



FULLY FIT & *FearLess*

# COMPETITIVE TRAINING GUIDE

[www.fullyfitandfearless.com](http://www.fullyfitandfearless.com)





## *Table of Contents*

### **4 Welcome**

### **5 Meet Your Coaches**

### **6 Getting Started**

### **11 Workouts**

**12** Lower Body Focus  
**19** Upper Body Focus  
**25** Bench Press  
**30** HIIT  
**36** Cardio  
**45** Tri-Fit Specific

**51** True Grit  
**52** Box Jumps  
**53** Functional  
**55** Core  
**58** Cool Down  
**61** Progress Log

### **63 Nutrition**

**64** Tips from the Dietitian  
**66** Build Your Own Meal Plan  
**74** Grocery Guide

**76** Handy Portion Guide  
**77** Supplement Guide

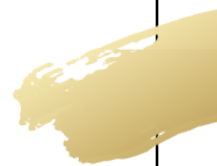


## **PRODUCT DISCLAIMER**

We are excited to help you reach your goal of competing at the Tri-Fitness World Challenge. These plans were designed as a general guideline for you during your 10 weeks of preparation.

This program is designed to help you achieve optimal performance for all Tri-Fitness Challenge Activities. Prior to participation and starting this program we encourage you to review this training program with your medical professional. Participation in this training program is done at your own risk and the suggestions in this program are not intended to treat or diagnose. This program is intended for the individual purchasing it, and not for redistribution without risking legal consequences.

Understand that this program is designed for you to take to your gym or home and begin training. We have a special team Facebook training page that you should join. If you want additional support and a personal coach assigned to you, you can secure that at a rate of \$75 USD per week. Please email [info@fullyfitandfearless.com](mailto:info@fullyfitandfearless.com) for further info. This program is an independent training program and not affiliated with any sports organization, fitness group or federation or nutritional company.





# WELCOME!

*We are so excited you are here!*

We are so excited you are here! You took the first step by saying YES! Yes to you, and yes to a new journey to improving your life and doing something different. We have come up with an intense, jam-packed 10-week program full of moves to get you ready for any hyped-up Obstacle Course Race or to get in phenomenal shape!

Your plan also includes a 10-week meal plan created by a registered dietician. Proper nutrition is key to maximize your results! Supplements play a huge role as well; we have included that at the end.

We have learned it is best to change up your workout routine to always have your body guessing for it to be optimal. We love thinking outside the box and know that by the end of your training you will be taught to do the same.

*Take on this challenge to rise above!*

Stretch yourself to do MORE, and in return teach the same to those around you.

Enjoy your journey and remember – it's YOU VS YOU!  
Fight for you while we are fighting with you.

**MUCH LOVE**

*Your Fully Fit & FearLess Coaches,*

Krystin & Krystyn





# YOUR COACHES

## Krystin Pearl

Krystin is a fitness professional from Virginia Beach and the co-Founder of Fully Fit & FearLess. With over 18 years in the fitness industry, she has seen it all. She has a burning desire to help others become strong, fit and healthy so they can feel empowered outside of their day-to-day activities, confident in the body they're in and live each day as the best versions of themselves. She does this by teaching people to (un)complicate food and fitness- work smarter and not harder all while having fun!



## Krystyn Valentine

Krystyn is a fitness professional from New York and co-Founder of Fully Fit & FearLess. She has such a strong passion for helping others. Krystyn has served over 15 years in Emergency Services holding active roles in Fire, EMS and Police services. What started as a personal health and fitness journey for Krystyn developed into a new passion and another way to help others. She has the biggest heart for helping others 'Do Life Better'

with a "YOU vs YOU" mentality, she will motivate you to push past your comfort zone and challenge yourself. Balancing her full time career in Emergency Services while training and working with clients on their goals, Krystyn leads by example with how to make health and wellness a priority. She will often remind you, "You can make excuses or get results"...It's not about perfection but progress and starting is the first step.

# GETTING STARTED

You will find a variety of workouts in your program that include upper & lower body focus, HIIT training, cardio training, and event specific training. There's plenty for you to mix and match to keep things fun and different each week.

You can map out your workouts according to what works best for your weekly schedule. Be mindful of allowing about two days between both upper body and both lower body workouts. So don't do upper body two days in a row—space it out. Follow along with the Competitive Training App or see the sample schedule below:

MON	TUES	WED	THURS	FRI	SAT	SUN
Bench Press Day 1	Leg Strength (Heavy) — Bench Press	HIIT Training	Bench Press Day 2 —	Tri-Fit Specific (True-Grit) — Cardio Intervals	HIIT Training — Upper Body Strength	REST DAY

Each week you want to aim for at least:

- 1 upper body strength workout
- 1 lower body strength workout
- 1 day of True Grit training
- Fill gaps with HIIT, Tri-Fit specific, and cardio workout.
- \*Bench press can be added in with upper body strength and is suggested 2–3 times a week.

We included functional equipment ideas...get creative with these and have FUN! Any functional workouts can be done as warmups, finishers, or intervals based on your time and equipment availability.

The "Tri-Fit specific" workouts can also be completed as warmups, finishers, or intervals. Aim to complete each exercise 2–3 times a week. This will help build speed, endurance, agility, and engage those fast twitch muscles.

# GETTING STARTED

The core workouts are recommended to add in as intervals between sets on any of your workouts. Mix and match, and have fun with them! You can also select a few exercises and complete them as a finisher to any workout.

Box jumps are recommended to be completed 2-3 times per week. We suggest spacing them apart with a day in between. Follow the weekly outline for progression.



**Fun Fact:** full extension box jumps are **great** for warm ups to open the hips, so you can get a few extra jumps in while warming up. Be sure to fully extend on warm ups, which is different from how you will learn to practice for competition. (See video demos.)

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Many of the workouts incorporate cardio; however, you may add additional cardio in 2-3 times per week as **finishers** or as an additional workout. Always perform strength workouts before cardio.

Remember to stretch and foam roll both before and after all workouts for increased mobility and recovery.

Rest days are very important. This is when your muscles grow. **Be sure to always allow one full day of rest.** Listen to your body and take an extra rest day if needed. Give your body and muscles time to repair and recover. We don't want to overtrain-this will only lead to injury and lack of desired results. "Less is More."

**Video demos will be recorded during the first week of training and located in the Competitive Training App.**

# GETTING STARTED

## *Next Level Training*



Team FearLess has revolutionized online training with “MYZONE.”

### **ACCURATELY TRACK YOUR WORKOUTS**

Myzone® is a new innovative heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity. It monitors heart rate, calories and time exercising that converts into Myzone® Effort Points (MEPs), with a focus on rewarding effort rather than fitness.

Your coach can see your effort level from all your workouts and more accurately monitor your progress.

- Live display of data via smartphone app, watch or ‘in gym’ displays.
- Online logbook with goal setting, biometric data, challenges, status rank and social feeds.
- Stores up to 16 hours of storage for those times you don’t have your smartphone.
- Comfortable textile strap with button on module.
- Records & Uploads Time/ Effort/ Calories/ Heart Rate/ MEPs.
- 99.4% accurate to an EKG/ECG machine.
- Connects with cardio equipment and 3rd party apps.
- Washable Strap and Water Resistant module.
- 1 year warranty on module, 90 day warranty on strap.
- Allows you to join in exclusive\* Fit & Fearless contests and win prizes.

**Get your Team Fearless Myzone® belt at  
[www.myzone.org](http://www.myzone.org)**

**Save now. Use code FFTUS001 to get \$50 OFF**

*\*Purchasing a Myzone belt is not a requirement of the Team FearLess Program.*



# CONNECT YOUR DOTS

## *Your Personalized Vitamin Assessment*




Our HIPAA compliant Assessment ensures you receive the supplements that will benefit you and eliminates any supplements that could have adverse effects. The assessment will also provide your IDHealth Score, a comprehensive Health Report, and provide you with nutritional recommendations customized to you based on your responses. Developed for over 18 years by a group of scientists and doctors, this extensive technology takes into consideration what medications you are currently taking, your dietary habits, allergies and much more! Every IDNutrition order is individually packed with your name on it and delivered right to your front door each month.



# DNA

NUTRITION + FITNESS SIMPLIFIED

POWERED BY:  
**MOLECULAR**  
TESTING LABS



Stop wasting time and spending your hard earned money on diets and exercise programs that don't work! With your IDLife DNA results and our free assessment, we are able to connect the dots of your genetic makeup with recommended diet and lifestyle choices to create a truly personalized nutrition and fitness program designed just for you!

#ConnectTheDots

# GOAL SETTING

## TIPS FOR RECOVERY:



Stay  
hydrated!



Sleep  
7-9 hours  
every night



Active  
Recovery

- Tools for recovery: ice packs or ice baths, muscle cream, Epsom salt baths
- Elevate your legs at night
- Use protein/supplements for recovery
- Mobility & flexibility (e.g. yoga, stretching, hip-opening movements)
- Massage (self or sports massage)
- Foam rolling
- Form practice/testing
- Light, steady-state cardio (e.g. swimming, walking, hiking, light job, biking)

*Always listen to your body  
and take extra rest when needed!*



# WORKOUTS

*Training to be FearLess*



LOWER BODY FOCUS • UPPER BODY FOCUS • BENCH PRESS  
HIIT TRAINING • CARDIO • TRI-FIT SPECIFIC • TRUE GRIT OBSTACLE  
BOX JUMPS • FUNCTIONAL • CORE

# EQUIPMENT

## YOU'LL NEED:

- Weighted vest
- Set of medium and heavy dumbbells
- Jump rope
- Set of 10 bean bags
- Plyo box
- Kettlebell (25 lb)
- Mini band
- Squat rack with barbell and plates
- Resistance Band

## OPTIONAL:

- Hurdles
- Myzone®
- Speed/agility ladder
- Battle ropes
- BOSU® ball
- TRX
- SLED TIRE
- WALL BALL

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## EQUIPMENT QUICK KEY:

DB = dumbbells

KB = kettlebell

MB = mini band

BB = barbell

# LOWER BODY #1 (DB, BB, BOX)

## WARM-UP:

2 minutes cardio of choice

## DYNAMIC EXERCISES (COMPLETE 2 ROUNDS):

- Air squats x10
- Step back lunges x10
- Straight-arm plank 30 seconds
- Goblet good mornings with light weight x10

## FULL BODY STRETCH:

Focus on hips, legs, shoulders (5 minutes)

(Can do athletic conditioning or dynamic hurdle prep)

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## LEG STRENGTH (HEAVY):

Back squats (heavy) - 4 sets of 8 reps

Front squats - 3 sets of 5 reps (increase weight each set)

## 15-MINUTE AMRAP:

- Box jumps x10
- Dumbbell thrusters x10
- Burpee with push-up to overhead press x5



# LOWER BODY #2 (BB, DB, PLATES)

## WARM-UP:

2 minutes cardio of choice

## PYRAMID 10-9-8...-1

- Deadlifts
  - Bridge glute press
  - Bodyweight touch down jacks
- 

## 5 MINUTE SPRINTS (0:45/0:15)

## THEN...

Weighted walking lunges x30

Farmers carry sprint with 4 squats x4

## 5 MINUTE SPRINTS (0:45/0:15)

Repeat entire workout for 2 total rounds.

