



We all have the troublesome area that can make us feel self conscious , and for many, it tends to be the stomach area and “muffin top” , (the area of fat that sits at the top of the back) . I am asked how to get rid of it quite often , and the simple answer is CALORIE DEFICIT & EXERCISE, but simple doesn` t mean easy.

This FREE workout and nutrition is a 4 week guide to aid the journey to a flat stomach and a, stronger body, working with strength and cardio exercise and nutrition in a calorie deficit

**Equipment required** : Resistance Bands or Dumbbells, Booty Bands

**Time schedule** : 28 days

**Workouts per week** : 4 = 2 strength, 2 cardio

There are detailed below 1 lower day strength, 1 upper day strength workouts plus 2 cardio workouts , based on AMRAP (as many reps as possible in a time fram)

Plan your weeks accordingly to include 3 rest days .

7 day nutrition plan 1 x vegetarian and 1 meat plan also included based on roughly 1450cals per day

## STRENGTH

LOWER	Exercise	Sets	Reps	Rest
1	<u>Heel Elevated Front Squat</u>	3	10	As long as needed
2	<u>Single legged Step ups</u>	3	10	As long as needed
3	<u>Floor Glute Bridges (band,DB)</u>	3	10	As long as needed
4	<u>Bulgarian Split Squats (9-3)</u>	3	10	As long as needed
5	<u>Floor Frog Pumps</u>	3	10	As long as needed

UPPER	Exercise	Sets	Reps	Rest
1	<u>Press Ups (Floor OR Wall)</u>	3	10	As long as needed
2	<u>Bench Dips (chair)</u>	3	10	As long as needed
3	<u>Kneeling Over Head Banded Push with V opening</u>	3	10	As long as needed
4	<u>Front Rasies (Band,DB)</u>	3	10	As long as needed
5	<u>Banded upright Rows</u>	3	10	As long as needed

## CARDIO

cardio	GLUTE & ABS	Sets	Reps	Rest	
1a	<a href="#"><u>Squat &amp; Squat Pulse</u></a>	3	set 1 15/30 Set 2 25/50 Set 3 35/70	1m	
2a	<a href="#"><u>Lunge</u></a>	3	Left leg 15 / Right Leg 15 (1 set = 15L&15R)	45s	
3a	<a href="#"><u>Donkey Kicks with Leg Adduction</u></a>	3	Left leg 15 / Right Leg 15 (1 set = 15L&15R)	45s	
4a	<a href="#"><u>Glute Bridge</u></a>	4	30 seconds	30s	
5a	<a href="#"><u>Flutter Kicks</u></a>	3	50	1m	
6a	<a href="#"><u>Russian Twist</u></a>	3	50	1m	
7a	<a href="#"><u>Lying Leg Raise</u></a>	4	15	45s	
8a	<a href="#"><u>Plank</u></a>	3	Set 1 45s Set 2 75s Set 3 120s	45s 75s finish	
<b>Sets and Reps, complete all sets and reps before moving onto next exercise</b>					

1000 rep	Exercise	Sets	Reps	Rest	
1a	<a href="#"><u>Plank Hip Dips</u></a>	4	25	0	
2a	<a href="#"><u>Flutter Kicks</u></a>	4	25	0	
3a	<a href="#"><u>Air Squats</u></a>	4	25	0	
4a	<a href="#"><u>Jump Jacks</u></a>	4	25	0	
5a	<a href="#"><u>Burpees</u></a>	4	25	0	
6a	<a href="#"><u>Press Ups</u></a>	4	25	0	
7a	<a href="#"><u>Plank ShoulderTaps</u></a>	4	25	0	
8a	<a href="#"><u>Mountain Climbers</u></a>	4	25	0	
9a	<a href="#"><u>Russian Twists</u></a>	4	25	0	
10a	<a href="#"><u>Skaters</u></a>	4	25	0	
<b>REST AFTER COMPLETING 1A-10A / A COMPLETE CIRCUIT</b>					

