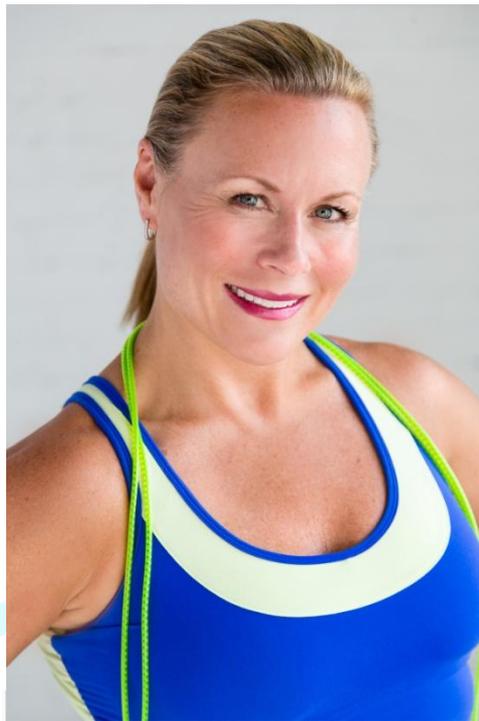




5 Week *Sexy Slindown* Fitness Program



DISCLAIMER: This program should not be viewed as a replacement for advice from your Physician. You are encouraged to consult with your healthcare provider before you embark on any fitness program. If you have specific injuries or issues please have your Physiotherapist or Physician remove or add exercises that would best benefit you at this time.

This program was created to help you feel fitter, sexier and more confident! I put a lot of time into creating this so I would appreciate if you please do not share ...this is my livelihood 😊

Program Details:

COMMITMENT: only 30 minutes a Day, 5 days a week

EQUIPMENT REQUIRED: 2-3 sets of dumbbells ranging between 5-15lbs, skipping rope (optional), mat

RECOMMENDATIONS: it is my experience that you will achieve greater success if you follow the recommendations below.

Before you begin on this 5 week journey:

- Take your:

Waist measurement ____ cm

Hip measurement ____ cm

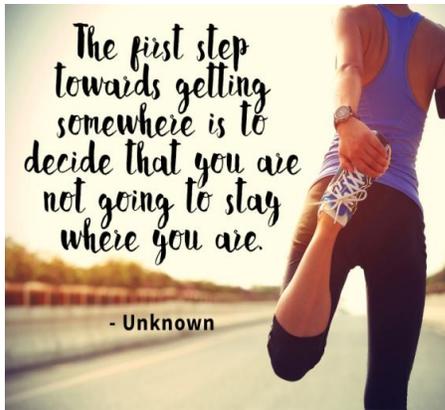
Bust measurement ____ cm

Current weight ____ lbs

Resource: [http://www.wikihow.com/Take-Measurements-\(For-Women\)](http://www.wikihow.com/Take-Measurements-(For-Women))

- Eat a diet high in protein and veggies
- Drink 8-10 glasses of water daily
- Have a tablespoon of coconut oil a day (in coffee or alone)
- Do not eat any processed foods (nothing packaged)
- Limit alcohol consumption to no more than 2 servings per week
- Use my 7 Day Clean eating meal plan www.blueskyfitness.ca/7-day-clean-eating-meal-plan in conjunction with this program.
- Never skip breakfast
- Stretch after each workout when your muscles are warm (see stretches on pages 8 & 9)





YOUR DAILY WORKOUTS

The key always is to **listen to your body**. Work at a pace that feels comfortable for you... and work up from there. Always challenge yourself *in a smart and safe way!* Put your workouts in your calendar and never miss!! **Goal is to alternate between the two listed options so you are not doing the same workout on back to back days.** Most of the exercises are demonstrated here on my youtube channel:

<https://www.youtube.com/channel/UCNpDQLNifcmPing3I4qXFMg>

Week 1:

FORMAT: Execute each movement for 1 minute with no rest (or limited to start depending on current fitness level) in between the 10 moves. Once 10 moves are completed take 1 minute rest. Go through 3 times for a total of 30 minutes. Stretch following workout hold for 20-30 seconds.

