

# 6-Week Challenge #1



Zoe Rodriguez

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By Zoe Rodriguez

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# Disclaimer

First I would like to thank you for purchasing my Challenge eBook. I have put a lot of hard work and knowledge into developing this program. If your friends find it valuable enough to ask for a copy, I hope that they will find it valuable to purchase themselves. That being said, this information is copyrighted.

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See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician or a registered dietician before making any behavioral changes. If your physician recommends that you don't do resistance training for any reason, you must follow your doctor's orders. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure or diabetes, or if you are over 40 years old. This eBook is designed for healthy individuals 16 years and older. The information in this program is meant to supplement, not replace, proper nutritional training. All forms of exercise and nutritional modifications pose some inherent risks. The publisher of this eBook advises readers to take full responsibility for their safety and know their limits. The exercises in this eBook are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Do not perform any exercise unless you have been shown the proper technique and instruction by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting.

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# Welcome to the ZBody 6 Week Challenge #1

Before getting into more details about this challenge we are about to embark on, I would like to thank you for purchasing and trusting me to help get you into the best shape of your life. I believe that fitness and health should be attainable for anyone which is why I don't like to over complicate the process. It's more about making this a part of your lifestyle and not just a quick fix. I want to focus on teaching you how to workout properly with correct form, how to schedule your workouts, and focusing on balance. I hope that by participating in this challenge, you really learn how to incorporate fitness into your life in a way that you can balance with everything else.

In this challenge we will mostly be focusing on the workouts but I will also be briefly covering nutrition with you and what I would recommend.

Included in your actual challenge program, you have also received a complimentary copy of the Flexible Dieting Ebook, Glute Activation Guide, and Ab Ebook.

If you are unfamiliar with tracking macros, I would highly suggest reading into my Flexible Dieting Ebook so that you can get more of an idea. I will be providing you with 2 sample days that you may use at your own discretion, as they will not be customized to you specifically.

I recommend that all of my clients learn to track their macros because I truly believe that it is one of the only "diets" that you can use for the rest of your life and it can really teach you more about what you're actually consuming on a day to day basis. We will cover more details in the nutrition section of this challenge!



# Read First

There are first a handful of things you will need to do before moving any further into this challenge, please make sure you check off everything on this list!

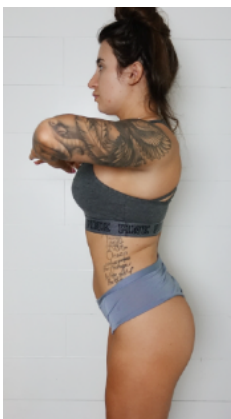
- ✓ Join the facebook challenge group: <https://www.facebook.com/groups/1700476926918171/>
- ✓ Purchase mini loop bands for glute activation guide and other exercises if you don't already have them ASAP: <http://amzn.to/2nPwUbv>
- ✓ The hashtag that we will all be using on social media will be #zbodychallenge1
  - ★ You can use this hashtag on everything relating to the challenge, and it's a great way to connect with other girls doing the challenge other than the facebook group, and I can also check up on you too! (:
- ✓ Follow the video IG page for video demonstrations of every exercise: [@zbodyvideos](#), this is where you will find all the correlating exercise video demonstrations for this challenge
- ✓ Take beginning progress pictures, these are required for being eligible for winning prize money at the end. Must take pictures in same positions as below, with a piece of paper saying "ZBody Challenge #1 May 1<sup>st</sup>" You can take the pictures in sports bra and shorts, or underwear if you are comfortable. Demonstrations on next page.