# LOWER BODY #3 (DB, TRX, STABILITY BALL)

## WARM-UP:

2 minutes cardio of choice

## CIRCUIT 1 (COMPLETE 3 ROUNDS):

- Alternating curtsy lunge with jump x10R/10L
- Forward lunge—> lateral lunge x10R
- Forward lunge—> lateral lunge x10L
- Squat —> alternating side kick x10R/10L
- Plié squat with calf raise x10

1 minute of Criss Cross Squats between rounds.

## CIRCUIT 2 (COMPLETE 3 ROUNDS):

- Lunge switch R/L to squat x15
- Glute-focus ball drive (heels on stability ball, drive to 450 feet flat position) or TRX hamstring curl x15
- Single-leg hip thrust (bridge press) x10R/10L
- Bridge press x15

1 minute of Skater Touches between rounds.

## CIRCUIT 3 (COMPLETE 3 ROUNDS):

- Dumbbell deadlift x15
- Weighted sumo squat with heel raise x15

1 minute burpee to front kicks R/L.

## FINISHER:

Burpee with tuck jump for 1 minute.

# LOWER BODY #4 (BB, MB, DB)

## WARM-UP:

2 minutes cardio of choice

## CIRCUIT 1

### (COMPLETE 3 ROUNDS):

- Barbell squat x8-10
- Leg press (or banded) x8-10
- Leg extension (or banded) x10-12
- Seated leg curl (or weighted hamstring curls) x10-12

1 minute skater touches between rounds.

## CORE TABATA INTERVAL

0:20/0:10 x8

- V-crunches
- Straight-arm plank hold
- Star crunches (see demo)
- Forearm plank hold
- Russian twist
- Plank up-downs
- Frog crunches (see demo)
- Plank with shoulder taps

On 0:10 interval, perform plank jacks.

## CIRCUIT 2

### (COMPLETE 3 ROUNDS):

- Weighted walking lunges x30
- Farmer's carry sprint w/ 4 squats x4
- 1 minute burpee to front kick R/L
- Bulgarian squat with pass thru x10R
- Bulgarian squat with pass thru x10L

1 minute bench hop-overs or squat jumps between rounds.

## FINISHER OF CHOICE

# LOWER BODY #5 (TRX, MB)

## WARM-UP:

2 minutes cardio of choice

## CIRCUIT 1 (COMPLETE 3 ROUNDS):

- TRX Pistol squat with hip hinge x15R/15L  
(If no TRX: Sitting to single-leg stand with weight)
- Jump squat x15

Weighted farmer's carry sprint with 4 squats each end between rounds.

## CIRCUIT 2 (COMPLETE 3 ROUNDS):

- Step-up with rear leg ext x15R/15L
- Box jump x15

30-50 walking lunges with 25-35 pound weight plates between rounds.

## CIRCUIT 3 (COMPLETE 3 ROUNDS—BAND NEEDED):

- Donkey kicks x10 Reg/10 hold & pulse – R, then repeat L
- Fire hydrants x10 reg/ 10 with leg ext – R, then repeat L (see demo)

1 minute of forward hop to back pedal between rounds.

## CIRCUIT 4 (COMPLETE 3 ROUNDS—BAND NEEDED):

- Lateral taps x15R/15L
- Resisted Glute focus taps x15R/15L
- Resisted Lateral Thrusters with 1 heavy DB (2 moving squat to 1 thruster) x20

Mini band in outs for 1 minute between rounds.

## FINISHER:

1 minute banded burpee to star jump

# LOWER BODY #6 (DB, BOX)

## WARM-UP:

- 20 Jumping jacks
- 10 Plank up-downs
- 20 Squat jacks
- 10 Spiderman pushups
- 20 Stationary squats with a sidekick (10 each side)

## 12 REPS EACH (COMPLETE 3 ROUNDS):

- Dumbbell front squat with 3-count pulse @ bottom
- Single-leg step-up (R/L)
- Alternating forward and back lunge
- Jump squat
- Pendulum squat
- Burpee
- Weighted calf raise (12 normal, 12 toes point out, 12 toes point in, 12 normal)
- Star jumps



# UPPER BODY #1 (DB)

## WARM UP (COMPLETE 2 ROUNDS):

- Butt kicks x10
- High knees x10
- Plank 30 seconds
- Full sit-ups x5
- Calf stretch

1 minute jumping jacks between rounds.

## STRENGTH CIRCUIT 1:

### Single-arm DB shoulder press

Increase weight each set (suggested: 15, 25, 35 lbs)

- Set 1: 12 reps per side
- Jumping jacks x10
- Set 2: 10 reps per side
- Jumping jacks x10
- Set 3: 8 reps per side
- Jumping jacks x10

## STRENGTH CIRCUIT 2:

### Standing bent-over reverse fly

Suggested weight: 20–25 lbs

- 3 sets of 15 reps

Tricep push-ups in between sets x20/x15/x10.

## FINISHER

### (COMPLETE 4–5 ROUNDS):

Set timer for 3 minutes.

- Run 400 meters, then do full sit-ups for remainder of time

Rest 1 minute.

# UPPER BODY #2 (DB, BB)

## WARM UP:

5 minutes cardio of choice or athletic conditioning

## CIRCUIT 1—HEAVY (COMPLETE 5 ROUNDS):

- DB clean (focus on hip ext like a kettlebell swing) x4
- Push press x4
- Plank renegade row x4

Rest 1 full minute between rounds.

## CIRCUIT 2 (COMPLETE 4 ROUNDS):

- DB skull crushers (on back) x10
- Bent over row x10
- Lateral raises x10

1-minute plank with shoulder taps between rounds.

## CIRCUIT 3 (COMPLETE 2 ROUNDS):

- DB snatch x10R (30 sec rest and repeat 10L)
- Single-arm farmer's carry x10R (30 sec rest and repeat 10L)
- Get up sit-ups x10R (30 sec rest and repeat 10L)
- Squat to High Pull x10R (30 sec rest and repeat 10L)

Rest 30–60 seconds between rounds.

## CIRCUIT 4 (COMPLETE 2 ROUNDS):

- Alternating reverse lunge with hammer curl x10R/10L (20 total)
- Reverse plyo lunge with shoulder press x10R/10L
- See-saw tricep kickbacks x10R/10L (20 total)
- Squat to hammer curl to overhead press x10

1-minute forearm plank between rounds.

**FINISHER:** Suggested Core Finisher

# UPPER BODY #3 (DB)

## WARM-UP:

- 2–3 minutes cardio of choice
- Arm circles x20 (10 forward/10 back)
- Pushups x10
- Jumping jacks x1 minute

## CIRCUIT 1 (COMPLETE 3 ROUNDS):

- Shoulder press x10
- Lateral raise x15
- Upright row x10
- Front raise x15

## CIRCUIT 2 (COMPLETE 3 ROUNDS):

- Locomotives x20
- Rear delt fly x10
- Underhanded row x10
- Alternating hammer curl x20

**FINISHER: Suggested Core Finisher**

# UPPER BODY #4 (DB)

## WARM-UP:

5 minutes cardio of choice

## CIRCUIT 1 (0:45/0:15 — COMPLETE 3 ROUNDS):

- Chest fly
- Push-ups with spiderman
- Bent-over back fly into standing chest fly/shoulder extension
- Full burpee
- Staggered hand pushup

Rest for 1 full minute between rounds.

## CIRCUIT 2 (0:45/0:15 — COMPLETE 3 ROUNDS):

- Dumbbell bent-over row to biceps curl
- Supine lat pullover
- Deadlift to clean to press
- Incline tricep push-up with alternating rear leg extension
- Chest press with crunch cross punches

Rest for 1 full minute between rounds.

**FINISHER:** Core, Sprint, or Functional

# UPPER BODY #5 (DB)

## WARM-UP:

5 minutes cardio of choice

## CIRCUIT 1 (0:45/0:15 — COMPLETE 3 ROUNDS):

- Single-leg balanced tricep kickback to left (repeat)
- Tricep dip with glute press
- Tricep pushup to side plank
- Gun slinger
- Forward lunge with overhead tricep extension

Rest for 1 full minute between rounds.

## CIRCUIT 2 (0:45/0:15 — COMPLETE 3 ROUNDS):

- Single-arm hammer curl with alternating leg lift
- Sit-thru burpee
- V-position bicep curl
- Bicep curl with squat
- Bicep burnouts (light dumbbells) in pistol squat position, switching legs halfway

Rest for 1 full minute between rounds.

**FINISHER:** Core, Sprint, or Functional



# UPPER BODY #6 (DB)

## WARM-UP:

5 minutes cardio of choice

## PYRAMID WORKOUT:

- Round 1 — 0:75
- Round 2 — 0:60
- Round 3 — 0:45
- Round 4 — 0:60
- Round 5 — 0:75

## THE MOVES

- Neutral grip row
- Alternating DB skull crusher
- Bicep curl
- Hex press

45 seconds of shoulder taps between each move.

## FINISHER (COMPLETE 5 ROUNDS):

- Z-curls x12
- Isometric holds x0:45

# BENCH PRESS INSTRUCTIONS

**To be performed 2 times weekly with at least 2 recovery days between (suggested on upper body days after warm-up and before main upper body workout)**

- Negatives or eccentric movements are a great way to add more intensity into your workouts and overload the muscle groups engaged in the exercises you are performing.
- Negatives are performed by controlling the tempo of the repetition and slowing down the lowering phase of the lift to an approximate 3–5 seconds rep count
- Drop sets are a great way to increase muscle mass as they are a quick and easy way to increase blood flow into the muscles, get the heart pumping and most importantly, fatiguing the muscles to ensure muscle hypertrophy.

## SAMPLE ROUTINE USING DROP SETS WITH BENCH PRESS:

- **Set 1** – choose a heavy weight to accomplish 1–4 rep max
- **Set 2** – strip weight by 10 lbs, aim for 8–10 reps
- **Set 3** – strip weight by 10 lbs, aim for 10–12 reps
- **Set 4** – strip weight by 10 lbs, aim for 12–15 reps
- **Set 5** – strip weight by 20 lbs, aim for 15–20 reps

**Rules:** Your first set should be the heaviest. No rest in between drops. Be sure to use a spotter and let them strip the weight for you.

