

PREMIERE COACHING ACTION ASSIGNMENT

Goal/Action - Assignments (Downloadable PDF)

LIFESTYLE – Week 4: AGELESS & SEXY

Staying Youthful

1. What happened in the past week that you can give yourself credit for? Write down at least five things.
2. This week, focus on pulling the body into balance and alignment with good form and posture by doing the following:
 - Practice walking back and forth with good posture.
 - Lift your chin up and pull your chest up and out of your waistline.
 - Pull your abs in and shoulders back.
 - Now breathe deeply.
 - Step with a long strides.

Benefits: Your lungs and cells will get more oxygen. You have fewer body aches and pains. It builds confidence and gives you a more youthful appearance.

*** PRINT & POST ***

Top 3 reasons WHY you need Core Strength and workouts:

1. Exercise drives more oxygen to your cells, increases circulation throughout your body and rushes blood flow to even those private and hard to get to places. This makes you feel more alive, youthful and easily aroused.
2. Core and pelvic girdle for women especially needs to be strengthened because our reproductive system, whether we use it or not, weakens with time. Core conditioning exercises help you become stronger where you need it most. When you combine building your core with upper body exercises you become more confident and feel like you can handle almost anything.
3. A good workout stimulates you mentally and physically by releasing endorphins, sometimes known as “runner’s high”. This euphoric state makes you feel so SEXY!

NUTRITION - Week 4: DINNER

Try some new lean Dinner ideas – Reduce or eliminate the bread.

Dinner Favorite:

Ground Turkey with beans and field greens.

- ¼ to ½ cup Ground Turkey w/ olive oil, Himalayan salt & organic pepper
- ¼ cup beans (any kind: kidney, lima, black-eyed peas, Northern)
- 1 oz low-fat cheese (optional)
- Dab of picante sauce
- 2 cups field greens (spring mix, romaine, etc.)



Vegetarians – You can substitute the proteins with tofu or quinoa or something similar. Choose your favorite. **The most important thing is to get in your proteins.**

Drink 1 - 2 glasses of water 15 to 20 minutes before every meal.

WORKOUT - Week 4: MOMENTUM

Now building your momentum, endurance and core!

Weight Training

The focus: Core Training

Add core training to your routine on two other days of the week. For example: Tues/Thurs

Depending on your level, here's how you do it: Start with → 10 reps

Abductor Raises

(Abductors)

- Beginner – hold wall
- Intermediate – no holding
- Advanced – w/ ankle weights

The Plank

(Core: Abs, Back, Shoulders)

- Beginner – on knees or table
- Intermediate – up on toes
- Advanced – 1 leg up

The Bridge*

(Low Back, Butt, Hamstrings)

- Beginner – hold in place or 10 reps
- Intermediate – 1 leg off floor
- Advanced – ankle weights and/or stomach weights

***Start with 20 to 60 sec hold, 2 to 3 sets, 2 to 3 X's week**
Core Strengthening: Tuesday - Thursday - & Sat optional

CORE WORKOUT – Do 2 to 3 sets, 2 to 3 days a week (T/TH/S)

- 10 Abductor Raises, left/right side
- 20 to 60 seconds - Plank
- 20 to 60 seconds – Bridge
- 20 Bicycles (moved from M/W/F workouts)

- No rest between exercises
- Only rest (or stretch) at the end of a set, 30 to 60 seconds

Upper/Lower Body: Monday – Wednesday – Friday

THE WORKOUT should look like this: [Do 2 to 3 sets, 3 days a week]

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|------------------------------------|---|
| 10 Squats | 10 DB Rows |
| 30 Marches (active rest) 30-60 sec | 30 Side punch (active rest) 30-60 sec |
| 10 Push-ups | 10 DB Lateral raises |
| 30 Marches (active rest) 30-60 sec | 30 Marches (active rest) 30-60 sec |
| | 20 Bicycles (moved to Core workout Tues/Thurs) |

Don't forget: Cool down & do your Flexibility exercises

1. Back stretch
2. Hamstring stretch
3. Quad stretch
4. Behind back chest & shoulder stretch