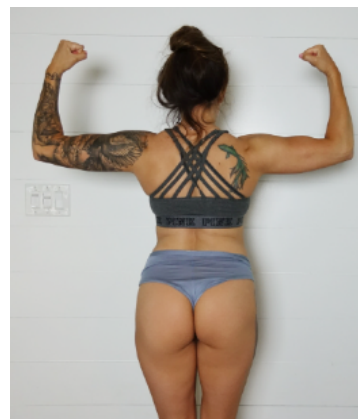
## Pose 1: (with correct sign)



## Pose 2:



## Pose 3:





# What is Required to be Eligible for Prizes?

- ✓ Take beginning progress photos with required posing and clothing and sign, end of week 2 photos, end of week 4 photos, and final pictures at end of week 6, all photos must have correct sign and be taken with correct angles.
  - ★ Photos must be taken with self timer on phone (or have someone else take them for you), with same lighting, and same amount of clothing on.
  - ★ Same poses as examples that were shown to you
- ✓ Using the hashtag #zbodychallenge1 on social media channels with anything relating to the challenge, be active at least once a week with the tag.
- ✓ All 3 Bi-weekly check in forms sent to [coaching@zbody.com](mailto:coaching@zbody.com) on time



# Nutrition

As I stated in the welcome section of this challenge, I always recommend counting macros for my clients. If you are unfamiliar with counting macros, I have provided everyone who enters the challenge a free copy of the flexible dieting ebook so you can learn more about how to count your macros. I will be providing two sample days for you below of what a day could look like (keep in mind these are not customized to YOU, just a recommendation, use at your own discretion)

## Sample Day 1

**Meal 1:** ½ cup rolled oats, 150 gram strawberries, 1 tbsp nut butter

**Snack 1:** 1 cup plain non-fat greek yogurt, 1 tbsp. honey, ¼ cup granola (optional)

**Meal 2:** 4 ounces ground turkey (93% lean), 150 grams rice of choice, green vegetable or side salad of choice

**Snack 2:** 2 light string cheese sticks, 1 ounce almonds, 1 scoop protein powder mixed with almond milk or water

**Meal 3:** 4 ounces chicken breast, 5 ounces sweet potato, 1 tbsp olive oil, green vegetable of choice

**End of the day:** 1700 calories, 140g protein, 180g carbs, 60g fats

## Sample Day 2

**Meal 1:** 150g egg whites, 1 whole egg, 3 slices turkey bacon, 150g berries

**Snack 1:** 150g apples, 2 tbsp nut butter

**Meal 2:** 4 ounces salmon, 6 ounces sweet potato, green vegetable of choice

**Snack 2:** 1 triple zero greek yogurt (150g size), 1 ounce cashews

**Meal 3:** 4 ounces chicken breast, 150g rice of choice, green vegetable of choice

**Snack 3:** 1 scoop protein shake mixed with almond milk or water

**End of the day:** 1727 calories, 150g protein, 170g carbs, 50g fats



# Approved Grocery List

## Carbohydrates

Whole wheat bread, brown rice, whole wheat tortillas, fiber one cereal, oats, all kinds of fruits and vegetables, high fiber pancake mix, lentils, beans, whole wheat pasta, etc.

## Proteins

Lean ground beef, beef top sirloin, salmon, tilapia, tuna, shrimp, skinless chicken breast, lean turkey breast, lean ground turkey, egg white, bison, whey protein, casein, etc.

## Fats

Avocados, nuts, peanut butter, almond butter, olive oil, light mayonnaise, fatty fish, whole eggs, flaxseed, walnuts, fatty fish.

## High Fiber Sources

Avocados, oatmeal, fiber one cereal, red kidney beans, white beans, garbanzo beans, black beans, lentils, whole wheat pasta, edamame, artichoke, whole wheat bread, peas, brown rice, nuts, whole wheat grains, broccoli, barley and most fruits.

**I recommend that 80-90% of the daily foods you consume come from the list above and the remaining is where you fit in your "fun" foods as long as they still fit into your daily allowance of macronutrients. This is where you could fit in some ice cream, oreos, or poparts!**



# Workout Overview

Workouts will change every 2 weeks, the reason for this being that I like my clients to be able to fully learn and adapt to a new exercise before switching it around on them. All movements have a hashtag that can be used on Instagram to find the video demonstration for the exercise.