*\*Bench press mechanics should be performed 1 time.*

# BENCH PRESS MECHANICS #1

## WARM-UP (4 MIN AMRAP):

- Seal jacks x15
- Toe tap pushup x15

## INTERVALS (0:40/0:20 — COMPLETE 4 ROUNDS):

- Bent row to back fly
- Floor chest press
- Locomotives
- Close-grip pushup
- Dumbbell pullover
- Chest fly

# BENCH PRESS MECHANICS #2

## WARM-UP (COMPLETE 3 ROUNDS):

- Hand-release pushups x30 sec
- Supermans x30 sec
- Rapid fire punches x30 sec

## CIRCUIT (COMPLETE 3 ROUNDS):

- Round 1 — 0:90 each
- Round 2 — 0:60 each
- Round 3 — 0:45 each

## THE MOVES

- Bicep 21's (7 lower half, 7 upper half, 7 full)
- Shoulder press
- Back fly
- Tricep dip
- Weighted glute bridge
- Lateral raise
- Tricep extension
- Traveling pushup

# BENCH PRESS DAY #1

## WARM-UP (COMPLETE 4 ROUNDS):

- Forward/back rotator cuff warm up with PVC pipe x10
- Push-ups x10
- Swimmers x20

## BENCH WARM-UP:

Use empty barbell to perform 1 set of reps to failure

## 2-MINUTE JOG

## BENCH WORK:

Perform 3 sets of 8–12 reps at 75%

1 minute of rest between sets

## 2-MINUTE JOG

## BENCH WORK:

Perform 1 set of reps to failure at 60%

1 minute of rest

## FINISHER:

Perform negatives – 2 sets of 3 reps (60–75%)

# BENCH PRESS DAY #2

## WARM-UP (COMPLETE 4 ROUNDS):

- Forward/back rotator cuff warm up with PVC pipe x10
- Push-ups x10
- Swimmers x20

## BENCH WARM-UP:

Use empty barbell to perform 1 set of reps to failure

## 2-MINUTE JOG

## BENCH WORK:

Perform 3 rounds of drop sets.

Pounds and reps may vary; see video demo.

- **Set 1** – choose a heavy weight to accomplish 1–4 rep max
- **Set 2** – strip weight by 10 lbs, aim for 8–10 reps
- **Set 3** – strip weight by 10 lbs, aim for 10–12 reps

1 minute of rest between rounds

## FINISHER:

Perform negatives – 2 sets of 3 reps (60–75%)



# HIIT #1 (DB, BOX, JUMP ROPE)

## WARM-UP:

2-3 minute jog

## FULL BODY STRETCH:

Up to 5 minutes

## WEIGHT-BASED WARM-UP:

5-10 reps of each movement in the workout (light weight)

## DIRTY 30 FOR TIME:

- Goblet walking lunge x30
- Burpee box jump x30
- Goblet squat x30
- Pull-up (or assisted) x30
- Double unders x30 (or singles x60)
- Weighted sit-up x30
- Deadlift (light and fast 115 pounds) x30
- Dumbbell push press x30

# HIIT #2 (KB, BOX, DB)

## WARM-UP:

- 2 minutes cardio of choice
- Any Tri-Fit Specific strength and endurance exercises
- Rotator cuff warm-up

## 2 ROUNDS (LIGHT WEIGHT):

- 5 kettlebell swings
- 5 box jumps
- 5 barbell overhead press

## 4 MIN AMRAP (MODERATE WEIGHT):

- 8 kettlebell swings
- 8 burpee box jumps
- 8 barbell push press

Rest 3 minutes

## 4 MIN AMRAP (HEAVY WEIGHT):

- 8 kettlebell swings
- 8 burpee box jumps
- 8 barbell push press

Rest 3 minutes

## 4 MIN AMRAP (HEAVIEST WEIGHT):

- 8 kettlebell swings
- 8 burpee box jumps
- 8 barbell push press

# HIIT #3 (DB, MB)

## WARM-UP:

2–3 minutes cardio of choice

## CIRCUIT 1: COMPOUND MOVEMENTS

(1:00/0:10) –

COMPLETE 2 ROUNDS

- Snatch R with resisted plank jack
- Snatch L with resisted plank jack
- Resisted in-outs
- Lateral moving resisted thrusters
- Bridge x2 butterfly x2

Repeat with no rest

1 MINUTE REST & HYDRATE

## CIRCUIT 2: TABATA

INTERVAL

(1:00/0:10) –

COMPLETE 2 ROUNDS

Monster walks **vs** plank jacks

1 MINUTE REST & HYDRATE

## CIRCUIT 3: COMPOUND MOVEMENTS

(1:00/0:10) –

COMPLETE 2 ROUNDS

- DB burpee punches (1 burpee : 4 punches)
- 3R-3L-3B shoulder press
- DB uppercuts
- Champion makers
- Ground & Pound (switch @ 30)

## CIRCUIT 4: TABATA

INTERVAL

(1:00/0:10) –

COMPLETE 2 ROUNDS

Explosive plyo lunge switches **vs** cross cross squats

## FINISHER:

Your choice of Tri-Fit Specific

# HIIT #4 (BOSU, DB, TRX)

## WARM-UP (TABATA):

0:20/0:10 x 8 ROUNDS

FAST FEET ON 0:10

- Squat jumps
- Froggers
- Skater touches
- Hop forward pedal back

## CIRCUIT 1 (HIIT):

0:45/0:15 x 2 ROUNDS

- SL deadlift to High pull **vs** bent over row to fly
- Sumo squat to bicep curl to thruster **vs** bridge hip thrust
- Bosu chest press **vs** Bosu split squat hammer curl
- TRX pistol squat to hip hinge **vs** SL burpee

## CIRCUIT 2 (CORE):

0:30 EACH

- Star crunches (see demo)
- Forearm plank
- Frogger pushes (see demo)
- Straight arm plank
- V-crunch
- Cross body mountain climber

## CIRCUIT 3 (HIIT):

REPEAT CIRCUIT 1

## CIRCUIT 4 (CORE):

0:30 EACH

- V position — alternating leg taps
- Straight arm plank
- Alt. hand to foot crunch
- Right side plank
- Reverse crunch with heel press
- Left side plank

## CIRCUIT 5 (TABATA):

0:20/0:10 x 8 ROUNDS

CRISS CROSS HOPS ON 0:10

- Fast feet
- Squat jacks
- Heisman
- Frankenstein
- Sit-up
- Pushup
- Mountain climber
- Burpee

## FINISHER (TABATA):

0:20/0:10 x 8 ROUNDS

- Plank up down
- Hand release pushup
- Plank jacks
- Spiderman

# HIIT #5 (DB, BOSU)

## WARM-UP (TABATA):

0:20/0:10 X 8 ROUNDS

- Jumping jacks
- Skater touches
- Deep hip opener squats
- Reverse lunge R to knee drive
- Reverse lunge L to knee drive
- Criss cross squat
- Push-ups
- Jumping jacks

## CIRCUIT 1 (METABOLIC HIIT):

0:45/0:15 X 8 ROUNDS

Alternating snatch **vs.** deadlift to curl to overhead press

**30 second rest/hydrate break**

## TABATA:

0:20/0:10 X 8 ROUNDS

Skater touches **vs.** push-ups

## CIRCUIT 2 (METABOLIC HIIT):

0:45/0:15 X 8 ROUNDS

Balanced thruster **vs.** sumo squat to high pull

**30 second rest/hydrate break**

## TABATA:

0:20/0:10 X 8 ROUNDS

Mountain climbers **vs.** Spidermans

## CIRCUIT 3 (METABOLIC HIIT):

0:45/0:15 X 8 ROUNDS

Single-leg deadlift (switch R/L each round) **vs.** burpee front raise

**30 second rest/hydrate break**

## TABATA:

0:20/0:10 X 8 ROUNDS

Lunge switches **vs.** criss cross burpees

# HIIT #6 (BAGS)

## WARM-UP:

2–3 minutes cardio of choice

## CIRCUIT 1 (COMPLETE 2 ROUNDS):

- 10 death march steps
- 30 seconds plank hold
- 10 Supermans
- 10 stiff leg deadlifts

## CIRCUIT 2 – SHUTTLE WARM-UP:

1 round – no bags, 65% effort, focus on form

## CIRCUIT 3 – SHUTTLE WORK:

10 bags, 20 meter distance, complete as fast as possible

## CIRCUIT 4 (COMPLETE 5 ROUNDS):

- 10 deadlifts (105–135 lbs)
- 1 full minute rest between rounds

## FINISHER (TABATA):

0:20/0:10 x 8 ROUNDS

- Knee tucks
- Russian twist
- Burpee
- Bicycles

# CARDIO WARM-UP: ATHLETIC CONDITIONING

30 SEC EACH (COMPLETE 3 ROUNDS):

- Football Fast Feet
- High Knees
- Star Crunches
- Lateral Hops
- Skaters
- Jump Knee Tucks
- Power Roll to Pushup



# CARDIO WARM-UP: DYNAMIC HURDLE PREP

## SUGGESTED 2–3 TIMES PER WEEK:

- Fire hydrants x10R
- Fire hydrants x10L
- Front hip circles x10R
- Front hip circles x10L
- Reverse hip circles x10R
- Reverse hip circles x10L

A skips (90-degree knee drive) x10 each side

B skips (focus on ball drive) x10 each side

C skips (horse stomp snap) x10 each side

# CARDIO WARM-UP: HURDLE DRILLS

## AT LEAST 1 TIME PER WEEK:

- Walk over with rear leg follow through x10 each side
- Hurdle swing overs x10 each side
- Single-leg spring jumps x10 each side
- Springs jumps (together) x10 each side

# CARDIO WORKOUT #1 (BAGS, VEST, KB, DB, MB)

## TRACK WARM-UP:

- 1 lap
- Dynamic hurdle prep
- 1 lap moderate pace

## CIRCUIT 1

### (COMPLETE 1 ROUND):

- Weighted cone weave (20 yds)
- Core Interval of your choice

## CIRCUIT 2

### (COMPLETE 3 ROUNDS):

- Weighted bleacher run (2 min)
- Core Interval of your choice

## CIRCUIT 3

### (COMPLETE 3 ROUNDS):

- Jump off squat lands x10
- Tricep dips x10
- Split squat jumps x10 each leg
- Inclined push ups x10

## CIRCUIT 4

### (COMPLETE 1 FULL LAP):

Sprint through straightaways, walk the corners

## CIRCUIT 5: PYRAMID 10-9-8-...-1

- Kettlebell swings
- Bench jumps

## CIRCUIT 6: SHUTTLE RUN (10 BAGS)

## CIRCUIT 7

### (COMPLETE 4 ROUNDS):

- Farmer's carry with 6 squats (50 yards down & back)
- Sprint down and back with lunge at 50 yard

## FINISHER (TABATA):

Mini band blast 0:20/0:10

# CARDIO WORKOUT #2 (TRACK)

## WARM-UP:

- 1 lap warm up jog
- Full body stretch
- Dynamic hurdle prep
- Plyos full straight/full sprint back

## CIRCUIT 1 – 50 YARDS:

- Walking lunges
- Sprint
- High Knees
- Sprint
- Grapevine down R/back L
- Sprint
- Long Jumps
- Sprint
- Bounding Criss Cross Leaps
- Sprint

