

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 3

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

DISCLAIMER

SARA LOVESTYLE (SARA HOOD) AND/OR TAYLOR WINBUSH STRONGLY RECOMMEND THAT YOU CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM. YOU SHOULD BE IN GOOD PHYSICAL CONDITION AND BE ABLE TO PARTICIPATE IN THE EXERCISE. SARA LOVESTYLE (SARA HOOD) IS NOT A LICENSED MEDICAL CARE PROVIDER AND REPRESENTS THAT IT HAS NO EXPERTISE IN DIAGNOSING, EXAMINING, OR TREATING MEDICAL CONDITIONS OF ANY KIND, OR IN DETERMINING THE EFFECT OF ANY SPECIFIC EXERCISE ON A MEDICAL CONDITION.

YOU SHOULD UNDERSTAND THAT WHEN PARTICIPATING IN ANY EXERCISE OR EXERCISE PROGRAM, THERE IS THE POSSIBILITY OF PHYSICAL INJURY. IF YOU ENGAGE IN THIS EXERCISE OR EXERCISE PROGRAM, YOU AGREE THAT YOU DO SO AT YOUR OWN RISK, ARE VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES, ASSUME ALL RISK OF INJURY TO YOURSELF, AND AGREE TO RELEASE AND DISCHARGE SARA LOVESTYLE (SARA HOOD) FROM ANY AND ALL CLAIMS OR CAUSES OF ACTION, KNOWN OR UNKNOWN, ARISING OUT OF SARA LOVESTYLE (SARA HOOD)

THE INFORMATION PROVIDED IS NOT INTENDED TO BE A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS OR TREATMENT. NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE, OR DELAY IN SEEKING IT, BECAUSE OF SOMETHING YOU HAVE READ ON THIS WEBSITE. NEVER RELY ON INFORMATION ON THIS WEBSITE IN PLACE OF SEEKING PROFESSIONAL MEDICAL ADVICE.

SARA LOVESTYLE (SARA HOOD) (WWW.SARALOVESTYLE.COM) AND/OR TAYLOR WINBUSH IS NOT RESPONSIBLE OR LIABLE FOR ANY ADVICE, COURSE OF TREATMENT, DIAGNOSIS OR ANY OTHER INFORMATION, SERVICES OR PRODUCTS THAT YOU OBTAIN THROUGH THIS SITE. YOU ARE ENCOURAGED TO CONSULT WITH YOUR DOCTOR WITH REGARD TO THIS INFORMATION CONTAINED ON OR THROUGH THIS WEBSITE. AFTER READING ARTICLES, WATCHING VIDEOS OR READING OTHER CONTENT FROM THIS WEBSITE, YOU ARE ENCOURAGED TO REVIEW THE INFORMATION CAREFULLY WITH YOUR PROFESSIONAL HEALTHCARE PROVIDER.

IT'S TIME TO TAKE IT UP A NOTCH

LET'S MAKE IT COUNT!

ACTIVITY	REPS	SETS
----------	------	------

DAY 1	Bench press 4 sets of 12	12	4
	Bent over row 4x15	15	4
	Tricep pull down 4x20	20	4
	Skull Crushers 4x15	15	4
	Shoulder Press 4x15	15	4

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

DAY 2	HEAVY Single Leg split squats 5x8	8	5
	Weighted Lunges 5x10 per leg	10	5
	Calf Raises 5x20	20	5
	Light single leg split squat 5x10	10	5
	Leg Curls 5x10 per leg	10	5
	Single Leg Romanian Deadlift 5x10	10	5

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

DAY 3	Sprint Intervals	30 Sec. on, 30 Sec. Off	10
	Minutes star-master	20 Mins	1
	Stretch 20 minute	20 Mins	1

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

**REMEMBER YOUR WHY!
KEEP GOING, DON'T STOP.**

ACTIVITY**REPS****SETS****DAY 4**

Inch Worm	30 Sec	1
Squat punches	30 Sec	1
High plank to toe touch	30 Sec	1
High knees	30 Sec	1
Mountain climbers	30 Sec	1
Arm circles	45 Sec	1
Bent over tricep extension (w/ or w/o weights)	45 Sec	1
Push-ups (traditional or knee)	45 Sec	1
High plank	45 Sec	1
Side plank	30 Sec	1
Other side plank	30 Sec	1
Squat to knee up	30 Sec	1
Front lunge to curtsy lunge (alternating)	1 Min	1
Donkey kicks (left leg)	45 Sec	1
Donkey kick (right leg)	45 Sec	1
Fire hydrant (left leg)	45 Sec	1
Fire hydrant (right leg)	45 Sec	1
Hip dips	30 Sec	1
Mayweathers	30 Sec	1
Russian twists	45 Sec	1
Spider-Man plank	30 Sec	1
High to low plank	45 Sec	1
Banded thigh pulse (out)	45 Sec	1
Thigh pulse squeezing in (I used a ball)	45 Sec	1
Side lunge (left leg only)	45 Sec	1
Side lunges (right leg only)	45 Sec	1
Pulse squats (1/2-3/4 do not come up)	45 Sec	1

DAY 5

Kettle Bell Swings	10	3
Goblet squats	10	3
Romanian Deadlift	10	3
Squats	10	2
• moderate weight	10	2
• add more weight	10	1
• more weight	10	1
• more weight	10	1
• decrease weight	10	1
• back to original weight	10	2
Hip thrusts	12	4
Donkey Kicks	10	4

ACTIVITY		REPS	SETS
DAY 6	Shoulder press	12	4
	Bicep Curl per arm	10	4
	Lateral raises	10	4
	Push up	10	4
	Tricep Dips	12	4
	Walk or run	Mile	1

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

DAY 7	Rest		
	Stretch		

**WHEW! WE MADE IT.
REMEMBER WHERE YOU
WERE 3 WEEKS AGO. TAKE
SOME REST AND ENJOY
YOUR WEEKEND!**

Also Also it is imperative that you are drinking water when you first wake up in the morning (preferably 12 ounces) and you are continuously drinking water throughout the day. Water is what's going to Fuel you and keep your body hydrated.

We would also recommend that you and take some sort of electrolytes in your diet which can be found in Gatorade, coconut water or you can get regular water with infused electrolytes.

BONUS

MEAL IDEAS

LUNCH OR DINNER

Option 1

- Roasted Sweet Potatoes and Onions
- Grilled Teriyaki Chicken
- Broccoli

Option 2

- Brown Rice & Onions
- Braised Beef Tips
- Spinach

Option 3

- Southwest Kale and Chicken Salad
- (Spice it up and add tomatoes, green onions, or black beans)

Option 4

- Cauliflower Pizza
- No Cheese, but sauce and tons of veggies and protein

Option 5

- Baked Salmon (Can use Belay and Bell Seafood Seasoning)
- Brown Rice or Sweet Potatoes
- Asparagus or Your favorite dark green veggie