



FAST ATTAINABLE TRANSFORMATION

Week 6

**Carb-Cycling Nutrition
Advanced Home Workouts**





Nutrition

Settings: NET Carbs <85g Protein grams 30% Fat grams make up the rest

Drink Plenty of Water

Most of your foods will be Protein and Vegetables working in a few extra carbs from fruit, whole grains, a protein supplement etc.

INTERMITTENT FASTING DAY

Workout

You could take the day off

or

LOW intensity cardio workout

NOT going above the fat burning zone

Biking

Light Jogging

Hiking

Walking

Yoga

Stretching

Core workout

Foam Roller

Pilates



Nutrition

Settings: NET Carbs <50g Protein grams 30% Fat grams make up the rest

Drink Plenty of Water

Keep it simple. Most of your foods will be Protein, Veggies, and Salads, with adding in foods and snacks higher in fat lower in carbs.

INTERMITTENT FASTING DAY

Workout

Abs: Bent Leg Lifts x20

Single bent knee lefts x10 each side

Bear Crawl Shoulder taps 20 total

Sit ups x15

Do this 2-3 times through

Warm up for 5-10 minutes slow pace with a few minutes of stretching

"Sprints" on the elliptical, bike, stairs, track, jump rope, boxing, swimming, row machine, or combination of any of these. Other ideas: suicides, combining running forward, backward, side shuffles, karaoke.

Go as hard as you can 100% effort for 20 seconds then go at a slow pace for 20 seconds and go back and forth between 100% and recovery every 20 seconds for 20 minutes.

OR

Choose a choreographed HIIT workout provided

(you may also create your own HIIT workout using the HIIT exercise library and choosing exercises and plugging them into the times in the already choreographed HIIT workouts)

GOAL OF HIIT: KEEP YOUR HEART RATE IN THE ANAEROBIC ZONE (80-90% OF MAX HR, MyZONE monitor color Yellow) SO WE BURN ALL THE CARBS

Then do **LOW Intensity cardio for 20-30 minutes doing any of the activities above.**

GOAL OF LOW INTENSITY: KEEP YOUR HEART RATE IN THE AEROBIC ZONE (70-80% OF MAX HR, MyZONE monitor color green) SO WE BURN FAT



Nutrition

Settings: Total Carb grams 50% Protein grams 30% Fat grams 20%

Drink Plenty of Water

Think Low Fat. Protein will be lean sources and veggies. With each meal work in a carb (ex: unrefined grains, fruit, sweet potato) Snacks higher in carb low in fat. (ex: overnight oats, fruit, smoothies, protein bars, protein shakes etc.)

OPTIONAL INTERMITTENT FASTING DAY

Workout

5-10 minutes of walking, jogging, stairs, or elliptical for warm up and some stretching before strength and 5-10 minutes of the same after your strength workout for cool down

Circuit Sets- Do exercise 1 for the stated reps, then 2, then 3, then go back through 1-3, do this 3 times through.

Optional: You may do 4 sets of each circuit or choose a few circuits to do another set if you have time

***In between each circuit (after you do exercises 1, 2, and 3 (2-3 times through) there will be a separate exercise to perform

1-Push ups to failure OR TRX Push ups

2- Overhead 1 arm extension 10-12 reps OR 1 arm TRX Tricep extension

3-V-ups x10 OR TRX Pikes x10

***Bridges with weight 2 sets 20 OR TRX Bridges

1-Ball DB chest press (Back on bench or couch) x10-12

2-1 arm tricep kickbacks x12-15 each side

3-Side v ups x10 each side or TRX saw horse x10

***Sumo Squats 2 sets 15

1-Ball DB chest flies (Back on bench or couch) x10-12

2-Skull Crusher DB Pullover 10-12

3-Bicycle kicks x20 OR TRX Standing roll outs

***1 leg bridges with weight x10 each side OR TRX 1 leg bridges

1-Flat chest press x10-12

2-Tricep dips to failure

3-Bottoms Up x20 OR TRX Snow angel

***Fire hydrant with kick x2 sets 20 each side



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1-Bent over row with bicep curl 10-12 reps each side
OR TRX Rows

2-Close grip bicep curls 10-12 reps OR TRX Bicep curls

3-Arnold press 10-12 reps

***V-ups x10 OR TRX Pikes x10 2 sets

1- Bent over rows x15 or TRX rows

2- DB lateral raise x10-12 each side

3-Cross body hammer curls x10-12 each side

***Bicycle kicks x20 OR TRX Standing roll outs

1-Bent over reverse flys 10-12 reps OR TRX Lat pulls

2-Upright rows 10-12 reps

3-Flat external rotation 10-12 reps each side

***Side v ups x10 each side or TRX saw horse x10 2 sets

1-Bent over row-fly-45 deg fly-I raise to failure

2-Wide bicep curls 10-12

3-Renegade rows 10 each side

***Bottoms Up x20 OR TRX Snow angel 2 sets



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Bear Crawl Shoulder taps 20 total

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Do this 2-3 times through

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1-Goblet squats 10-12 reps
2-Jump Squats x20 OR TRX Jump squats
3-Clam raises 30 sec each leg

***v-ups x15 2 sets OR TRX pike

1-Cross over step ups x10 each side
2-DB Deadlifts 10-12
3-Calf Raises x20 with weight

***Side v ups x15 2 sets OR TRX saw horse

1-Sumo Squats 10-12 reps
2-Jump squats x20 OR TRX Jump Squats
3-Sissy squats x15-20

***Opposite arm leg raise x10 each side 2 setsk
OR TRX alternating knees in

1-Squat to bench x10-12 reps
2-Jumping lunges x20 OR TRX jumping lunges
3-Step up reverse lunge x10 each side

***bottoms up or TRX Snow angel x10