

Motivate & Cultivate

BY TANIA ATKIN

*Excited to get started together
Tania Atkin*



WELCOME TO YOUR
5 WEEK TRANSFORMATIONS
CHALLENGE

www.taniaatkin.com

*hello
beautiful!!*

Your 5 Week Training & Meal Plan

@psychsporttan

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About Your 5 Week Transformation Program

There are **6 training days built for you**... Cardio is programmed in each day, usually as a finisher, met- con, or HIIT, with a separate steady-state cardio day. There are a lot of options. Try your very best.

Day 1 Lower Body 1 Quad Focus & Met-Con

Day 2 Upper Body 1 & Met-Con

Day 3 Lower Body 2 Glutes/ Hamstring Focus

Day 4 Upper Body 2

Day 5 Steady State Cardio Day -You choose

Day 6 Full Body Circuit

Day 7 MANDATORY RECOVERY DAY/ Active Recovery

* STRETCH & ROLL PROGRAM- is a combination of stretched and rolling techniques to use throughout the days. You can refer it as many times as needed.


Your 5 Week Training & Meal Plan


@psychsporttan


5 Week Transformation Challenge By Tania Atkin


HUSTLE


Workouts: 5 Week Transformation Day 1 Lower Body Quad & Metcon By Tania Atkin
Print your plan and use it

 <p>Stepping on the Stairmill</p> <p>12 Mins Stairs or Elliptical Start at level 5 and increase 1 level each minute</p>	<p>Time</p> <p>12:00mins</p> <p>Warm up Details</p> <p>Increase levels 5-12 each min or two</p>	<p>How was this exercise ?</p> <p>Too Easy <input type="radio"/> Just Right <input type="radio"/> Too Hard <input type="radio"/></p> <p>Notes :</p>
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 <p>Leg Press (any one)</p> <p>Legs high and wide to hit hamstrings & glutes Increase weight with sets</p> <p>See Link</p> <p>Rest Time: 0:30</p>	<table border="1"> <thead> <tr> <th>Reps & Sets</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>15 <input type="text"/></td> <td>50 <input type="text"/></td> </tr> <tr> <td>15 <input type="text"/></td> <td>60 <input type="text"/></td> </tr> <tr> <td>12 <input type="text"/></td> <td>70 <input type="text"/></td> </tr> <tr> <td>10 <input type="text"/></td> <td>70 <input type="text"/></td> </tr> </tbody> </table>	Reps & Sets	Weight	15 <input type="text"/>	50 <input type="text"/>	15 <input type="text"/>	60 <input type="text"/>	12 <input type="text"/>	70 <input type="text"/>	10 <input type="text"/>	70 <input type="text"/>	<p>How was this exercise ?</p> <p>Too Easy <input type="radio"/> Just Right <input type="radio"/> Too Hard <input type="radio"/></p> <p>Notes :</p>
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12 <input type="text"/>	70 <input type="text"/>											
10 <input type="text"/>	70 <input type="text"/>											

 <p>Machine Leg Extension</p> <p>Pause 2 seconds at top to peak contraction... squeeze 12 quads as hard as you can</p> <p>Rest Time: 0:30</p>	<table border="1"> <thead> <tr> <th>Reps & Sets</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>15 <input type="text"/></td> <td>40 <input type="text"/></td> </tr> <tr> <td>15 <input type="text"/></td> <td>50 <input type="text"/></td> </tr> <tr> <td>12 <input type="text"/></td> <td>55 <input type="text"/></td> </tr> <tr> <td>10 <input type="text"/></td> <td>55 <input type="text"/></td> </tr> </tbody> </table>	Reps & Sets	Weight	15 <input type="text"/>	40 <input type="text"/>	15 <input type="text"/>	50 <input type="text"/>	12 <input type="text"/>	55 <input type="text"/>	10 <input type="text"/>	55 <input type="text"/>	<p>How was this exercise ?</p> <p>Too Easy <input type="radio"/> Just Right <input type="radio"/> Too Hard <input type="radio"/></p> <p>Notes :</p>
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10 <input type="text"/>	55 <input type="text"/>											

