



# LEAN BODY 8

COMPLIMENTARY GUIDE

# WELCOME TO THE TEAM!

Welcome to the **LEAN BODY 8 Complimentary Guide!** This guide is to give you a small starting point of some structure and ideas to kick start your health and fitness goals. After this week is finished, make sure you let me know how you got on, and I will help you with what you found difficult!

Achieving any transformation will come down to making sure you're organised, dedicated and consistent. This guide will give you some tools to do this, so please make sure you follow what's in this plan and make it work around your daily activities and lifestyle.

## The next few pages will detail:

- Daily Structure
- Food Tracking
- Workouts
- Bonus Tool



# DAILY STRUCTURE



# THE PATHWAY TO SUCCESS

**I'm going to need you to figure out a structure that works with your lifestyle, on how you can make these 4 points work for the next week!**

**Make these points non negotiable, just for this week - to test how disciplined you can be, and also what you need to move around in your life, in order to make them happen.**

- Track your food and drink intake every day
- Train 3 - 4 Times this week
- Plan your meals in advance as much as you can, even if you don't meal prep. Try and know what you're going to have and when
- Make a note of all the things you've struggled with at the end of the week and let me know how you have got on!

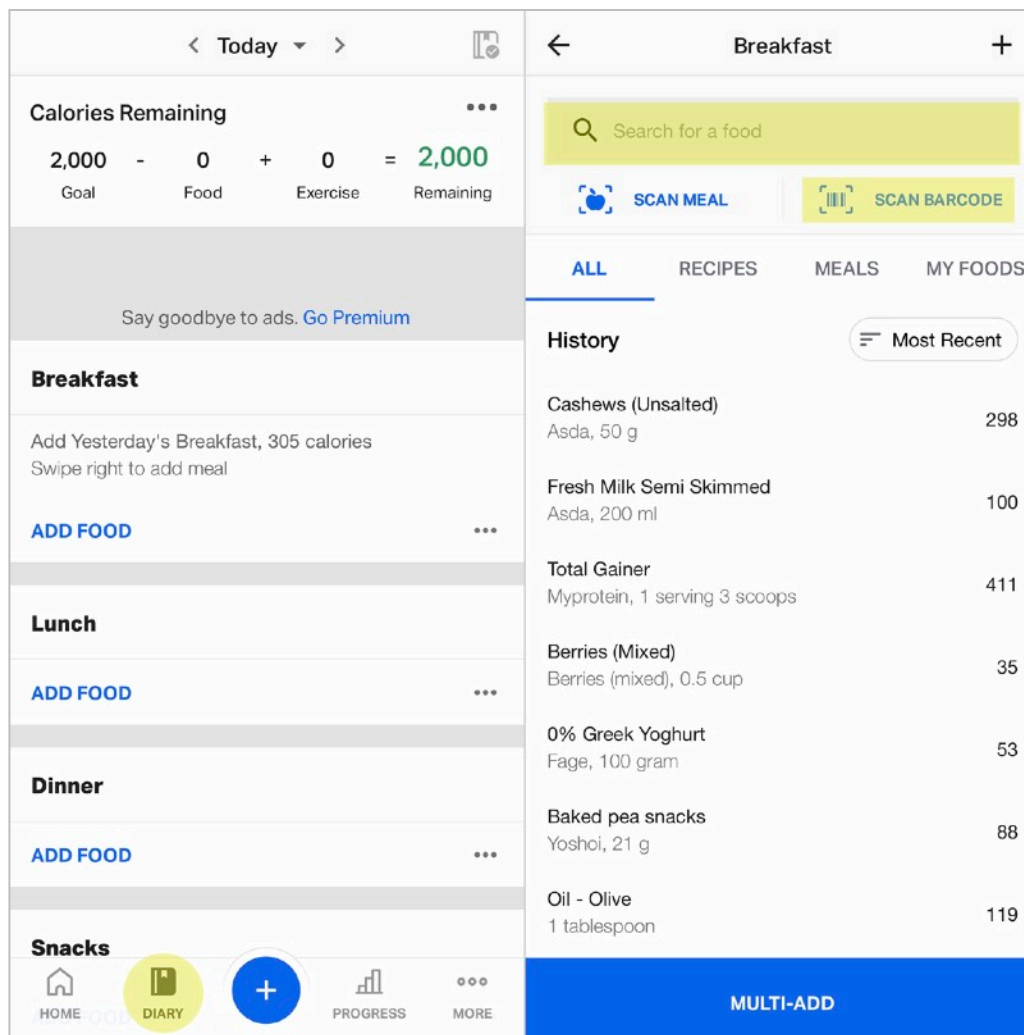
**Are you up for the challenge?**

# FOOD TRACKING





# MYFITNESSPAL



If you haven't already downloaded the Myfitnesspal app and created an account, do this now, this is the app you will be using to track your food intake! **Note: You must track daily to get optimal results!**

Using the app, for the next week, enter in everything you eat and drink! It so interesting to see what you actually eat in a day and also, what it looks like in terms of calories, protein, carbs and fats!

After a week of tracking, you will certainly see where you could be going wrong and if your not sure what to do next, send me an email or a message on instagram and I can help you some more!

# SAMPLE WORKOUTS



# Workout

# 1 - PUSH



Warm up	Exercises	Duration
Warm Up Sets	5-10 Minutes on a cardio machine of your choice alongside upper body stretches	N/A

**NOTE:** Rest no longer than 60-90s between sets

Exercise & Video	Sets	Reps	Rep Info				Notes
<u>Bench Press</u>	3	12-15	15	15	12		TEMPO 2:1:1
<u>Incline DB Press</u>	3	12-15	15	15	12		TEMPO 2:1:1
<u>Cable Chest Fly High</u>	3	12-15	15	15	12		TEMPO 1:1:2
