

# MUVE WEIGHT

HEALTH & FITNESS

**D.I.Y. FITNESS PLAN  
& NUTRITION GUIDE**



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- This Guide comes with 4 workouts total for beginner, intermediate, and advanced fitness levels (*4 workouts for beginner fitness level, 4 workouts for intermediate fitness level, and 4 workouts for advanced fitness level*).
- 2 of the 4 workouts are body weight exercises only (*page 3*); the remaining other 2 workouts are minimal equipment exercises only (*page 4*).
- Each square indicates 1 workout for that entire day.

## For example:

- A person should:
  - o Go to the bodyweight exercises only page (*page 3*)
  - o Go to their respective fitness level column (*beginner, intermediate, advanced*)
  - o Complete the body weight exercises in their first square for Day 1
  - o Complete the body weight exercises in their second square for Day 2
  - o Then progress to the minimal equipment exercises only (*page 4*)
  - o Complete the minimal equipment exercises in their first square for Day 3
  - o Complete the minimal equipment exercises in their second square for Day 4

**Step 1:** choose which fitness level you are at

**Step 2:** execute the workouts for the respective fitness level you're at  
2 - 4x per week for 1 month

**Step 3:** progress to the next level (*intermediate or advanced*) the following month

**(Up to 3 Months of FREE DIY Workout Plan!)**

## Body Weight Exercises:

Beginner	Intermediate	Advanced
<b>DAY 1</b> <b>4 Rounds + 20min Treadmill</b> <ul style="list-style-type: none"> <li>• <a href="#">Glute Bridge</a> x 15</li> <li>• <a href="#">Quadruped Kickbacks</a> x 5 each leg (alternating legs each time)</li> <li>• <a href="#">Incline Push Ups</a> x 10</li> <li>• <a href="#">Squats</a> x 12</li> <li>• <a href="#">Split Squats (Lunges)</a> x 8 each leg (one leg at time; no alternating)</li> <li>• <a href="#">Jumping Jacks</a> x 100</li> </ul>	<b>DAY 1</b> <b>As Many Rounds as Possible within 25min</b> <ul style="list-style-type: none"> <li>• <a href="#">Single Leg Glute Bridge</a> x 12 each leg (one leg at time; no alternating)</li> <li>• <a href="#">Push Ups</a> x 10-12</li> <li>• <a href="#">Plank w/ Shoulder Taps</a> x 7 each arm (alternating arms each time)</li> <li>• <a href="#">Jump Squats</a> x 12</li> </ul>	<b>DAY 1</b> <b>4-5 Rounds + 20min Stairmaster</b> <ul style="list-style-type: none"> <li>• <a href="#">Side Plank</a> x :45sec hold each side (one side at a time; no alternating)</li> <li>• <a href="#">Plank Step Ups</a> x 10 (alternating arms each time)</li> <li>• <a href="#">Reverse Lunge</a> x 12 each leg (one leg at time; no alternating)</li> <li>• <a href="#">Squat Thrusts (Burpees)</a> x 12 - 15</li> </ul>

Beginner	Intermediate	Advanced
<b>DAY 2</b> <b>As Many Rounds as Possible within 25min</b> <ul style="list-style-type: none"> <li>• <a href="#">Core Braced Dead Bugs</a> x 8 each leg</li> <li>• <a href="#">Push Ups</a> x 10</li> <li>• <a href="#">Tricep Dips</a> x 10 - 12</li> <li>• <a href="#">Split Squats (Lunges)</a> (3sec Eccentric Lower) x 8 each leg (one leg at time; no alternating)</li> <li>• <a href="#">Step Ups</a> x 8 - 10 each leg (one leg at time; no alternating)</li> </ul>	<b>DAY 2</b> <b>4 Rounds + 20min Treadmill</b> <ul style="list-style-type: none"> <li>• <a href="#">Straight Leg Bridge</a> w/ 1 Leg on Chair, Table, or Bench x 12 each leg (hold 2sec each time) (one leg at time; no alternating)</li> <li>• <a href="#">Plank w/ Leg Lift</a> x 10 each leg (alternating legs each time)</li> <li>• <a href="#">Push Ups</a> x 12</li> <li>• <a href="#">Split Squats (Lunges)</a> x 12 each leg (3sec Eccentric Lower) (one leg at time; no alternating)</li> <li>• <a href="#">Step Ups</a> x 12 each leg (one leg at time; no alternating)</li> </ul>	<b>DAY 2</b> <b>As Many Rounds as Possible within 25-30min</b> <ul style="list-style-type: none"> <li>• <a href="#">Core Braced Dead Bugs</a> x 10 each leg</li> <li>• <a href="#">Plank Rotations</a> x 12 each side (one side at a time; no alternating)</li> <li>• <a href="#">Push Ups</a> x 12 (2sec hold at bottom)</li> <li>• <a href="#">1 ¼ Squat</a> x 12</li> <li>• <a href="#">Step Ups</a> x 12 each leg (one leg at time; no alternating)</li> </ul>

