

A woman with long dark hair in a ponytail is shown in profile, performing a lunge stretch. She is wearing a dark tank top, patterned leggings, and sneakers. Her right leg is extended forward, and she is reaching towards her foot with her right hand. Her left leg is bent and tucked under her. The background is a solid dark grey. A white rectangular frame is centered over the image, containing the text.

LEAN FORWARD:

FIT FOR LIFE IN 90 DAYS

FITNESS PROGRAM

PHASE 1 WEEK 1-3: FOUNDATION BUILDING

DAY 1: CARDIO AND CORE

- WARM-UP: TREADMILL BRISK WALK OR LIGHT JOG (5 MINUTES).
- MAIN WORKOUT:
 - CARDIO INTERVALS (8 MINUTES):
 - TREADMILL OR BIKE: 1 MIN MODERATE PACE, 30 SEC SPRINT, REPEAT.
 - CORE CIRCUIT (12 MINUTES, 2 ROUNDS):
 - PLANK (20-30 SECONDS).
 - RUSSIAN TWISTS (20-30 SECONDS).
 - BICYCLE CRUNCHES (20-30 SECONDS).
 - MOUNTAIN CLIMBERS (20-30 SECONDS).
- COOL-DOWN: CORE AND LEG STRETCHES.

DAY 2: STRENGTH TRAINING

- WARM-UP: BODYWEIGHT SQUATS, ARM CIRCLES (5 MINUTES).
- MAIN WORKOUT:
 - LOWER BODY:
 - DUMBBELL GOBLET SQUATS (12 REPS).
 - RESISTANCE BAND GLUTE BRIDGES (15 REPS).
 - BODYWEIGHT LUNGES (10 REPS/LEG).
 - UPPER BODY:
 - DUMBBELL BENT-OVER ROWS (12 REPS).
 - SHOULDER PRESSES (12 REPS).
 - RESISTANCE BAND CHEST PRESS (15 REPS).
- COOL-DOWN: LOWER BODY STRETCHES.

DAY 3: FUNCTIONAL AND FLEXIBILITY

- WARM-UP: DYNAMIC STRETCHES, JOG IN PLACE (5 MINUTES).
- MAIN WORKOUT:
 - FUNCTIONAL:
 - MEDICINE BALL SLAMS (10 REPS).
 - LATERAL RESISTANCE BAND STEPS (10 EACH SIDE).
 - DUMBBELL DEADLIFTS (12 REPS).
 - FLEXIBILITY:
 - YOGA FLOW: CAT-COW, DOWNWARD DOG TO COBRA, SEATED TWISTS.
- COOL-DOWN: GENTLE STRETCHING.

FITNESS PROGRAM

PHASE 2

WEEKS 4-6: STRENGTH AND ENDURANCE

DAY 1: CARDIO AND CORE

- WARM-UP: TREADMILL BRISK WALK OR LIGHT JOG (5 MINUTES).
- MAIN WORKOUT:
 - CARDIO INTERVALS (8 MINUTES):
 - TREADMILL OR BIKE: 1 MIN MODERATE PACE, 30 SEC SPRINT, REPEAT.
 - CORE CIRCUIT (12 MINUTES, 2 ROUNDS):
 - PLANK (30-45 SECONDS).
 - DUMBBELL SIDE BENDS (10 EACH SIDE).
 - BICYCLE CRUNCHES (30-40 SECONDS).
 - MOUNTAIN CLIMBERS (30-40 SECONDS).
- COOL-DOWN: CORE AND LEG STRETCHES.