<u>Shoulder Press</u>	3	12-15	15	15	12		TEMPO 1:1:2
<u>Lat Raise</u>	3	12-15	15	15	12		SUPERSET - do these exercises back to back and then rest
<u>Rear Delt Raise</u>	3	12-15	15	15	12		

# Workout

## 2 - PULL



Warm up	Exercises	Duration
Warm Up Sets	5-10 Minutes on a cardio machine of your choice alongside lower body stretches	N/A

**NOTE:** Rest no longer than 60-90s between sets

Exercise & Video	Sets	Reps	Rep Info				Notes
<u>Lat Pulldown</u>	3	12-15	15	15	12		TEMPO: 1:1:2
<u>Cable Row</u>	3	12-15	15	15	12		TEMPO: 1:1:2
Back Row Machine	3	12-15	15	15	12		TEMPO: 1:1:2
<u>Hammer Curls</u>	3	12-15	15	15	12		TEMPO: 1:1:2
Face Pulls	3	12-15	15	15	15		SUPERSET - do these exercises back to back and then rest
Shrugs	3	15	15	15	15		



# GLOSSARY

## Reps

This is an abbreviation of the word repetitions. Reps are the number of contractions or complete movements of said exercise you should perform; i.e. 10 reps of squats.

## Sets

This refers to the number of times you should complete the designated amount of reps for said exercise- with the allotted rest between sets.

## Tempo

This refers to the pace you should perform each rep. It represents each part of a lifting phase. For example - 2 seconds lowering the weight: 1 second holding the weight and 1 second pushing the weight back up. This would be written as 2:1:1

## Rest

The amount of time you rest between sets. Usually this is referred to as X seconds rest, and this is between sets unless stated otherwise.

# YOU'RE GOOD TO GO!

Planning, consistency and discipline will be key for this next week.

**Remember:** This is just a short challenge to test yourself, and see how you get on. You won't always get everything 100% perfect - but that's okay, keep on keeping on, and it will all start to come together!

Try as hard as you can to stick to all 4 points as closely as possible and try and get yourself in a positive headspace to really give this a good go! It will be an interesting week for you!

**Make sure you let me know how you get on after a week! And also let me know if you're just starting so I can help you out! Message me on Instagram @leanwithluke**

If you have any other questions then please email:

[leanwithluke@gmail.com](mailto:leanwithluke@gmail.com)

**Good luck!**



# DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program as well as making any nutritional changes in order to determine if it is right for your needs. This Workout Guide by Lean With Luke offers health, fitness information and is designed for educational purposes only.

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