1 minute rest

## 2 LAPS, MODERATE SPEED

## CIRCUIT 2 – 50 YARDS:

- Suicide drills
- Bear crawls
- Hamstring walk outs
- Agility ladder fast feet to forward roll
- Bleacher climb (2 minutes)

Repeat circuit 1 & 2

# CARDIO WORKOUT #3 (BLEACHER/STAIRS, DB)

## WARM-UP:

- Full body stretch
- 1 lap light jog (if at track) or 2–3 minutes cardio of choice (if not at track)
- Athletic conditioning

## STAIRS/BLEACHERS (12–15 STEPS)

## STRENGTH:

- Stair climbs (up + down = 1) x10
- Squat to high pull to snatch R x10
- Squat to high pull to snatch L x10
- Lateral lunge to curl to overhead press R x10
- Lateral lunge to curl to overhead press L x10
- Thrusters x10

AMRAP (for minimum of 500 calorie burn)

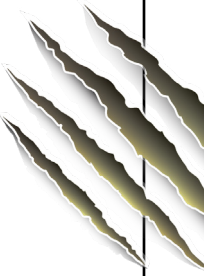
# CARDIO WORKOUT #4 (PLYO-BASED)

## WARM-UP:

- Full body stretch
- 2-3 minutes cardio of choice
- Athletic conditioning

## 45-MINUTE AMRAP:

- 400 m run
- Squat jumps x10
- Pendulum plank (straight leg to arm) x10
- Burpee tuck jump x10
- Forearm plank 30 sec
- Triceps dips x10



# CARDIO WORKOUT #5 (DB)

## SPEED & STRENGTH:

- Sprint 15 seconds
- 20 squat jumps
- Sprint 10 seconds
- 10 lunge jumps (or 10 walking lunges)
- Sprint 15 seconds
- 10 burpees
- Sprint 10 seconds
- 20 Lateral walks left and 20 right (low squat hold, side steps)
- Sprint 20 seconds
- 10 squat jumps
- Sprint 10 seconds
- 5 burpees
- Sprint 10 seconds
- 5 burpees
- Sprint for 5 seconds, jog for 10 sprint for 5 sec, jog for 10
- Sprint for 10 seconds, jog for 20 sec, sprint 10 sec, jog 20
- 10 squat jumps
- 10 thrusters with dumbbells
- 10 bicep curls/overhead presses
- Sprint to failure (until you literally have to walk)
- 10 pushups
- 10 crunches /situps

**Stretch and cool down.**



# CARDIO WORKOUT #6 (DB)

## SPEED & STRENGTH:

- Sprint 30 seconds
- 10 thrusters with dumbbells
- Sprint 30 seconds
- Jog 30 seconds
- Sprint 40 seconds
- Jog 40 seconds
- Sprint 20 seconds
- Jog 20 seconds
- 10 thrusters with dumbbells
- 10 man makers with dumbbells
- 10 burpees
- Sprint 30 seconds
- Walk 1 minute to get heart rate to green/blue zone
- Sprint 1 minute
- Recover until you can go again
- Sprint 1 minute
- Walk 1 minute
- 5 thrusters with dumbbells
- 5 man-makers with dumbbells
- 5 burpees
- 5 push-ups
- 5 crunches
- Sprint to failure!

**Stretch and cool down.**

# TRI-FIT SPECIFIC (WARM-UPS/FINISHERS)

- Any of these can be incorporated as warm ups or finishers throughout the week
- Can perform all for Tri-Fit Specific weekly endurance/speed training

## STRENGTH TRAINING FOR SPEED

10 reps each, 2–3 rounds

1. Barbell squat
2. Romanian deadlift
3. Pistol squats (or stand from sitting)

## PLYOS FOR SPEED

0:20/0:10 x 8 ROUNDS

- Side-to-side hops
- Front-to-back hops
- Ali Shuffle (on the 0:10)

## TRI-FIT SPECIFIC EXERCISES

- Explosive box step-ups
- Around-the-world squat jumps
- Monkey bars
- Hand-over-hand rope pulley
- Battle ropes
- Spider-Man crawls
- Balance beam
- Hurdles (30 inches)
- Shuttle runs (20-foot agility run, 10 bean bags)

## SHUTTLE RUN

1 shuttle run – 3 markers, 5 yards apart

## SPRINTS

Complete each distance 5 times

- 10 yards
- 20 yards
- 40 yards

## STRENGTH & ENDURANCE (25–50 YARDS)

- High knees
- Butt kicks
- High knee skip
- Power skips for height
- Power skips for distance
- Bounding
- Lunge-to-high skip (in place)
- Alt. split jump (lunge switches)
- Long jumps
- Repeated long jumps (quick–no rest between jumps)
- Bound jumps 2x 5 jumps
- Ball jumps (side-to-side) 2x10
- Wall drive 2x10 (hands on wall, mountain climb knee drive 900)

# TRI-SPECIFIC #1 (KB)

## SPRINT PYRAMID:

Perform 1 sprint followed by pyramid strength  
(starting with 10 reps down to 1)

## THE MOVES:

- Sprint **vs** KB swings
- Sprint **vs** Squat with front raise
- Sprint **vs** Pushups
- Sprint **vs** Burpees
- Sprint **vs** Diagonal fast feet

Month One - 10 yard sprint

Month Two - 20 yard sprint

Month Three - 40 yard sprint

## EXAMPLE

SPRINT # YARDS/MONTH - 10 KB swings

SPRINT # YARDS/MONTH - 10 squat w/ front raise

SPRINT # YARDS/MONTH - 10 pushups

SPRINT # YARDS/MONTH - 10 burpees

SPRINT # YARDS/MONTH - 10 diagonal fast feet (switch sides & repeat)

## REPEAT REDUCING REPS

- First month of training, reduce by 2 reps (10, 8, 6, 4, 2).
- By month two, reduce by 1 rep (10, 9, 8, 7, 6, 5, 4, 3, 2, 1).
- CHALLENGE YOURSELF!

# TRI-SPECIFIC #2 (BAGS)

## FAST TWITCH HIIT:

### CIRCUIT 1 (COMPLETE 2 ROUNDS):

0:30/0:10

- Hamstring walkout with pushup
- Burpee tuck jump
- Straddle jacks
- Foot fire with burpee

1 full minute of rest

### CIRCUIT 2:

Perform Shuttle Run  
(10 bags)

2 full minutes of rest

### CIRCUIT 3 (COMPLETE 2 ROUNDS):

0:30/0:10

- High knees
- Broad jump burpees
- Butt kicks
- Touch down jacks

1 full minute of rest

### CIRCUIT 4:

Perform Shuttle Run  
(10 bags)

2 full minutes of rest

### CIRCUIT 5 (COMPLETE 2 ROUNDS):

0:30/0:10

- Bounding leaps
- Grapevine
- Broad jump
- Foot fire tricep pushup

1 full minute of rest

# TRI-SPECIFIC #3 (KB, PLATES)

## HILL REPEATS:

Perform hill sprints in pyramid form, starting with 10 and working your way down to 1 (sprint up, jog/walk down)

## Between each round, perform 10 of each:

- Tricep pushups
- Weighted squats (25 lb plates)
- Broad jump burpees
- Kettlebell swings

# TRI-SPECIFIC #4 (PYRAMID FARTLEK)

## WARM-UP:

3–5 minute jog

## PYRAMID FARTLEK (COMPLETE 2 ROUNDS):

- 0:30 fast/0:30 slow
- 0:30 fast/0:30 slow
- 1:00 fast/1:00 slow
- 2:00 fast/1:00 slow
- 2:00 fast/1:00 slow
- 1:00 fast/1:00 slow

## COOL DOWN JOG/SLOW WALK

# TRI-SPECIFIC #5 (PLYO UNSTOCK)

## WARM-UP (COMPLETE 2 ROUNDS):

0:30/0:10

- Resistance band chest opener
- Plank jacks
- Reverse lunges

## CIRCUIT — 1:00 EACH:

Start with all 5 exercises, then with each round remove the last exercise.

- Half burpee star jump
- Donkey kick with line hop
- Hop-overs
- Broad jumps w/ burpee
- Plyo push-ups
- Plyo leg swings

1:00 jump rope between each round.



# TRUE GRIT

**Weeks 1–4:** Practice course for **form** with weights listed in description.

**Weeks 5–7:** Increase weights by 10 lbs; practice form and start increasing speed.

**Weeks 8–10:** Complete course for **time** using great form. We recommend doing this at increased weight; it will make Competition Day feel easier

## COURSE IS SET UP IN ORDER AS FOLLOWS:

- **Shuttle Run:** Run 10 yards and touch the cone; run back 10 yards and touch cone at starting line; run 15 yards to the Wall.
- **Wall:** Scale 5-ft wall. There is room on the outside portion of the wall to step up and go over.
- **15-ft Running Grid:** Must step in each square.
- **Push-ups:** 3 push-ups with chest touching medicine ball; arms extend.
- **Bear Crawl:** Bear crawl on hands and feet through 15-ft shoot; hands must stay in contact with ground.
- **Forward Roll:** After you bear crawl through the shoot your hands will touch a mat where you perform a forward or shoulder roll.
- **Cone Weave:** Navigate your way with both feet going around the outside of each cone. You are now at the 70-yard mark of the course.
- **Tire Flip:** After going around the last cone, you will flip a tire over and then flip it back to original spot.
- **Kettlebell Swing:** Men use a 35-lb bell, and women use a 25-lb bell. Swing 5 times clearing your head with your hands. Kettlebell must be put back on mat or in circle.
- **Straddle Jacks:** Straddle a 4-inch riser and jump up and down 10 times with both feet landing on riser. Use those arms to help with speed!
- **Squats/Farmer's Carry:** Men pick up two 45-lb plates, and women pick up two 35-lb plates. Squat 3 times with plates hitting the ground (must come back to standing position). Farmer's carry the two plates for 10 yards around a cone and back to original spot, dropping them on mat or in circle.
- **Heavy rope:** Pick up 4-lb. jump rope and jump 10 times, then run around cone. At this point you'll have completed 140 yards.
- **Hurdles:** Run 10 yards and go over 30-inch hurdle. Run 10 yards and go over 24-inch hurdle, then run 10 more yards and go over next hurdle.
- **Under Bar:** Run 10 yards and go under 36-inch bar, then run 10 yards around cone. You will be at the 190-yard mark.
- **40 Yard Dash:** Sprint 40 yards to the finish line. 230 yards complete!

# BOX JUMPS

**Complete jumps two to three times weekly** as instructed below in addition to your workout of the day. These are actually an excellent warm-up to your workout. Perform box jumps on a 20-inch box.

**A repetition** is when both feet touch the top of the box and come down with both feet making contact with the floor. In the Tri-Fitness event, the athlete can run/step the box (both feet must make contact for at least a split second with the top of the box at the same time).