DAY 2: STRENGTH TRAINING

- WARM-UP: BODYWEIGHT SQUATS, ARM CIRCLES (5 MINUTES).
- MAIN WORKOUT:
 - LOWER BODY:
 - DUMBBELL GOBLET SQUATS (12 REPS).
 - RESISTANCE BAND GLUTE BRIDGES (15 REPS).
 - BODYWEIGHT LUNGES (10 REPS/LEG).
 - WEIGHTED STEP-UPS WITH DUMBBELLS.
 - SIDE LUNGES.
 - UPPER BODY:
 - DUMBBELL BENT-OVER ROWS (12 REPS).
 - SHOULDER PRESSES (12 REPS).
 - RESISTANCE BAND CHEST PRESS (15 REPS).
 - DUMBBELL PUSH PRESSES.
 - RENEGADE ROWS.
- COOL-DOWN: LOWER BODY STRETCHES.

DAY 3: FUNCTIONAL AND FLEXIBILITY

- WARM-UP: DYNAMIC STRETCHES, JOG IN PLACE (5 MINUTES).
- MAIN WORKOUT:
 - FUNCTIONAL:
 - MEDICINE BALL SLAMS (10 REPS).
 - LATERAL RESISTANCE BAND STEPS (10 EACH SIDE).
 - DUMBBELL DEADLIFTS (12 REPS).
 - ADD BALANCE-FOCUSED EXERCISES LIKE SINGLE-LEG DUMBBELL DEADLIFTS AND RESISTANCE BAND KICKS.
 - FLEXIBILITY:
 - YOGA FLOW: CAT-COW, DOWNWARD DOG TO COBRA, SEATED TWISTS.
 - INTRODUCE PIGEON POSE AND THREAD-THE-NEEDLE STRETCH.
- COOL-DOWN: GENTLE STRETCHING.

FITNESS PROGRAM

PHASE 3

WEEKS 7-9:

PEAK INTENSITY

DAY 1: CARDIO AND CORE

- WARM-UP: TREADMILL BRISK WALK OR LIGHT JOG (5 MINUTES).
- MAIN WORKOUT:
 - CARDIO INTERVALS (8 MINUTES):
 - TREADMILL OR BIKE: 1 MIN MODERATE PACE, 45 SEC SPRINT, 30 SECOND RECOVERY AND REPEAT.
 - CORE CIRCUIT (12 MINUTES, 2 ROUNDS):
 - PLANK(45- SEC TO 1 MIN). ADD WEIGHTED PLANKS AND STABILITY BALL ROLLOUTS.
 - DUMBBELL SIDE BENDS (10 EACH SIDE).
 - BICYCLE CRUNCHES (45- SEC TO 1 MIN).
 - MOUNTAIN CLIMBERS(45- SEC TO 1 MIN).
- COOL-DOWN: CORE AND LEG STRETCHES.

DAY 2: STRENGTH TRAINING

- WARM-UP: BODYWEIGHT SQUATS, ARM CIRCLES (5 MINUTES).
- MAIN WORKOUT:
 - LOWER BODY(USE HEAVIER WEIGHTS, KEEP TRACK:
 - DUMBBELL GOBLET SQUATS (12 REPS).
 - RESISTANCE BAND GLUTE BRIDGES (15 REPS).
 - BODYWEIGHT LUNGES (10 REPS/LEG).
 - WEIGHTED STEP-UPS WITH DUMBBELLS.
 - SIDE LUNGES.
 - UPPER BODY:
 - DUMBBELL BENT-OVER ROWS (12 REPS).
 - SHOULDER PRESSES (12 REPS).
 - RESISTANCE BAND CHEST PRESS (15 REPS).
 - DUMBBELL PUSH PRESSES.
 - RENEGADE ROWS.
 - CHEST PRESSES AND ROWS USING A HEAVIER DUMBBELL.
- COOL-DOWN: LOWER BODY STRETCHES.

