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# **STRONG AS A MOTHER**

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## **PROGRAM DETAILS**

# Strength sessions

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You'll find the first set of workouts for weeks 1-3 in the app in the Program tab (kettlebell icon). Workouts A and B are in your calendar on Mon and Thurs each week, but you can move them to different days within the week by tap-hold-dragging the workout to another day.

If you want, you can do 3 workouts per week. If you choose to do this, I suggest Week 1 - A, B, A; Week 2 - B, A, B.... To add an additional workout into the calendar, go to the Calendar tab, tap the blue + at the bottom, tap "Workout", then select the workout you want to add.

The gym equipment needed for this program is listed below. If you don't have access to something, let me know and I'll swap the exercise out with a similar one for your individual program.

- Dumbbells with wide range of weights
- Bench that can incline
- Cable machine
- Lying leg press machine
- Lat pulldown machine
- Seated cable row machine
- Glute kickback machine (or other glute-targeted machine)
- Rear delt row machine
- Assisted pull-up machine
- Assisted dip machine

You'll track your workout data directly into the app. This includes weights used and number of reps for each exercise. Tracking your stats is the best way to ensure that you're progressing and gaining strength. You get points toward the Leaderboard challenge for every workout you complete.

# HIIT workouts

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I've included one HIIT workout per week in the program, but you're welcome to do more if you want. Keep each HIIT between 15 and 30 minutes. You can do any kind of cardio you want for this - as long as it allows for your heart rate to get very high for the high-intensity intervals.

This video breaks down exactly what HIIT workouts are, how to design one that suits your abilities, and what to expect in terms of your heart rate.



You get points toward the Leaderboard challenge for every HIIT you complete.

# Step Goal

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Your daily step goal is 8K. I chose this based on studies that show that getting between 7-10K steps per day *significantly* reduces risk for disease and improves metabolism. For every day that you log at least 8K steps, you'll get points toward the Leaderboard challenge.

If you're feeling motivated and want your personal step goal increased, let me know and I'll change yours. If we increase your goal, you'd have to meet that new goal in order to get points toward the challenge.

You do need a device to track your steps that syncs with the app. It's compatible with Fitbit, Garmin, Apple Health, Withings, and Google Health (any android smartwatch).



# Nutrition

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Throughout this program, we'll dive deeply into many topics regarding nutrition - specifically, what your body needs (and doesn't need!) to

- perform its best
- move you toward your specific body & health goals
- reduce your risk of disease

The only specific nutrition goal you'll have as part of this program is a protein goal. You'll get points toward the Leaderboard challenge for meeting your personal protein goal each day.

If you want to track calories, fat, and carbs in addition to protein, we can discuss how to come up with appropriate daily goals for you during any of the zoom calls, in the group chat, or you can message me privately and I'll walk you through it.



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**LET'S DO THIS!**

Contact me any time about anything - I'm here for *you*!

Email

Website

Instagram

Facebook

Cell: (858) 776-6326