## NUTRITION / MEAL PLAN

	Breakfast	Nutrition	Lunch	Nutrition	Dinner	Nutrition	Snacks - pick 2 per day	Nutrition	Total cals
Monday	Overnight Oats 20g , with red berries 100g and 0% yogurt or fromage blanc 100g	250 cals C39.6, F3.1, P10.4	Grilled chicken breast 200g , Boiled potatoes 150g mixed salad .	450 cals C27.8 F7.8 P65.5	Chilli 250g & rice 100g cooked , with green salad	400 cals C32.7 F12.8 P22.2	cereal bar . Fruit x 2, Protein shake , 2 squares dark chocolate	200 cals	1300
Tuesday	Boiled egg x 2 & 2 slices of pain complet (brown bread)	350 cals C34.5 F13.1 P17.9	Chicken 150g caesar salad - be careful of the dressing .	450 cals C1.6 F19.9 C57.7	Steak 200g , jacket potato 150g, green beans	550 cals C33.9 F18.3 P62.2	cereal bar . Fruit x 2, Protein shake , 2 squares dark chocolate	200 cals	1550
Wednesday	English Muffin and 1 x poached egg	200 cals C25.4 F6 P10.6	Grilled salmon 125g steak & 100g cooked egg noodles, with honey and soya sauce marinade 30ml pan fried veg	465 cals C49.6 F7.6 P40.9	Sweet potato mash 150g and Turkey escalope 200g , with mixed veg	355 cals C19.7 F4 P54.5	cereal bar . Fruit x 2, Protein shake , 2 squares dark chocolate	200 cals	1210
Thursday	Omelette, 2 eggs and 2 egg whites , filled with spinach and peppers	200 cals C3.1 F6.3 P22.1	Homemade burger & large salad. (1 bread bun, 1 burger patty 200g)	555 cals C38.6 F18.6 P53.5	Fish & Chips with peas - 200g cod fillet, 100g oven chips , 100g garden peas	380 cals C34.5 F6 P44.3	cereal bar . Fruit , Protein shake , 2 squares dark chocolate	200 cals	1320
Friday	0% yogurt or fromage balnc 125g , banana - to boost protein you can mix in 15g of protein powder	225 cals C36.6 F1.2 P19.5	Big Fat salad - 2 eggs, and as much salad, tomatoes, onion, plus 1/2avacado. If not an allergy add 2 tbsn pine nuts , and rizzle 1 tbsp olive oil	385 cals C10.4 F34.4 P15.6	Spaghetti bolognaise, made with low fit mince 200g and 100g cooked spaghetti , with side salad	545 cals C48.6 F9.8 P48.4	cereal bar . Fruit x 2, Protein shake , 2 squares dark chocolate	200 cals	1350
Saturday - FREE MEAL	Free Breakfast - Still track	Free day, but still track on MFP to stay in control	Free Lunch - still track !!!!	Free day, but still track on MFP to stay in control	Free dinner - Still track	Free day, but still track on MFP to stay in control	Alcohol : Try limit to 5 drinks , however .....	Free day, but still track on MFP to stay in control	2000
Sunday	Protein (15g)American pancakes x 2 with honey 1tbsp and berries 100g	300 cals C41.7 F4.6 P21.2	Ham sandwich, made with 2 sices of pain complet, 1 slice of ham and salad	283 cals C35.5 F9.7 P11.5	Roast beef dinner , 2 slices of roast beef, 100g roast pots, 1 small yorkshire pudding, broccoli, cauliflower and carrots	458 cals C43.2 F12.7 P31.1	cereal bar . Fruit x 2, Protein shake , 2 squares dark chocolate	200 cals	1300
								ave cals p/d	1450

