



The
Busy Mama's
Fitness Kick-Start Kit



Welcome, Mama!

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 4-6 week workout plan with hyperlinks to exercise demos, a recovery yoga practice, a planning calendar a gratitude guide and three of my favorite busy mama recipes. These routines are prenatal and postpartum (after physician clearance) safe.

The calendar is set up so you can plan your workouts, dinners (I save at least 30 min by planning) and remind yourself of your gratitude for that day.

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

- Lauren



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.

Making the Most out of This Kit

Because you are likely just returning to exercise or, starting for the first time, the primary goal is to take your time and go at your own pace.

Most of us tend to set goals and then want them to happen now, now, now when, in reality it takes time, dedication and persistence. It also takes adherence! So, don't over do it the first week and never look back. Even if you can only work out once week one, keep going! I'm here to support you so reach out at any time.

1. Goal setting sheet: Set 1-3 goals, post those goals somewhere you see them daily. Remind yourself why you want to achieve those goals daily.
2. Gratitude worksheet: It is my belief that we cannot truly change until we accept and have gratitude for the space we are in NOW. You don't have to write every day, but practice gratitude daily. Your mindset will shift and you will reach your goals faster.
3. Calendar: Use this calendar to track your workouts, dinners, and daily gratitude. I picked dinners because I know how much time can be wasted at the end of the day searching for dinner. And, habits tend to build on each other so, this might be your food in the door to start meal planning more regularly. Start small, plan it out. But, be flexible and allow yourself to live your life.
4. Workouts: Workouts have their own instruction sheet. Rotate through the workouts doing up to four a week. Be kind to yourself, move at your own pace and start small.
5. Recipes: Here are a few of my favorite quick recipes that you can actually make ahead or prep ahead and cook when you are ready! Enjoy!

Goal Setting

I would like you to 1-3 goals. These goals should be specific, measurable, attainable, relevant, and timely.

Specific- be as exact as possible

Measurable- can you measure the outcome

Attainable- is this realistic? How will you meet the goal? Do you have the resources and time?

Relevant- Why do you have this goal?

Timely- put a deadline and set bench marks

Goal (be very specific)	Deadline	List your "why" for this goal
1) Example: Lose 5 lbs	6 weeks from today (6/6/2016)	My 20 year high school reunion is in 6 weeks

Benchmarks (list 1-2 benchmarks for each goal above)	Starting date	How do you feel about these benchmarks
1) prep my meals	1) 4/25/16	1) Consistent with lunch need help with breakfast

List how you will reward yourself for each goal attained:

- 1.
- 2.
- 3.

Gratitude Guide

I strongly believe that physical change is either supported or thwarted by our thought patterns. Unless we are able to accept and meet ourselves where we are, it will be a challenge to move forward in meeting our goals.

I'm currently working on a new morning routine wherein I get up and

- read/journal
- meditate/ practice breath work
- set an intention for the day (mine is usually to be more present)
- practice gratitude

Some days it goes splendidly, some days I have to set the intention and do my gratitude practice on my morning walk. I would love for you to join me with any parts of this practice that you're comfortable with. Below, I give you four prompts to think or practice every morning about every morning.

Using the gratitude prompt fill out the calendar with one word that best describes your gratitude for that day.

What are you grateful for today?

What is your intention today?

What is one thing you love about yourself?