## WEEK 1

Practice the jumps for **form** with full extension. For some of you, this may be the first time doing this, so we will tackle the “fear” of the jump and get a feel for them during Week 1. Aim for sets of 10 reps; may repeat two to three times.

## WEEK 2

If you are still working on being FearLess, keep going and try to string together those reps for sets of 10 with no rest until the 10th jump is completed.

## WEEK 3

We are now FearLess full-extension box jumpers! Way to go!

Now we need to tackle the fear of the Tri-Fit style jump where we “spring” on and off. Start thinking of “falling off the box” and “springing” back up quickly. Try to get 10 reps in a row with the Tri-Fit style jumps.

## WEEK 4

We are becoming FearLess jumpers...keep rocking! This week let's aim to string together 15 to 20 reps.

**WEEK 5:** Increase reps to 25

**WEEK 6:** Increase reps to 30

**WEEK 7:** Increase reps to 40

**WEEK 8:** Increase reps to 50

**WEEK 9:** Competition!

**PRACTICE FOR SPEED**

# FUNCTIONAL TRAINING

*Have fun and be creative with these **FUNCTIONAL TRAINING** movements!*

1-minute rounds can be added to any workout as a warm up or finisher. See video demos for functional ideas.

## TIRE FLIPS

## BATTLE ROPES

- Lunge switch slams
- Squat jump slams
- Up down slams
- Burpee slams

## ROPE PULLEY

## BOX JUMPS

## WALL BALLS

## SLED PUSH/PULL

# FUNCTIONAL TRAINING (BATTLE ROPES)

## TABATA 1:

0:20/0:10 x 8 ROUNDS

- Battle waves
- Jump squat slams
- Arm circles
- Alt Curtsy Slams

Repeat

## TABATA 2:

0:20/0:10 x 8 ROUNDS

- Jumping jacks (handles up)
- Cobra
- Up/down waves
- Sumo squat slams

Repeat

## TABATA 3:

0:20/0:10 x 8 ROUNDS

- Plank hold - R arm slam
- Rope pull
- Plank hold - L arm slam
- Rope pull

Repeat

## TABATA 4:

0:20/0:10 x 8 ROUNDS

- Single-leg (R) deadlift slam
- Lunge switch slam
- Single-leg (L) deadlift slam
- Lunge switch slam

Repeat

## TABATA 5:

0:20/0:10 x 8 ROUNDS

- Russian twist slam (handles up)
- Hop-over wave burpee slam
- Lateral arm slam (R)
- Lateral arm slam (L)

Repeat

## TABATA 6:

0:20/0:10 x 8 ROUNDS

- Kneeling out & in slams
- Squat hold waves
- In & out squat w/slam
- Burpee jack slam (handles up)

Repeat

# CORE WORKOUTS

To be completed as intervals or finishers. Select any six moves and perform each one for 30 seconds (no rest) for a total of three minutes.

## THE MOVES

- 5 pull-ups vs leg raises
- Planking ball rolls with V up
- Star crunches
- Frog crunches
- Russian twist
- V position — alternating leg taps
- Reverse crunch (hands under butt)
- Reverse crunch with heel press (to ceiling)
- V-crunches
- Cross-body mountain climbers
- Alternating hand-to-foot crunch
- Full sit-ups
- Spiderman plank
- Plank up-down
- Stiff-arm plank
- Forearm plank
- Side plank

**See demos in app!**

# CORE WORKOUTS

**Complete these ab & core strengthening workouts at the end of your workout or anytime!**

## FIVE-MINUTE ABS:

**Do each exercise for 30 seconds with no rest for 5 minutes.**

- Flutter kicks
- Leg raises
- Leg pull-ins
- Side bridge pulse crunches (R)
- Side bridge pulse crunches (L)
- Plank with arm raises
- Mountain climbers
- Scissors
- Bicycles
- Leg raise circles

## 15-MINUTE ABS:

**Work for 45 seconds, rest for 15 seconds, move onto next exercise. Repeat set 3x for a total of 15 minutes. Rest 1 minute between sets.**

- Boxing oblique crunches
- Plank
- Overhead v-ups
- Crunch pulses
- Up and down leg criss-cross in crunch isolated position

# CARDIO & CORE (FINISHER)

## DEATH BY BURPEES

- **Minute 1:** 1 burpee (rest remainder of minute)
- **Minute 2:** 2 burpees (rest remainder of minute)
- **Minute 3:** 3 burpees (rest remainder of minute)

Continue this pattern until you can no longer finish the burpees within the 1-minute time frame.

## CORE – 3 ROUNDS:

- V-ups x10
- Froggie crunches x10
- Weighted Russian twists x20
- Weighted sit-ups x25

# COOL DOWN

## STRETCHING

- Neck pulls
- Arm cross-over chest stretch
- Over-the-head tricep stretch
- Overhead reach
- Forward reach
- Arms-behind-the-back stretch
- Lunge hip stretch
- High knee pull
- Quad stretch
- Forward bend fold over with arms clasped behind back
- Bend over toe touch
- Sitting hip stretch lunge
- Inner thigh stretch in side lunge foot down
- Sitting toe touch
- Single toe touch with foot against inner thigh
- Happy baby roll
- Sitting inner thigh stretch with bottoms of feet together pushing knees down towards floor
- Fold over forward while doing inner thigh stretch with bottoms of feet together and arms forward
- Back cobra stretch lying on stomach pulling chest up off floor
- End in Child's Pose –big inhales/exhales





# STRETCH SEVEN ROUTINE

**SWAN STRETCH:** Lie facedown on the floor with your hands in front of shoulders, fingers facing forward, legs together and extended behind you. Press into your hands to lift belly off floor, and then as you keep your abs engaged, shoulders down and pelvis grounded, lengthen your upper body away from mat, and reach out and up from the top of your head. Then draw your shoulder blades together and open your chest. Ideally, you should hold the stretch for 30 to 45 second, release, and then do it four times over for a combined five sets.

**RUNNERS LUNGE:** After you've released your swan stretch, stand up, find a wall, and prepare to stretch your hamstrings and calves. Stand 10 inches away from a wall, place palms on it, and then step back with one foot. Bend the opposite knee, keeping the other heel down, hold and feel the stretch in your calves. Repeat on opposite side. When you do this stretch, make sure you keep your forward (lunging) knee in line with that ankle, toes pointing forward, hips square, and torso centered. You want to keep your balance so you can achieve the full stretch.

**BUTTERFLY:** Begin by sitting on the ground with your knees out to your side, with each knee bent so that the soles of your feet are touching each other. Grasp feet with hands and slowly lower body toward feet, going only as far as comfortable, and then holding there for 45 seconds to two minutes. Slowly release. Relax your shoulders and take five slow breaths before straightening back up into a seated position.

**CALF RAISES:** For this stretch, you need to find a raised platform, such as a step, and stand on the balls of your feet on it. exhale, slowly drop your heels towards the floor, and expect your toes to naturally lift off the platform at the same time. either stretching one leg at a time or the two together, hold the stretch for 20 to 30 seconds. This stretch will also help strengthen your ankle and heel joints.

**HAMSTRING STRETCH:** Lie down with the small of your back against the floor, and then bend your left knee to 90 degrees to stabilize your hips. After you've done that, slowly raise your right leg off the ground with the knee as straight as possible. Your right hip should not rise off the floor, and the motion should come only from your hip. As you continue raising your foot and it approaches vertical, you will feel a stretch in the back of your leg. Hold that leg in this raised position for 30 seconds. Relax your knee, and then repeat three times before switching to the left leg.

**STANDING TRICEPS STRETCH:** Stand tall with feet hip-width apart, arms extended overhead, and bend your right elbow so your right palm is touching your upper back. Then reach your left hand over to grasp just below right elbow. Gently pull elbow back and toward head, holding that for about 45 seconds. Switch arms and repeat.

**SHOULDER STRETCH:** Stand with your feet shoulder width apart and raise your right arm up to shoulder height, moving it across the front of your body. With your left arm, pull the right arm as close to your chest as possible, and hold it for 30 seconds. You'll be able to feel the stretch across the back of your shoulder. Repeat this four times, then switch to the left side.

# 30-DAY PERSONAL TRACK

## MINDSET BREAKTHROUGH

Think back over each day and give yourself a “score” for each pillar of wellness for the day (1–10).

Rank how you felt you did at supporting each one. You are looking for balance, progress, and self acceptance.

Celebrate **YOU** each day!



DAY #1	DAY #10	DAY #20
Neck: Chest: Waist: Hips: Weight:	Neck: Chest: Waist: Hips: Weight:	Neck: Chest: Waist: Hips: Weight:
DAY #30	DAY #60	DAY #90
Neck: Chest: Waist: Hips: Weight:	Neck: Chest: Waist: Hips: Weight:	Neck: Chest: Waist: Hips: Weight:

# PROGRESS LOG

WEEK	BOX JUMPS (# / TIME)	SHUTTLE RUN (TIME)	BENCH PRESS (REPS @ 60%)	TRUE GRIT (TIME)
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				
Week 9				
Week 10				

# PROGRESS LOG

WEEK	UPPER BODY	UPPER BODY	LOWER BODY	LOWER BODY	TRUE GRIT	HIIT	HIIT	TRI-FIT SPECIFIC	CARDIO	BENCH PRESS MECH.	BENCH PRESS	BENCH PRESS	BOX JUMPS	SHUTTLE
Week 1														
Week 2														
Week 3														
Week 4														
Week 5														
Week 6														
Week 7														
Week 8														
Week 9														
Week 10														



# ***NUTRITION***

*Fueling to be FearLess*



BUILD YOUR OWN MEAL PLAN • GROCERY GUIDE  
SUPPLEMENT GUIDE • HANDY PORTION GUIDE

# SOUND NUTRITION

## TIPS FROM THE DIETITIAN

The meal plan is simple. Follow the plan for the weeks you are on. Sample meal plans are provided to give clarity. Simply select from the grocery lists provided to craft wholesome meals that will fuel your body and mind.

Review our list of foundational lifestyle tips to find balance and healthy habits that will last you long after you complete your 10-Week plan.

▮ **It's recommended to eat breakfast within the first hour of waking up.** Upon waking, blood glucose levels tend to be low due to prolonged fasting while sleeping. By breaking the fast with food soon after waking, the body becomes fueled, avoiding faint, sluggish, and weak feelings. Eating a well-balanced breakfast not only provides essential morning energy but will also help to set the bar for good nutrition throughout the day.

▮ **Take time to plan and prepare every week's meals.** This will ensure you receive adequate nutritional intake during the week and avoid deviating from the meal plan. Meal prepping will be key to nutrition success.

▮ **Do not be afraid to use herbs and spices to flavor your meals.** Cook/sauté your meats with your veggies or flavor with fresh onions and garlic.

