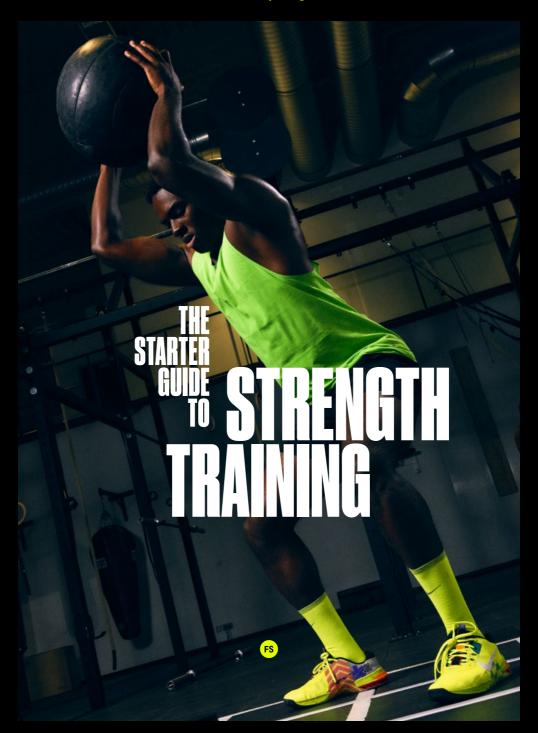
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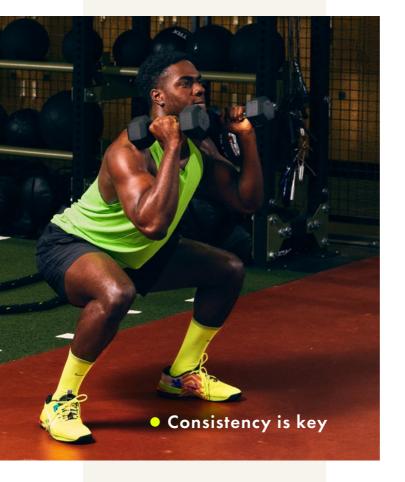


We want to share a dirty little secret. As great as a HIIT session, indoor cycling class, long run, or yoga flow can be, there's nothing guite like the joy of strength training. For starters, having a basis of strength supports all of your other

athletic endeavors. From rugby players to ballet dancers, everyone can benefit from regular strength training to increase their power, balance, and ability to stave off injury. And working out with weights can be a boon to your present and future self, as people who

lift have a better time with aging, according to research. But mostly, picking up something heavy and putting it down feels damn good.

If you're sufficiently convinced, let's dive in. This plan was designed with beginners in mind, so if you've dabbled with dumbbells or flirted with barbells. and want to give your workouts more structure, this is it. More seasoned lifters. take note: this plan is totally adaptable to your needs—you'll just end up adding more kgs or reps to the workouts. This 4 to 6-week program will leave you confident in performing fundamental strength training exercises like squats, rows, and presses with weights.





WORKOUTS AT A GLANCE

YOU WILL NEED: Dumbbells, a jump rope, a bench, and a medicine ball (optional)

DAY 1: Full-body strength

DAY 2: Conditioning

DAY 3: Rest/easy cardio

DAY 4: Full-Body Strength

DAY 5: Rest/easy cardio

DAY 6: Full-Body Strength

DAY 7: Rest/recovery

How it works

This plan is built around full-body workouts. The thinking is that this helps you avoid overworking individual muscles. You'll also be training in different planes of motion, which means moving forward, backwards, side to side, and rotationally, to strengthen important movement patterns to keep you injury-free. Muscle building requires sufficient rest, which is why you'll only be hitting the weights four days a week. The other days can be light cardio—think bike riding, a jog, recreational football with friends—yoga, stretching and foam-rolling, or a true day off. Listen to your body and try to rest when you need to, and be active when you have enough energy in your tank.



Directions

Follow this program for four to six weeks, starting with lighter weights to acclimate to the new training regimen and perfect the movement patterns. (It's even better if you have a trainer or other experienced fitness friend who can guide you through the moves.) As you progress and start using heavier weights, do a few warmup reps for each movement with a lighter weight to prep your body before you dive into the prescribed sets.