You will receive the weeks via email two at a time! There is only week one and two in this document. Week 3 & 4, 5 & 6, will be sent the weekend before correlating weeks.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST	LEGS & ABS	SHOULDERS & ABS	BACK	BOOTY PLYO & ABS	CHEST & ARMS	ACTIVE RECOVERY

## Important Things to Note

**I will also be writing out the rest time for each workout as well because they will vary.**

**Where it says abs on your calendar, you will be picking out any of the 12 workouts from your free ab ebook you received with your purchase.**

**\*When it says SUPERSET or TRISET: you will do these exercises back to back without rest.**



# Scheduling Your Workouts

I have written out a recommended schedule, however I know that everyone's schedule varies so you are more than welcome to switch them around to what works with your schedule. A few things to keep in mind when making your weekly schedule:

- ✓ Keep your two lower body days at LEAST 48 hours apart, rest is very crucial as well.
- ✓ Have at least one FULL rest day
- ✓ Your one active recovery day may also be used for a workout day if you have the energy that week but if not I would prefer something with active recovery. Examples include hiking, yoga, yard work, etc.
- ✓ When adding in your cardio, always do it AFTER your weight lifting session. If you are doing them two separate times of the day that is completely okay, but when doing them together please perform the cardio AFTER the weight lifting session.





# Cardio Prescription

Every week throughout this program, your cardio prescription will continue to change and become more challenging.

You will be able to find out cardio prescription at the beginning of each week's workout.

I will now go over the different types of cardio you will be performing:

- ✓ **LISS (low intensity steady state):** what this means is that whatever piece of cardio equipment you choose, you will do the same level for the entire length of time that is listed. You should try to aim for 60-70% effort. Should be sweating but not out of breathe.
- ✓ **HIIT (high intensity interval training):** for this cardio session you will be giving it your ALL. This will be the hardest form of cardio in your challenge. For the HIIT cardio sessions you can choose any cardio machines of the listed below. I will be giving your specific instructions of what kind of intervals you'll be doing.
- ✓ **Available cardio machines to choose from:** elliptical, stairs, bike, stepper.



# Workouts Week One and Two

DATES						
Apr. 30 & May 7	May 1 & May 8	May 2 & May 9	May 3 & May 10	May 4 & May 11	May 5 & May 12	May 6 & May 13
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST	LEGS & ABS	SHOULDERS & ABS	BACK	BOOTY PLYO & ABS	CHEST & ARMS	ACTIVE RECOVERY

## Cardio Prescription

**Week 1:** 1x LISS 20 minutes and 1x HIIT 20 minutes (5 min warm up, 10 mins continuous of 20 seconds sprint, 40 seconds easy, 5 min cool down)

**Week 2:** 2x LISS 20 minutes and 1x HIIT 20 minutes (5 min warm up, 10 mins continuous 30 seconds sprint, 1 min easy, 5 min cool down)



# Monday Workout

## Legs & Abs (90 Minutes)

PS: Don't forget to do your glute activation exercises before starting!

REST TIME BETWEEN SUPERSETS: 2-3 MINUTES. REST TIME BETWEEN REGULAR SETS: 1 MIN.

**SUPERSET: Single Leg RDL - 3 sets of 10 each leg - #zbodyslrdl**

Leg Extensions w/5 sec hold - 3 sets of 15 reps - #zbodylegex5holds

**SUPERSET: Good Morning w/pulses - 3 sets of 10 - #zbodygoodmwpulse**

Slow Ascension Back Squat - 3 sets of 12 - #zbodyslows

**SUPERSET: Cable Squat into RDL - 3 sets of 10 - #zbodyquatxrdl**

Dumbbell Pull-Through - 3 sets of 20 - #zbodypullthrough

**SUPERSET: Back Squat Into Back Lunge - 3 sets of 10 - #zbodybs2bl**

Elevated RDL - 3 sets of 15 - #zbodyheelrdl

Pick out any of the ab circuits from your ab ebook!



# Tuesday Workout

## Shoulders & Abs (60 Minutes)

REST TIME BETWEEN SUPERSETS: 2-3 MINUTES. REST TIME BETWEEN REGULAR SETS: 1 MIN.