▮ **Dietary fiber is an important part of your diet and health.** It is found in whole grains, fruits, vegetables, nuts, and seeds. Adequate fiber consumption helps with proper gastrointestinal function, helps decreased prevalence of many cancers, obesity, cardiovascular disease, and diabetes. The Institute of Medicine recommends the following reference intakes:

- **Women:** aim for 25 g per day
- **Men:** aim for 38 g per day

▮ **Aim for 16 ounces of water with each meal and 16 ounces in between meals.**

▮ **Drink up!** If you think you're hungry, sip some water first. Hunger can often feel like dehydration. Drink between 12 and 16 ounces of water before meals so you're less likely to overeat. Don't like plain water? Add a few cucumber, lemon, or strawberry slices for an extra kick of flavor.

# SOUND NUTRITION

## TIPS FROM THE DIETITIAN

- ▮ **Satisfy sweet cravings** with a handful of frozen grapes, berries, or small piece of dark chocolate.
- ▮ **Focus on what you can eat, not what you can't.** Instead of spending time and energy excluding foods you think are "bad," redirect your efforts to including more nutrient-rich foods, and you will automatically crowd out the less healthy options.
- ▮ **Make your food gorgeous.** Eating healthier starts with making healthy food more appetizing and worthy of display! Try storing produce in see-through containers in your fridge or in a pretty fruit bowl on the counter. Not only do we typically eat more of what we can see, but if it looks good, it can be one less barrier to making healthy happen.
- ▮ **If traveling, still take the time to plan out your meals.** If you are commuting via car, you can still meal prep and take your meals with you in a cooler and eat on the go. Most gas stations and rest stops have microwaves you can use.
- ▮ **If traveling via plane, take nutrition bars and shake mixes that will satisfy you until you can get to your next meal.**
- ▮ **When going out to eat, use your meal plan to order from the menu.** If the meals appear to be high fat, high in carbohydrates, or not to your liking, order from the appetizer menu or side dish portions. Make special requests for how your meal is portioned or prepared as necessary.
- ▮ **It's recommended to order your protein choices baked, broiled, or grilled.** Request sauces and dressings on the side. Ensure soups and sauces are broth and/or tomato-based.
- ▮ **Soups make it easy to combine protein, healthy fat, and vegetables in a single meal.** When using prepared soups, watch the sodium and sugar content.

# BUILD YOUR OWN MEAL

## WEEKS 1-2: THE IGNITE PHASE

The first phase of the meal plan is focused on teaching you how to create healthy, well-balanced meals, while ensuring your adequate intake of carbohydrates, protein (plant or animal based), and heart-healthy fats. This meal plan is meant to give you a two-week foundation in nutrition and will provide you with the fuel that you need to get you through your day (and through your workouts).

Below you will find the Introductory Phase Meal Plan Guide to help teach you how to build and create your meals. Simply use the grocery list to build the foods needed to create your balanced meals. You may use the simple meal options below or use the guide to create your own nutrient-dense meal plan.

BREAKFAST	MID-MORNING SNACK	LUNCH
<ul style="list-style-type: none"><li>• 4 egg whites</li><li>• 1/3 cup (uncooked) oatmeal with 1 tsp. of flax oil</li><li>• 1/4 grapefruit</li></ul>	<ul style="list-style-type: none"><li>• 1/2 protein portion</li><li>• 1 fruit or 1/2 complex carb portion</li></ul>	<ul style="list-style-type: none"><li>• 1 protein portion</li><li>• 1 complex carb or starchy vegetable</li><li>• 1 vegetable</li><li>• 1/2 fat portion</li></ul>
AFTERNOON MEAL	DINNER	POST-DINNER MEAL
<ul style="list-style-type: none"><li>• 1/2 protein portion</li><li>• 1/2 fat portion</li><li>• 1 fruit or 1/2 complex carb portion (optional)</li></ul>	<ul style="list-style-type: none"><li>• 1 protein portion</li><li>• 1 complex carb or starchy vegetable</li><li>• 1 vegetable</li><li>• 1/2 fat portion</li></ul>	<ul style="list-style-type: none"><li>• 1/2 portion of protein shake</li></ul>



# BUILD YOUR OWN MEAL

	MEAL PLAN #1	MEAL PLAN #2
BREAKFAST	<ul style="list-style-type: none"> <li>• 1 slice whole grain toast</li> <li>• 1 egg + 2 egg whites scrambled with veggies</li> <li>• 1 small apple</li> </ul>	<ul style="list-style-type: none"> <li>• 1/3 cup oats with 1 serving protein powder</li> <li>• 1 small banana</li> </ul>
MID-MORNING SNACK	<ul style="list-style-type: none"> <li>• Smoothie with 1/2 scoop protein powder, 1 cup berries, 1/2 cup kale or spinach</li> </ul>	<ul style="list-style-type: none"> <li>• 2 rice cakes with 1 tbsp. almond butter</li> <li>• 1/2 serving protein shake</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>• 4 oz. grilled chicken breast</li> <li>• 4 oz. sweet potato</li> <li>• 1 cup broccoli with 1/2 tbsp. EVOO</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz. tuna salad with Greek yogurt and veggies</li> <li>• 1 whole grain wrap</li> <li>• 1 cup mixed greens with 1 tbsp. vinegar and 2 tbsp. guacamole</li> </ul>
AFTERNOON SNACK	<ul style="list-style-type: none"> <li>• 2 oz. tuna salad mixed with Greek yogurt and veggies</li> <li>• 1 serving whole grain crackers (optional)</li> </ul>	<ul style="list-style-type: none"> <li>• 8 oz. Greek yogurt</li> <li>• 1/2 cup pineapple (optional)</li> </ul>
DINNER	<ul style="list-style-type: none"> <li>• 4 oz. white fish</li> <li>• 1/3 cup rice</li> <li>• 1/2 cup steamed green beans</li> <li>• 1/3 Hass avocado</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz. ground turkey</li> <li>• 1/2 cup quinoa</li> <li>• 1 cup green beans with 2 tbsp. slivered almonds</li> </ul>
BEDTIME SNACK (OPTIONAL)	<ul style="list-style-type: none"> <li>• 1 rice cake with 1 tbsp. dessert hummus</li> </ul>	<ul style="list-style-type: none"> <li>• 1 greens snack shake</li> </ul>

# BUILD YOUR OWN MEAL

	MEAL PLAN #3	MEAL PLAN #4	MEAL PLAN #5
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• 2 over-easy eggs</li> <li>• 1 cup cubed &amp; roasted sweet potato</li> <li>• 1 small orange</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup toasted quinoa with 1 tbsp. peanut butter powder for flavor</li> <li>• 1 whole egg + 2 egg whites</li> <li>• 1 large tangerine</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast parfait: 8 oz. Greek yogurt with 1/3 cup dry oats and 1/2 cup grapes</li> </ul>
<b>MID-MORNING SNACK</b>	<ul style="list-style-type: none"> <li>• 4 egg whites</li> <li>• 2 small oranges</li> </ul>	<ul style="list-style-type: none"> <li>• 8 oz. Greek yogurt</li> <li>• 1 cup berries</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. tuna</li> <li>• 1 serving whole grain crackers</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• 4 oz. turkey meatballs</li> <li>• 2 oz. whole wheat pasta</li> <li>• 1 cup sautéed spinach with 1/2 tbsp. EVOO</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz. chicken breast over 2 cups mixed greens with additional veggies if desired, 1/2 cup red beans, 2 tbsp. hummus, 2 tbsp. vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz. ground turkey</li> <li>• 1/2 cup quinoa</li> <li>• 1 cup steamed carrots</li> <li>• 1/4 Hass avocado</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>• 1/2 cup cottage cheese</li> <li>• 1 oz. almonds</li> </ul>	<ul style="list-style-type: none"> <li>• 1 slice whole grain bread</li> <li>• 1 tbsp. peanut butter</li> <li>• 2 tbsp. unsweetened applesauce</li> </ul>	<ul style="list-style-type: none"> <li>• 3 cups popped popcorn</li> <li>• 1 oz. almonds</li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• 4 oz. grilled flank steak</li> <li>• 1/2 cup chickpeas</li> <li>• 1 cup side salad with vinegar &amp; 1 tbsp. guacamole</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz. tuna (canned or steak) over 1.5 cups zucchini noodles with 1 cup chopped peppers/onions and 1/2 tbsp. EVOO</li> <li>• 1 cup butternut squash</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz. salmon (protein + fat)</li> <li>• 1 cup cauliflower rice</li> <li>• 2/3 cup steamed corn</li> </ul>
<b>BEDTIME SNACK (OPTIONAL)</b>	<ul style="list-style-type: none"> <li>• Protein pudding: 1/2 serving protein powder with water, served cold</li> </ul>	<ul style="list-style-type: none"> <li>• 8 oz. Greek yogurt with 1 scoop protein powder for flavor</li> </ul>	<ul style="list-style-type: none"> <li>• 1 rice cake with 1 tbsp. nut butter</li> </ul>

# BUILD YOUR OWN MEAL

## WEEKS 3–6: THE INTENSIFY PHASE

The second phase of your meal plan is focused on increasing protein intake to help build beautiful, lean body mass. This phase is four weeks long. Carbohydrates are still an important part of your daily intake to provide energy and fiber. However, they are limited during afternoon snack and dinner to help minimize water weight retention and utilize glycogen stores.

If exercising during afternoon hours, it is recommended to change morning and afternoon snack to ensure adequate energy levels during your workouts. Fats are used to increase satiety and provide a secondary fuel source for the body. Simply use the grocery list to build the foods needed to create your balanced meals, as done in the Introductory Phase. You may also use the simple meal options below.

