

**LIVEUP**

ONLINE COACHING

FEMALE WORKOUT PLAN

# FULL BODY MONTH 1



**RESULTS, NOT PROMISES.**

# DISCLAIMER

## LIABILITY

When following this plan, you are doing so responsibly with your own guidance and take full responsibility for the effects on your body which you may encounter along the way.

Any form of exercise program can cause injuries and as with any exercise program, you assume certain risks to your health and safety.

It is possible that you may become injured doing the exercises in this program, especially if they are done with poor form. If you choose to participate in these risks, you do so of your own free will and accord, knowingly and voluntarily assuming all risks associated with such exercise activities.

You must consult your doctor before beginning this plan, and also consult your doctor/physical therapist immediately in the event of illness or injury and follow their direct advice in regard to the continuation of the plan.

You agree to use this plan at your own risk and UP Fitness is not responsible for any injuries or health problems you may experience or even death as a result of using this plan.

## TERMS OF USE

By signing up to this plan, you agree not to share the documents and data with any third parties.

# WEEKLY STRUCTURE OPTION 1

## ALTERNATING DAYS

Train one day on, one day off (weekends off) rotating sessions for four weeks.

### WEEK 1

- **DAY 1:** Workout 1
- **REST DAY:** General activity
- **DAY 3:** Workout 2
- **REST DAY:** General activity
- **DAY 5:** Workout 1
- **REST DAY:** General activity
- **REST DAY:** General activity

### WEEK 2

- **DAY 1:** Workout 2
- **REST DAY:** General activity
- **DAY 3:** Workout 1
- **REST DAY:** General activity
- **DAY 5:** Workout 2
- **REST DAY:** General activity
- **REST DAY:** General activity

And so on.

# WEEKLY STRUCTURE OPTION 2

## TWO DAYS ON, ONE OFF

Train two days on, one day and weekends off rotating sessions for four weeks.

### WEEK 1

- **DAY 1:** Workout 1
- **DAY 2:** Workout 2
- **REST DAY:** General activity
- **DAY 4:** Workout 1
- **DAY 5:** Workout 2
- **REST DAY:** General activity
- **REST DAY:** General activity

### WEEK 2

- **DAY 1:** Workout 1
- **DAY 2:** Workout 2
- **REST DAY:** General activity
- **DAY 4:** Workout 1
- **DAY 5:** Workout 2
- **REST DAY:** General activity
- **REST DAY:** General activity

And so on.

# WORKOUT INSTRUCTIONS

- Increase repetitions by 1 each week.
- 

- Aim to increase the weight used in each workout , even if only by a little. Please see the next page for a tempo explanation.
- 

- **Interval training**

For intervals, we recommend outdoor hill sprints or "dead mill" sprints. Set a full sized treadmill to the max incline, then turn the power off. Use your own force to sprint on the belt for the time assigned in the cardio section, then rest and recover. See time details in each workout. You can also use modified strongman training such as prowler or sleds if you have access to the equipment.

---

- **Daily step goals**

Monday, Tuesday, Wednesday, Friday & Saturday - **12,500 steps.**

Thursday & Sunday (Rest days) - **15,000 steps.**

# TEMPO BREAKDOWN

<b>4</b>	<b>0</b>	<b>1</b>	<b>0</b>
<b>ECCENTRIC</b> LOWERING	<b>ISOMETRIC</b> PAUSE AT BOTTOM	<b>CONCENTRIC</b> LIFTING	<b>ISOMETRIC</b> PAUSE AT TOP

Every rep consists of four phases, and each number refers to the time taken (in seconds) to complete each phase.

---

## ECCENTRIC PHASE

The part of the movement where you lower the weight, e.g. lowering the weights down towards your chest during a dumbbell press.

---

## CONCENTRIC PHASE

The part of the movement where you lift the weight, e.g. pressing the weights upwards during a dumbbell press.

---

## ISOMETRIC PHASE

The transition period that separates successive eccentric and concentric phases, e.g. pausing at the top and bottom positions during a dumbbell press.