As the weeks go on, increase the weight you're using for loaded movements. Any time you complete all the prescribed sets and reps for a movement, make sure to amp up your weight a little bit the next week. (On the other hand, if you fall short of the prescribed sets and reps using a certain weight, go back to that same load next week.)



Training schedule



THE WARMUP

Jump rope

3 to 5 minutes, resting as needed

Movements - do 2 rounds of 10 reps each

- pelvic tilts
- 90/90 transitions
- shoulder rotations
- world's greatest stretch
- bird dogs

DAY 1

FULL-BODY STRENGTH

SUPERSET 1

- medium- to heavy weight dumbbell chest press
- medium weight squat to press
 - 3 x 12, resting 90 seconds between sets next. Take minimal rest between rounds.

SUPERSET 2

- light- to medium weight bent-over
- medium weight split squats
- 3 x 12, resting 90 seconds between sets

TRISET FINISHER

- hands release push-ups
- dips
- forearm planks

Do 3 or 5 rounds, performing each move for :45 seconds, resting for :15 seconds, and moving onto the next. Take minimal rest between rounds.

DAY 2

CONDI-TIONING

CIRCUT 1

- walkouts + mountain climbers
- jump squats
- hollow holds
- alternating side planks

Do each move for 30 seconds, back to back, then rest up to 1 minute. Do 4 total rounds

CIRCUT 2

- loaded beasts
- skater jumps
- kick throughs
- table top leg presses

Do each move for 30 seconds, back to back, then rest up to 1 minute. Do 4 total rounds

DAY 3

REST

Rest, yoga, or cardio

| | | | [|
|-----------------------|--|--|---|
| DAY 4 | SUPERSET 1 | SUPERSET 2 | TRISET FINISHER |
| FULL-BODY STRENGTH | heavy weight romanian deadlifts pistol squats on bench 3 x 12, resting 90 seconds between sets | dumbbell pullovers bodyweight single- leg hip thrusts 3 x 12, resting 90 seconds between sets | med ball slams reverse lunges supermans Do 3 or 5 rounds, performing each move for :45 seconds, resting for :15 seconds, and moving onto the next. Take minimal rest between rounds. |
| DAY 5 | | | |
| REST DAY | | Rest, yoga, or cardio | |
| | ••••••• | ••••• | |
| DAY 6 | SUPERSET 1 | SUPERSET 2 | TRISET FINISHER |
| FULL-BODY STRENGTH | light weight standing shoulder presses medium weight front squat 3 x 12, resting 90 seconds between sets | medium-weight single-leg romanian deadlifts light- to medium- weight curtsy lunges 3 x 12, resting 90 seconds between sets | bird-dog rows push-ups supermans with lat pulldown Do 3 or 5 rounds, performing each move for :45 seconds, resting for :15 seconds, and moving onto the next. Take minimal rest between rounds |
| DAY 7 | | | |
| REST DAY | | Rest, yoga, or cardio | |



EAT FUH STRENGTH

If you're just getting started with strength training, U.S.based nutritionist Molly Kimball, RD, CSSD, has a piece of advice. First, if you have access to it, consider getting a body composition analysis. As you build more muscle mass, it may show up on the scale, she explainsthe body composition analysis will help you to track your progress and stay motivated. (We like this one from Withings.)

As a beginner, you don't need a fancy nutrition plan to build strength and muscle. Just get the basics right. Ryan Page, who's our Product & Innovation Manager here at foodspring, recommends taking a closer look at your current diet and figuring out what adjustments you should make individually to reach your goal.

For example, look at whether you're getting enough protein in your diet. For muscle building, aim to eat 1.6 to 2.2 grams of protein per kilogram of body weight daily, spread throughout the day. Proteins are the building blocks of your cells and help build muscle by providing your body with the building material (the amino acids) it needs. It is best to divide your protein intake evenly throughout the day into 3 or more meals or snacks (e.g. our Protein Cookies or Protein Bars). You can set a goal of 20g to 30g of protein per meal. This could be, for example, 2 eggs, half a package of low-fat curd cheese or a piece of fish, chicken or tofu. If you find it difficult to meet your protein needs through food alone, our Whey Protein and Vegan Protein* shakes can help. Each shake contains about 24g of protein, including all the essential amino acids needed for the musclebuilding process.



