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4- WEEK FITNESS GUIDE

WEEK 1 & 2

Monday

25 Jumping Jacks
20 Prisoner Squats
10 Pushups
15 -Kneeling Overhead Press
15- Kneeling Bicep Curls
20-30 Sec -Forearm Plank

Tuesday (optional)

10 Hand Walkouts
20 -Seconds Jog in Place
20 Step Ups (10/each leg)
20 Mountain Climbers (10/knee)
20 Bird Dogs (10/side)
15-Minute Walk or Bike

Wednesday

10 Weighted Step-Ups
20-Second Wall Sit
30-Second Hip Bridge
20-Second Side Plank (each side)
20-Second Extended Arm Plank
15-Minute Walk

Thursday

20-Minute Walk

Friday

10 Hand Walkouts
20 -Seconds Jog in Place
20 Dumbbell Step Ups (10/each leg)
20 Mountain Climbers (10/knee)
15 Bent Over Dumbbell Rows
20-Minute Incline Walk or Light Jog

Saturday (optional)

10 Hand Walkouts
12 Burpees
20 Prisoner Squats
12 Pushups
25-Second Forearm Plank
20-Minute Walk or Bike

Sunday (optional)

25-30 Minute Walk

Instructions:

For each day, perform the exercises listed at least 1X through (2-3 if you are able to). When you are done, do the cardio or stretching.

Trainer Tips:

Squats- sit back into your hips, weight in your heels & chest lifted

Planks- line up your shoulders directly over your elbows

Burpees- engage your core throughout

Modifications- pushups/ planks come to your knees

Effort Level- aim for a level 4-5 to begin

0-3= easy (sitting on the couch)

4-6= moderate (brisk walking, hiking, biking, dancing)

7-10= challenging (running, heart rate high, not able to talk)

4- WEEK FITNESS GUIDE WEEKS 3 & 4

Monday

25 Jumping Jacks
15 Dumbbell Squats
10 Pushups
20 -Second Forearm Plank
20 -Minute Walk/Jog Intervals

Tuesday

10 Hand Walkouts
20 -Seconds Jog in Place
20 Dumbbell Step Ups (10/each leg)
20 Mountain Climbers (10/knee)
15 Bent Over Dumbbell Rows
20-Minute Incline Walk or Light Jog

Wednesday

10 Burpees
12-Dumbbell Squat Presses (thrusters)
30-60 Second Forearm Plank
30-Second Side Plank (each side)
15-Bicep Curls
20-Minute Walk

Thursday

30-Minute Walk/Jog Intervals
(2 Mins Walk/1 Min Jog X10)

Friday

15 Burpees
20 Walking Lunges with Dumbbells
20 Mountain Climbers
15 Triceps Kickbacks
30-Second Plank Walk Ups (forearm to extended arm)
20-Minute Brisk Walk

Saturday

10 Hand Walkouts with Knee to Elbow
15 Wide Goblet Squats
10 Jump Squats
15 Dumbbell Bench Press (bridge position)
30-Second Supermans
15-Minutes of Stretching or Yoga

Sunday

Optional -30 Minutes of Walk/Jog Intervals or cardio movement of your choice (dancing, Zumba, biking, hiking,rowing)

Instructions:

For each day, perform the exercises listed at least 1X through (2-3 if you are able to). When you are done, do the cardio or stretching.

Trainer Tips:

Squats- sit back into your hips, weight in your heels & chest lifted

Planks- line up your shoulders directly over your elbows

Burpees- engage your core throughout

Modifications- pushups/ planks come to your knees

Effort Level- aim for a level 4-5 to begin

0-3= easy (sitting on the couch)

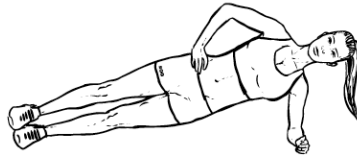
4-6= moderate (brisk walking, hiking, biking, dancing)

7-10= challenging (running, heart rate high, not able to talk)

Plank



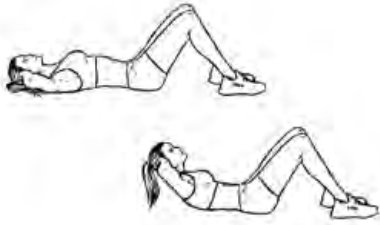
Side Plank



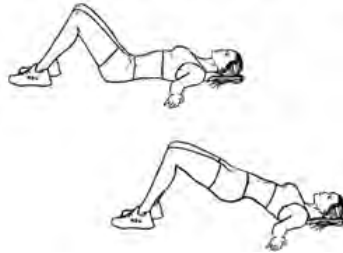
Superman / Extended Arms & Legs Lift



Crunches



Hip Raise / Butt Lift / Bridge



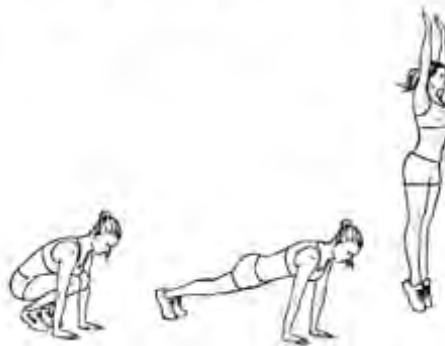
Mountain Climbers / Alternating Knee-ins