BREAKFAST	MID-MORNING SNACK	LUNCH
<ul style="list-style-type: none"><li>• 1 protein portion</li><li>• 1 complex carb portion</li><li>• 1 fruit</li></ul>	<ul style="list-style-type: none"><li>• 1/2 protein portion</li><li>• 1 fruit or 1/2 complex carb portion</li><li>• 1 vegetable (optional)</li></ul>	<ul style="list-style-type: none"><li>• 1.25 protein portions</li><li>• 1 complex carb or starchy vegetable</li><li>• 1 vegetable</li><li>• 1/2 fat portion</li></ul>
AFTERNOON MEAL	DINNER	POST-DINNER MEAL
<ul style="list-style-type: none"><li>• 1/2 protein portion</li><li>• 1/2 fat portion</li><li>• 1 vegetable (optional)</li></ul>	<ul style="list-style-type: none"><li>• 1.25 protein portions</li><li>• 2 vegetables</li><li>• 1 fat portion</li></ul>	<ul style="list-style-type: none"><li>• 1/2 protein portion</li></ul>

# BUILD YOUR OWN MEAL

	MEAL PLAN #1	MEAL PLAN #2
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• 1/3 cup oatmeal</li> <li>• 4 scrambled egg whites with veggies</li> <li>• 1/2 grapefruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup toasted quinoa with cinnamon</li> <li>• 2 over-easy eggs</li> <li>• 1 tangerine</li> </ul>
<b>MID-MORNING SNACK</b>	<ul style="list-style-type: none"> <li>• 8 oz. Greek yogurt</li> <li>• 1 cup raspberries</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup cottage cheese</li> <li>• 1 slice whole grain toast</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• 5 oz. chicken breast</li> <li>• 1 cup roasted butternut squash</li> <li>• 1 cup cucumber salad with 1/2 tbsp. EVOO</li> </ul>	<ul style="list-style-type: none"> <li>• 5 oz. grilled shrimp</li> <li>• 4 oz. sweet potato</li> <li>• 3/4 cup green beans with 1/2 tbsp. EVOO</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>• 1 hard boiled egg</li> <li>• 1 cup carrot sticks</li> <li>• 2 tbsp. hummus</li> </ul>	<ul style="list-style-type: none"> <li>• 1 greens snack shake with 2 tbsp. peanut butter powder</li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• 5 oz. ground turkey</li> <li>• 1 cup cauliflower rice</li> <li>• 1 cup steamed zucchini with 1 tbsp. avocado oil</li> </ul>	<ul style="list-style-type: none"> <li>• 5 oz. grilled chicken breast over 2 cups mixed greens plus additional veggies as desired, 1 tbsp. hemp seeds, 2 tbsp. vinegar</li> </ul>
<b>BEDTIME SNACK (OPTIONAL)</b>	<ul style="list-style-type: none"> <li>• 1/2 serving protein powder mixed with water and served cold to make protein pudding</li> </ul>	<ul style="list-style-type: none"> <li>• 8 oz. Greek yogurt</li> </ul>

# BUILD YOUR OWN MEAL

	MEAL PLAN #3	MEAL PLAN #4	MEAL PLAN #5
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Omelet with 4 egg whites and 1 cup veggies</li> <li>• 1 cup cubed &amp; roasted sweet potato</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast parfait: 6 oz. Greek yogurt, 1/3 cup dry oats, 1 cup berries</li> </ul>	<ul style="list-style-type: none"> <li>• 3 protein pancakes</li> <li>• 1 cup berries</li> <li>• 1 tbsp. nut butter</li> </ul>
<b>MID-MORNING SNACK</b>	<ul style="list-style-type: none"> <li>• 2-3 oz. tuna</li> <li>• 1/2 serving of whole grain crackers</li> <li>• Raw veggies if desired</li> </ul>	<ul style="list-style-type: none"> <li>• 1 oz. low-fat cheese stick</li> <li>• 2 small tangerines</li> </ul>	<ul style="list-style-type: none"> <li>• 8 oz. Greek yogurt</li> <li>• Handful of blueberries</li> <li>• 2 tbsp. hemp seeds</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• 4 oz. ground turkey</li> <li>• 2 oz. whole grain or bean pasta with 1/2 cup tomato sauce</li> <li>• 1 cup kale or spinach with 1/2 tbsp. EVOO</li> </ul>	<ul style="list-style-type: none"> <li>• Burrito Bowl: 5 oz. lean ground beef, 1/2 cup black beans, lettuce, tomatoes, 1/3 Hass avocado</li> </ul>	<ul style="list-style-type: none"> <li>• 5 oz. chicken breast</li> <li>• 1/3 cup brown rice</li> <li>• 1 cup green beans with 1 tbsp. slivered almonds</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>• 1 small apple</li> <li>• 1 oz. almonds</li> </ul>	<ul style="list-style-type: none"> <li>• Smoothie with 1/2 serving protein powder and 1 tbsp. almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• 1 egg</li> <li>• 1 rice cake with 2 tbsp. guacamole</li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• 5 oz. salmon</li> <li>• 1 cup steamed green beans</li> <li>• 1 large sliced tomato with balsamic vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• 5 oz. white fish</li> <li>• 1 grilled bell pepper</li> <li>• 1 cup side salad with 1 tbsp. hummus and 1 tbsp. vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• 5 oz. lean ground beef over 1.5 cups zucchini noodles and 1/4 cup tomato sauce</li> <li>• 1/3 Hass avocado</li> </ul>
<b>BEDTIME SNACK (OPTIONAL)</b>	<ul style="list-style-type: none"> <li>• 1 rice cake with 1 tbsp. nut butter</li> </ul>	<ul style="list-style-type: none"> <li>• 1 oz. almonds</li> </ul>	<ul style="list-style-type: none"> <li>• 8 oz. Greek yogurt</li> </ul>

# BUILD YOUR OWN MEAL

## WEEKS 7–10: THE INCINERATE PHASE

The third and final phase of your meal plan involves carbohydrate cycling, which is a diet method used to help shed extra weight and blast fat by confusing the body to rely on other sources of fuel—particularly fuel that is already shored in the muscles.

You will be rotating through a High Carb day, Medium Carb day, and Low Carb day for four weeks. Carb cycling should not be done for more than three to four weeks at a time to prevent nutrient deficiencies and low energy intake. As with the previous phases, use the grocery list to build the foods needed to create your meals. The carb cycling meal guide below shows three sample days:

	HIGH CARB	MEDIUM CARB	LOW CARB
<b>BREAKFAST</b>	<ul style="list-style-type: none"><li>• 1 protein portion</li><li>• 1 complex carb</li><li>• 1 fruit</li></ul>	<ul style="list-style-type: none"><li>• 1 protein portion</li><li>• 1 complex carb</li><li>• 1 fruit</li></ul>	<ul style="list-style-type: none"><li>• 1 protein portion</li><li>• 1 complex carb</li><li>• 1 fruit</li></ul>
<b>MID-MORNING SNACK</b>	<ul style="list-style-type: none"><li>• 1/2 protein portion</li><li>• 1 fruit or 1 complex carb portion</li></ul>	<ul style="list-style-type: none"><li>• 1/2 protein portion</li><li>• 1 vegetable (optional)</li><li>• 1/2 fat portion</li></ul>	<ul style="list-style-type: none"><li>• 1/2 protein portion</li><li>• 1 fruit or 1 complex carb portion</li><li>• 1 vegetable (optional)</li></ul>
<b>LUNCH</b>	<ul style="list-style-type: none"><li>• 1 protein portion</li><li>• 1 complex carb</li><li>• 1 vegetable</li><li>• 1/2 fat portion</li></ul>	<ul style="list-style-type: none"><li>• 1 protein portion</li><li>• 1 complex carb</li><li>• 1 vegetable</li><li>• 1/2 fat portion</li></ul>	<ul style="list-style-type: none"><li>• 1.25 protein portions</li><li>• 2 vegetables</li><li>• 1 fat portion</li></ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"><li>• 1/2 protein portion</li><li>• 1 small fruit</li></ul>	<ul style="list-style-type: none"><li>• 1/2 protein portion</li><li>• 1 vegetable</li></ul>	<ul style="list-style-type: none"><li>• 1/2 protein portion</li><li>• 1 vegetable (optional)</li><li>• 1/2 fat portion</li></ul>
<b>DINNER</b>	<ul style="list-style-type: none"><li>• 1 protein portion</li><li>• 1 complex carb or starchy vegetable</li><li>• 1 vegetable</li></ul>	<ul style="list-style-type: none"><li>• 1.5 protein portions</li><li>• 1 vegetable</li><li>• 1/2 fat portion</li></ul>	<ul style="list-style-type: none"><li>• 1.5 protein portions</li><li>• 2 vegetables</li><li>• 1 fat portion</li></ul>
<b>BEDTIME SNACK (OPTIONAL)</b>	<ul style="list-style-type: none"><li>• 1/2 protein portion</li><li>• 1/2 fat portion (optional)</li></ul>	<ul style="list-style-type: none"><li>• 1/2 protein portion</li><li>• 1/2 fat portion</li></ul>	<ul style="list-style-type: none"><li>• 1 protein portion</li></ul>

# BUILD YOUR OWN MEAL

	HIGH CARB	MEDIUM CARB	LOW CARB
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• 1/3 cup oatmeal with 1 serving protein powder</li> <li>• 1 small banana</li> </ul>	<ul style="list-style-type: none"> <li>• 1 slice whole grain toast</li> <li>• 2 scrambled eggs with veggies</li> <li>• 1 cup strawberries</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup roasted sweet potato</li> <li>• 4 scrambled egg whites with veggies</li> <li>• 2 tbsp. guacamole</li> </ul>
<b>MID-MORNING SNACK</b>	<ul style="list-style-type: none"> <li>• 1 serving whole grain crackers</li> <li>• 1 hard boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• 2 egg whites</li> <li>• 2 tbsp. hummus</li> <li>• 1 cup celery sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Smoothie with 1 scoop protein powder, 1 cup berries, 1 cup spinach</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• 4 oz. tuna</li> <li>• 1 cup green beans with 1/2 tbsp. EVOO</li> <li>• 1/2 cup quinoa</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz. grilled chicken</li> <li>• 2 cups sautéed spinach with 1/2 tbsp. EVOO</li> <li>• 1/3 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• 5 oz. ground turkey</li> <li>• 2 cups leafy greens with added veggies as desired</li> <li>• 1 tbsp. guacamole</li> <li>• 2 tbsp. balsamic vinegar</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>• 1 small apple</li> <li>• 1 tbsp. almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• 8 oz. Greek yogurt</li> <li>• 1 cup raw carrots</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. tuna salad with Greek yogurt and veggies</li> <li>• 2 tbsp. hummus</li> <li>• 1 cup raw bell peppers</li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• 4 oz. white fish</li> <li>• 1/2 cup wild rice</li> <li>• 1 cup steamed broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• 6 oz. grilled turkey burger</li> <li>• 1 cup sautéed zucchini/squash</li> <li>• 1/3 Hass avocado</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz. grilled flank steak</li> <li>• 1 cup stir fry vegetables with 1 tbsp. avocado oil</li> <li>• 1 cup cauliflower rice</li> </ul>
<b>BEDTIME SNACK (OPTIONAL)</b>	<ul style="list-style-type: none"> <li>• 1/2 serving protein powder mixed with 1 tbsp. peanut butter powder in water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 scoop protein powder pudding with 1 tbsp. hemp seeds</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving protein shake</li> </ul>

# GROCERY GUIDE

## COMPLEX CARBOHYDRATES

- Overnight oats, Oatmeal, Steel cut oats 1/3 cup (dry)
- Puffed quinoa 1/2 cup (dry)
- Ezekiel and/or whole grain bread (or wrap) 2 slices for meal, 1 slice for snack
- Wild rice, brown rice, quinoa, faro, barley 1/3 cup
- Jicama 1 cup
- Cassava 3 oz.
- Sweet, purple, Japanese potatoes 4 oz.
- Black beans, red beans, lentils, black eyed peas, chickpeas 1/2 cup
- Pasta (whole grain, quinoa, gluten-free) 1/2 cup
- Corn 2/3 cup
- Peas 2/3 cup
- Lima beans 2/3 cup
- Popcorn (low salted, no butter) 3 tbsp. unpopped

## HEALTHY FATS

- Coconut oil (unrefined, virgin preferred) 1-2 tsp. (can be added to breakfast complex carb or used for cooking)
- Extra virgin olive and/or macadamia nut oil 2 tsp. (use for salads or light cooking)  
1 tbsp.
- Nut/seed butter: peanut, almond, cashew, sunflower (fat w/protein)
- Nuts: almonds, walnuts, cashews, tiger nuts, pistachios 1 oz.
- Avocado 1/3 Hass avocado or 2 oz. Florida avocado
- Chia seeds and/or seeds 1 tbsp.  
2 tbsp.
- Hummus (fat w/protein)

## PROTEINS

- Protein powder (aim for  $\geq 25g$  per serving) Varies per brand
- Eggs and/or liquid egg whites 4 egg whites (+1 yolk if desired) and/or 1/2 cup liquid egg whites
- Turkey bacon (low sodium, all natural preferred) 2 oz. = 1-2 slices depending on cut
- Turkey sausage links (low sodium, all natural preferred) 2 oz. = 1-2 links depending on size
- Lean turkey (90%, ground or whole breast) 4 oz.
- Chicken breasts (skinless) 4 oz.
- Lean ground chicken (90%) 4 oz.
- Deli turkey and/or chicken (low sodium, all natural preferred) 1 slice = 1 oz., recommend 4 slices for sandwich/meal & 2 slices for snacks
- Lean ground beef (90%) 4 oz.
- Flank steak (lean) 4 oz.
- Canned tuna (in water, low sodium preferable) 4 oz.
- Salmon and/or other fish 4 oz.
- Scallops, shrimp, or other seafood 4 oz.

