

30 DAY CHALLENGE GET FIT.

COACH TAYLOR

COACH SARA



GET STRONGER.

Week by week breakdown of our
personalized workouts PLUS what
you should and shouldn't be eating.

WWW.SARALOVESTYLE.COM

WELCOME TO WEEK 1

OF OUR 30 DAY FITNESS CHALLENGE

WE ARE SO THRILLED TO HAVE YOU JOIN US ON OUR 30 DAY FITNESS CHALLENGE! WE FOUND IT EXTREMELY IMPORTANT TO INCLUDE 2 DIFFERENT BODY TYPES BECAUSE EVERYONE'S FITNESS GOAL IS COMPLETELY DIFFERENT.

IF YOU ARE NATURALLY CURVY AND ARE LOOKING TO SLIM DOWN, BUT MAINTAIN YOUR SHAPE THEN SARA'S WORKOUT PLAN IS JUST FOR YOU!

IF YOU HAVE A NATURAL ATHLETIC BUILT AND ARE LOOKING TO CREATE AN HOURGLASS FIGURE AND GAINS THEN TAYLOR'S WORKOUT PLAN IS JUST FOR YOU!

IN ORDER TO GET THE BEST POSSIBLE RESULTS, WE RECOMMEND THAT YOU TAKE BEFORE AND AFTER PHOTOS, FOLLOW OUR MEALPLANS AND CONSISTENT WITH OUR WORKOUT REGIMENS PROVIDED BELOW.

MARCH 1ST-30TH

@TAYLORWINBUSHTV @SARALOVESTYLE

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KEEP MY SHAPE, BUT LOSE SOME WEIGHT

SARA'S WORKOUT PLAN

ACTIVITY	REPS	SETS
DAY 1 Body Squats Curtsy to back Lunge Pulse squat, quarter squat, full squat Donkey kick to fire hydrate	15 15 10 10	5 5 5 5
NO BREAK UNTIL ONE FULL ROUND IS COMPLETE		
DAY 2 Chest Press (5-10 lbs) Shoulder Press (10 lbs) Push Ups Arnold Press (10 lbs) Renegade Rows (10 lbs)	12 12 10 12 15	4 4 4 4 4
NO BREAK UNTIL ONE FULL ROUND IS COMPLETE		
DAY 3 Run or Stair-master Side planks Planks Toe Touches Burpees	20 Minutes 30 Secs 45-60 Sec 25 10	1 4 4 4 4
NO BREAK UNTIL ONE FULL ROUND IS COMPLETE		
DAY 4 Jump Squats Step Up per leg Raised Heel Romanian Deadlifts (30 lbs) Glute Bridge Single leg squat	15 10 10 15 12	4 4 4 4 4
NO BREAK UNTIL ONE FULL ROUND IS COMPLETE		
DAY 5 2 mile walk OR Stair-master Or 8-10 incline walk Stretch	45-50 Minutes 20 Minutes	1 1
NO BREAK UNTIL ONE FULL ROUND IS COMPLETE		

KEEP MY SHAPE, BUT LOSE SOME WEIGHT

SARA'S MEAL PLAN

SHOULD

Protein Shakes
Whole Eggs
Leafy Greens
Salmon
Cruciferous Vegetables
Lean Beef and Chicken
Breast
Boiled Potatoes
Tuna
Beans and Legumes
Soups
Cottage Cheese
Avocados
Apple Cider Vinegar
Nuts
Whole Grains
Chili Pepper
Fruit (Not after 6pm)
Grapefruit
Chia Seeds
Coconut Oil
Dark Chocolate
Ezekiel Bread

SHOULDN'T

French Fries
Potato Chips
Bread
Pasta
Candy Bars
Most Fruit Juices (unless
pressed)
Pastries, Cookies and
Cakes
Some Types of Alcohol
(Especially Beer) - *Tequila*
is okay
Ice Cream
Pizza
High-Calorie Coffee
Drinks
Foods High in Added
Sugar
Fried Foods
Salty Foods
White rice
Candied dried fruits
Packaged & Processed
Foods

Basically try to shop on the perimeter of the grocery store.

I WANT TO BUILD CURVES AND GAINS

TAYLOR'S WORKOUT PLAN

ACTIVITY	REPS	SETS
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DAY 1	Lunges each leg (20 lbs each side)	15	5
	Narrow Squats (45-60 lbs)	15	5
	Sumo Squats (30-45 lbs)	15	5
	In and Out Squats	20	5
	Planks	45 Secs	4

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

DAY 2	Lat Pull Down -Wide (15-20 lbs)	12	4
	Lat Pull Down -Narrow (15-20 lbs)	12	4
	T-Raises (7-10 lbs each hand)	10	4
	Rows (15 lbs each hand)	12	4
	Sit-Ups	50	3

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

DAY 3	Squat Jumps (10-30 lbs)	15	3
	Lunges each leg (20 lbs each side)	15	4
	Hip Thrusts (30 lbs) - if able	15	4
	Russian Twists (10 lbs)	20	5
	Reverse Crunches	20	5

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

DAY 4	Inclined Sprints (7-10mph)	30 Secs	5
	Rows (15 lbs each hand)	15	4
	Fire Hydrants each leg	30	5
	Sumo Squats (60% of body weight in lbs)	15	4
	Leg Lifts	15	5
	Planks	45 Secs	5

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

DAY 5	Calf Lifts - V shape (10-15 lbs each hand)	20	4
	Calf Lifts - II shape (10-15 lbs each hand)	20	4
	Calf Lifts - ^ shape (10-15 lbs each hand)	20	4
	Burpees	20	3
	Lunges	20	3
	Leg Lifts	20	4

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

I WANT TO BUILD CURVES AND GAINS

TAYLOR'S WORKOUT PLAN

SHOULD

Protein Shakes (everyday!)
Eggs (everyday!)
Leafy Greens
Salmon
Cruciferous Vegetables
Lean Beef and Chicken
Breast
Boiled Potatoes
Tuna
Beans and Legumes
Soups
Avocados
Apple Cider Vinegar
Nuts, Flax seeds & Almonds
Whole Grains
Chili Pepper
Fruit (Not after 6pm)
Grapefruit
Chia Seeds
Coconut Oil
Dark Chocolate
Sweet Potatoes

SHOULDN'T

French Fries
Potato Chips
Bread
Candy Bars
Most Fruit Juices (unless
pressed)
Pastries, Cookies and
Cakes
Some Types of Alcohol
(Especially Beer) - *Tequila*
is okay
Ice Cream
High-Calorie Coffee
Drinks
Foods High in Added
Sugar
Fried Foods
Salty Foods
Candied dried fruits
Packaged & Processed
Foods

Basically try to shop on the perimeter of the grocery store.

BONUS

SMOOTHIE RECIPE

INGREDIENTS

- 1 banana
- 5 pitted dates
- 1 tablespoon almond butter
- 1 cup unsweetened almond milk
- 1 cup spinach
- ¼ cup rolled oats
- 1 cup ice
- Optional - protein powder, flax, hemp

For more recipes, visit www.saralovestyle.com OR stay tuned for our next email!