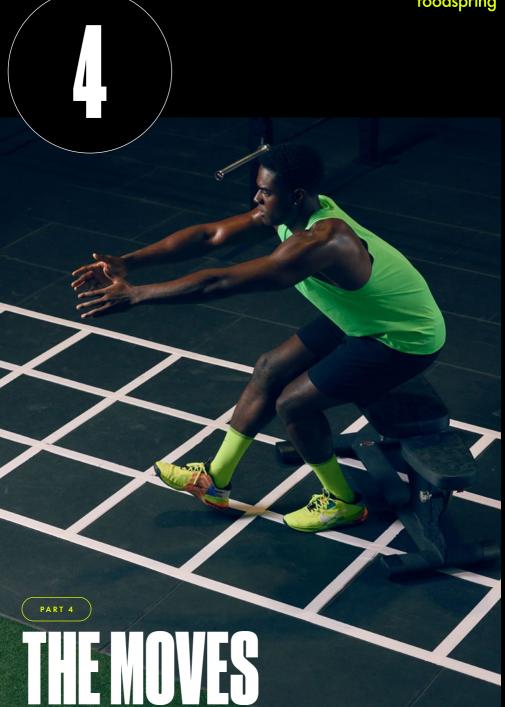
In addition to proteins, you also need complex carbohydrates, healthy fats, vitamins and minerals. Carbohydrates are important for replenishing muscle glycogen stores (energy), and fats help absorb fat-soluble vitamins and are rich in essential fatty acids that help protect joints. Also, to build muscle, you shouldn't be in a calorie deficit. Your body needs energy to fuel muscle growth and recovery.

You can optimize your workout progress by paying close attention to your pre- and post-workout meals. "Before your workout, it's important to make sure you have enough energy to get the most out of your workout," Page says. "Either make sure you've eaten a big meal a few hours before or eat a snack 1-2 hours before your workout, Ideally, you should eat a meal that is high in carbohydrates, since they are the main source of energy for training." If you're feeling a little tired on the day of your workout, our Energy Aminos can give you the kick you need to get you in the mood .** They contain caffeine, BCAAs, and vitamins C, B3, and B12. If you work out in the evening and want to avoid high levels of caffeine, you can try our new Focus Drops. They're fortified with essential B vitamins and support the body's natural energy production. * * *



- Proteins contribute to muscle growth.
- Vitamins C and B3 help reduce fatigue and fatigue.
- *** Vitamins B6 and B12 contribute to the reduction of fatigue and fatigue.

"After a workout, it's all about recovering effectively to ensure your next training session is as productive as the previous one," Page stresses. "What you eat between workouts, how well you rest as well as sleep, and the level of day-to-day stress all have a significant impact on how hard your body can work to build muscle." Make sure your post-workout meal provides your body with protein and as many other nutrients as you can get in there—think colorful vegetables, whole grains . When you work out, you put training stimuli in place. In order for the body to adapt to the new load and build more muscle mass, it needs proteins. They help to repair the muscle cells. Carbohydrates ensure that glycogen reserves in the skeletal muscles are replenished after training.



Warm-up

JUMP ROPE

Do it for 3 to 5 minutes, resting as needed.

WATCH THE VIDEO

PELVIC TILTS

Lie on your back with your knees bent, hips tucked, feet flat on the floor, and arms by your sides, to start. Slightly elevate your butt and engage glutes to press lower back into the ground, tilting your pelvis upward slightly, thinking about pulling your tailbone to your belly. Pause and reverse to start. Repeat.

WATCH THE VIDEO

90/90 TRANSITIONS

Sit on the floor with your legs bent at 90-degree angles so both heels point to the left of your body, arms out in front of you. Brace your core and lift both knees straight up off the ground while rotating to the right side. Pause and reverse the movement to return to start. Repeat, alternating sides. To make it easier, use your hands as "kickstands" at your sides instead of holding them out in front of you.

WATCH THE VIDEO

SHOULDER ROTATIONS

Stand tall and create large circles with both arms. After three repetitions, change directions.