**Still unsure?** [Click to watch a video explaining tempo.](#)

Video 1 | Video 2

**WORKOUT**

**1**

## WORKOUT 1

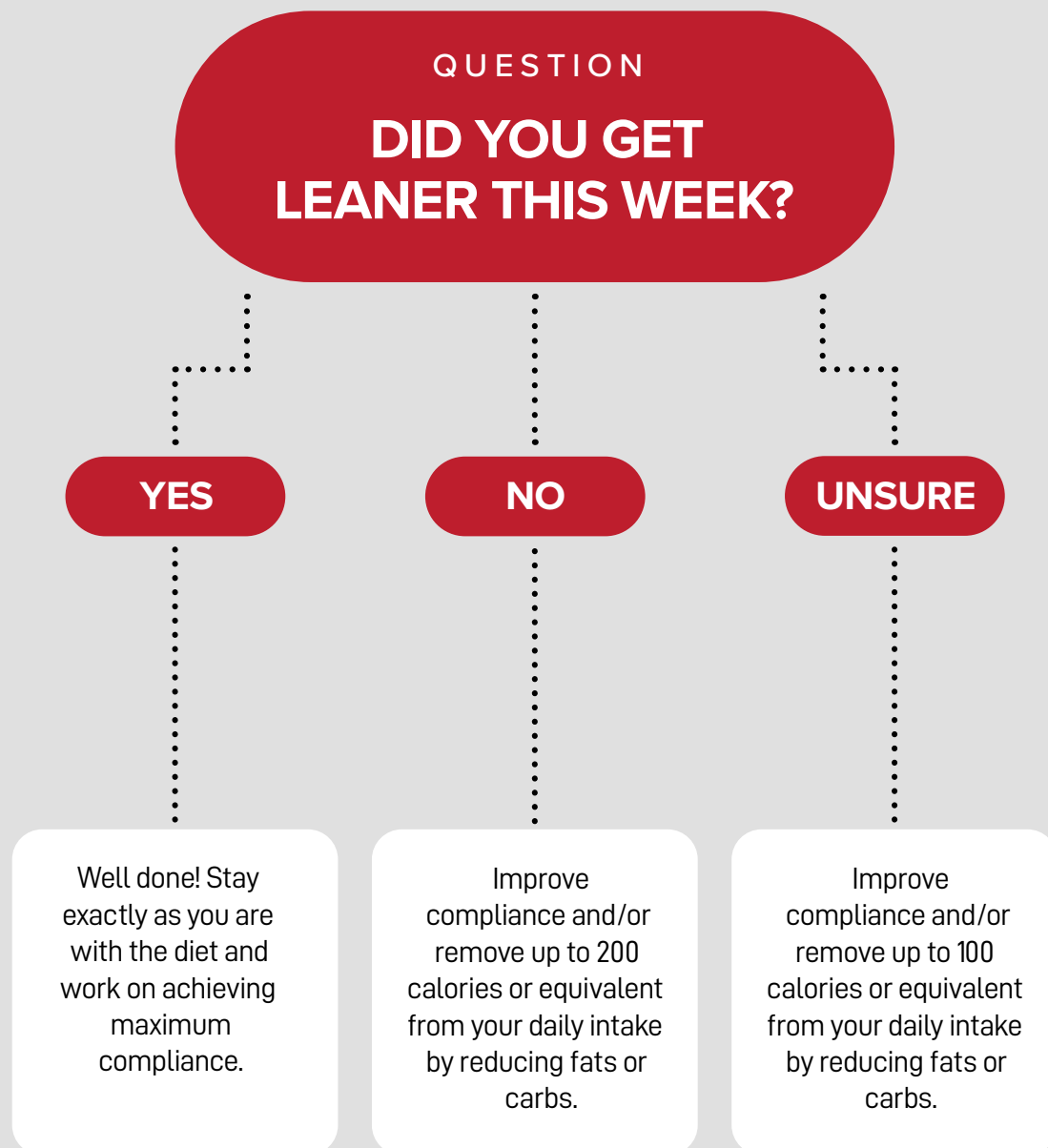
FULL BODY

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	NOTES
<b>A1</b>	<i>Hip Thrust</i>	2-3	10-12	4011	None	Pause in the contracted position
<b>A2</b>	<i>Seated Dumbbell Shoulder Press</i>	2-3	10-12	4010	60s	-
<b>B1</b>	<i>Walking Lunge</i>	2-3	10-12 steps each leg	Controlled	None	-
<b>B2</b>	<i>Bent Over Row</i>	2-3	10-12	2011	60s	Pause in the contracted position
<b>C1</b>	<i>Standing Barbell Curl</i>	2-3	10	4011	None	-
<b>C2</b>	<i>Triceps Bench Dip</i>	2-3	10	4010	60s	-
<b>D1</b>	<i>Feet Elevated Crunch</i>	2-3	AMRAP	Controlled	None	As many reps as you can do in each set
<b>D2</b>	<i>Plank</i>	2-3	1m	-	60s	-
<b>E</b>	<i>Chest Supported Rear Delt Dumbbell Fly</i>	2-3	10-12	2011	60s	Pause in the contracted position



# PROGRESS CHECK



- Make sure you join the check in webinar on the Facebook forums to ask questions specific to your individual progress or if you are in later stages and have already removed a large quantity of calories.

