WITH ALTERNATING TOE TAP
- COCOON CRUNCH
- SKI PLANK
- PLANK WITH LEG LIFT

*core*

45 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

WEEK 5 & 6  
WEIGHTS

SQUATS

LEG PRESS

SUMO DEADLIFTS

LEG CURL

REVERSE/CURTSY LUNGES

LEG EXTENSION



# BACK/BICEPS + HIIT + ABS/CORE

## WEEK 5 & 6

*Tuesday*

*hiit*

BURPEE WITH PUSH UP  
 TUCK JUMPS  
 SIDE SHUFFLE TAP  
 PLANK JACKS TO FROGGER  
 SINGLE LEG REACH AND CRUNCH (RIGHT)  
 SINGLE LEG REACH AND CRUNCH (LEFT)  
 TOUCH DOWN + JUMP UPS  
 1 HOP FORWARD, 3 HOPS BACK  
 SHOULDER TAPS

50 SECONDS ON  
 10 SECOND REST  
 1 TIME

*back & biceps*

CLOSE GRIP LAT PULLDOWNS (CABLE MACHINE)  
 ALTERNATING HALFWAY BICEP CURLS (DUMBBELLS)  
 BENT OVER SINGLE ARM ROWS (DUMBBEL OR KETTLEBELL)  
 ALTERNATING HAMMER CURLS  
 STIFF LEG DEADLIFT  
 GOOD MORNINGS

10-15 REPETITIONS  
 4 SETS EACH EXERCISE

### NON-MACHINE ALTERNATIVES

Lat Pulldowns -> Superman Lat Row w Dumbbells/Resistance Bands

*core*

V-UP HOLD  
 DEAD BUG  
 SIDE PLANK WITH DIP (RIGHT)  
 SIDE PLANK WITH DIP (LEFT)  
 PLANK WITH ALTERNATING TOE TAP  
 COCOON CRUNCH  
 SKI PLANK  
 PLANK WITH LEG LIFT

45 SECONDS ON  
 15 SECOND REST  
 1 - 2 TIMES

WEEK 5 & 6  
WEIGHTS

CLOSE GRIP LAT PULLDOWNS

ALTERNATING HAMMER CURLS

SINGLE ARM BICEP CURLS

SINGLE LEG DEADLIFT

BENT OVER SINGLE ARM ROWS

# WEEK 5 & 6

## hiit circuit

wednesday

WARM UP:

10 MIN SPRINTS - 30 SECOND SPRINT, 30 SECOND REST.

- 30 KETTLEBELL SWINGS
- 45 SQUATS WITH KETTLEBELLS
- 30 BENT OVER ROWS
- 30 STEP UPS WITH DUMBBELLS, KETTLEBELLS OR BARBELL
- 30 WEIGHTED V-UPS
- 30 KNEE STEP UPS

10 MIN SPRINTS

**This is a circuit, it is meant to be done with speed and no or very little rest between exercises.**

**REMEMBER TO PUSH YOURSELF, KEEPING IN MIND SAFETY AND FORM :)**

## core

- V-UP HOLD
- DEAD BUG
- SIDE PLANK WITH DIP (RIGHT)
- SIDE PLANK WITH DIP (LEFT)
- PLANK WITH ALTERNATING TOE TAP
- COCOON CRUNCH
- SKI PLANK
- PLANK WITH LEG LIFT

45 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

WEEK 5 & 6  
WEIGHTS

How did you feel after today's workout?

Don't get to drink plenty of water and full your body with some good food !!

# LEGS - GLUTE FOCUSED + ABS/CORE

## WEEK 5 & 6

### legs - glute focused

SUMO SQUATS - BARBELL, DUMBBELLS,  
KETTLEBELLS OR RESISTANCE BAND  
HIP THRUSTS - BARBELL, DUMBBELL, KETTLEBELL  
OR RESISTANCE BAND  
LATERAL LUNGES - DUMBBELS OR KETTLEBELLS  
GLUTE BRIDGE - BARBELL, DUMBBELL,  
KETTLEBELL OR RESISTANCE BAND  
PULSING CURTSY LUNGES (RIGHT)  
PULSING CURTSY LUNGES (LEFT)

10-15 REPETITIONS  
4 SETS EACH EXERCISE

PUSH YOURSELF, BUT KEEP GOOD FORM. IF YOU CAN'T UP YOUR WEIGHTS WITHOUT GOOD FORM, DON'T... TRY AGAIN NEXT WEEK OR THE WEEK AFTER. PROGRESS TAKES TIME.