 <p>Alternate Front Lunge with KB</p> <p>Circle kettlebell under leg as you alternate lunge forward 12-15 reps per leg for all 3 sets</p> <p>Rest Time: 0:30</p>	<table border="1"> <thead> <tr> <th>Reps & Sets</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>15 <input type="text"/></td> <td>12 <input type="text"/></td> </tr> <tr> <td>15 <input type="text"/></td> <td>15 <input type="text"/></td> </tr> <tr> <td>15 <input type="text"/></td> <td>20 <input type="text"/></td> </tr> </tbody> </table>	Reps & Sets	Weight	15 <input type="text"/>	12 <input type="text"/>	15 <input type="text"/>	15 <input type="text"/>	15 <input type="text"/>	20 <input type="text"/>	<p>How was this exercise ?</p> <p>Too Easy <input type="radio"/> Just Right <input type="radio"/> Too Hard <input type="radio"/></p> <p>Notes :</p>
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15 <input type="text"/>	12 <input type="text"/>									
15 <input type="text"/>	15 <input type="text"/>									
15 <input type="text"/>	20 <input type="text"/>									

 <p>Banded Squat Duck Walk</p> <p>Use small band/ loop, medium tensions Walk forward 10 steps and back 10 steps- get low!</p> <p>Rest Time: 0:30</p>	<table border="1"> <thead> <tr> <th>Reps & Sets</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>20 <input type="text"/></td> <td>0 <input type="text"/></td> </tr> <tr> <td>20 <input type="text"/></td> <td>0 <input type="text"/></td> </tr> <tr> <td>20 <input type="text"/></td> <td>0 <input type="text"/></td> </tr> </tbody> </table>	Reps & Sets	Weight	20 <input type="text"/>	0 <input type="text"/>	20 <input type="text"/>	0 <input type="text"/>	20 <input type="text"/>	0 <input type="text"/>	<p>How was this exercise ?</p> <p>Too Easy <input type="radio"/> Just Right <input type="radio"/> Too Hard <input type="radio"/></p> <p>Notes :</p>
Reps & Sets	Weight									
20 <input type="text"/>	0 <input type="text"/>									
20 <input type="text"/>	0 <input type="text"/>									
20 <input type="text"/>	0 <input type="text"/>									



Single Dumbbell Straight Leg Deadlift (RDL)

Use 2 heavy dumbbell, Hinge 15 from hips, Neutral spine, chin down

Chin down. Graze your shins as you down. [See Link](#)

Rest Time: 0:30

Reps & Sets

15	<input type="text"/>
15	<input type="text"/>
12	<input type="text"/>

Weight

25	<input type="text"/>
30	<input type="text"/>
35	<input type="text"/>

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Exercise Ball Hamstring Curl



Keep Hips high and balanced, roll swiss ball in to you, drawing in with heels and flatten feet on top of ball,

Rest Time: 0:30

Reps & Sets

20	<input type="text"/>
15	<input type="text"/>
15	<input type="text"/>

Weight

0	<input type="text"/>
0	<input type="text"/>
0	<input type="text"/>

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Jump Squat



MET CON STARTS HERE: all exercises are done 2x
Jump high, you could add aloe around thighs if needed or weights

No rest... move to next exercise...

Reps & Sets

15	<input type="text"/>
15	<input type="text"/>

Weight

0	<input type="text"/>
0	<input type="text"/>

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Kettlebell Stop Swing



Kettle Swing/Pause, from Hips, Brace abs, Reach high Bend slightly into movement as you lower into squat

No rest... move to next exercise...

Reps & Sets

15	<input type="text"/>
15	<input type="text"/>

Weight

20	<input type="text"/>
20	<input type="text"/>

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Standing Banded Glute Extension



Banded Kick Back.. Hang onto a wall Each leg 15 reps, Hold onto something so you can No rest... move to next exercise...

Reps & Sets

15	<input type="text"/>
15	<input type="text"/>

Weight

0	<input type="text"/>
0	<input type="text"/>

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Band Butterfly Hip Thrust Bridge-Frog



DO NOT DO THIS SLOWLY 30 STAY AT TOP OF FROG BRIDGE Using small band or loop, 30 reps fast [See Link](#)

Reps & Sets

30	<input type="text"/>
30	<input type="text"/>

Weight

10	<input type="text"/>
10	<input type="text"/>

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Workout 2 : 5 Week Transformation Cardio Day 2 Upper Body

1/ Metcon By Tania Atkin

Walking on the Treadmill



Warm Up
Incline walk

Time

5:00 mins

Warm Up Details

Increase levels 5-12 each min or two

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Barbell Push Press



Explosive Movement, Push press
Dip and drive the bar up with your legs
Brace abs tight -navel to spine

Rest 30 sec
Start with just a bar

Reps & Sets

15
15
12
10

Weight

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Combo Front raise and Y Raise (Iron Cross)



Rest 30 sec

Reps & Sets

15
15
12
12

Weight

2.5
5
5
7.5

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

One Arm Neutral 2 Handle Lat Pulldown



Giant set starts here (3)
exercises in a row, rest after
wide lat pulldowns.