## Minimal Equipment Exercises:

Beginner	Intermediate	Advanced
<b>DAY 3</b> <b>As Many Rounds as Possible within 15-20min</b> <ul style="list-style-type: none"> <li>• <a href="#">1 ¼ Dumbbell Goblet Squats</a> x 10</li> <li>• <a href="#">Pause Dumbbell Chest Press</a> x 10 (3sec pause at the bottom each time)</li> <li>• <a href="#">Single Arm Dumbbell Back Rows</a> x 10 each arm (2sec hold at top each time) (one arm at a time; no alternating)</li> <li>• <a href="#">Bear Crawls Forward &amp; Backwards</a> x 10 steps total each direction</li> </ul>	<b>DAY 3</b> <b>4 Rounds + 25min Stairmaster</b> <ul style="list-style-type: none"> <li>• <a href="#">Cross Crunch</a> x 15 each side (one side at a time; no alternating)</li> <li>• <a href="#">Single Leg Hip Thrusts</a> x 12 (3sec hold each time) (one leg at a time; no alternating)</li> <li>• <a href="#">Feet Elevated Push Ups</a> x 10</li> <li>• <a href="#">HK SA OH DB Press</a> x 12 each side (one side at a time; no alternating)</li> <li>• <a href="#">Single Arm Dumbbell Back Row</a> x 12 each arm (one arm at a time; no alternating)</li> </ul>	<b>DAY 3</b> <b>As Many Rounds as Possible within 25-30min</b> <ul style="list-style-type: none"> <li>• <a href="#">Dumbbell Clean &amp; Press</a> x 10</li> <li>• <a href="#">Single Arm Dumbbell Chest Press</a> x 12 each arm (one arm at a time; no alternating)</li> <li>• <a href="#">Chest Supported Dumbbell Back Rows</a> x 12 (use both hand / not single arm 2sec hold at top each time;)</li> <li>• <a href="#">Bear Crawls Forward &amp; Backwards</a> x 10 steps total each direction</li> </ul>

Beginner	Intermediate	Advanced
<b>DAY 4</b> <b>As Many Rounds as Possible within 25 – 30min</b> <ul style="list-style-type: none"> <li>• <a href="#">Cross Crunch</a> x 12 each side (one side at a time; no alternating)</li> <li>• <a href="#">Incline Dumbbell Chest Press</a> x 10</li> <li>• <a href="#">Dumbbell Reverse Flies</a> x 12</li> <li>• <a href="#">Goblet Dumbbell Reverse Lunges</a> x 10 each leg (one leg at a time; no alternating)</li> <li>• <a href="#">Kickstand Dumbbell Deadlifts</a> x 10 each leg (one leg at a time; no alternating)</li> <li>• <a href="#">HK SA OH DB Press</a> x 12 each side (one side at a time; no alternating)</li> </ul>	<b>DAY 4</b> <b>4 Rounds + 25min Stairmaster</b> <ul style="list-style-type: none"> <li>• <a href="#">Goblet Dumbbell Split Squats</a> x 12 each leg (3sec Eccentric Lower each time) (one leg at a time; no alternating)</li> <li>• <a href="#">Pause Dumbbell Chest Press</a> x 12 (3sec pause at the bottom each time)</li> <li>• <a href="#">Single Arm Dumbbell Back Row</a> x 12 each arm (3sec Eccentric Lower each time) (one arm at a time; no alternating) (alternating arms each time)</li> <li>• <a href="#">Plank Reach</a> x 10ea (alternate each time)</li> </ul>	<b>DAY 4</b> <b>As Many Rounds as Possible within 25 – 30min</b> <ul style="list-style-type: none"> <li>• <a href="#">Single Arm Dumbbell Split Jerk</a> x 10 each side (one side at a time; no alternating)</li> <li>• <a href="#">Dumbbell Deadlifts</a> x 15</li> <li>• <a href="#">Dumbbell Squat Jumps</a> x 10 (hold 3sec at bottom each time)</li> <li>• <a href="#">Dumbbell Core Braced Dead Bugs</a> x 10 each leg (hold dumbbell above forehead)</li> </ul>

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## Nutrition Table:

- Green = absolute priority and must have each and every meal and snack
- Black = must have in moderation (smaller portions for weight loss, but doesn't have to completely cut it out forever)
- Orange = must have, but (although still healthy and needed occasionally) it's less optimal than the options in green

LEAN PROTEINS	Fatty PROTEINS	VEGETABLE CARBS	FRUIT CARBS (Sugars)	COMPLEX CARBS (Sugars)	HEALTHY FATS
Egg Whites Shrimp Tilapia Trout Perch Cod Tuna Low Fat Greek Yogurt 93% Lean Ground Turkey Chicken Breast Tofu Tempeh Seitan Rice & Beans together Chickpeas Sardine Oil	Whole Eggs Salmon Fatty Greek Yogurt Beef 85% lean Ground Turkey Chicken Legs & Thighs	Broccoli Broccolini Asparagus Spinach Kale Brussel Sprouts Peas Edamame Bell Peppers	Blackberries Strawberries Raspberries Blueberries Oranges Cuties Kiwi Apples Watermelon Pineapple Banana	Red Potatoes Sweet Potatoes Brown Rice Wild Rice White Rice Beans Quinoa Chickpeas Butternut Squash Oatmeal  Low Carbs -Rice Cakes -Loven Fresh Protein Bread / Wraps	Extra Virgin Olive Oil Avocado All Nuts Pistachios

**Step 1:** choose 1 lean protein or 1 fatty protein; and 1 vegetable for every single meal every single day

**Step 2:** choose 1 complex carb to have only with your first meal of the day, and choose 1 complex carb to have 45 – 60min before you exercise, **and/or** immediately after exercise

**Step 3:** have 1 fruit carb and/or 1 healthy fat as 1 snack once per day

**Step 4 (Pro Tip): Protein vegetables and water are the secret sauce! Consume these 3 most frequently than anything (ESPECIALLY PROTEIN)!**

- *Seek further nutritional guidance from medical professional if you have any chronic illnesses, diseases, or medical diagnosis.*