### core

V-UP HOLD  
DEAD BUG  
SIDE PLANK WITH DIP (RIGHT)  
SIDE PLANK WITH DIP (LEFT)  
PLANK WITH ALTERNATING TOE TAP  
COCOON CRUNCH  
SKI PLANK  
PLANK WITH LEG LIFT

45 SECONDS ON  
15 SECOND REST  
1 - 2 TIMES

WEEK 5 & 6  
WEIGHTS

SUMO DEADLIFTS  
HIP THRUSTS  
REVERSE LUNGES

GLUTE BRIDGE  
CLOSED-LEGGED LEG PRESS

Thursday



# SHOULDERS/TRICEPS + ABS/CORE

## WEEK 5 & 6

### shoulders & triceps

AROUND THE WORLDS - DUMBBELLS OR KETTLEBELLS  
 TRICEP DIPS  
 ARNOLDS - DUMBBELLS, KETTLEBELLS OR RESISTANCE BANDS  
 DIAMOND PUSH-UPS  
 FRONT RAISES - DUMBBELL, KETTLEBELL OR RESISTANCE BAND  
 TRICEP KICKBACKS - DUMBBELL, KETTLEBELL OR RESISTANCE BANDS  
 LATERAL RAISES - DUMBBELL, KETTLEBELL OR RESISTANCE BAND  
 TRICEP PULLDOWN - CABLE MACHINE

10-15 REPETITIONS  
 4 SETS EACH EXERCISE

**alternative exercise - Skull Crushers with dumbbell or kettlebell**

V-UP HOLD  
 DEAD BUG  
 SIDE PLANK WITH DIP (RIGHT)  
 SIDE PLANK WITH DIP (LEFT)  
 PLANK WITH ALTERNATING TOE TAP  
 COCOON CRUNCH  
 SKI PLANK  
 PLANK WITH LEG LIFT

### core

50 SECONDS ON  
 10 SECOND REST  
 1 - 2 TIMES

WEEK 5 & 6  
 WEIGHTS

AROUND THE WORLD  
 ARNOLDS  
 FRONT RAISES

LATERAL RAISES

I DO NOT TRACK MY WEIGHTS FOR TRICEP EXERCISES AS I LIKE TO FOCUS ON TONING AND NOT NECESSARILY STRENGTHENING. I ALWAYS DO A WEIGHT THAT IS CHALLENGING THOUGH !

friday

# WEEK 5 & 6

## hiit circuit

PUSH UPS

KNEELING STEP UPS - BARBELL, DUMBBELLS OR KETTLEBELLS

BENCH HOP OVERS

GROINERS

BURPEES WITH PUSH UPS

HEEL TAP ABS

SHOULDER PRESS - BARBELL, DUMBBELL KETTLEBELL OR RESISTANCE BAND

10 MIN SPRINTS

**YOU GOT THIS !!**

60 SECONDS ON  
15 SECONDS REST  
REPEAT 3 TIMES

saturday

WEEK 5 & 6  
WEIGHTS

Did you find this week's circuit difficult? Check back in next week and see if it's a bit easier !!



# YOU DID IT !!

6 WEEKS IS UP, IT'S TIME FOR YOUR FINAL CHECK IN. DO THIS HOWEVER FEELS MOST COMFORTABLE TO YOU... BY PHOTO, SCALE OR CLOTHING. FEEL FREE TO REPEAT THIS GUIDE OR SWITCH UP YOUR ROUTINE. I HOPE YOU GUYS ENJOYED THESE PAST 6 WEEKS.

DON'T FORGET TO FOLLOW ME ON INSTAGRAM FOR MORE WORKOUTS, FOOD + FUN !!

*lots of love,*

*Amia Noella xx*

@amianoella

@feminal.fit

*congratulations*



# CHECK-INS

**THESE CHECK-INS ARE MEANT TO BE DONE EVERY TWO WEEKS. FEEL FREE TO SKIP AS YOU NEED OR JUST FILL OUT THE QUESTION PORTION.**

*Optional*

*Progress Photo*

WEIGHT:

MEASUREMENTS:

RIGHT ARM:

LEFT ARM:

STOMACH:

HIPS:

RIGHT LEG:

LEFT LEG:

DATE:

*Optional*

HOW DOES YOUR CLOTHING FIT ?

MAKE SURE YOU TRY ON THE SAME PIECES OF CLOTHING EACH CHECK IN

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*Check-in Questions*

HOW ARE YOU FEELING THIS WEEK?

DID YOU CHALLENGE YOURSELF WITH YOUR WORKOUTS? BE HONEST, NO JUDGEMENTS HERE.

WHAT ARE GOALS FOR THE NEXT TWO WEEKS?