Inchworm / Walk Out



Burpees / Squat Thrust



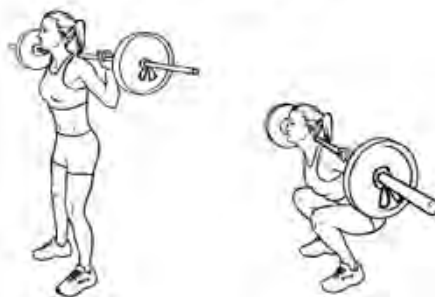
Dumbbell Deadlift



Jumping Jacks / Star Jumps



Barbell Squat



Goblet Squat



Bodyweight Squat



Push-up



Bird Dogs / Alternating Reach & Kickback



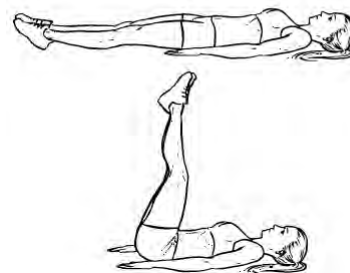
Bodyweight Walking Lunge



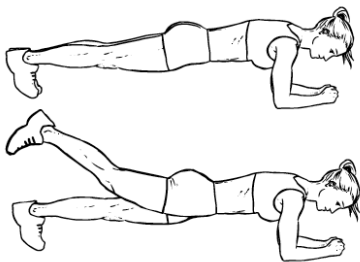
Jump Squat



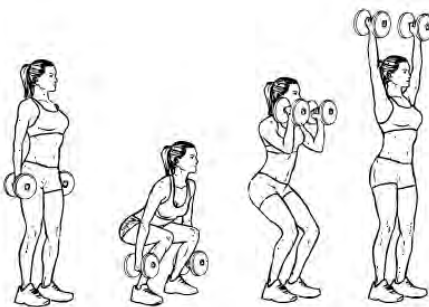
Lying Leg Raise / Lift



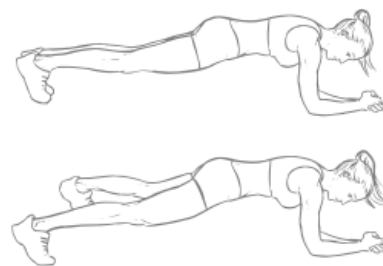
Plank Leg Lift



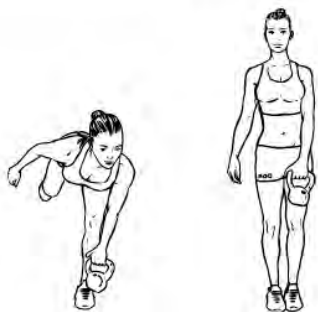
Dumbbell Squat Clean & Press



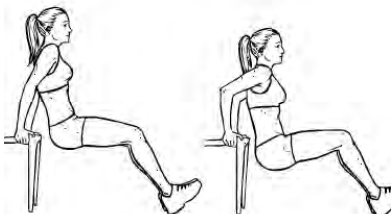
Plank Jacks



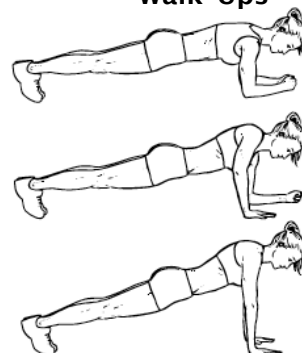
Kettlebell One-Legged Deadlift



Chair Tricep Dips



Forearm Plank to Ext Plank Walk-Ups



Inverted Rows/Bodyweight Pullups



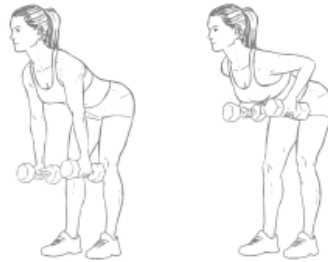
Wide-Grip Lat Pulldown



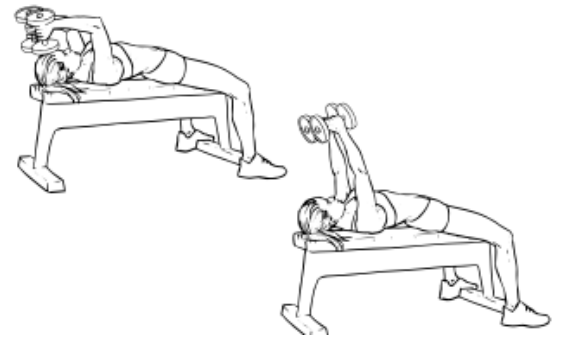
Renegade Rows



Bent Over Two Arm Dumbbell Row



Triceps Dumbbell Extension



Tricep Dumbbell Kickback



Stationary Lunge



Standing Dumbbell Curl



Wall Sit



Dumbbell Chest Fly



Dumbbell Bench Press

