

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 2

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	Jumping Jaxs	20	4
	Crunches	20	4
	Bicycle crunches	20	4
	Toe touches	20	4
	Russian twists	20	4
	NO BREAK UNTIL ONE FULL ROUND IS COMPLETE		
DAY 2	Rows	12	4
	Back extensions	12	4
	Supermans	10	4
	Good morning	12	4
	Bent over row	15	4
	Run/Jog for 30 minutes		
NO BREAK UNTIL ONE FULL ROUND IS COMPLETE			
DAY 3	Burpees	10	4
	Bicep Curls to Shoulder Presses	12	4
	Push Up Rows	10	4
	Mountain Climbers	30 Secs	4
	NO BREAK UNTIL ONE FULL ROUND IS COMPLETE		
DAY 4	Calf raises	20	4
	Front squat	10	4
	Bulgarian split squat	15	4
	Weighted step up	10	4
	Deadlift	10	4
	NO BREAK UNTIL ONE FULL ROUND IS COMPLETE		
DAY 5	2 mile walk OR Stair-master Or 8-10 incline walk	45-50 Minutes	1
	Stretch	20 Minutes	1
	NO BREAK UNTIL ONE FULL ROUND IS COMPLETE		

I WANT TO BUILD CURVES AND GAINS

TAYLOR'S WORKOUT PLAN

ACTIVITY	REPS	SETS
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DAY 1	Chest press (7-10 lbs)	12	4
	12 Front raises (7-10 lbs)	12	4
	Overhead press (7-10 lbs)	12	4
	Overhead triceps (7-10 lbs)	12	4

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

DAY 2	Split squat	15	4
	Sumo Lunges	15	4
	Narrow Squats	15	4
	Deadlift	15	4

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

DAY 3	Inclined Sprints (7-10mph)	1	5
	Situps	20	5
	Planks	20	5
	Leg Lifts	20	5
	Toe Touches	20	5
	Burpees	20	5

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

DAY 4	Squat Jumps (10-30 lbs)	20	3
	Lunges each leg (20 lbs each side)	12	3
	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 5	Stretch	20-30 Mins	1
	Russian Twists (10 lbs)	20	4
	Single Leg Lifts	20	4
	Mountain Climber	45 Secs	4
	Bicycle Crunch	20	4

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

BONUS

FAT BURNING SMOOTHIE

INGREDIENTS

- 2 handfuls baby spinach
- 1 ripe banana
- 1 cup almond milk
- 1 cup frozen pineapple chunks
- 1/2 tsp of ginger
- 1 tbsp chia seeds
- Add 1 Scoop of protein
(optional) - May need to add in
some more almond milk for
consistency

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