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THE GRACE FIT 8 WEEK GUIDE #GF8WG #GRACEFITGUIDE Contents My Recommendations..... 2 Disclaimers, My Workout Split & How to Use This Guide..... 3 Legs Workout 1..... 4 Arms and Chest Workout 1..... 5 Booty Workout 1..... 6 Back and Shoulders Workout 1..... 7 Legs Workout 2..... 8 Arms and Chest Workout 2..... 9 Booty Workout 2..... 10 Back and Shoulders Workout 2..... 11 Abs and Cardio Workouts..... 12 Workout Finishers..... 14

Glossary..... 15 1 Recommendations before you dive in: Base your cardio sessions on what you WANT to do. Your body and mind will thank you for it. TAKE PROGRESS PHOTOS! Take them before you start the guide and from then on, every 1-4 weeks. Take the photos in the same place, position, lighting and time of day to ensure you get the most reliable progress reviews! I want to see your progress! Email me at [email protected] or tag me in your Instagram photos. Use the hashtag #GF8WG or #gracefitguide the appropriate challenge hashtag to stay in contact with other girls doing the guide. Comment on each other's photos and encourage each other's progress! If you feel like you need an extra rest day, TAKE IT. If you want to work out another day instead of resting, go ahead! Stretch before and after every session. I also recommend a 10-minute incline walk prior to each session to warm up. Buy a £10 resistance band from amazon or anywhere else that sells them cheap – your booty will thank you for it! Increase your weights EVERY session if you can - how do you expect your body to change if you're do the same thing? You should be struggling significantly on the last few reps. Try not to take more than 45 seconds rest between each set, and 1 minute between each exercise. If the gym is busy, substitute exercises for machines that are available. Don't let this ruin your workout, I bet you still smashed it! Feel free to shuffle the sessions around dependent on your goals. However, remember that even if you don't want to grow your upper body - for example - 1 or 2 sessions a week will do a lot of good for your metabolism among other things! If you do not understand any of the exercises, I recommend typing the exercise name into YouTube to see the exercise. Pay attention to the form and don't be afraid to ask for help from a trainer at your gym! Remember that looks, the gym and fitness aren't everything. You are so much more than what you look like, what you weigh and/or how big your muscles are. If you take one thing away from this guide, I really hope this is it. 2 Disclaimers 1. I am not a qualified personal trainer. This guide is a collection of workouts that I have written and have used to achieve the progress which I have achieved. By using this guide, you are acknowledging that I am not a qualified personal trainer, and that all workouts are performed at your own risk. 2. I am not liable for any injury or harm that may come from using this guide. 3. Resale or sharing of this guide is illegal, and unfair. Please acknowledge the effort and time that has gone into creating this guide, and respect the intellectual properties of the creator. 4. This guide has been checked and approved by a Certified Personal Trainer. My Workout Split My regular workout split is as follows: 1. Legs 2. Arms and Chest 3. Booty 4. Back and Shoulders 5. Abs and Cardio I usually take two rest days if and when I please, and strongly advise that you do the same. Rest is just as important for progress as training! How to Use This Guide - This 'guide' should be used as a small collection of workouts and advice from me, Grace. - You may use this guide in any way you please! Some ideas: Use the guide for two months, following my 7-day workout and rest split. Use the '1' workouts for the first month and '2' workouts for the second month. You can then even repeat for as many months as desired! Performing the same workouts for a month may seem weird at first, but it helps your body to become familiar with the exercises and subsequently you should be able to increase your weights a significant amount throughout the month! Use the guide indefinitely, following my 7-day workout and rest split alternating workouts weeks '1' and '2' Use the guide as a collection of workouts to which you refer from time to time when you want to mix something up from your regular routine. 