

# 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](http://WWW.SARALOVESTYLE.COM)

# WELCOME TO WEEK 4

## 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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# FINE WITH A SIDE OF SNATCHED

THIS WEEK IS IT!

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

|              |                  |        |   |
|--------------|------------------|--------|---|
| <b>DAY 1</b> | Run/Walk         | 1 Mile | 1 |
|              | Bench press      | 12     | 4 |
|              | Bent over row    | 15     | 4 |
|              | Push Up's        | 10     | 4 |
|              | Tricep pull down | 20     | 4 |
|              | Skull Crushers   | 15     | 4 |
|              | Shoulder Press   | 15     | 4 |
|              | Dips             | 10     | 4 |

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

|              |                    |        |   |
|--------------|--------------------|--------|---|
| <b>DAY 2</b> | Kettle Bell Swings | 10     | 3 |
|              | Goblet squats      | 10     | 3 |
|              | Romanian Deadlift  | 10     | 3 |
|              | Squats             | 10     | 4 |
|              | Leg Press          | 15     | 4 |
|              | Leg Curls          | 12     | 4 |
|              | Hip thrusts        | 12     | 4 |
|              | Run/Walk           | 1 Mile | 1 |

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

|              |                   |            |   |
|--------------|-------------------|------------|---|
| <b>DAY 3</b> | Run/Walk          | 1 Mile     | 1 |
|              | Mountain Climbers | 30 Seconds | 4 |
|              | V-Sits            | 12         | 4 |
|              | Reverse Crunch    | 20         | 4 |
|              | Flutter Kicks     | 30         | 4 |
|              | Russian Twists    | 30         | 4 |

NO BREAK UNTIL ONE FULL ROUND IS COMPLETE

If you really want to see a difference, try adding on 4 of our ab exercises each day.

If you are trying to boost your metabolism try eating Iron, Zinc and Selenium-Rich Foods. Which includes: Lean Protein (beef and chicken), Seeds/nuts, Eggs, Kale and Mushrooms.

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

|  |              |        |
|--|--------------|--------|
| <b>DAY 4</b><br>Shoulder press<br>Bicep Curl each arm<br>Reverse Curl<br>High Pull<br>Lateral raises<br>Push up<br>Tricep Dips<br>Run/Walk | 12           | 4      |
|  | 10           | 4      |
|  | 10           | 4      |
|  | 10           | 4      |
|  | 10           | 4      |
|  | 10           | 4      |
|  | 10           | 4      |
|  | 12<br>1 Mile | 4<br>1 |

**NO BREAK UNTIL ONE FULL ROUND IS COMPLETE**

|  |        |   |
|--|--------|---|
| <b>DAY 5</b><br>HEAVY Single Leg split squats<br>Weighted Lunges per leg<br>Calf Raises<br>Light single leg split squat<br>Leg Curls per leg<br>Single Leg Romanian Deadlift<br>Run/Walk | 8      | 5 |
|  | 10     | 5 |
|  | 20     | 5 |
|  | 10     | 5 |
|  | 10     | 5 |
|  | 10     | 5 |
|  | 10     | 5 |
|  | 1 Mile | 1 |

**NO BREAK UNTIL ONE FULL ROUND IS COMPLETE**

|   |            |   |
|---|------------|---|
| <b>DAY 6</b><br>Leg Lifts<br>Reverse Crunches<br>Plank<br>Side Plank (Both Sides)<br>Heel Taps<br>V-Ups | 12         | 4 |
|   | 20         | 4 |
|   | 45 Seconds | 4 |
|   | 45 Seconds | 4 |
|   | 30         | 4 |
|   | 10         | 4 |
|   |            | 4 |

**NO BREAK UNTIL ONE FULL ROUND IS COMPLETE**

|  |    |   |
|--|----|---|
| <b>DAY 7</b><br>Rest<br>Stretch<br>Enjoy your day off! | 10 | 3 |
|  | 10 | 3 |
|  | 10 | 3 |
|  | 10 | 2 |
|  | 10 | 2 |
|  | 10 | 1 |
|  |    | 1 |

# BONUS

## SMOOTHIE

### RECIPES

#### **Option 1**

1 C Almond Milk  
5 Pitted Dates  
1 Scoop Protein Powder (I use whey isolate)  
Ice

#### **Option 2**

1 C Almond Milk  
1 C Spinach  
1/2 Banana  
1 TBS Almond Butter  
Ice

#### **Option 3**

1 C Almond Milk  
1/4 C Oats  
1/2 Banana  
1 TBS Almond Butter  
1/4 TSP Cinnamon  
Ice

#### **Option 4**

1 C Almond Milk  
1 C Strawberries  
1 C Spinach  
1 Tsp Chia Seeds  
Ice

#### **Option 5**

1 C Coconut Water  
1 C Kale  
1/2 C peach or pineapple  
Ice