**WORKOUT**

**2**

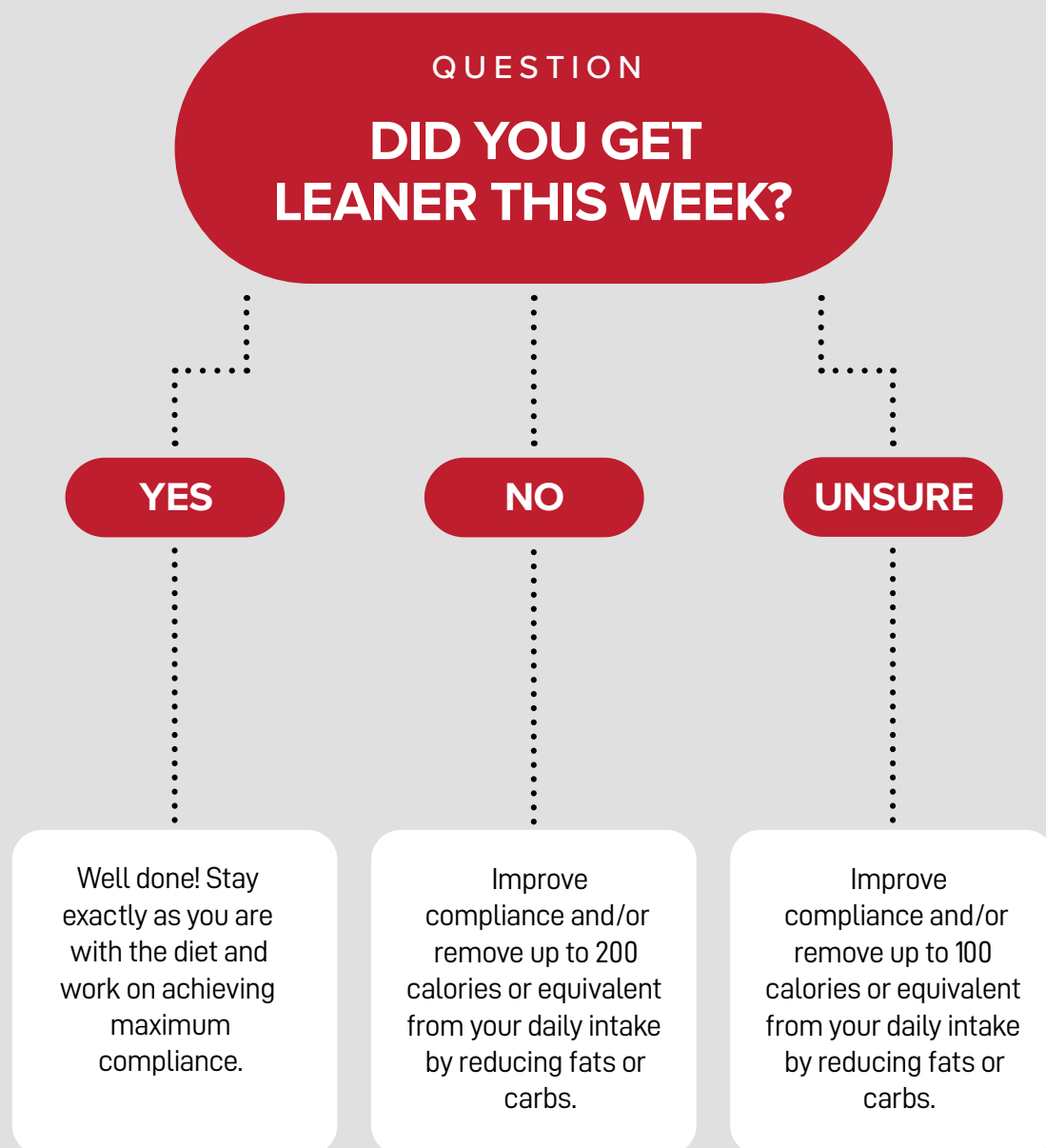
## WORKOUT 2

FULL BODY

STEP GOAL: 12,500

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	NOTES
<b>A1</b>	<i>Squat / Goblet Squat</i>	2-3	10-12	4010	None	-
<b>A2</b>	<i>Pull Up / Lat Pull Down</i>	2-3	10-12	4010	60s	-
<b>B1</b>	<i>Horizontal Glute Extension</i>	2-3	10-12 steps each leg	Controlled	None	-
<b>B2</b>	<i>Incline Dumbbell Press</i>	2-3	10-12	2010	60s	-
<b>C1</b>	<i>Incline Dumbbell Curl</i>	2-3	10	4011	None	Pause in the contracted position
<b>C2</b>	<i>Triceps EZ Bar Skull Crusher</i>	2-3	10	4010	60s	-
<b>D1</b>	<i>Decline Crunch</i>	2-3	AMRAP	4010	None	As many reps as you can do in each set
<b>D2</b>	<i>Side Plank</i>	2-3	1m	-	60s	-
<b>E</b>	<i>Seated Dumbbell Lat Raise</i>	2-3	10-12	2011	60s	Pause in the contracted position

# PROGRESS CHECK



- Make sure you join the check in webinar on the Facebook forums to ask questions specific to your individual progress or if you are in later stages and have already removed a large quantity of calories.

# FOOD PLAN



## — 4 MAIN MEALS

Spread out over your day to include the following amounts of each food group, + 3 litres of water per day.

---

## — UPON WAKING

1 whole lemon squeezed into warm water with a pinch of pink Himalayan salt.

---

## — HERBS AND SPICES

## — EAT REGULARLY

Do not skip meals, try to avoid alcohol entirely for best results.

## MEAT, FISH AND POULTRY

4 total servings per day spread over main meals, approximately 100g raw amounts to 1 serving.

Refer to Pages 4, 5 and 6 of your Nutrition Plan for more information.

## VEGETABLE PORTIONS

8 servings per day. Approximately a serving the size of one handful is equal to 1 serving. Aim to eat two handfuls per meal, veg choices should be a combination of 75% green and 25% colourful.

Refer to Page 8 of your Nutrition Plan for more information.

## FRUIT PORTIONS

2 servings per day across main meals, approximately a serving the size of one cup is equal to 1 serving.