OPTION #1:

1. SQUAT TO LUNGE
2. JOG OR POWER MARCH
3. BICEP CURL TO PRESS
4. JOG OR POWER MARCH
5. DEADLIFT TO BICEP CURL
6. JOG OR POWER MARCH
7. SIDE RAISE TO FRONT RAISE
8. JOG OR POWER MARCH
9. PLANK (FROM KNEES OR TOES)
10. JOG OR POWER MARCH

OPTION #2:

1. SIDE LUNGES (HOLD DUMBELL)
2. WALK DOWN TO PLANK (INCHWORM) AND BACK UP
3. V-SIT HOLD
4. MOUNTAIN CLIMBERS
5. REVERSE LUNGE WITH TRICEP KICKBACK
6. SIDE SHUFFLES
7. 30 SEC.REVERSE FLYES, 30 SEC.OVERHEAD TRICEP EXTENSIONS
8. SIDE TO SIDE TOUCHDOWNS
9. SQUAT TO PRESS
10. GLUTE BRIDGING WITH CHEST PRESS

Week 2:

OPTION #1:

CARDIO –AB INTERVAL : Use an app where you can enter 30 second times and it will signal when you switch ☺

FORMAT: 3 MINUTES OF CARDIO FOLLOWED BY 3 MINUTES OF ABS MOVING FROM 1 SEQUENCE TO THE NEXT!

SEQUENCE #	CARDIO (PERFORM EACH 30 SEC X2)	ABS (1 MIN./EXERCISE)
1	JOG STEP TOUCH HIGH KICKS	BICYCLE ABS PLANK JACKS PULSE UP 3 DOWN 1
2	SKIPPING BURPEES STRIDE RUN	V-SIT RUN Windshield wipers SIDE V OBLIQUE LIFTS
3	MOUNTAIN CLIMBERS PLYO JUMP SQUATS ALT TOUCH DOWNS	STAR SITUPS V-SIT WITH ROTATION SCISSORS (LEAN ON FOREARMS)
4	JUMPING JACKS HIGH KNEES SHUFFLE JUMP UPS	PLANK HIP EXTENSIONS REVERSE HIP LIFTS SPRINTER SIT UP (ALT ARM TO KNEE)
5	SUICIDE RUNS SKATERS ALT. KNEES UP	BOND SIT UPS 5 PULSE CRUNCHES THEN LOWER RESISTED SIT UPS (ONE LEG CROSSED OVER OTHER LEG)

OPTION #2:

SEQUENCE #	CARDIO (PERFORM EACH 30 SEC X2)	ABS (1 MIN./EXERCISE)
1	JOG ARMS CHEST CROSS Dble jump right - Dble jump left 30 sec *REPEAT ABOVE	PLANK HOLD 30 SEC CRUNCH TOUCH KNEES 30SEC -leg lower, knee tuck to leg lift *REPEAT ABOVE
2	STRIDE RUNS OR SINGLE LEG LUNGBACKS SKIPPING ROPE OR POWER MARCH MOUNTAIN CLIMBERS	LEG CROSS HIP LIFT 30 SEC OTHER LEG CROSS 30 SEC LEG CYCLE 30 SEC *REPEAT ABOVE
3	WIDE LEG JOG 30 SEC HIGH KNEES 30 SEC SIDE STEPS/SKATERS	100'S –HEAD UP LEGS UP PULSE ARMS 30 SEC OBLIQUE CRUNCH RIGHT KNEE BENT LONG LEG REACH TO FOOT 30 SEC LEFT KNEE BENT REPEAT
4	DOUBLE STEP LEG ABDUCTS 30SEC FAST FEET OUT AND IN	V-SIT MED BALL ROTATE 30 SEC FAST ROTATE 30 SEC MED BALL CRUNCH
5	JUMPING JACKS JOG SKATERS	SIDE V-CRUNCH RIGHT 30 SEC (FROM ELBOW) –OTHER SIDE SLOW TUCKS UP ON HANDS LEAN BACK

Week 3:

FORMAT: PERFORM 10 REPS OF MUSCLE WORK FOLLOWED BY 5 BURPEES (STEP OUT OR JUMP OUT TO PLANK)

OPTION #1:

SUPERSET #1

1. BICEP CURLS
2. SQUAT PULSE 3 side leg lift
3. DEADLIFT TO PRESS

5 BURPEES

SUPERSET #2

1. PUSH UPS
2. DIRECTIONAL LUNGES
3. V-SIT ROTATIONS

5 BURPEES

SUPERSET #3

1. REVERSE FLYES
2. SIDE LUNGE HAMMER CURL
3. TRICEP OVERHEAD EXTENSIONS

5 BURPEES

SUPERSET #4

1. SIDE RAISES
2. CURTSY SQUATS
3. SIDE PLANK

5 BURPEES

OPTION #2:

WALK/JOG INTERVALS: Start with 4 minutes walking and 1 minute jog...gradually reduce walk time=30 minutes

Week 4:

FORMAT:

3-2-1 workout

3 minutes strength, 2 minutes cardio, 1 minute core

OPTION #1:

Strength:

30 seconds pushups

1 minute squat and press

repeat above

Cardio:

30 seconds jumping jacks

30 seconds jump rope/jog

repeat above

Core:

30 seconds plank

30 seconds reverse hip lift

Strength:

30 seconds dumbbell rows

1 minute lunges with bicep curls

repeat above

Cardio:

30 seconds butt kicks

30 seconds punches in squat position

repeat above

Abs:

60 seconds oblique crunch (30 seconds on each side)

REPEAT ABOVE

OPTION #2:

WALK/JOG INTERVALS: Start with 3 minutes walking and 2 minute jog...gradually reduce walk time=30 minutes

Week 5:

OPTION #1:

EXTREME FITNESS WORKOUT

FORMAT: 6 CYCLES , PERFORM EACH EXERCISE 5 TIMES IN 20 SECOND INTERVALS WITH 10 SECONDS OF REST. RECOMMENDED APP TO USE: TABATA PRO

CYCLE #1: Inchworm to pushups/Plyo Jumps OR jog

CYCLE #2: BURPEES/bicep curl to press

CYCLE #3:Reverse flyes/skaters

CYCLE #4:Walking lunges/high knees

CYCLE #5:Side raise to hammer curl/plank jacks

CYCLE #6:HI-LOW LUNGES/Goblet squats

OPTION #2:

FORMAT: REPEAT EACH SEQUENCE OF 3 EXERCISES BELOW TWICE, REST 1 MIN. GO TO NEXT .

10 OVERHEAD PRESS
10 TRICEP KICKBACKS
10 GOBLET SQUATS

10 PUSHUPS
10 BICEP CURLS
10 DEADLIFT HAMMER CURL

10 SIDE RAISES
10 SINGLE ARM ROWS
10 REVERSE LUNGES

10 REVERSE FLYES
10 FRONT RAISES
10 PLIE SQUAT TO CALF RAISE

10 CHEST PRESS SIT UP
10 CHEST FLYE GLUTE BRIDGE
10 BICYCLE ABS

Flexibility Exercises

Flexibility refers to the amount of movement possible around a joint and is necessary for normal activities of daily living such as stretching, twisting, bending and turning. Maintenance of flexibility is important as posture and gait can be affected by sedentary living.

- **Breathe normally throughout all exercises, do not hold your breath**
- **Perform stretches in a smooth, rhythmical manner, stretch to full range of motion and hold for 20-30 seconds**
- **For optimal benefits, perform exercises 3-5 times a week**
- **Do not continue if movement causes pain or severe discomfort**

Stretch #1 – Shoulder & Chest

This can be performed kneeling or standing. Clasp hands behind back and straighten arms. Raise hands as high as possible and bend forward from the waist and hold.



Stretch #2 – Arm Across Chest

Place one arm straight across chest to stretch shoulder. Place hand on elbow and pull arm towards chest and hold. Repeat with other arm.



Stretch #3 – Triceps Stretch

Place one hand behind back with elbow in air. Place other hand on elbow and gently pull towards head. Hold and repeat with other arm.



Lower Body Flexibility Exercises

Stretch #4 – Glute Stretch

Sitting on floor with right leg bent, place right foot over left leg. Place left arm over right leg so elbow can be used to push right knee. Hold and repeat for other side.



Stretch #5 – Adductor Stretch

Stand with feet as wide apart as is comfortable. Shift weight to one side as knee bends. Reach towards extended foot and hold. Repeat for other side.



Stretch #6 – Single Leg Hamstring

Place leg out straight and bend the other so your foot is flat into your thigh. Bend forward from the waist keeping your back flat. Hold and repeat with the other leg.



Stretch #7 – Standing Quadriceps

Standing on one leg grab the bottom of one leg (just above ankle). Pull heel into buttocks and push the hips out. Your thigh should be perpendicular to the ground. Hold and repeat with the other leg.



Stretch #8 – Standing Calf

Place feet in front of each other about 18 inches apart. Keep back leg straight and heel on the floor. Push against a wall to increase the stretch. Hold and repeat with other leg.