No Rest here, move to next
exercise

Reps & Sets

15
15
12
10

Weight

30
40
50
50

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Landmine Single Arm Push Press



You can start just with a 35-
45 lb bar and add plates as
you go

No rest go to next exercise

Reps & Sets

15
15
15
15

Weight

35
40
45
45

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Wide Lat Pulldowns

G



Any Lat pUlldown Machine is fine

Rest Time: 0:45 Now repeat from one arm pull downs

Reps & Sets

15	<input type="text"/>
12	<input type="text"/>
12	<input type="text"/>
10	<input type="text"/>

Weight

30	<input type="text"/>
40	<input type="text"/>
45	<input type="text"/>
45	<input type="text"/>

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Bench Dips

m



3 ROUNDS OF METCON/ CARDIO WILL START HERE- CONTINUE THROUGH THE NEXT 3 EXERCISES 3 x.

Reps & Sets

20	<input type="text"/>
15	<input type="text"/>
15	<input type="text"/>

Weight

10	<input type="text"/>
10	<input type="text"/>
10	<input type="text"/>

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Alternating Battle Rope

m



Waves

ALTERNATE QUICKLY or Rope Slams together

Time

30 sec

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Burpees

m



You may add a push up if you want

Time

30 sec

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Workout Note :





Supersets (SS)





A superset is when you do two exercises back -to-back with little to no rest between them.





For example: complete 10 lying hamstring curls; followed by 10 quad leg extensions with no rest between.





A "Giant Set" is a Superset with more than two exercise. It may by 3, 4, 5 or even more exercises performed consecutively with no rest between them. **M=MetCon** which is higher intensity that releases stored energy, metabolic systems are taxed.

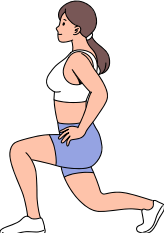



Workout 3 : 5 Week Transformation Day 3 Lower Body Glute/ Ham Focus By Tania Atkin

<p>Cardio Warm Up of Choice</p>  <p>5 mins pre-workout warm up Can be anything skipping, walk, bike</p>	<p>Time</p> <p>5:00 mins</p>	<p>How was this exercise ?</p> <p>Too Easy  Just Right  Too Hard </p> <p>Notes :</p>
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<p>Bench Barbell Hip Thrusts</p>  <p>Hip Thrust Pyramid Increase weight with sets and last set is a burn out and back to lighter weight</p> <p>See Link</p> <p>Rest Time: 0:30</p>	<table border="1"> <thead> <tr> <th></th> <th>Reps & Sets</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>15</td> <td><input type="text"/></td> <td>80.0 <input type="text"/></td> </tr> <tr> <td>12</td> <td><input type="text"/></td> <td>90.0 <input type="text"/></td> </tr> <tr> <td>10</td> <td><input type="text"/></td> <td>100 <input type="text"/></td> </tr> <tr> <td>20</td> <td><input type="text"/></td> <td>75.0 <input type="text"/></td> </tr> </tbody> </table>		Reps & Sets	Weight	15	<input type="text"/>	80.0 <input type="text"/>	12	<input type="text"/>	90.0 <input type="text"/>	10	<input type="text"/>	100 <input type="text"/>	20	<input type="text"/>	75.0 <input type="text"/>	<p>How was this exercise ?</p> <p>Too Easy  Just Right  Too Hard </p> <p>Notes :</p>
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10	<input type="text"/>	100 <input type="text"/>															
20	<input type="text"/>	75.0 <input type="text"/>															

<p>Standing Banded Glute Extension</p> <p>CHA CHA'S MINI BAND</p>  <p>BEND STANDING LEG TO PUT PRESSURE ON KICK OTHERE LEG ON A 45 DEGREE ANGLE BUT BEND INTO STANDING LEG</p> <p>See Link</p> <p>Rest Time: 0:30</p>	<table border="1"> <thead> <tr> <th></th> <th>Reps & Sets</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>15</td> <td><input type="text"/></td> <td>10 <input type="text"/></td> </tr> <tr> <td>15</td> <td><input type="text"/></td> <td>10 <input type="text"/></td> </tr> <tr> <td>15</td> <td><input type="text"/></td> <td>10 <input type="text"/></td> </tr> <tr> <td>15</td> <td><input type="text"/></td> <td>10 <input type="text"/></td> </tr> </tbody> </table>		Reps & Sets	Weight	15	<input type="text"/>	10 <input type="text"/>	15	<input type="text"/>	10 <input type="text"/>	15	<input type="text"/>	10 <input type="text"/>	15	<input type="text"/>	10 <input type="text"/>	<p>How was this exercise ?</p> <p>Too Easy  Just Right  Too Hard </p> <p>Notes :</p>
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15	<input type="text"/>	10 <input type="text"/>															

