



MOVE IT TO LOSE IT 8 WEEK PROGRAM

by MaryEllen Giombetti

www.empoweredbymeg.com



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8-WEEK Beginner FITNESS GUIDE

WEEK 1 & 2

Monday

25 Jumping Jacks
15 Prisoner Squats
10 Pushups
20 -Second Forearm Plank
15 -Minute Walk or Bike

Tuesday

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 Burpees
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

30 Jumping Jacks
20 Walking Lunges
20 Mountain Climbers
15 Triceps Dips
25-Second Forearm Plank
20-Minute Walk

Saturday

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

Sunday

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)

8-WEEK *Intermediate/Advanced* FITNESS GUIDE WEEK 1 & 2

Monday

15 Pushups
15 Bent Over Dumbbell or Bodyweight Row
15 Dumbbell Squats with Press
20 Walking Lunges (10/leg)
30-Second Forearm Plank
20 -Minute Walk or Bike

Tuesday

15 Bicep Curls
15 Reverse Crunch/Hip Ups
15 Tricep Extension Bridge Pose
30-Second Side Plank (L/R)
1-Minute Wall Sit
7-10 Minutes of Jump Rope

Wednesday

30-Minute Walk/Jog Intervals

Thursday

Rest Day

Friday

15 Pushups
15 Dumbbell or Bodyweight Row
15 Dumbbell Squats with Press
20 Walking Lunges (10/leg)
30-Second Forearm Plank
20 -Minute Walk or Bike

Saturday

15 Bicep Curls
15 Reverse Crunch/Hip Ups
15 Tricep Extension Bridge Pose
30-Second Side Plank (L/R)
1-Minute Wall Sit
7-10 Minutes of Jump Rope

Sunday

Rest Day or *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)

8- WEEK All Levels

FITNESS GUIDE

WEEKS 3-5

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

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)

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)

8-WEEK All Levels FITNESS GUIDE WEEKS 6-8

Monday

15 Burpees
12 Barbell or Dumbbell Squats
12 Dumbbell Deadlifts
8 Renegade Rows
15 Mountain Climbers
20 Crunches or 10 Reverse Hip Ups
12 Lat Pulldowns Or Pullups
12 Bicep Curls

Tuesday

Cardio- HIIT (High Intensity Interval Training)
Repeat the following 7-10X
1 minute jump rope + 15 seconds rest
1 minute burpees + 15 second rest

Wednesday

10 Hanging leg raises or leg lifts
15 Supermans
30-Second Side Plank (L/R)
1-Minute Hand Walkouts
1-Minute Forearm Plank
15-minute stretching + 15 minute walk

Thursday

Optional 30-Minute Steady State Cardio

Friday

15 Squat with Overhead Press
12 Dumbbell Rows
12 Stationary Lunge w/ Bicep Curls
15 Dumbbell Chest Fly
10 Pushups
1-Minute Wall Sit
10 Jump Squats

Saturday

10 Hand Walkouts with Knee to Elbow
20 Wide Goblet Squats
1-Minute Extended Arm Plank
30-Second Side Plank (L/R)
15-Plank Jacks
10-Single Leg Reaching Deadlift
Finish with 7 "Sprints"

Sunday

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

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

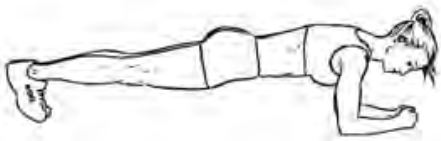
Effort Level- aim for a level 4-5 to begin

0-3= easy (sitting on the couch)

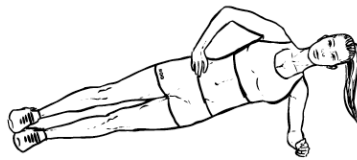
4-6= moderate (brisk walking, hiking, biking, dancing)

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

Plank



Side Plank



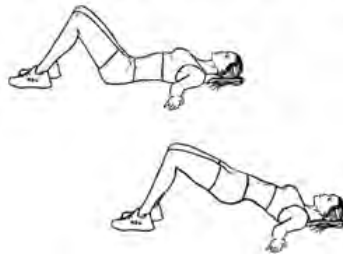
Superman / Extended Arms & Legs Lift



Crunches



Hip Raise / Butt Lift / Bridge



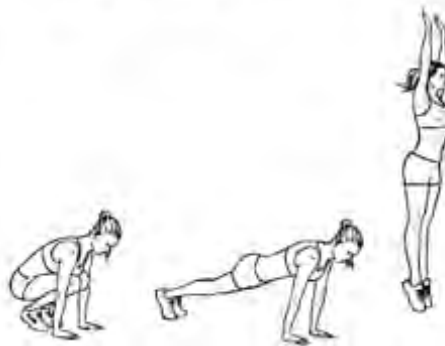
Mountain Climbers / Alternating Knee-ins