WATCH THE VIDEO



WORLD'S GREATEST STRETCH

Start in a plank position. Bring your right leg to the outside of your right hand and allow your left leg to bend slightly. Reach toward the ceiling with your right hand. Pause, then bring your hand down and return to a high plank position. Repeat, alternating sides

WATCH THE VIDEO

BIRD DOGS

Start on your hands and knees. Extend left arm and right leg, and hold. Return to start and repeat. Do a ll reps on one side, then switch sides.

WATCH THE VIDEO



Full-body strength

SUPER SET 1

DUMBBELL CHEST PRESSES

Start lying on a bench with your feet flat on the ground, holding two dumbbells just over your chest. Press straight up, keeping a slight bend in your elbows at the top. Pause, then bring the dumbbells back down with control to start for one rep.







SQUAT TO PRESS

Stand tall with your feet shoulders distance apart, holding one or two dumbbells at your shoulders, to start. Squat down to approximately parallel while keeping the dumbbell or dumbbells close to your shoulders. As you return to stand, press the dumbbell or dumbbells overhead. Pause at the top, then lower the dumbbell back to start for one rep.

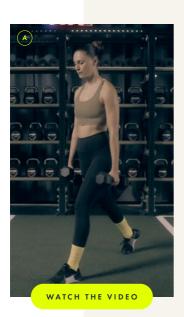




SUPER SET 2

BENT-OVER ROWS

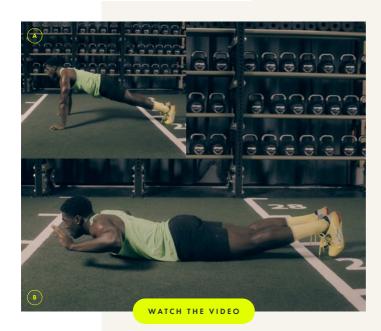
Holding two dumbbells with your palms facing in, bend your knees and hinge forward, keeping a flat back, to start. Hold the dumbbells in front of you, engaging your shoulders, and row both arms at the same time so your elbows point behind you. Return to start for one rep.





SPLIT SQUATS

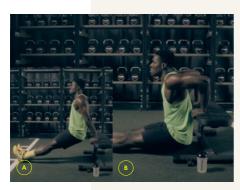
Start standing with your left leg forward, right leg back. Drop into a lunge, right knee hovering above floor. Return to start for one rep. Do all reps with left leg forward, then switch sides.



TRI-SET

HANDS RELEASE **PUSH-UPS**

Start in a high plank. Slowly lower your body toward the ground until your chest and thighs rest on the floor. Lift your hands off the ground, then quickly push back up to start for one rep. If this is too hard, drop to your knees during the push-up portion.



DIPS

Sit on the edge of a bench or a box, hands to your sides, fingers gripping the edge and pointed toward the ground. Move butt off of the box and extend your feet in front of you, resting your heels on the ground, to start. Bend your arms to lower your body until you form an approximately 90-degree angle at your shoulder, then reverse to start for one rep.

WATCH THE VIDEO

FOREARM PLANK

Hold a low plank for as long as you can, keeping a straight line between head and heels.

WATCH THE VIDEO



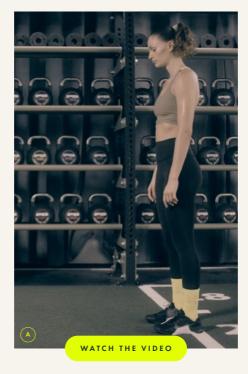


Conditioning

CIRCUIT 1

WALKOUT + 4 MOUNTAIN **CLIMBERS**

Start standing tall. then fold forward and walk your hands into a high plank position. From there, brace your core and drive your right knee to your right elbow, then quickly switch legs and drive your left knee to your left elbow. Continue alternating sides until you've done 4 repetitions on each side. Then, walk your hands back and return to start for one rep.









JUMP SQUATS

Stand tall with your feet shouldersdistance apart. Squat to approximately parallel, bringing your arms out in front of you, then swing them behind you as you jump in the air. Land back in a squat position for one rep.

CIRCUIT 1 (contiuned)

HOLLOW HOLD

Lie on your back with your arms stretched out over your head. Lift your arms and legs off the floor, engaging your core and keeping your lower back on the ground and hold.