**SUPERSET: Lateral Raise w/ Underhand - 3 sets of 10 reps - #zbodylatrxunhand**

Underhand Body Crossover - 3 sets of 15 each - #zbodyxbodyfr

**SUPERSET: Front raise w/plate raise - 3 sets of 12 - #zbodyfrxplater**

Front to Back OHP with Barbell - 3 sets of 15 - #zbodyfront2back

**SUPERSET: Bent Arm Raise w/ Cross Raises - 3 sets of 15 - #zbodybentarmxcross**

Upright Row w/ OHP - 3 sets of 12 - #zbodyuprightrowhp

Pick out any of the ab circuits from your ab ebook!



# Wednesday Workout

## Back (45 Minutes)

REST TIME BETWEEN SUPERSETS: 2-3 MINUTES. REST TIME BETWEEN REGULAR SETS: 1 MIN.

**SUPERSET: Lawn Mowers – 3 sets of 15 each arm – #zbodylawnmowers**

Pull Overs w/DB – 3 sets of 20 – #zbodydbpullovers

**SUPERSET: Bent Over Rows – 3 sets of 15 – #zbodynarrowxwide**

Incline Lat Pull w/Rope – 3 sets of 20 – #zbodyinclinelatpull

**SUPERSET: Rope Pull Standing – 3 sets of 12 – #zbodyropepullstanding**

Rope Pull Incline Kneeling – 3 sets of 20 – #zbodyrpxkneeling

**Pick out any of the ab circuits from your ab ebook!**





# Thursday Workout

## Booty Plyo & Abs (60 Minutes)

REST TIME BETWEEN SUPERSETS: 2-3 MINUTES. REST TIME BETWEEN REGULAR SETS: 1 MIN.

**SUPERSET: Walking Lunges w/Pulses – 3 sets of 20 total – #zbodywalkingxpulses**

Jumping Lunges – 3 sets of 20 total – #zbodyjumpinglunge

**SUPERSET: Front Squat w/Good Morning – 3 sets of 10 – #zbodyfsxgoodmorn**

45-Degree Band Kickbacks – 3 sets of 20 each leg – #zbody45bandkb

**SUPERSET: Duck Walk w/plate – 3 sets of 20 steps – #zbodywaddlewplate**

In and Out Jumps – 3 sets of 20 total – #zbodyinoutjumps

**SUPERSET: Sumo Hip Thrust – 3 sets of 15 – #zbodysumohipthrust**

Ball Thrusts w/Curls – 3 sets of 15 – #zbodyballcurls

Pick out any of the ab circuits from your ab ebook!



# Friday Workout

## Chest & Arms (45 Minutes)

REST TIME BETWEEN SUPERSETS: 2-3 MINUTES. REST TIME BETWEEN REGULAR SETS: 1 MIN.

**SUPERSET: T Bicep Curls – 3 sets of 15 reps – #zbodyaltbicepcurl**

Overhead Tri Extension – 3 sets of 12 reps – #zbodyohtriex

**SUPERSET: Renegade Row w/PushUp – 3 sets of 10 each arm – #zbodyrenegadexpushup**

45-Degree Lying Chest Press – 3 sets of 15 – #zbody45degreess

**SUPERSET: Bicep Curl w/Extension – 3 sets of 15 – #zbodycurlxextension**

Dips w/Pushups – 3 sets of 10 – #zbodydipsxpushup

Pick out any of the ab circuits from your ab ebook!

## Reminder!

Don't forget to schedule in your cardio for the week!



# First Bi-Weekly Check-In Sheet

Must be sent in on May 13<sup>th</sup>, 2017

- ✓ What was your favorite workout day these weeks? Why?
- ✓ What was your least favorite workout day these weeks? Why?
- ✓ What did you choose for your cardio these past 2 weeks?
- ✓ Tell me three things that you are proud of yourself for accomplishing these past 2 weeks.
- ✓ Tell me one thing that you think you can improve upon for the next 2 upcoming weeks.
- ✓ On a scale of 1-10, how on track with your eating have you been? 10 being the best and 1 being the worst.
- ✓ If you answered less than 5, do you know why you've been off track?
- ✓ Attach your beginning and end of week 2 progress photos with your check in above and email to [challenges@zbody.com](mailto:challenges@zbody.com)