<p>Dumbbell Sumo Squat</p>  <p>This will be "STRADDLE LIFT SUMO SQUAT"</p> <p>Rest Time: 0:30</p>	<table border="1"> <thead> <tr> <th></th> <th>Reps & Sets</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>15</td> <td><input type="text"/></td> <td>35.0 <input type="text"/></td> </tr> <tr> <td>15</td> <td><input type="text"/></td> <td>35.0 <input type="text"/></td> </tr> <tr> <td>10</td> <td><input type="text"/></td> <td>40.0 <input type="text"/></td> </tr> <tr> <td>10</td> <td><input type="text"/></td> <td>40.0 <input type="text"/></td> </tr> </tbody> </table>		Reps & Sets	Weight	15	<input type="text"/>	35.0 <input type="text"/>	15	<input type="text"/>	35.0 <input type="text"/>	10	<input type="text"/>	40.0 <input type="text"/>	10	<input type="text"/>	40.0 <input type="text"/>	<p>How was this exercise ?</p> <p>Too Easy  Just Right  Too Hard </p> <p>Notes :</p>
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10	<input type="text"/>	40.0 <input type="text"/>															
10	<input type="text"/>	40.0 <input type="text"/>															

<p>Bulgarian Lung</p>  <p>3 SEC PAUSE BULGARIAN LUNG</p> <p>*BACK LEG ELEVATED ON BENCH</p> <p>See Link</p> <p>Rest Time: 0:30</p>	<table border="1"> <thead> <tr> <th></th> <th>Reps & Sets</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>10</td> <td><input type="text"/></td> <td>20.0 <input type="text"/></td> </tr> <tr> <td>10</td> <td><input type="text"/></td> <td>20.0 <input type="text"/></td> </tr> <tr> <td>10</td> <td><input type="text"/></td> <td>20.0 <input type="text"/></td> </tr> <tr> <td>10</td> <td><input type="text"/></td> <td>20.0 <input type="text"/></td> </tr> </tbody> </table>		Reps & Sets	Weight	10	<input type="text"/>	20.0 <input type="text"/>	10	<input type="text"/>	20.0 <input type="text"/>	10	<input type="text"/>	20.0 <input type="text"/>	10	<input type="text"/>	20.0 <input type="text"/>	<p>How was this exercise ?</p> <p>Too Easy  Just Right  Too Hard </p> <p>Notes :</p>
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10	<input type="text"/>	20.0 <input type="text"/>															
10	<input type="text"/>	20.0 <input type="text"/>															
10	<input type="text"/>	20.0 <input type="text"/>															

Machine Hamstring Curls



CAN BE LYING OR SEATED MACHINE CHANGE WEEKLY

Rest Time: 0:30

Reps & Sets	Weight
10 <input type="text"/>	30.0 <input type="text"/>
10 <input type="text"/>	30.0 <input type="text"/>
10 <input type="text"/>	32.5 <input type="text"/>
10 <input type="text"/>	32.5 <input type="text"/>

How was this exercise ?

Too Easy Just Right Too Hard

Notes :

Seated Machine Leg Abduction



CHANGE POSITIONS: SIT TALL LEAN FORWARD LEAN BACK

Rest Time: 0:30

Reps & Sets	Weight
20 <input type="text"/>	70.0 <input type="text"/>
20 <input type="text"/>	80.0 <input type="text"/>
20 <input type="text"/>	90 <input type="text"/>

How was this exercise ?

Too Easy Just Right Too Hard

Notes :

Kettlebell Goblet Squat



THIS IS A "FINISHER MOVE"- STAY IN A 3/4 RANGE PULSE WITH CONSTANT TENSION FOR

Superset with next exercise

Reps & Sets	Weight
50 <input type="text"/>	25 <input type="text"/>
50 <input type="text"/>	25 <input type="text"/>

How was this exercise ?