ALTERNATING SIDE PLANKS

Get in a high side plank position on your right side, feet stacked, hip high, a straight line between head and heels. Raise your left arm toward ceiling and pause. Rotate to drop your left arm on floor, then continue rotating to a high plank on your left side and raise your right arm. Continue alternating sides.





CIRCUIT 2

LOADED BEASTS

Start on your hands and knees, then raise your knees one inch off the ground. Lean back so your arms are fully extended in front of you, then shift forward so your shoulders are over your wrists. Repeat.



SKATER JUMPS

Start standing tall and jump to the right side, landing softly on your right leg and crossing your left leg behind you. Repeat in the other direction. Stay low as you continue to jump from side to side, using your arms to drive each jump.

CIRCUIT 2 (contiuned)

KICK THROUGHS

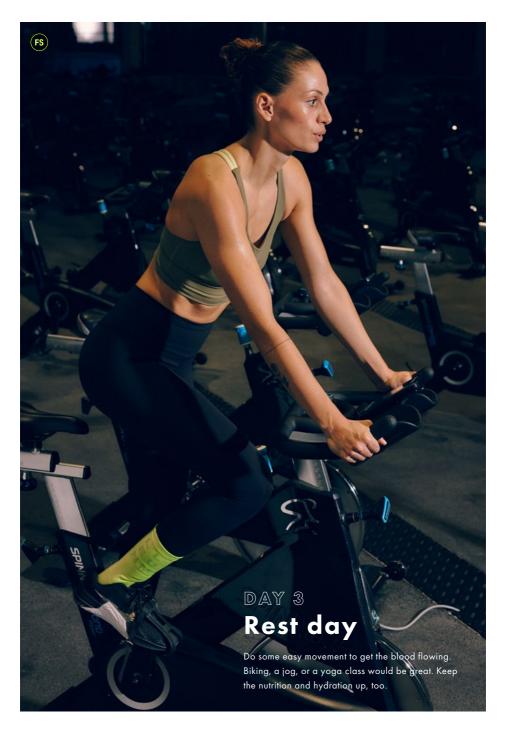
Start in a high plank position. Shift weight onto hands and bring left foot in line with left hand, then lift left hand and bright your right food through to kick straight out to the side. Return right foot, left hand, and left foot to start. Continue, alternating sides.



TABLE TOP LEG **PRESSES**

Lie flat on your back and lift your legs off the ground, keeping them bent at a 90-degree angle. Put your hands on your knees and press on them, and engage your core to keep your legs still. Hold. Simultaneously push with your hands while pushing back with your knees.





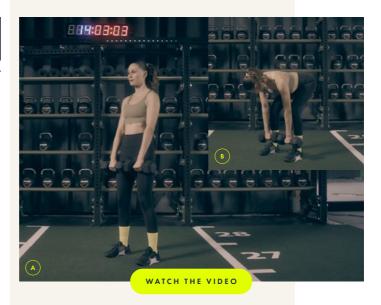


Full-body strength

SUPERSET 1

ROMANIAN DEADLIFTS

Stand tall holding two dumbbells in front of your thighs. Hinge hips back while bending knees slightly, keeping a flat back, so dumbbells slide down the fronts of your legs, stopping when dumbbells are at the middle of your shin. Pause at the bottom, then return to standing. Repeat.





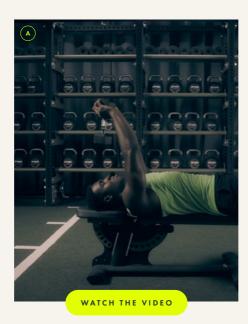
PISTOL SQUATS

Stand tall in front of a bench or chair. (The higher your bench or chair, the easier it will be.) With your arms extended in front of you, lift one leg off the ground and squat to the level of the bench or chair, then return to standing and repeat for the prescribed number of reps. Then switch sides.

SUPERSET 2

DUMBBELL **PULLOVERS**

Lie flat on a bench holding a dumbbell with two hands above your chest, to start. Lower the dumbbell backwards with a slight bend in the elbows until your arms are by your ears, then return to the start for one rep.