Inchworm / Walk Out



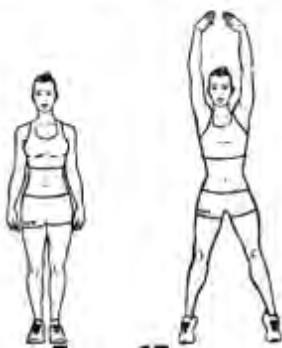
Burpees / Squat Thrust



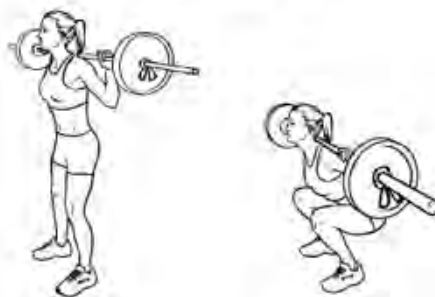
Dumbbell Deadlift



Jumping Jacks / Star Jumps



Barbell Squat



Goblet Squat



Bodyweight Squat



Push-up



Bird Dogs / Alternating Reach & Kickback



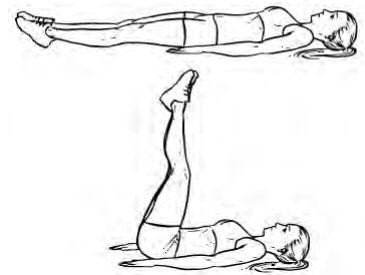
Bodyweight Walking Lunge



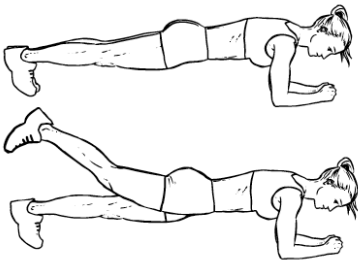
Jump Squat



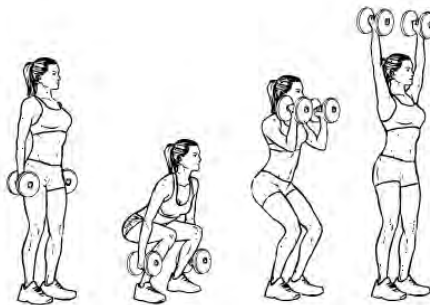
Lying Leg Raise / Lift



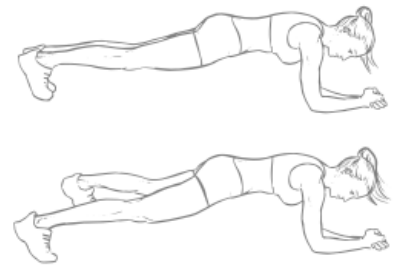
Plank Leg Lift



Dumbbell Squat Clean & Press



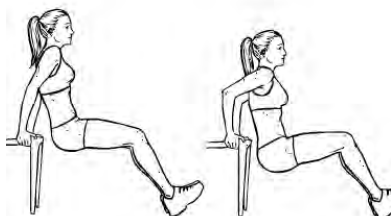
Plank Jacks



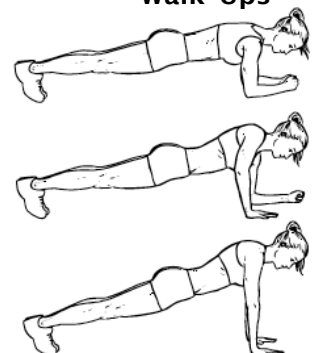
Kettlebell One-Legged Deadlift



Chair Tricep Dips



Forearm Plank to Ext Plank Walk-Ups



Inverted Rows/Bodyweight Pullups



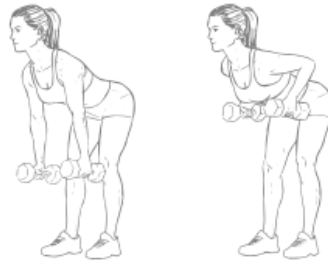
Wide-Grip Lat Pulldown



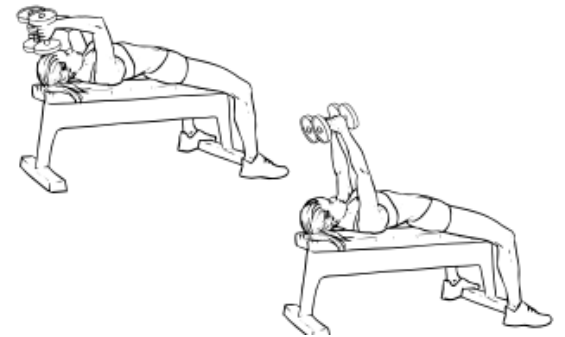
Renegade Rows



Bent Over Two Arm Dumbbell Row



Triceps Dumbbell Extension (lay on floor in Bridge pose if you don't have a bench)



Tricep Dumbbell Kickback



Stationary Lunge



Standing Dumbbell Curl



Wall Sit



Dumbbell Chest Fly



Dumbbell Bench Press

