

## PREMIERE COACHING ACTION ASSIGNMENT

Goal/Action - Assignments (Downloadable PDF)

### LIFESTYLE - Week 8: PERSISTENCE

#### CREATE PERMANENT CHANGE!

Have you been consistently doing all of the Action Assignments for the past 8 weeks?

**Be honest with yourself.** Is it hard for you to STAY motivated or to go it alone? Or, have you been playing the yo-yo game? If history is showing you that it is difficult for you to stay focused and that you need more momentum to get to where you want to be, then...

**SUPPORT IS ESSENTIAL** to get you on track and keep you going until you can do it on your own. Support will put you over the top and get you to where you want to be faster.

**Visualize your dream & let it drive you to the finish line!**

*Because... "No" only means "find another way to do it!" Right?*

So, here's how I can help you. Completing this program has made you a Premiere Member of the "Wendy's Warriors" club. As a Warrior, that means you are now privy to special deals and free enhancements.

**To continue your journey and claim your special deals...**

**Click below (or copy and paste) to schedule a time with me**

<http://meetme.so/WendyIda>

## NUTRITION - Week 8: FOOD CRAVINGS

### Cheat Sheet

#### Smart ways to minimize annoying food cravings:

1. Eat a combination of nutrient-dense foods.
2. Drink water. Dehydration manifests itself as hunger.
3. Eat the right food combinations – Keep a good pH balance in your body. Eat a Protein, Carb & Good Fat at each meal.
4. Check your enzymes, hormones, and other vitamin/mineral levels – to see if adjustments are needed. If so, then fix it.
5. Eat every 2-3 hours.

## WORKOUT - Week 8: CONSISTENCY

**Check yourself.** Check your form. Are you being consistent so far? Do you need to go back and review some of the modules to re-enforce some things?

**If you need more, I've got more. From my DVD circuit workouts (for more variety) to my private coaching support.** So, if you're having trouble keeping up or staying accountable to yourself, schedule a time to speak with me at → <http://meetme.so/WendyIda>

#### Indications that you have made improvements:

- You are lifting at a higher weight
- You get thru the exercises in less time
- You recover faster after an exercise
- You feel stronger
- You have better form
- You are more stable
- You are enjoying the benefits mentally and/or physically

Upper/Lower Body: Monday – Wednesday - Friday

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

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 10 Squats                          | 30 Side punch (active rest) 30-60 sec |
| 30 Marches (active rest) 30-60 sec | 10 DB Lateral raises                  |
| 10 Push-ups                        | 30 Marches (active rest) 30-60 sec    |
| 30 Marches (active rest) 30-60 sec | 10 Curls                              |
| 10 DB Rows                         | 10 Triceps Extensions                 |

Core Strengthening: Tuesday - Thursday - & Sat optional

**CORE WORKOUT – Do 2 to 3 sets, 2 to 3 days a week**

- |   |  |
|---|--|
| 10 Abductor Raises, left/right side     |  |
| 20 to 60 seconds - Plank                | – No rest between exercises                                    |
| 20 to 60 seconds – Bridge               | – Only rest (or stretch) at the end of a set, 30 to 60 seconds |
| 20 Bicycles (moved from M/W/F workouts) |  |

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

- |                     |  |
|---------------------|--|
| - Back stretch      | - Quad stretch                         |
| - Hamstring stretch | - Behind back chest & shoulder stretch |