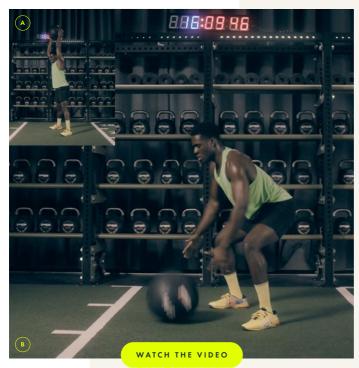


SINGLE-LEG HIP **THRUSTS**

Begin with your shoulders on a bench and your arms out to the sides, resting on the bench. Lift one foot off the ground. Press your hips up until they're even with the bench. Lower back down and repeat.



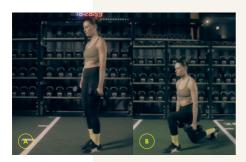




TRI-SET

MED BALL SLAMS

Stand with feet wide. holding a medicine ball. Rise to the balls of your feet while simultaneously lifting the ball overhead, then pull arms down and slam the ball into floor as you drop into a semi-squat. In one fluid movement. pick the ball up and lift it overhead, for your next rep. Continue slamming. If you don't have a medicine ball, use a dumbbell, but don't slam it into the floor; instead, hold onto it for the entirety of the exercise.



REVERSE LUNGES

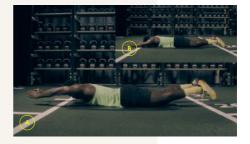
Stand with your feet shoulders-width apart, holding a dumbbell in each hand. Step left leg back behind you, then slowly lower left knee to the ground. Drive your weight into the heel of the right foot to return to start. Do all lunges on left side, then switch sides.

WATCH THE VIDEO



Lie on your stomach with your legs straight and your arms stretched out in front of you. Lift your arms and legs off the ground at the same time, keeping your head neutral. Pause, then lower back to the ground.

WATCH THE VIDEO





Rest day

DAY 6

Full-body strength



STANDING SHOULDER PRESSES

Hold two dumbbells at your shoulders, to start. Press straight up, keeping a slight bend in your elbows at the top. Lower back down with control to start for one rep.







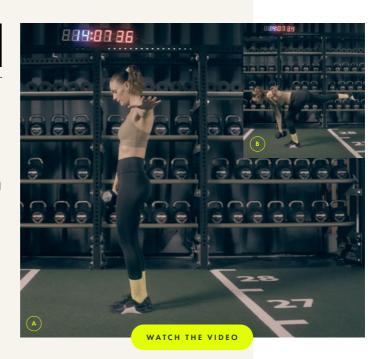
FRONT SQUAT

Stand with feet hipwidth apart, holding two dumbbells in the front rack position resting on your shoulders, elbows at sides, to start. Drop down into a squat, like you're sitting in a chair, until hips are at or below knee level, then reverse powerfully to start.

SUPERSET 2

SINGLE-LEG **ROMANIAN DEADLIFTS**

Start standing with a dumbbell in your left hand. Hinge at your hips while lifting your left foot off the ground and behind you until your left knee hovers over the ground. Keep your right knee slightly bent. Return to the starting position and repeat. Once you've completed your reps, switch sides.



CURTSY LUNGES

Start standing tall with your hands on your hips. Step your left foot behind your right and bend both legs, squatting as low as you can. Return to stand, uncrossing your legs, then repeat. After you complete the prescribed number of reps, switch sides.







TRI-SET

BIRD DOG ROWS

Start holding a dumbbell with your left hand, your right palm and left knee on a bench, and your right leg extended behind you. Row the dumbbell so your elbow is pointing straight back. Repeat until you finish the prescribed number of reps, then switch sides.

PUSH-UPS

Start in a high plank position. Slowly lower your body towards the ground, then quickly push back up to start for one rep.

WATCH THE VIDEO



SUPERMANS WITH LAT PULLDOWN

Lie on your stomach with your legs straight and your arms stretched out in front of you. Lift your arms and legs off the ground at the same time, keeping your head neutral. Pull your elbows down and squeeze your shoulder blades together, straighten your arms again, then return to the start for one rep.

WATCH THE VIDEO