Too Easy Just Right Too Hard

Notes :

Banded In and Out Jumps



Rest Time: 1:00

Time
1:00 min
2x

How was this exercise ?

Too Easy Just Right Too Hard

Notes :

Running on the Treadmill



Intervals Sprints 30s run, 30s walk

Time
15:00


How was this exercise ?

Too Easy Just Right Too Hard

Notes :

Workout Note :

Workout 4 : 5 Week Transformation Day 4 Upper 2 By Tania Atkin



Bench Press


Standard Barbell is 45 lbs Slow negative /down
Rest 30 sec

Reps & Sets		Weight	
15	<input type="text"/>	45	<input type="text"/>
12	<input type="text"/>	50	<input type="text"/>
15	<input type="text"/>	55	<input type="text"/>

How was this exercise ?

Too Easy Just Right Too Hard

Notes :



Hammer Chin Ups


Narrow Chins can be assisted with a band or on a chin up machine as well Hands are turned inwards
Rest 30 sec

Reps & Sets		Weight	
10	<input type="text"/>	0	<input type="text"/>
10	<input type="text"/>	0	<input type="text"/>
10	<input type="text"/>	0	<input type="text"/>

How was this exercise ?

Too Easy Just Right Too Hard

Notes :



Bird Dog Row

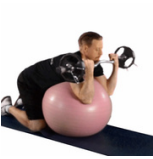
Really engage core, slight pelvic tilt to fill out lower back. Stabilize hips, keep glute
Rest 30 sec

Reps & Sets		Weight	
10	<input type="text"/>	15.0	<input type="text"/>
10	<input type="text"/>	15.0	<input type="text"/>
10	<input type="text"/>	15.0	<input type="text"/>

How was this exercise ?

Too Easy Just Right Too Hard

Notes :



Kneeling Exercise Ball EZ Bar Concentration Curls

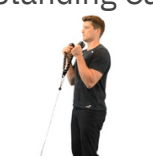
Extend legs straight back for a balance challenge
Rest 30 sec

Reps & Sets		Weight	
15	<input type="text"/>	20	<input type="text"/>
12	<input type="text"/>	20	<input type="text"/>
12	<input type="text"/>	20	<input type="text"/>

How was this exercise ?

Too Easy Just Right Too Hard

Notes :



Standing Cable Rope Bicep Curl

Spread rope to peak contraction
Rest 30 sec

Reps & Sets		Weight	
15	<input type="text"/>	30	<input type="text"/>
12	<input type="text"/>	35	<input type="text"/>
12	<input type="text"/>	35	<input type="text"/>

How was this exercise ?

Too Easy Just Right Too Hard

Notes :

45 Degree Low Back Extension



Pause and hold at top 2-3 sec-squeeze bum hard, round out back

Rest Time: 0:30

Reps & Sets

12	<input type="text"/>
12	<input type="text"/>
12	<input type="text"/>

Weight

0	<input type="text"/>
0	<input type="text"/>
0	<input type="text"/>

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Laying Hip Raise (Reverse Crunch)



Focus on lifting pelvis, drawing navel to spine, ribs to hips and low back in to floor-don't use your hands.

Rest Time: 0:30

Reps & Sets

15	<input type="text"/>
15	<input type="text"/>
15	<input type="text"/>

Weight

0	<input type="text"/>
0	<input type="text"/>
0	<input type="text"/>

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Plank on Hands Alternating Arm Raise



Total reps 24

Rest Time: 0:30

Reps & Sets

24	<input type="text"/>
24	<input type="text"/>
24	<input type="text"/>

Weight

0	<input type="text"/>
0	<input type="text"/>
0	<input type="text"/>

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Upper Body Rowing on the Rower



Think about using your rear shoulders and upper back.. Squeeze shoulder blades together tightly as you row

Time

12:00
mins

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Workout Note :

Workout 5 : 5 Week Transformation Cardio Day 5 By Tania Atkin

On your program there will be a day marked Cardio Day. This is your prescription to do any type of Steady State Cardio. You can choose for 40-60 mins. This can be indoors or outdoors. Running, Spin class, Group Cardio Class, Machine/Equipment, Stairs.. etc... The requirement is that you maintain your **HEART RATE AT 130-140 bpm. DAILY STEP: FOR THE 5 WEEKS-try to get your daily steps in daily (8-10,000 steps)**

Hiking (outside)



Time
60:00

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Walking on the
Treadmill-Incline



Time
40:00

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Running (outside)



Time
40:00

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Running on the Treadmill



Time
40:00

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Running on the Crosstrainer



Time
40:00

How was this exercise ?