## VEGETARIAN / PESCATARIAN

	Breakfast	Nutrition	Lunch	Nutrition	Dinner	Nutrition	Snacks - pick 2 per day	Nutrition	Total cals
Monday	Overnight Oats 20g , with red berries 100g and 0% yogurt or fromage blanc 100g 15g whey protein powder	250 cals C39.6, F3.1, P22.5	Jacket Potato 200g , cottage cheese 100g, Green salad , baked beans 110g	425 cals C54 F5 P24.5	Bean Chilli 250g & rice 100g cooked , with green salad, garlic bread 25g	468 cals C125 F5.6 P21.2	Fruit x 2, Protein shake , 2 squares dark chocolate	200 cals	1350
Tuesday	Boiled egg x 2 & 1 slice of pain complet (brown bread)	250 cals C34.5 F13.1 P17.9	Mixed bean salad -3tbsp each of red kidney beans, chick peas and cannellini beans with spring onions, cherry tomatoes, green pepper and fat-free dressing. Serve with mixed leaves and 1 wholemeal pitta.	360 cals C56 F2.7 C18.9	Veggie stir fry with rice Stir fry made from a spray oil, mixed of stir-fry veg and 1tbsp soy sauce. Serve with 100g cooked egg noodles . 0% from blanc 100g and 15g chocolate whey protein	400 cals C69.2 F1.4 P28.9	Fruit x 2, Protein shake , 2 squares dark chocolate	200 cals	1200
Wednes day	Breakfast Protein smmoothie : 30g protein powder, 50g 0% fromage blanc, 100g mixed red berries	200 cals C17 F2 P26	Grilled salmon 125g steak & 100g cooked egg noodles, with honey and soya sauce marinade 30ml pan fried veg	465 cals C49.6 F7.6 P40.9	Sweet potato mash 150g and Quorn Sausage x 2 , with mixed veg	460 cals C54 F18 P15	cereal bar . Fruit x 2, Protein shake , 2 squares dark chocolate	200 cals	1320
Thursday	Omelette, 2 eggs and 2 egg whites , filled with spinach and peppers	200 cals C3.1 F6.3 P22.1	Homemade veggie bean & large salad. (1 bread bun, 1 burger patty 200g)	555 cals C38.6 F18.6 P19	Fish & Chips with peas - 200g cod fillet, 100g oven chips , 100g garden peas	380 cals C34.5 F6 P44.3	cereal bar . Fruit , Protein shake , 2 squares dark chocolate	200 cals	1320
Friday	0% yogurt or fromage balnc 125g , banana - to boost protein you can mix in 15g of protein powder	225 cals C36.6 F1.2 P19.5	Big Fat salad - 2 eggs, and as much salad, tomatoes, onion, plus 1/2avacado. If not an allergy add 2 tbsn pine nuts , and rizzle 1 tbsp olive oil	385 cals C10.4 F34.4 P15.6	Spaghetti bolognaise, made with quorn mince 200g and 100g cooked spaghetti , with side salad	545 cals C48.6 F9.8 P30	cereal bar . Fruit x 2, Protein shake , 2 squares dark chocolate	200 cals	1350
Saturday - FREE MEAL	Free Breakfast - Still track	Free day, but still track on MFP to stay in control	Free Lunch - still track !!!!	Free day, but still track on MFP to stay in control	Free dinner - Still track	Free day, but still track on MFP to stay in control	Alcohol : Try limit to 5 drinks , however .....	Free day, but still track on MFP to stay in control	2000
Sunday	Protein (15g)American pancakes x 2 with honey 1tbsp and berries 100g	300 cals C41.7 F4.6 P21.2	Protein cheese sandwich, made with 2 sices of pain complet, and salad	375 cals C35.5 F9.7 P43	Roast dinner , 2 slices of roast beef, 100g roast pots, 1 small yokshire pudding, broccoli, cauliflower and carrots	506 cals C43.2 F21 P14	cereal bar . Fruit x 2, Protein shake , 2 squares dark chocolate	200 cals	1350
								ave cals p/d	1450

A couple of other veggie option to replace fish meals.

**Creamy mushroom pasta - 285 cals**

Fry 1 small onion, garlic and 1 small pack button mushrooms in a spray oil until brown. Add 150ml veg stock and 50ml dry white wine. Simmer until the liquid has reduced by half. Stir in 2tbsp low-fat soft cheese with herbs and 150g cooked penne. Mix, heat and serve with salad and fat-free dressing.

**SCIENCE NOTE : YOU CANNOT SPOT REDUCE FAT !** The scientific consensus among fitness experts and researchers is that **spot reduction** is a **myth**. This belief has evolved from the idea that gaining muscle increases metabolism, resulting in fat **reduction**. People think that fat loss in a specific region could be targeted by building muscle around it.

However, for example if you train your lower body substantially and build up muscle tissues and avoid upper body you may appear to have spot reduced fat, only in appearance as you will have not built any substantial muscle tissue and you will leave body fat. Some areas that contain small muscles though i.e stomach this takes calorie deficit!

It is a tricky area to explain in a couple of paragraphs, however the bottom line with science is no you cannot spot lose.

**BEFORE UNDERTAKING ANY NEW EXERCISE & NUTRITION  
COURSE CONSULT A Dr / PHYSICIAN TO CLEAR YOU FOR  
FITNESS**

**\*Don't forget to track your progress and @corps\_fitness\_claire #committobefit on your socials**