Refer to Page 9 of your Nutrition Plan for more information.

## STARCHY CARBS

2 servings of starchy carbs daily to be added to two meals closest to your workout.

Refer to Page 10 of your Nutrition Plan for more information.

---

## FATS

### NONE IN POST WORKOUT MEAL

4 varied servings of fats per meal.

Refer to Page 7 of your Nutrition Plan for more information.

# SUPPLEMENTS & THEIR TIMINGS

- **Digestive Enzymes** - 1 capsule to be taken with each meal.
- **Omega 3 Concentrate** - 5g per day, in the morning.
- **Amplify (BCAA drink)** - To be taken during cardio & workouts.
- **Pea Protein for Women** - To be taken immediately post-workout weight training workout only.
- **Chocotrients** - Only if starving hungry, not just a little hungry.
- **Ultramag** - Taken 30 minutes before bed.



# WORKOUT & FOOD SUMMARY

## WEIGHT TRAINING DAYS MONDAY, WEDNESDAY & FRIDAY

UPON WAKING	<i>Warm water, Lemon &amp; Salt</i>
MEAL 1	<i>Protein, Veg, Fat &amp; Fruit</i>
MEAL 2	<i>Protein, Veg, Fat &amp; Fruit</i>
WEIGHT TRAINING	<i>Supplements: BCAA Drink</i>
PWO	<i>Supplements: Protein Shake</i>
MEAL 3	<i>Protein, Veg &amp; Carb</i>
MEAL 4	<i>Protein, Veg, Fat &amp; Carb</i>

## CARDIO DAYS TUESDAY & SATURDAY

UPON WAKING	<i>Warm water, Lemon &amp; Salt</i>
SPRINTS	<i>Supplements: BCAA Drink</i>
MEAL 1	<i>Protein, Veg, Fat &amp; Fruit</i>
MEAL 2	<i>Protein, Veg, Fat &amp; Fruit</i>
MEAL 3	<i>Protein, Veg, Fat &amp; Carb</i>
MEAL 4	<i>Protein, Veg, Fat &amp; Carb</i>

## REST DAY THURSDAY & SUNDAY

UPON WAKING	<i>Warm water, Lemon &amp; Salt</i>
MEAL 1	<i>Protein, Veg, Fat &amp; Fruit</i>
MEAL 2	<i>Protein, Veg, Fat &amp; Fruit</i>
MEAL 3	<i>Protein, Veg, Fat &amp; Carb</i>
MEAL 4	<i>Protein, Veg, Fat &amp; Carb</i>

This is an example summary if you were training after work at around 5pm. You would need to change the ordering of the meals based on your particular schedule.

