

# Aim For Stronger

8 Week Course

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## -8 Workouts

Balance

Strength

Cardio

Stretch

Circuit Training

Strength Ladder

MindBody/Meditation & Yoga

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-8 Topics on Fitness & Nutrition

Establishing your “whys” & “givens”

Heart Rate Zones

3 Reasons Why we Eat

Creating a Support System

Sugar & Sodium in the Diet

Perfectionism

What are you Eating (it's not just calories that are important)

BONUS: “Carrying From the CORE Program

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# Aim For Stronger.....

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...is an 8 week program that supports improved fitness and health. It's a mentality that sets you free of scales and worrying about what your body LOOKS like.

AMF helps you dive down deep into habits that have made and are keeping you unhealthy. It's not only a set of Workouts it's an exploratory program to change your mindset.

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...and MINDSET is EVERYTHING.

# Week 1 TOPIC - “Think About”

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Establishing your “whys” & “givens”

This is where you identify your BIGGEST Struggles and Stressors and specific patterns of behavior contribute to these states of mind.

# Week 2 TOPIC - “Think About”

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Understanding your Heart Rate Zones and why knowing them is the center of YOUR fitness journey.

3 States of Existence (Rest, Aerobic & Anaerobic)

HR Max =

Anaerobic =

Aerobic =

Rest =

# Week 3 TOPIC - “Think About”

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## 3 Reasons why we Eat

When we break it down to basics the only 3 reason we EVER eat are CRAVINGS, HUNGRY-ness or HABITS (CHH)

Each time we reach for food let's stop and be cognizant of which it is

# Week 4 TOPIC - “Think About”

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It's about so much more than just calories

Categories & TYPES of foods we eat and the centerpiece of better health (know your MACRO #'s)

Proteins =

Carbohydrates =

Fats =

# Week 5 TOPIC - “Think About”

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Sugar in your Diet

The Obesity Code by Dr. Jason Fung

Sugars drive hormones (insulin, peptide YY, Ghrelin, etc)

Excess sugars lead to inflammation in the body

# Week 6 TOPIC - “Think About”

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## Sodium in your Diet

Unhealthy (high) sodium levels in our diets also creates inflammation and heart and blood pressure issues. Not to mention weight gain.

# Week 7 TOPIC - “Think About”

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## Creating and maintaining a Support System

It's hard to maintain a healthy lifestyle (fitness and good nutrition) without a support system (especially at home). Who do you hang with? Who do you call for “help”? Who “hears you out” when you are “down”? Who can you talk to without fear of judgement. Who's your walking/gym partner?

# Week 8 TOPIC - “Think About”

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Self Check In...Where are you right now?

What’s going well and what are you “working on” in life?

What did you learn over the 8 weeks of Workouts and Discussion topics? What have you learned about YOURSELF?

What are your 2 BIGGEST Struggles and why?

What’s your “plan” to mitigate those struggles?

# Week 1 WORKOUT

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Carry From the CORE

Build in a REST DAY

Scheduling your Exercise & Movement time(s) each week

3 Things you need each week (elevated HR, resistance creation, stretching (Yoga/Meditation))

# Week 2 WORKOUT

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## Basic Strength

### LEGS

50-30-50 Reps (2-3X)

Squats - Lunges - Squats (body weight or DB's)

15-12-10

Pleia Calf Raises to Side raises

# Week 3 WORKOUT

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## **Basic Strength (Upper Body) w/ DB's**

20-15-12-10 Reps

Push Ups

Chest Flys

Tricep Extensions

Overhead Raises

# Week 4 WORKOUT

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## Full Body Ascending Ladder (5 Movements)

**6-8-10-12-14-16 Reps**

- Squats
- Chest Presses (on floor or bench)
- KB Swings
- Side Raises
- Bicep Curls

# Week 5 WORKOUT

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**HIIT (High Intensity Interval Training)**

**45 sec “on” – 20 sec “recover” (3 rounds)**

-Froppers

-Side to Side Ski

-Jumps or Marches or Jump Rope

-Push Presses w/light DB's

# Week 6 WORKOUT

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## **Basic Strength & Balance (BOSU)**

BOSU Step Ups & Side to Side Moving Squats

BOSU “T” steps or jumps

BOSU Back Pulls w/ DB's

BOSU Overhead Raises (standing)

BOSU Kneeling Bicep Curls

# Week 7 WORKOUT

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## **Short and Sweet (20 minute) Strength & Stretch**

3-5 minute Seated Breathing Warm Up

One Legged Victory Pose (alternate legs) to Chair Pose

Child's Pose to Plank

Bridge Pose (lying on mat)

3-5 minute Leg stretches with strap

# Week 8 Workout

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## **Cardio Intervals (Bike or Row/Jog/Walk) & DB's**

10 minute Ride/Row/Jog/Walk

Bicep Curls (15-12-10 Reps)

10 minute Ride/Row/Jog/Walk

Side Raises (15-12-10 Reps)

10 minute Ride/Row/Jog/Walk

Crunches (15-12-10 Reps)

Plank on elbows (1 min - 45 sec - 30 sec intervals)

# Bonus Topics

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Skin Care Products

Is Perfectionism holding you back?

How's your body image? What do you love about yourself?

Hydration is the key to better overall health

Putting yourself 1st for once

Eating Out, Eating Right

Effects of regular Alcohol in the diet

Loving yourself as you are TODAY (your BEST self)