

DAILY WORKOUT ROUTINE

WEEK 1

Monday: 15 Squats, 15 Crunches, 15 Sit Ups 15 Lunges. After Breakfast and before bed.

Tuesday: 15 Squats, 15 Crunches, 15 Sit Ups 15 Lunges. After Breakfast and before bed.

Wednesday: 20 Squats, 20 Crunches, 20 Sit Ups, 20 Lunges. After breakfast and before bed.

Thursday: 20 Squats, 20 Crunches, 20 Sit Ups, 20 Lunges. After breakfast and before bed.

Friday: 25 Squats, 25 Crunches, 25 Sit Ups, 25 Lunges. After breakfast and before bed.

Saturday: 25 Squats, 25 Crunches, 25 Sit Ups, 25 Lunges. After breakfast and before bed.

Sunday: 30 Squats, 30 Crunches, 30 Sit Ups, 30 Lunges. After breakfast and before bed.

WEEK 2

Monday: 20 Squats, 20 Crunches, 20 Sit Ups, 20 Lunges. After breakfast and before bed.

Tuesday: 20 Squats, 20 Crunches, 20 Sit Ups, 20 Lunges. After breakfast and before bed.

Wednesday: 25 Squats, 25 Crunches, 25 Sit Ups, 25 Lunges. After breakfast and before bed.

Thursday: 25 Squats, 25 Crunches, 25 Sit Ups, 25 Lunges. After breakfast and before bed.

Friday: 30 Squats, 30 Crunches, 30 Sit Ups, 30 Lunges. After breakfast and before bed.

Saturday: 30 Squats, 30 Crunches, 30 Sit Ups, 30 Lunges. After breakfast and before bed.

Sunday: 30 Squats, 30 Crunches, 30 Sit Ups, 30 Lunges. After breakfast and before bed.

DAILY WORKOUT ROUTINE

WEEK 3

Monday: 25 Squats, 25 Crunches, 25 Sit Ups, 25 Lunges. After breakfast and before bed

Tuesday: 25 Squats, 25 Crunches, 25 Sit Ups, 25 Lunges. After breakfast and before bed

Wednesday: 25 Squats, 25 Crunches, 25 Sit Ups, 25 Lunges. After breakfast and before bed

Thursday: 30 Squats, 30 Crunches, 30 Sit Ups, 30 Lunges. After breakfast and before bed.

Friday: 30 Squats, 30 Crunches, 30 Sit Ups, 30 Lunges. After breakfast and before bed.

Saturday: 30 Squats, 30 Crunches, 30 Sit Ups, 30 Lunges. After breakfast and before bed.

Sunday: 35 Squats, 35 Crunches, 35 Sit Ups, 35 Lunges. After breakfast and before bed.

WEEK 4

Monday: 30 Squats, 30 Crunches, 30 Sit Ups, 30 Lunges. After breakfast and before bed.

Tuesday: 30 Squats, 30 Crunches, 30 Sit Ups, 30 Lunges. After breakfast and before bed.

Wednesday: 30 Squats, 30 Crunches, 30 Sit Ups, 30 Lunges. After breakfast and before bed.

Thursday: 35 Squats, 35 Crunches, 35 Sit Ups, 35 Lunges. After breakfast and before bed.

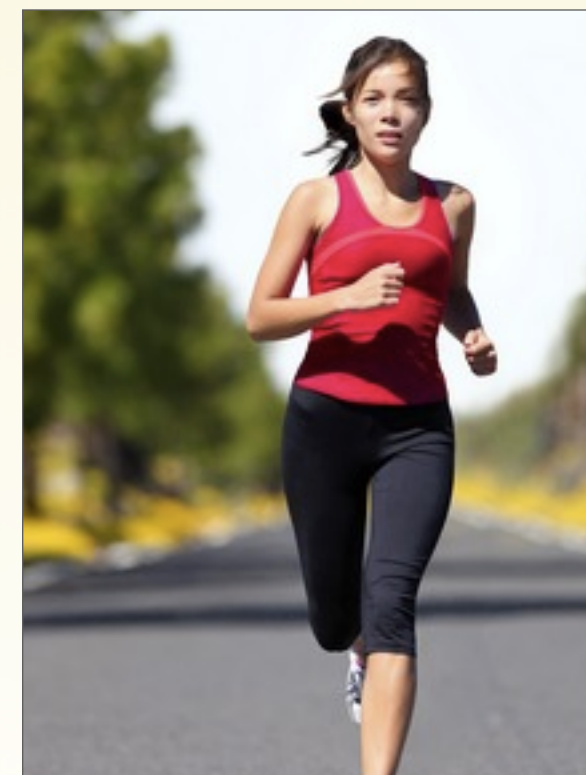
Friday: 35 Squats, 35 Crunches, 35 Sit Ups, 35 Lunges. After breakfast and before bed.

Saturday: 35 Squats, 35 Crunches, 35 Sit Ups, 35 Lunges. After breakfast and before bed.

Sunday: 40 Squats, 40 Crunches, 40 Sit Ups, 40 Lunges. After breakfast and before bed.

28 DAY FIX

BY: ANNA DAVIES



PURPOSE

Eating healthy and staying fit is something that has always been important to me. I wanted to make this 28 day workout and eating plane because I wanted to show people that it is possible to get fit and live a healthy life on your own without paying for an expensive fitness coach or workout video.



Snacks (100-200 calories)

1/2 Cup Grapes/Berries
1 Apple 2tbs Cashew Butter
1/4 Cup Nuts/Dried Fruit
6 Carrot Sticks 6 Celery Sticks, TBS
Hummus
1 Cup Low-Fat yogurt with sprinkle of
cinnamon and TSP chia seeds
1 Ounce Of Gouda or favorite Cheese
Skim or Soy latte

Drinks

WATER
WATER
WATER
Lemon Infused Water
Cucumber Infused Water
Mint Infused Water
Green Tea (Non sweetened)
No Caffeine!
Small Glass of OJ

Breakfast (200-300 calories)

Slice of Wheat Toast with Smear of avocado
and cracked black pepper
Blackberry Smoothie (1/2 cup yogurt,
1/2cup blackberries, 1/2 almond milk, 1/2
banana, Tsp hemp seed.)
1 Cup yogurt, 1/4 cup granola
1 Cup oatmeal with sliced almonds and
blueberries.
Egg whites with spinach and half of a
grapefruit.

Lunch (300-450 calories)

1 Cup Brown Rice, cup of grilled chicken,
pesto vinaigrette
6 Grilled asparagus spears, tilapia filet, 1
Cup brown rice.
Chicken poppy seed and grape salad wrap
Spinach salad with lemon vinaigrette
Veggie Stir Fry
Chopped Salad
Fruit Salad with greek yogurt and honey
dressing

Dinner (400-700 calories)

Garlic lemon Tilapia with Couscous
Baked Salmon and tangy wild rice
Bulgar, Cucumber, Salmon, Mint Salad
Soy Grilled Chicken and Eggplant
Seared scallops sautéed snow peas and
zesty orange rice
Sautéed sweet potatoes, kale, and
portable mushroom wrap with feta
cheese
Cumin spiced chicken breast with black
bean and corn veggie mix
Roasted skin on chicken with carrots
and root vegetables
Avocado Halibut Fish Tacos
Spinach and mixed mushroom quiche
with lemon dressed arugula salad
Spicy Siracha and honey glazed salmon
with spicy brown rice and sautéed kale
Grilled Chicken and Veggie kebabs
with cool greek yogurt sauce.