3 1 LEGS NUMBER EXERCISE SETS x REPS NOTES 1a Bodyweight Stationary Lunges 3x10 per leg Make sure your knees don't go over your toes! 1b RB Glute Bridges 3x10 RB above knees 1c RB Clams 3x12 RB above knees 2a Leg Press 3x10 Feet wide and high 2b Single-Leg Leg Press 3x10 per leg Push through the heels 3a DB Step Ups 3x12 per leg Drop set every set 15 more reps bodyweight 3b Raised Glute Bridges 3x12 Feet on bench 4 Barbell Squats 4 sets x 15, 12, 10, 8 reps Increase weight as you decrease reps. Keep your chest up, and your weight in your heels! 5 Seated Leg Curl 3x12 Push down, then come up slowly to the count of four (eccentric phase) 4 1 ARMS & CHEST NUMBER EXERCISE SETS x REPS NOTES 1a Hammer Curls 3x15 per arm Both arms together 1b Bicep Curls 3x15 per arm Both arms together 2a Bench Press 4 sets x 15, 12, 10, 8 reps Increase weight as you decrease reps. 2b DB Flyes 3x12 Drop set each set another 15 reps 3a Military Press 4 sets x 15, 12, 10, 8 reps Increase weight as you decrease reps. 3b Cable Tricep Extensions 3x12 Drop set last set another 15 reps 4 DB Chest Press on flat bench 3x10 Go heavy! 5 Skullcrushers 3x12 Use the EZ bar if your gym has one! 5 1 BOOTY NUMBER EXERCISE SETS x REPS NOTES 1a RB Clams 3x15 RB above knees 1b RB Crab Walks 3x15 RB above knees 1c RB Bodyweight Squats 3x15 RB above knees 2a RB Leg Press 3x12 RB above knees 2b Lying Leg Curl 3x12 Drop set last set 15 more reps 3a Barbell Squat 3x8 Keep your chest up, and your weight in your heels! 3b Glute Bridges 3x15 Add RB for extra burn! 4 Hip Thrusts 4 sets x 15, 12, 10, 8 reps Increase weight as you decrease reps. USE BARBELL PADDING! 5 Cable Kickbacks 3x15 per leg Drop set every set 10 more reps 6 1 BACK & SHOULDERS NUMBER EXERCISE SETS x REPS NOTES 1a Assisted Pull-Ups (wide grip) 3x12 Remember to try a harder weight every session! 2 Barbell Bent Over Rows 3x8 Pull in to your belly button 3a Lat Pulldowns (neutral grip) 3x12 Go slowly on the way back up (eccentric phase) 3b Cable Tricep Extensions with rope 3x12 Drop set each set another 15 reps 4a Seated DB Shoulder Press 3x12 Drop set each set another 15 reps 4b DB Lateral Raises 3x15 Make sure your torso remains still while you move your arms 5 Military Press 4 sets x 15, 12, 10, 8 reps Increase weight as you decrease reps. 6 DB Rear Delt Flyes over incline bench 3x12 Drop set last set another 15 reps 7 2 LEGS NUMBER EXERCISE SETS x REPS NOTES 1a RB Bodyweight Squats 3x10 RB above knees 1b RB Fire Hydrants 3x12 RB above knees 1c RB Glute Bridges 3x12 RB above knees 2a DB Walking Lunges 3x12 per leg Go heavy! 2b Cable Kickbacks 3x12 per leg Drop set last set another 15 reps per leg. Push through your heels! 3a DB Bulgarian Split Squats 3x12 per leg Make sure your knees don't go over your toes! 3b Raised Glute Bridges 3x12 Use a resistance band to activate your glutes! 4 Hip Thrusts 4 sets x 15, 12, 10, 8 reps Increase weight as you decrease reps. USE BARBELL PADDING! 5 Cable PullThroughs 4x12 Drop set last set another 15 reps. Squeeze your glutes! 