10 deep breaths in & out through the nose

Busy Mama's Fitness Kick-Start Planning Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date: _____ Workout: _____ Dinner: _____ Gratitude: _____						
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How To: Workouts

1. These routines can be completed three different ways:
 - a. **Straight sets**- complete all sets for one exercise prior to moving on to the next exercise
 - **WHEN TO USE:** you are newer to weights, need to improve form or need more rest
 - **REST:** up to 60 seconds between each set
 - b. **Circuit**- starting at 1A complete one set of each exercise and then move to the next working through all 4 moves. Rest and then repeat for 3-5 rounds
 - **WHEN TO USE:** you are new to weights, need a faster workout, have improved form or need less rest
 - **REST:** 30-45 seconds between each round
 - c. **AMRAP** (as many rounds as possible)- set a timer between 5 and 20 (or however much time you have) minutes complete 1A-1D 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
 - **WHEN TO USE:** you need a fast workout
 - **REST:** as much as needed
2. Each routine can be done on its own or, can be combined with one of the others for a longer sweat session. I suggest: 1&2, 3&4, 2&3. 1&3 would be doable, but challenging.
3. Each exercise hyperlinks to an exercise demo (just click the name)
4. The charts below show equipment needed, recommended sets (rounds) x repetitions and estimated time based on 3 rounds (for circuit and straight sets only).
5. Alternate the routines, aiming to complete 2-4 sessions/week
6. Aim for at least one day where you rest.
7. The recovery YOGA practice can be completed in between lifting days (1-2 rounds).
8. Aim for one 30-minute walk per week. This can be on your rest day.
9. If you can complete all suggested reps easily, increase weight
10. Rest ranges are above but rest as much as you need
11. I suggest a dynamic mobility Warm-up like [this](#).

Equipment needed:

- Dumbbells- a moderate and heavier set (most women can lift 5-10 heavier than they think... if not more)
- Set of bands- [this](#) is a good option for a set
- A chair
- A sturdy table (inverted row), TRX, or a sheet/towel and door

Routines

Routine 1

Emphasis: booty, back, biceps

Total Time: Straight Sets- 30 min / Circuit- 15-20 min

Equipment: Band & Bodyweight

Exercise	Week 1 (sets x reps)	Week 2 (sets x reps)	Week 3 (sets x reps)	Week 4 (sets x reps)
glute bridge	2 x 10	3 x 10	3 x 12	4 x 12
squat w/ band row	2 x 10	3 x 10-12	3 x 10-12	4 x 12
band shuffle	2 x 15	3 x 15	3 x 15-20	4 x 15-20
straight arm pull	2 x 10	3 x 10	3 x 12	4 x 12
biceps curl	2 x 10	3 x 10	3 x 12	4 x 12

Routine 2

Emphasis: legs, chest, shoulders, triceps

Total Time: Straight Sets- 30 min / Circuit- 15-20 min

Equipment: Dumbbells & Bodyweight

Exercise	Week 1 (sets x reps)	Week 2 (sets x reps)	Week 3 (sets x reps)	Week 4 (sets x reps)
sumo deadlift	2 x 10	3 x 10	3 x 12	4 x 12
seated shoulder press	2 x 10	3 x 10-12	3 x 10-12	4 x 12
bodyweight step-up	2 x 15	3 x 15	3 x 15-20	4 x 15-20
upright row	2 x 10	3 x 10	3 x 12	4 x 12
triceps kickback	2 x 10	3 x 10	3 x 12	4 x 12

Routine 3

Emphasis: booty, back, chest

Total Time: Straight Sets- 30 min / Circuit- 15-20 min

Equipment: Band & Bodyweight

Exercise	Week 1 (sets x reps)	Week 2 (sets x reps)	Week 3 (sets x reps)	Week 4 (sets x reps)
<u>standing 1-arm band chest press</u>	2 x 10	3 x 10	3 x 12	4 x 12
<u>band reverse hypers</u>	2 x 10	3 x 10	3 x 12	4 x 12
<u>latt pull down</u>	2 x 10	3 x 10	3 x 12	4 x 12
<u>side lying hip abduction</u>	2 x 12	3 x 12	3 x 15	4 x 15
<u>side plank (kneeling)</u>	3 x 3 (5 sec)	3 x 3 (8 sec)	3 x 3 (10 sec)	4 x 3 (10 sec)