*Tip: Print this page out and stick it to your fridge.*

# NOTES

*It's important to us to maximize your chances of success in achieving your goals. Please read the following in order to create a better understanding of what is expected of you. We have also outlined the necessary steps that you should take in order to limit the factors which often cause people to make slower progress.*

## — PREPARE THOROUGHLY AND BE PRECISE

Purchase your meat, vegetables and fats in advance. Weigh them into the appropriate sized portions and place them into plastic sandwich bags ready for freezing or refrigeration.

This is vital if fat loss is your goal; macro nutrient calculations need to be precise. Buy a good set of digital scales to ensure accuracy. If you are miscalculating your food intake, your progression will be significantly slower.

---

## — STAY HYDRATED

Dehydration by just 10% has been shown to significantly decrease both physical and cognitive performance by up to 70%. If you are dehydrated, your body will be unable to process toxins released when losing fats. This can cause severe damage to you physiologically. Not to mention that staying fully hydrated will improve your strength, stamina, shape and tone, significantly speed up fat loss as well as improving skin, hair and eye health.

## – DO NOT NEGLECT YOUR GREENS AND PRESCRIBED FIBRE INTAKE

Natural foods have detoxifying properties, they're full of enzymes and essential vitamins that your body cannot do without. Your greens and other prescribed foods will have a neutralizing effect on toxins and will help remove the waste products which come as a part of a high protein diet. Remain alkaline and you will remain healthy and lose fat.

---

## – YOU WILL ONLY EAT A "CHEAT MEAL" WHEN PRESCRIBED TO DO SO.

A cheat meal is an unnecessary part of a diet. You will only "cheat" when you are advised to do so. This will certainly not be each week.

---

## – DON'T OVER DO IT ON STIMULANTS

As part of your program, you will be advised whether or not to have any stimulants as part of your diet. If so you must restrict yourself to only what has been advised. Excessive stimulant intake can cause adrenal fatigue or symptoms indicating as such. If this occurs, your progress will be slow and extremely difficult.

## — CONTROLLING APPETITE

There is a good chance that during low-calorie dieting, that you may find yourself extremely hungry. Here are a few tips on how to reduce the distraction of hunger.

- Eat solely organic, nutrient-dense foods
  - Make soups out of your vegetables
  - Drink carbonated water
  - Brush your teeth when hungry
  - Never go shopping hungry
- 

## — PREPARE, PREPARE, PREPARE

Never leave the house without your whole days meals pre-prepared. Never get caught short or you will fail. Prep your food, place it in Tupperware tubs and take it with you wherever you go.

# SUPPLEMENTATION



Effective nutritional supplementation is an absolute must for anyone seeking to optimise their health or athletic performance.

During this program, your body will need adequate amounts of nutrient-dense foods and the right supplements to maximise your results in minimum time.

We've put together a number of stacks to make your transformation that much easier. You'll recover faster, train harder and feel better with the addition of the right supplements.

**[Click this link to get yours.](#)**

# CHECK-INS

**During your transformation, you will need to take comparison photos each Tuesday morning before breakfast.**

Start today with your current pictures front, back and side and then each week you will be required to submit your Day 1 pictures vs. your current pictures.

Accurate progress assessment is vital to your success.

It can be incredibly motivating. Shows you what's working, what isn't and what changes you might need to make.

Every Tuesday before 12 midday GMT, we want you to upload progress pictures. Do not track your bodyweight, as a female your bodyweight can fluctuate by 2-3kg per day purely in water weight. This can be down to lack of sleep, stress, your monthly cycle and more. Please do not worry about it at all, your bodyweight is an irrelevant number that should not define your feelings of self worth.

You will receive an introductory email explaining this, and you can ask any follow-up questions in the online forum.

# FAQS

**As part of the Ultimate Performance Online Program, you have exclusive access to a private online forum, which includes:**

- Answers to many frequently asked questions on all aspects of training, nutrition and lifestyle.

---

- Library of exercise guides and supporting videos for every exercise included in your workouts.

---

- Community forum where you can engage with UP trainers and share your experiences with fellow clients.

**To access the forum, [CLICK HERE.](#)**