Too Easy



Just Right



Too Hard



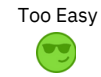
Notes :

Cycling on the Spin Bike



Time
60:00

How was this exercise ?



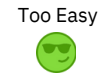
Notes :

Biking



Time
60:00

How was this exercise ?



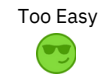
Notes :

Gliding on the Elliptical



Time
45:00

How was this exercise ?



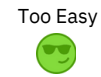
Notes :

Whole body rowing on the Rower



Time
40:00

How was this exercise ?



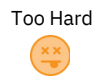
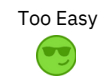
Notes :

Stepping on the Stairmill



Time
40:00

How was this exercise ?



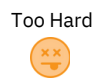
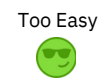
Notes :

Stair climbing



Time
40:00

How was this exercise ?



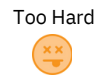
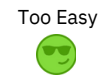
Notes :

Jacob's Ladder



Time
40:00

How was this exercise ?



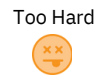
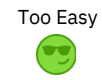
Notes :

Kickboxing



Time
60:00

How was this exercise ?



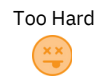
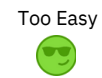
Notes :

Exercise Class



Time
60:00

How was this exercise ?



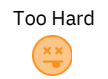
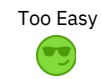
Notes :

Bootcamp
Class



Time
60:00

How was this exercise ?



Notes :

Workout Note :

Workout 6 : 5 Week Transformation Day 6 Full Body Circuit By Tania Atkin

Barbell Back Squat



**!!! START
CIRCUIT HERE
!!!**

Reps

12

Weight

50

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Split Lunge Glide with a sliders



15 each leg
Use your swinging arms

**FAST GLIDER REVERSE
LUNGE**
Basically slide into a lunge

Reps

15

Weight

0

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Closed Grip Push Ups on a Medicine

Ball- on knees if need



Reps

10

Weight

0

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Plank Mountain Climber Glides



GLIDER Mountain CLIMBERS
Alternate legs
24 reps total
or regular mountain
climbers

Reps

24

Weight

0

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Dumbbell Side Lunge



Land on heel / reach to ankle
15 per side
1 DB is fine

Reps

15

Weight

15

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Front Hold Dumbbell Row- Alternate Rows



16 total reps

Reps
16

Weight
10

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Weighted Crunch



Reps
15

Weight
5.0

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Exercise Ball Front Hold Pike



Reps
15

Weight
0

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Jumps Lunges



24 total reps
Alternating

Rest Time: 2-4 mins
Repeat Circuit 3-4x

Reps
24

Weight
10

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Workout Note :

Go back to Exercise 1-9
REST 2-4 mins at the end of each round, then go back to the 1st exercise
and repeat circuit 3-4x !!

Workout 7 : Stretch & Roll Routine By Tania Atkin

Cat Cow Stretch



Time

Hold all stretches for
1- 3mins

How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Overhead Tricep Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Windmills (Leg Over Low Back Stretch)



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Piriformis Stretch (Seated Pretzel)



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Foam Roller Rear Delt and Romboids



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Stretch

Foam Roller Lats



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Foam Roller Lower Back



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Exercise Ball Lower Back Rolls



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Exercise Ball Lat Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Exercise Ball Single Arm Lat Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Kneeling Leg Across Glute Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Stretch

Laying Leg Over Low Back Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Half Kneeling Torso Twists



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Supine TFL Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

World's Greatest Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Stride Stretch with HER



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Laying Knee Pulls



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Stretch

Laying Leg Pull Glute Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Assisted Hamstring Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Assisted Dynamic Hamstring Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Assisted Glute/IT Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Assisted Dynamic Groin + Glute/IT Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Pigeon Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Stretch

Foam roller glutes



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Foam roller posterior capsule



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Foam roller hamstrings



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Lacrosse Ball Gluteus Maximus



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Lacrosse Ball Gluteus Medius



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Seated Pretzel stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Stretch

Quad Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Face down Butterfly Groin Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Face down Butterfly Hip Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Laying Butterfly Groin Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Bent Over Calf Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Lying Chest Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Stretch

Wall Chest Stretch



How was this exercise ?

Too Easy



Just Right

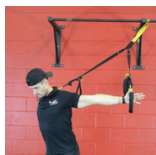


Too Hard



Notes :

TRX T Stretch



How was this exercise ?