## SOUPS

- Minestrone soup 6 oz.
- Chicken noodle soup 6 oz.
- Vegetable or vegetable and rice soup 6 oz.
- Tomato soup (non-cream based) 6 oz.
- Miso soup 6 oz.
- Beef and barley 6 oz.



# GROCERY GUIDE

## FRUIT

- |  |                   |
|--|-------------------|
| <input type="radio"/> Grapefruit (large) | 1/2 grapefruit    |
| <input type="radio"/> Berries            | 1 cup             |
| <input type="radio"/> Banana (small)     | 1 whole           |
| <input type="radio"/> Apple (small)      | 1 whole           |
| <input type="radio"/> Cantaloupe         | 1 cup cubed       |
| <input type="radio"/> Honeydew           | 1 cup cubed       |
| <input type="radio"/> Grapes             | 1/2 cup           |
| <input type="radio"/> Orange (medium)    | 1 whole           |
| <input type="radio"/> Tangerine          | 1-2 whole         |
|  | depending on size |
| <input type="radio"/> Peach (medium)     | 1 whole           |
| <input type="radio"/> Nectarine (medium) | 1 whole           |
| <input type="radio"/> Plum               | 1 whole           |
| <input type="radio"/> Pear               | 1 whole           |
| <input type="radio"/> Pomegranate        | 1 whole           |
| <input type="radio"/> Star fruit         | 1 whole           |
| <input type="radio"/> Watermelon         | 1 cup cubed       |

## CONDIMENTS & SPICES

- |  |  |
|--|--|
| <input type="radio"/> Stevia           | <input type="radio"/> Tomato sauce       |
| <input type="radio"/> Splenda          | (low sodium, no                          |
| <input type="radio"/> Monk fruit       | sugar added)                             |
| <input type="radio"/> Cinnamon         | <input type="radio"/> Salt (avoid excess |
| <input type="radio"/> Nutmeg           | – use only to flavor                     |
| <input type="radio"/> No added sugar   | food)                                    |
| vanilla extract                        | <input type="radio"/> Salt-free          |
| <input type="radio"/> Balsamic vinegar | seasonings                               |
| <input type="radio"/> Apple cider      | <input type="radio"/> Pepper             |
| vinegar                                | <input type="radio"/> Garlic powder      |
| <input type="radio"/> Red wine vinegar | <input type="radio"/> Tabasco sauce      |
| <input type="radio"/> Mustard          | <input type="radio"/> Fresh/dried herbs  |
| <input type="radio"/> Salsa            |  |

## VEGETABLES

- |   |                   |
|---|-------------------|
| <input type="radio"/> Mixed and/or salad greens                               | 2 cups            |
| <input type="radio"/> Kale  | 1 cup             |
| <input type="radio"/> Spinach   | 1 cup             |
| <input type="radio"/> Bok choy  | 1 cup             |
| <input type="radio"/> Romaine lettuce (or any other large leafed lettuce)     | 2 cups            |
| <input type="radio"/> Celery  | 1 cup             |
| <input type="radio"/> Asparagus   | 8-12 spears       |
|   | depending on size |
| <input type="radio"/> Eggplant  | 3/4 cup           |
| <input type="radio"/> Butternut squash/ spaghetti squash/acorn squash/pumpkin | 3/4 cup           |
| <input type="radio"/> Broccoli  | 1 cup             |
| <input type="radio"/> Cauliflower   | 1 cup             |
| <input type="radio"/> Green beans   | 1/2 cup           |
| <input type="radio"/> Carrots   | 1/2 cup           |
| <input type="radio"/> Onion   | 1 cup             |
| <input type="radio"/> Bell peppers  | 1 cup             |
| <input type="radio"/> Cucumbers   | 1 cup             |
| <input type="radio"/> Beets   | 1 cup             |
| <input type="radio"/> Tomatoes  | 1 cup             |
| <input type="radio"/> Mushrooms   | 1 cup             |
| <input type="radio"/> Brussel sprouts   | 1 cup             |

## BEVERAGES

- |  |
|--|
| <input type="radio"/> Water  |
| <input type="radio"/> Greens supplement  |
| <input type="radio"/> Unsweetened coconut water  |
| <input type="radio"/> Unsweetened almond/cashew milk or skim milk (to add to hot cereals or protein smoothies) |

NOTES: \_\_\_\_\_

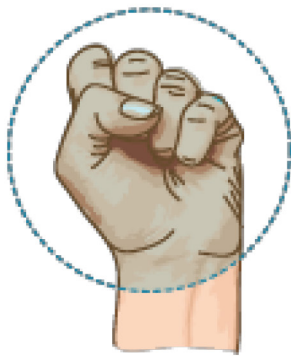
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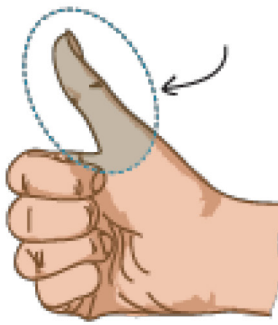
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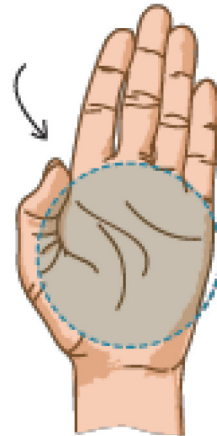
# HANDY PORTION GUIDE



1 CUP



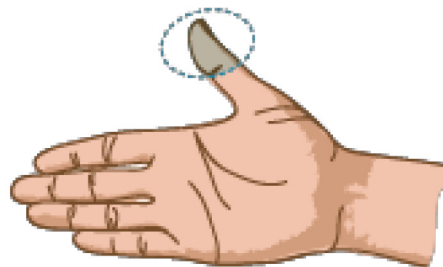
1 OZ. OF MEAT  
OR CHEESE



3 OZ. OF MEAT



1 TEASPOON



1 TABLESPOON

# SUPPLEMENT GUIDE

## MULTI-VITAMIN

A daily multivitamin is necessary to fill the vitamin, mineral, and antioxidant gaps that we do not get from our daily nutrition.

Daily dose varies by brand. Recommend a multivitamin that provides a substantial dose of vitamins A, B, C, and E as well as a variety of minerals. 1-3 caplets may be necessary.

## PROBIOTIC

Probiotics support and maintain healthy intestinal microflora and intestinal function.

Take 1 probiotic daily to help support good digestion.

## OMEGAS (FISH OIL)

A fish oil supplement is essential in helping to support normal blood flow, cardiovascular health, and healthy metabolism. It also serves as a good anti-inflammatory.

Recommend at least 2,000mg of long-chain omega 3 fatty acids daily.

## BRANCHED CHAIN AMINO ACIDS (BCAA'S)

BCAA's help preserve and build muscle mass during exercise and weight management. They also help support muscle repair and recovery.

*BCAA's may be taken several times per day. It's recommended to take 2 doses daily; 4 capsules one hour before a meal, workout, or bedtime.*

# SUPPLEMENT GUIDE

## ENERGY, MENTAL FOCUS, APPETITE CONTROL BEVERAGES

Recommended to drink upon waking as a coffee replacer, and early afternoon as needed.

May be consumed at any time of the day, or as part of a pre workout regimen. CONSULT with your coach to find the best fit for you.

## PROTEIN SHAKE

Recommended protein powder that provides >20g protein per serving and is low in carbohydrates.

Protein shakes are a great addition after a workout or to any snack, particularly bedtime snack.

## HYDRATING SUPPLEMENT

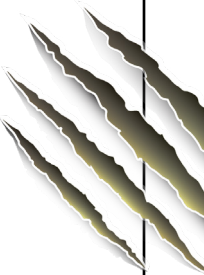
Replenishing electrolytes during and/or after an intensive workout is important for fluid balance and recovery. Also aids in prevention of cramps during exercise.

Drink a hydrating supplement during or after your workout.

## PRE WORKOUT

Consuming a blend of targeted amino acids, BCAA's, vitamins, minerals, enzymes and nutrients prior to exercise will help maximize your physical conditioning and mental focus.

Recommended 30 minutes prior to beginning your workout. May consume 1-2 times per day.



# SUPPLEMENT GUIDE

## POST WORKOUT

Post workout supplements are important for muscle growth and repair. It provides relief from symptoms of inflammation, soreness, and fatigue after intense physical activity, so you can recover faster from your workouts and give your body the essential nutrients it needs.

Recommended within 45 minutes after completing your workout. May consume 1-2 times daily.

## COLLAGEN

Collagen is the most abundant protein in the body; it is the major component of tendons, ligaments, skin, muscles, and bones. As we age, we produce less collagen and begin to notice the effects such as joint pain, fine lines, osteoporosis, brittle nails, and other signs of aging.

Studies have linked supplementing with high quality collagen products to trigger the body's natural production of collagen.

Consumer 1-2x daily.

## SLEEP ASSIST

Sleep plays a vital role in good health and wellbeing throughout your life. It's important to aim for 8 hours of quality sleep each day.

Supplements containing Melatonin (not exceeding 2.0 mg) can help you fall asleep quickly, stay asleep, and get deep, restorative sleep with increased REM sleep allowing you to wake up refreshed and restored.

One dose 30 minutes before bed as needed.

# 2022 FEARLESS TEAM & TRAINING

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THANK YOU!

*You can contact us at:*

info@fullyfitandfearless.com  
www.fullyfitandfearless.com