DAY 3: FUNCTIONAL AND FLEXIBILITY

- WARM-UP: DYNAMIC STRETCHES, JOG IN PLACE (5 MINUTES).
- MAIN WORKOUT:
 - FUNCTIONAL:
 - MEDICINE BALL THROWS AND CATCHES, WEIGHTED RESISTANCE BAND SQUATS (10 REPS).
 - LATERAL RESISTANCE BAND STEPS (10 EACH SIDE).
 - DUMBBELL DEADLIFTS (12 REPS).
 - ADD BALANCE-FOCUSED EXERCISES LIKE SINGLE-LEG DUMBBELL DEADLIFTS AND RESISTANCE BAND KICKS.
 - FLEXIBILITY:
 - YOGA FLOW: CAT-COW, DOWNWARD DOG TO COBRA, SEATED TWISTS.
 - INTRODUCE PIGEON POSE AND THREAD-THE-NEEDLE STRETCH AND ADD DYNAMIC YOGA FLOW (SUN SALUTATION VARIATIONS)
- COOL-DOWN: GENTLE STRETCHING.

FITNESS PROGRAM

PHASE 4

WEEKS 10-12:
CONSOLIDATION
AND MAINTENANCE

DAY 1: CARDIO AND CORE

- WARM-UP: TREADMILL BRISK WALK OR LIGHT JOG (5 MINUTES).
- MAIN WORKOUT:
 - CARDIO INTERVALS (8 MINUTES)
 - TREADMILL OR BIKE: 1 MIN MODERATE PACE, 1 MIN SPRINT, 30 SECOND RECOVERY AND REPEAT.
 - CORE CIRCUIT (12 MINUTES, 2 ROUNDS) FULL CIRCUITS WITH MINIMAL REST:
 - PLANK(45- SEC TO 1 MIN). ADD WEIGHTED PLANKS AND STABILITY BALL ROLLOUTS.
 - DUMBBELL SIDE BENDS (10 EACH SIDE).
 - BICYCLE CRUNCHES(45- SEC TO 1 MIN).
 - MOUNTAIN CLIMBERS (45- SEC TO 1 MIN).
- COOL-DOWN: CORE AND LEG STRETCHES.

DAY 2: STRENGTH TRAINING

- WARM-UP: BODYWEIGHT SQUATS, ARM CIRCLES (5 MINUTES).
- MAIN WORKOUT PYRAMID SETS (INCREASE, THEN DECREASE WEIGHTS/REPS):
- EXAMPLE: DUMBBELL SQUATS 12 REPS, 10 REPS HEAVIER, 8 REPS HEAVIEST, REPEAT LIGHTER:
 - LOWER BODY
 - DUMBBELL GOBLET SQUATS (12 REPS).
 - RESISTANCE BAND GLUTE BRIDGES (15 REPS).
 - BODYWEIGHT LUNGES (10 REPS/LEG).
 - WEIGHTED STEP-UPS WITH DUMBBELLS.
 - SIDE LUNGES.
 - UPPER BODY:
 - DUMBBELL BENT-OVER ROWS (12 REPS).
 - SHOULDER PRESSES (12 REPS).
 - RESISTANCE BAND CHEST PRESS (15 REPS).
 - DUMBBELL PUSH PRESSES.
 - RENEGADE ROWS.
 - CHEST PRESSES AND ROWS USING A HEAVIER DUMBBELL.
- COOL-DOWN: LOWER BODY STRETCHES.

DAY 3: FUNCTIONAL AND FLEXIBILITY

- WARM-UP: DYNAMIC STRETCHES, JOG IN PLACE (5 MINUTES).
- MAIN WORKOUT (INCLUDE PARTNER EXERCISES FOR FUN AND MOTIVATIO):
 - FUNCTIONAL:
 - MEDICINE BALL THROWS AND CATCHES, WEIGHTED RESISTANCE BAND SQUATS (10 REPS).
 - LATERAL RESISTANCE BAND STEPS (10 EACH SIDE).
 - DUMBBELL DEADLIFTS (12 REPS).
 - ADD BALANCE-FOCUSED EXERCISES LIKE SINGLE-LEG DUMBBELL DEADLIFTS AND RESISTANCE BAND KICKS.
 - FLEXIBILITY, EXTENDED YOGA SESSIONS TO PROMOTE RECOVERY:
 - YOGA FLOW: CAT-COW, DOWNWARD DOG TO COBRA, SEATED TWISTS.
 - INTRODUCE PIGEON POSE AND THREAD-THE-NEEDLE STRETCH AND ADD DYNAMIC YOGA FLOW (SUN SALUTATION VARIATIONS)
- COOL-DOWN: GENTLE STRETCHING.