Routine 4

Emphasis: legs, back, shoulders

Total Time: Straight Sets- 30 min / Circuit- 15-20 min

Equipment: Dumbbells & Bodyweight

Exercise	Week 1 (sets x reps)	Week 2 (sets x reps)	Week 3 (sets x reps)	Week 4 (sets x reps)
<u>inverted row</u>	2 x 10	3 x 10	3 x 12	4 x 12
<u>reverse lunge (each)</u>	2 x 10	3 x 10	3 x 12	4 x 12
<u>alternating lateral/ front raise</u>	2 x 8	3 x 8	3 x 10	4 x 10
<u>clamshells</u>	2 x 10	3 x 10	3 x 12	4 x 12
<u>Pallof press</u>	2 x 10	3 x 10	3 x 12	4 x 12



Start

modified savasana-
cactus arms



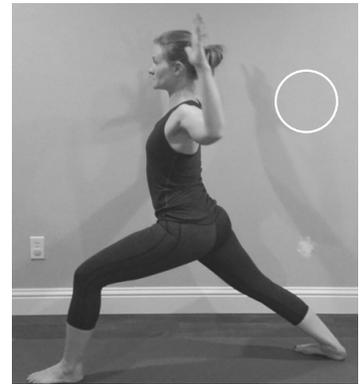
downward facing dog



low lunge w/ twist



downward facing dog



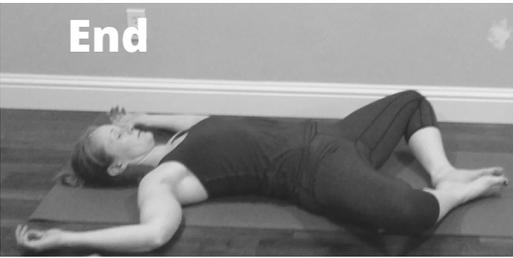
warrior 1 w/ cactus arms



goddess



side angle



End

reclined bound angle



garland

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. Hold each pose for 5-10 breaths. Repeat poses 2-8 if you want a longer practice.



start series



end series



repeat pose on opposite side



repeat series on opposite side

Lauren Anderson
Fitness



Recipes

These are three of my favorite quick and easy protein recipes. They require minimal ingredients and very little prep (usually 15 minutes or less). Each can be served with dozens of different veggies and starches. The meatballs are great in the freezer and the chicken can be prepped the night before!

1. Meatballs:

- 1 lb ground chicken or turkey
- 1 cup breadcrumbs
- 1tsp pepper
- 1tsp garlic powder
- 1 tsp onion powder
- ½ tsp basil
- ½ tsp oregano

Instructions: Mix the following ingredients together, form into golf ball size balls and bake at 400° for 20-25 minutes. Serve with whole wheat pasta, veggie noodles or mixed with fresh veggies.

2. Fish in Foil (can use shellfish too):

- 2-4 pieces fish of choice
- 2-4 Tbsp Pesto
- Asparagus or green beans (washed and trimmed) amount depends on serving
- Salt and pepper
- Olive oil
- Aluminum foil

Instructions: Rip of generous piece of aluminum foil, spread 8-10 pieces of asparagus or a handful of greenbeans on the foil. Drizzle with oil, sprinkle with salt and pepper. Season fish with salt and pepper. Lay fish on top of veggies. Spread 1 Tbsp of pesto on each piece of fish. Seal into small foil pouches. Bake on cookie sheet (to avoid leaks) at 350° for 20-25 minutes.

3. Crockpot Salsa Chicken:

- 1-2 lbs of boneless skinless chicken breast or thighs. Thighs are often more tender.
- 1-2 JARS (don't use fresh) salsa (You will use 1 jar of salsa per lb. of chicken).
- Garlic powder
- Salt & pepper

Instructions: Spray crockpot with cooking spray. Season chicken with salt, pepper, garlic powder and place in crockpot. Pour on salsa. Cook on low for 6-8 hours or high for 3-4. This is great in tacos or on a salad.