Too Easy



Just Right



Too Hard



Notes :

Workout Note :

Please use any and all stretches through out your weeks. You can pick a few to do each day or keep them for a stretch day!

Exercise Links

**ON YOUR PROGRAM YOU WILL NOTE THAT I SAY, “SEE LINK”
HERE THEY ARE AND I HAVE ADDED SOME OTHER USEFUL
LINKS TO REVIEW:**

1. Banded Cha Cha

<https://youtu.be/SOmd683e2Y8>

2. Frog Pumps

<https://youtu.be/MQ62r2V7Lw8>

3. Bulgarian Split Squat /Variation for Glute Dominance

<https://youtu.be/KU3psaOTGmc>

4. Leg Press All Variations / High Leg Press

https://youtu.be/7H-KpNTYw_k

**5. BC'S Glute Activation or Burn Out Banded Work/ CAN BE A
WARM ON GLUTE DAYS**

<https://youtu.be/EmSfISUgXro>

6. Hip Thrust Variations and Proper Form

<https://youtu.be/lZRNeo3SieU>

7. Stiff Leg RDL

<https://youtu.be/xpks1wCcEI8>

Daily Meal Plan



Macros To Follow (IIFYM: IF IT FITS YOUR MACROS)-Fit your macros to these grams if you are able to flexible diet by using a macro tracker such as MY MACROS+

Macros: Protein 155g, Carbs 100g, Fats 60g

IF not, please follow EXACTLY WHAT I HAVE WRITTEN FOR YOUR MEAL SCHEDULE.

Schedule / Meals

UPON WAKING ON EMPTY STOMACH

Take Your Gut Shot:

1/4 teaspoon of Himalayan Pink Salt on tongues and drink 250ml water immediately waking each morning add 1 Tablespoon of Apple Cider Vinegar and lemon juice in water (adrenal health and gut health important for fat loss)

then...

1/2 Scoop Whey Isolate Protein + 6 almonds

Nutri L-Carnitine Liquid by Naka 15ml

Green Tea Extract (1-2 caps or 600mg)

Coffee or Tea

Supplements: Take 1 Omega 3 (1000mg), 1 Vitamin C (1000mg)

[WORKOUT WORKOUT WORKOUT in the am if possible, if not, train when you can]

Meal 1 (Post workout)/ Breakfast

30g oats (weigh dry then add water and cook) With 16g almond butter OR natural PB 16g

+177g egg whites (liquid)

+1 whole egg (you can make eggs into a scramble, omelette or fry with coconut/olive oil spray feel free to add veggies)

Meal 2/ Lunch

150g chicken /turkey breast/white fish (wild)

100g basmati or Jasmin rice (weigh after cooking)

100g broccoli/asparagus or green beans or veggie of choice

1 tablespoon olive oil (to cook with, toss chicken, broccoli and olive oil in pan)

Supplements: Take 1 Omega 3 (1000mg), 1 Vitamin C (1000mg), 1 B- Complex (Any High end Brand, I like Naka or Canprev)

Daily Meal Plan



Snack 1 (IF you need a snack it can go here...in middle of afternoon between lunch and dinner)

1 scoop whey protein powder (containing approx. 30g protein per scoop) and a green powder if you can + 2 Rice cakes with 22g almond butter or PB (11g on each)

Meal 3/ Dinner

145g (5oz) top sirloin (lean beef, bison, lean red meat) or 130 grams white wild fish/salmon or shrimps

Large mixed green salad or assorted veggies (any). Dressing-(olive oil 1 teaspoon & vinegar)

100g of Asparagus or green beans

Supplements: Take 1 Omega 3 (1000mg), 1 Vitamin C (1000mg)

Snack 2 (Pre bed)

250g Cottage Cheese + a square of dark chocolate 70%+ or

250g Greek Yogurt with nuts and seeds, stevia for sweetness and a square of dark chocolate +70%

1 hour Before Bed Supplement:

Supplements: 400mg of Magnesium / Calm Magnesium Powder 1 scoop or 4 magnesium capsules

Nutritional Guidelines:

- Liquid L Carnitine is mandatory. This amino acid is athletic support, supports muscle tissue repair and growth, aids in recovery, promotes improved performance, helps body metabolize fats, carbohydrates and proteins
- Protein Powder- Schinoussa Probiotic Whey Isolate or one you like without carbs or fat (Below 3g)
- Don't deviate from meal plan IF YOU WANT RESULTS!
- You need a cheap food scale that you can buy at Walmart or Amazon.
- Water : 3L-4L daily.. Green Tea counts as water and will help burn fat and keep antioxidants high
- Try and get as close to the recommended food choices, as possible but do not stress if you are a bit over or under.
- Make sure you're consuming all the protein.
- As a general rule, aim for 99% of your food coming from healthy and clean sources throughout the day; this allows the free meal to work better in stimulating your metabolism
- Examples include chicken breast, brown rice, sweet potato, quinoa, oats, eggs, egg whites, whole grain pasta, nuts, natural peanut butter, almond butter, lean ground beef or turkey, fruit, veggies, fish, etc.

Daily Meal Plan

- Minimize alcohol consumption to none if possible. If drinking, use soda / Water to mix with. Alcohol should be tracked in macros, as there is a lot of added carbs and WILL affect progress.
- I advise leaving breathing space when planning out a day (extra calories that can be either used up throughout the day due to unforeseen circumstances or eaten near the end of the day)
- Cooking Sprays are best to use: Olive or coconut oil spray
- Eat a spectrum of veggies
- Prep your meals ahead of time for the day; makes life a lot easier
- Space all meals out a minimum 2-3 hours apart
- Workout time depends on your life schedule... just get it in!
- All weights are cooked foods in GRAMS (minus oats & egg whites)
- Drink loads of water throughout the day; green tea and coffee are fine as well but make sure you never get thirsty
- Rest and recovery is crucial for fat loss!
- Please try to get at least 6 hours sleep every night, if not MORE! Otherwise cortisol and stress levels will raise, making it that much more difficult for fat loss/ lean muscle gain!
- Be mindful that most sauces/dips/dressings have hidden fats in them. Condiments that don't need to be tracked are listed below
- Take all supplements as listed on schedule
- Take a look at the Anti-Inflammatory Shopping list for your reference

Non Macro-ed Seasonings /Condiments: Any herb green and dry (ie) thyme, oregano, basil....

-Mustard, Hot Sauce, Mrs.Dash Salt Free Seasonings, Fresh Herbs, Lemon/Lime, Garlic, Red Pepper Flakes, Black Pepper, Braggs Liquid Aminos (be mindful of using this as it is high sodium!), Balsamic Vinegar, Braggs Apple Cider Vinegar, Stevia Extract, Liquid Flavored Stevia, Vanilla Extracts, Cinnamon, Pumpkin Pie Spice, Nutmeg, etc.

-Sea Salt/Pink Salt /Celtic salt

Food Substitutions:

- 145g (5oz) Lean Ground turkey instead of steak or 145g Atlantic salmon
- Banana instead of oats
- 100g sweet potatoes instead of rice
- 10 strawberries & 100g pineapple instead of oats
- 30g avocado instead of whole egg
- 16 almonds instead or 30g avocado instead of olive oil
- 30g light ranch or balsamic dressings instead of olive oil

Daily Meal Plan



Recommended Supplements For Transformation Period:

- Omega's 3 3000mg (Andy high end soft gels or liquid) daily for inflammations, brain health and fat loss.
- L-Carnitine Liquid 15ml daily for athletic support, supports muscle tissue repair and growth, aids in recovery, promotes improved performance, helps body metabolize fats, carbohydrates and proteins. Recommendation is Nurti L-Carnitine By Naka
- Vitamin C 4000mg daily (any Liposomal Vitamin C in 1000mg caps) for cellular health, antioxidant, immunity, recovery and abdominal fat loss.
- Magnesium 400mg daily for 300 cellular reactions and recovery, sleep, mood, hormones and stress. Recommendation Synermag by ATP LABS or AOR Mag Complex
- B Complex By Throne plays a role in overall good health, energy levels, and stress management
- Green Powder/ Moringa Powder I recommend getting Moringa powder for all full spectrum mineral, amnios, antioxidants and vitamin profile. You ca add to protein shake, or drink it straight with water.
- Vitamin D3 Liquid 4 drops daily for hormone balance, immunity, fat loss
- Green Tea Extract - 2 caps (600mg) before workout or in am (natural fat burner). Green tea is high in antioxidants such as catechizes and caffeine which can promote fat loss, blood glucose control, disease prevention, improved brain. Brand: AOR Active Green Tea

WELCOME TO YOUR
5 WEEK TRANSFORAMTIONS
CHALLENGE

www.taniaatkin.com

*hello
beautiful!!*