A top-down view of various meal-prepped items on a light-colored surface. There are several clear plastic containers filled with different meals: one with sliced chicken, green beans, and broccoli; another with a fish fillet, cherry tomatoes, and basil; a third with rice, green beans, and a hard-boiled egg; and others with salmon, broccoli, and fruit. A red water bottle is on the top left, and a green smoothie bottle is on the bottom right. A wooden cutting board with sliced apples is also visible.

MEAL PREPPING:

YOUR WEIGHT LOSS
SUPERPOWER

WHY:

MEAL PREPPING IS A GAME-CHANGER FOR WEIGHT LOSS. BY PREPARING MEALS AND SNACKS IN ADVANCE, YOU:

- **Make healthier choices:** You're less likely to grab unhealthy takeout or fall prey to impulsive cravings when you have nutritious options readily available.
- **Save time and money:** Batch cooking saves you time during the week and can often be more cost-effective than daily grocery runs and takeout orders.
- **Reduce stress:** Knowing you have healthy meals ready to go can significantly reduce mealtime stress and decision fatigue.
- **Improve portion control:** Pre-portioned meals help you avoid overeating.

GETTING STARTED:

Meal Prepping Tips:

- **Keep it simple:** Start with a few basic recipes and gradually increase complexity.
- **Involve the whole family:** Make meal prepping a family activity.
- **Get creative with leftovers:** Use leftover protein in salads, stir-fries, or wraps.
- **Don't be afraid to experiment:** Try new recipes and find what works best for you.
- **Make it fun!** Put on some music, listen to a podcast, or invite a friend to join you.

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- **Plan your meals:** Choose a few simple, healthy recipes to prepare for the week.
 - **Create a shopping list:** Make a list of ingredients you'll need and stick to it.
 - **Dedicate a block of time:** Set aside a few hours on a weekend or evening to prepare your meals.
 - **Cook in batches:** Cook large quantities of protein (chicken, fish, beans).
 - **Prepare simple sides:** Chop vegetables, cook large batches of greens, or make a big salad.
 - **Portion and store:** Divide meals into individual containers for easy grab-and-go options.

CLEAN



PREP



ORGANIZE



COOK



SORT OUT



STORE



A wooden plate with a healthy meal of salmon, avocado, broccoli, and tomatoes, with a wooden fork and spoon.

TIME- RESTRICTED EATING (TRE)

YOUR WEIGHT LOSS
MAGIC WEAPON

GETTING STARTED:

Time-Restricted Eating (TRE) is an intermittent fasting method where you confine your daily eating to a specific time window, typically 10-12 hours. This approach can help with weight management by:

- **Reducing Calorie Intake:** Limiting your eating window can naturally reduce your overall calorie consumption.
- **Improving Insulin Sensitivity:** TRE may improve how your body uses insulin, leading to better blood sugar control.
- **Promoting Fat Burning:** When you fast, your body may switch to burning stored fat for energy.

How to Implement TRE:

1. **Choose an Eating Window:**
 - a. **Popular options:** 12-hour fast: Eat between 8 AM and 8 PM.
 - i. 10-hour fast: Eat between 9 AM and 7 PM.
 - b. **Find what works for you:** Experiment to find a window that fits your schedule and lifestyle.
2. **Start Gradually:** Begin with a slightly longer eating window and gradually shorten it as you adapt.
3. **Focus on Healthy Eating:** During your eating window, prioritize nutrient-dense foods like fruits, vegetables, lean protein, and whole grains.
4. **Stay Hydrated:** Drink plenty of water and calorie-free beverages throughout the day, especially during your fasting period.
5. **Listen to Your Body:** Pay attention to your hunger and fullness cues. Don't force yourself to eat if you're not hungry.



