

8 WEEK TRAINING PROGRAM



8 Week Training Program

DISCLAIMER

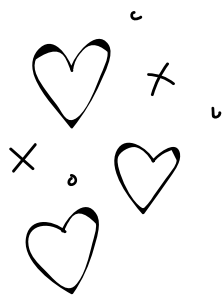
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Let's Do this!



Hello! ♡♡

Welcome to my 8 week program! I am so excited to get started. This is the workout program that I programmed for myself. I get asked a lot about what I do in the gym, so I thought why not share it with my friends and family! I will be posting the workouts on my blog (www.musclesandmilkshakes.com) my instagram ([musclesandmilkshakes_girl](https://www.instagram.com/musclesandmilkshakes_girl/)), and facebook page (Muscles and Milkshakes), along with any meal prepping and diet tips and tricks! Join in the fun and let's do this thing!



KAREN STEPHENS

Program Questions & Answers

»» Is there a meal plan?

No I won't be sharing a meal plan over the next 8 weeks. How our bodies respond to food is a very individual thing. We all have different food preferences, food sensitivities, and even caloric needs. My numbers will be totally different from yours and what works for me may not work for you. I will share some tips that have worked for me and my clients. These tips will steer you in the right direction. I do offer custom meal plans, but you do not need to feel pressured to purchase one to see results.

Try to eat around 1 pound per LEAN body mass. If you do not know your body composition I would suggest to calculate your protein intake by $.7$ or $.8$ x your body weight. That would equal the grams of protein you should aim to consume per day. Focus on hitting your protein intake and then try to eat more whole, natural foods. When you focus on eating more whole foods you will choose foods that are more nutritionally dense causing you to feel satisfied longer.

»» How much water a day?

I personally aim to drink around 3 liters of water daily due to my weight, activity level, and the fact that I live in Arizona. To start have a goal to drink at least half your body weight in ounces.

Program Questions & Answers

»» Can I still eat out?

Ugh who do you take me for? Absolutely!! Although cooking is always a better choice when monitoring or tracking. If you must eat out try to only eat out 1-2 times a week. Everything is better in moderation.

»» What foods should I eat?

I will not be telling you what to eat over these next 8 weeks. Since I am nursing I will be staying away from dairy. Honestly my joints love me when I stay away from dairy. I recommend that you stay away from processed foods and you limit the foods you are intolerant of. I will be eating more lean meats, whole grains, eggs, fruits, and fresh/cooked veggies.

»» Are supplements necessary?

Since I am nursing I will only be taking Protein Powder and Collagen. I can recommend supplements, but you do not need to take them to achieve results.

Program Questions & Answers

»» Is the training program repeated?

Yes. My 8 week program is broken down into 5 training sessions per week. (4 for those just starting out). I am focusing on training my glutes, so my split will consist of training my glutes 3 days a week. You will simply repeat the training routine for the duration of the 8 weeks.

Tips:

- Stay consistent with your training days
- Set aside 45-60 minutes on your training days.
- Involve a buddy. It is always more fun to work out with someone else and will help you to stay consistent

Nutrition Guidelines

►► Proteins

Chicken breast, lean ground turkey, lean ground beef, lean steak, salmon, tuna, shrimp, cod fish, eggs, and protein powder (whey or vegan)

►► Fats

Almonds, walnuts, pistachios, pine-nuts, peanuts, flax seed, chia seeds, coconuts, avocados, olive oil, coconut oil, and avocado oil

►► Carbohydrates

Sweet potatoes, brown rice, quinoa, rice cakes, oats, buck wheat, kidney beans, chickpeas, and black beans

►► Dense Fruits

Raspberries, blackberries, blueberries, strawberries, oranges, lemon, grapefruit, and bananas

►► Dense Vegetables

Asparagus, broccoli, cauliflower, carrots, Brussels sprouts, collards, kale, cabbage, parsley, spinach, garlic, and squashes

Nutrition Guidelines

»» Anti-Inflammatory Foods

Blackberries, raspberries, blueberries, strawberries, grapes, salmon, broccoli, avocados, peppers, tomatoes, cherries, turmeric, and dark chocolate

»» Hydration Foods

Cucumbers, lettuce, celery, cauliflower, radishes, broccoli, watermelon, pineapple, blueberries, grapefruit, cantelope, and tomatoes

»» Limit/Moderation

Processed/refined foods, soda, candy, sugary drinks, and sugary cereals

Training Program

»» 8 weeks

Training 5 days per week

REPEATING ALL ROUTINES FOR 8 WEEKS

»» BEGINNERS

Eliminate Wednesday's glute day.

»» CARDIO

Perform 3x per week

You are free to choose whichever days you would like to complete your 3 days of cardio.

ACCELERATOR: -Pick any continuous cardiovascular activity that you enjoy (running, walking, cycling, rowing, boxing etc.
-1 Minute low intensity | 1 Minute high intensity for 10 minutes
-By week five switch to 2 Minutes low intensity; 2 Minutes high intensity for 20 minutes

DAY
1

Glutes

Exercise . Set 1 . Set 2 . Set 3 .

Barbell Glute
Bridge 12 12 12

Cable
Kickback 15 15 15

Reverse
Hyperextension 30 30 30

Lateral Band
Walk 20 20 20

Banded Seated
Hip Abduction 30 30 30

MUSCLES & MILKSHAKES

Shoulders/Triceps/Obliques

Exercise . Set 1 . Set 2 . Set 3 .

Seated Shoulder Press 12 12 12

Push Up AMRAP AMRAP AMRAP

Cable Lateral Raise 12 12 12

V-Bar Triceps Extension 12 12 12

Vacuum Twists 20 20 20

Windshield Wipers 15 15 15

Quads & Glutes

Exercise . Set 1 . Set 2 . Set 3 .

Back Squat 8 8 8

Hack Squat 12 12 12

Smith Machine
Reverse Lunge 12 12 12

Leg Extension 20 20 20

Barbell Hip
Thrust 10 10 10

Crunch 20 20

Side Crunch 20 20

Hanging Leg
Raise 20 20

Back/Rear Delts/Biceps

Exercise . Set 1 . Set 2 . Set 3 .

Lat Pull-Down 8 8 8

Seated Row 12 12 12

Inverted Row AMRAP AMRAP AMRAP

Alternating
Dumbbell Curl 12 12 12

Hammer Curl 12 12 12

Hams & Glutes

Exercise . Set 1 . Set 2 . Set 3 .

Romanian
Deadlift 8 8 8

Single Leg
Back Extensions 12 12 12

Valslide Leg
Curl 12 12 12

Seated Leg
Curl 20 20 20

Standing Calf
Raises 20 20

Frog Pumps 30 30 30

Banded Hip
Thrusts 20 20 20

Track Progress/Weights

Exercise . Week 1 . Week 2 . Week 3 . Week 4



Track Your Weights

Exercise . Week 5 . Week 6 . Week 7 Week 8



Track Your Measurements

Body Part . Start . Week 2 . Week 4

Neck

Right Bicep

Chest

Waist

Hips

Right Thigh

Weight



Track Your Measurements

Body Part . Week 6 . Week 8 . Final

Neck

Right Bicep

Chest

Waist

Hips

Right Thigh

Weight

Your Goals