



The
Busy Mama's
Fitness Kick-Start Kit



Welcome, Mama!

Lauren Anderson
Fitness



I'm so grateful that you've joined me on your journey to live a healthier lifestyle.

As a busy mama, I understand how hard it is to prioritize exercise over the many things you have thrown at you each and every day. I also understand how hard it is to feel low energy and disconnected with your body.

That is why I've created this guide. Whether you are new to exercise or picking up after a break I want to help you feel successful and strong.

Included in this kit you'll find a 4-week workout plan with hyperlinks to exercise demos, a recovery yoga practice, and a calendar to plan your month. These routines are prenatal and postpartum (after physician clearance) safe.

Additionally you'll see a spot on the calendar for dinners. Although it's not vital that you use this section, I have found that I save not only time (at least 30 min a day), but money when I know what we are having for dinner every night!

I hope you enjoy the next four weeks. Please let me know if I can support you in any way- I would love to hear from you!



Hi I'm Lauren!
I teach mamas and soon to be mamas how to safely and efficiently exercise so they can enjoy their families and live fit, happy, fulfilling lives!

I'm a wife, mama, Personal Trainer and Yoga Instructor and I love connecting with other women and teaching them the value of movement.

How to read these charts:

- Intended to be used as straight sets (complete all sets for one exercise prior to moving on to the next exercise - BUT -
- You can speed up workouts if, and only if, your form is on point
- To speed up: set a timer between 5 and 15 minutes complete 1A-1C (D) as a circuit for as many rounds as possible. Repeat with 2A-2C (D). So, if you set the timer for 5 minutes for each you end up with 10 minutes of exercise
- Each exercise has a hyperlink for an exercise demo
- Weeks 1-4 show sets x repetitions- these are suggested rep ranges and the last repetition should be a bit challenging
- If you can complete all suggested reps easily, increase weight
- Rest ranges are also suggested- rest as much as needed
- Ds are optional – you can add these in if you have extra time

Routine #1	Week 1	Week 2	Week 3	Week 4	Rest
1A. glute bridge	2x10	3x10	2x12	3x12	60 sec
1B. squat band row	2x10	3x10-12	2x12-15	3x12-15	30-45 sec
1C. band shuffle	2x15	3x15	2x15-20	3x15-20	60 sec
1D. straight arm pull *	2x10	3x10	2x12	3x12	30-45 sec
2A. sumo deadlift	2x10	3x10	2x12	3x12	90 sec
2B. seated shoulder press	2x10	3x10	2x12-15	3x12-15	30-45 sec
2C. body weight step-up	2x10	3x10	2x10-15	3x10-15	90 sec
2D. tricep kickback *	2x10	3x10	2x12	3x12	30 sec

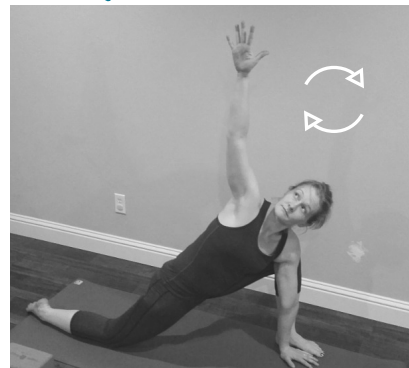
Routine #2	Week 1	Week 2	Week 3	Week 4	Rest
1A. standing 1-arm band chest press	2x10	3x10	2x12	3x12	30-45 sec
1B. band reverse hypers	2x10	3x10	2x12	3x12	90 sec
1C. latt pull down	2x10	3x10	2x12	3x12	30-45 sec
1D. side plank - kneeling*	2x3x5sec	2x3x5sec	2x3x8sec	2x3x8sec	30 sec
2A. lateral/front raise alternating	2x5 ea	2x8 ea	3x5 ea	3x8-10 ea	45 sec
2B. reverse lunge	2x10	2x10	3x10	3x12	90 sec
2C. inverted row	2x10	2x10	3x10	3x12	90 sec
2D. clamshells *	2x15	3x15	2x15-20	3x15-20	60 sec



Start
modified savasana-
cactus arms



downward facing dog



low lunge w/ twist



End
reclined bound angle

Use this yoga practice
as recovery
adding child's pose in
wherever you see fit. If
you're pregnant
minimize twists (torso
can be neutral in
garland and low lunge)
and use a bolster, towel
or blanket in lying
positions.



downward facing dog



garland



warrior 1 w/ cactus arms



goddess



side angle



start series



end series



repeat pose on opposite side



repeat series on opposite side

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Month:

sunday	monday	tuesday	wednesday	thursday	friday	saturday
Workout:	Workout:	Workout:	Workout:	Workout:	Workout:	Workout:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Workout:	Workout:	Workout:	Workout:	Workout:	Workout:	Workout:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Workout:	Workout:	Workout:	Workout:	Workout:	Workout:	Workout:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Workout:	Workout:	Workout:	Workout:	Workout:	Workout:	Workout:
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Workout:	Workout:	Workout:	Workout:	Workout:	Workout:	Workout:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:

Notes:

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