THE POWER OF ELECTROLYTES

KEY TO PERFORMANCE,
HYDRATION, AND RECOVERY

ELECTROLYTES

Electrolytes are essential minerals—such as sodium, potassium, magnesium, calcium, and chloride—that carry an electric charge and are vital for many bodily functions, including hydration, muscle function, and nerve signaling.

1. Key Functions of Electrolytes:

1. **Hydration:** Regulate fluid balance by controlling water distribution in and out of cells.
2. **Muscle Contraction:** Sodium, calcium, and potassium are essential for muscle function, preventing cramps and supporting performance.
3. **Nerve Function:** Electrolytes enable nerve signals to transmit between cells, crucial for coordination and reflexes.
4. **pH Balance:** Help maintain acid-base balance in the body.

2. Electrolyte Imbalance:

1. Symptoms of imbalance include fatigue, muscle cramps, dizziness, and irregular heartbeats.
2. Causes can include excessive sweating, dehydration, poor diet, or medical conditions.

SOURCES OF ELECTROLYTES:

- **Sodium:** Found in table salt, soups, and processed foods (should be consumed in moderation).
- **Potassium:** Bananas, oranges, potatoes, and spinach.
- **Magnesium:** Nuts, seeds, whole grains, and leafy greens.
- **Calcium:** Dairy products, fortified plant milks, and leafy greens.
- **Chloride:** Table salt, seaweed, and tomatoes.

Electrolytes and Exercise:

1. Intense workouts and heavy sweating increase electrolyte loss.
2. Replenishment is crucial post-exercise, especially for endurance athletes.
3. Sports drinks and electrolyte supplements can aid in recovery but should be balanced to avoid excessive sugar or unnecessary additives.

Recommendations for Athletes:

1. Monitor hydration levels by observing urine color (light yellow indicates proper hydration).
2. Consume a balanced diet rich in natural sources of electrolytes.
3. Use electrolyte supplements or drinks during prolonged or intense physical activities.

HOMEMADE ELECTROLYTE

- 4 cups (1 liter) of water
- 2 tablespoons fresh lemon juice (or lime juice)
- 1/4 teaspoon salt (preferably Himalayan or sea salt)
- 2 tablespoons honey or maple syrup (for natural sweetness)
- Optional: 1/4 cup unsweetened coconut water (for added potassium)

Instructions:

1. In a pitcher, combine the water, lemon juice, and salt.
2. Add the honey or maple syrup and stir well until dissolved.
3. If using, mix in the coconut water for an extra potassium boost.
4. Pour into a glass or reusable water bottle and chill in the fridge.

Why It Works:

1. Salt replenishes sodium and chloride.
2. Lemon juice provides a natural source of vitamin C and flavor.
3. Honey or maple syrup offers quick energy and improves taste.
4. Coconut water (optional) is rich in potassium and other minerals.

This drink is perfect for post-workouts, hot days, or whenever you need to rehydrate!



LEAN FORWARD ISN'T JUST ABOUT WEIGHT LOSS OR FITNESS

IT'S ABOUT EMPOWERING YOU TO CREATE
SUSTAINABLE, LIFE-ENHANCING HABITS.
YOUR JOURNEY TO BECOMING FIT FOR LIFE
STARTS NOW. LET'S MAKE THESE 90 DAYS
TRANSFORMATIONAL TOGETHER!"



LET'S PLAY - WHO KNOWS?

“What’s an example of a functional exercise you can do at home?”

“Name two benefits of meal prepping.”

“What is the recommended eating window for a beginner?”

“What are two natural sources of potassium?”

The background image shows a healthy meal setup on a blue surface. On the left is a white bowl filled with a green salad, including arugula and red cabbage. To the right of the bowl is a clear plastic water bottle with a black cap and a black strap. Further right is a single green apple. The entire scene is dimly lit, with a dark blue overlay. A white rectangular frame is centered over the bowl and bottle, containing the text.

THANK YOU

FIT FOR LIFE IN 90 DAYS