8 2 ARMS & CHEST NUMBER EXERCISE SETS x REPS NOTES 1a Tricep Dips 3x20 Straighten your legs if too easy! 1b Cable Tricep Extensions with Rope 3x12 Drop set last set another 15 reps 2a Incline Bench Press 4 sets x 15, 12, 10, 8 reps Increase weight as you decrease reps. 3a Close Grip Bench Press 3x12 Keep elbows tucked in to feel the tricep burn! 3b Skullcrushers with EZ bar 3x12 Slowly on the way down and fast on the way up. 4 Cable Flyes 3x15 per arm Removing the clip on the cable will make it more comfortable 5 Barbell Curls 4 sets x 15, 12, 10, 8 reps Increase weight as you decrease reps. 9 2 BOOTY NUMBER EXERCISE SETS x REPS NOTES 1a RB Glute Bridges 3x12 RB above knees 1b Kettlebell Swings 3x15 Squeeze glutes! 1c RB Fire hydrants 3x15 RB above knees 2a DB Bulgarian Split Squats 3x12 per leg Go as heavy as possible! 2b DB Walking Lunges 3x15 per leg Drop set last set 15 reps bodyweight 3a Cable Kickbacks 3x15 per leg Push through the heel! 3b Glute PullThroughs using rope attachment 3x12 Squeeze your glutes! 4 Sumo-Deadlifts 4 sets x 15, 12, 10, 8 reps Increase weight as you decrease reps. Squeeze your glutes! 5 Lying Leg Curl 3x12 Drop set last set another 15 reps 10 2 BACK & SHOULDERS NUMBER EXERCISE SETS x REPS NOTES 1a Barbell Bent Over Rows 4 sets x 15, 12, 10, 8 reps Increase weight as you decrease reps. 2a DB Rows on Bench 3x12 Go heavy! 2b DB Rear Delt Flyes over incline bench 3x15 Drop set last set another 15 reps 3 DB Seated Shoulder Press 3x12 Drop set each set another 15 reps 4a Military Press 4 sets x 15, 12, 10, 8 reps Increase weight as you decrease reps. 4b Lateral Raises 3x15 Make sure your torso remains still while you move your arms 11 ABS For abs and cardio days, choose either Ab Day 1, 2 or 3, followed by your cardio of choice. 1. Ab Rollouts x10 1. 2. Back Extension x10 3. Weighted Mountain Climbers x20 per leg 1. Hanging Leg Raises 3x10 (if you struggle with these, try knee raises) 2. Incline Leg Raises 3x10 3. Weighted Crunches using cable machine 3x12 2. Perform each exercise for 30 seconds x3 1. Side Plank 2. Side Plank Dips 3. 3. Side Plank Unders 4. Plank 5. Plank Dips 6. V-Sit Hold 7. V-Sit In and Outs 12 CARDIO OPTION LISS DURATION MACHINE 20 mins Treadmill SPEED 4.5-6.5kph dependent on cardiovascular fitness INCLINE NOTES 8% This will be hard at first – these numbers are what you're aiming for. Don't worry if you can't do this straight away HIIT 10 mins Treadmill As fast as possible! N/A On for 15 seconds, off for 45 seconds for 10 minutes. Try with the treadmill off using your force to move the belt to make it harder! STAIRMASTER 20 mins Stairmaster Level 4-7 N/A N/A 13 FINISHERS UPPER BODY 15 Battle-robe Slams 20 Jump Lunges 1. 10 Burpees Repeat x5 15 seconds rest between sets 20 Kettlebell Swings 20 Jump Squats 2. Repeat x8 15 seconds rest between sets LOWER BODY 15 Jump Lunges 20 Squat Pulses 1. Repeat x8 15 seconds rest between sets 20 Jump Squats 20 Star Jumps 2. 20 Lunge Pulses per leg Repeat x6 15 seconds rest between sets 14 GLOSSARY: RB Resistance Band DB Dumbbell BB Barbell KB Kettlebell Superset Perform two exercises in a row without stopping. Aa perform exercise A, followed by exercise B, without resting in between, then repeat for the given number of sets. Drop Set Perform the given exercise, then immediately reduce (drop) the weight and repeat for the given number of sets. These can be either every set, or on the last set of an exercise. Pyramid Set Perform the exercise for the given amount of sets, each set increasing the weight and decreasing the number of reps, or vice versa. If you do not understand any of the exercises, I recommend typing the exercise name into YouTube to see the exercise. Pay attention to the form and don't be afraid to ask for help from a trainer at your gym! Acknowledgements I just want to say thank you to each and every one of you who has bought this guide. Thank you for your support and thank you for believing in me. I wake up every day to the most incredible family with some even more incredible goals, and it is my privilege to help you reach them. 15

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