

JillFit Physiques 4-Week Training Programs

4 Weeks to Tight Core

This training program is designed to be done for 4 weeks and will act as a jump start for your fat loss, paying particular attention to the mid-section. You will do the same weekly schedule of exercises for 4 weeks straight. After the 4 weeks, you will want to rotate in another set of exercises and perhaps mix up your cardio for 4 more weeks, at which point you can always come back to this routine again. The mid-section will be the most responsive to both variety and consistency with training and nutrition.

The workouts contained here are merely suggestions and might need to be modified based on your specific fitness level and abilities. The cardio components are considered intermediate/advanced in terms of intensity, so if you are just starting to exercise, be sure to adjust speeds, inclines and levels as needed.

The weight-training workouts contained here are to be done in circuit format, meaning instead of taking long rests between sets, you move from one exercise to the next with minimal rest. This serves to keep the heart rate and breathing elevated to elicit a strong cardio response while lifting—a muscle-building, fat-burning outcome. Rest as needed only. Complete all the allotted sets within a circuit (usually 3-4 movements) before moving on to the next circuit.

A word on nutrition: as part of the 4 Weeks to Tight Core Training Program, JillFit is giving you a set of nutritional guidelines that will help augment your fat loss via training. There's a reason they say, "Abs are made in the kitchen" and it is because the best way to create visible ab definition is by reducing your total body fat percentage. 80-90% of fat loss is achieved via a consistently clean diet with lots of vegetables and lean, clean proteins. At the end of this document, we have listed our top nutrition strategies for uncovering your smallest waist yet.

Monday

Weight Training – Complete the following 2 core circuits:

Circuit #1 - Complete 3 sets

Exercise	Reps	Weight
Captains Chair Straight Leg Raises	10	None
Captains Chair Knee Raises	10	None
Bench V-sits	15	None
Crunches	20	None

Circuit #2 - Complete 3 sets

Exercise	Reps	Weight
Ab Crunch Machine	20	Medium
Back Extension Machine	20	Medium
Squat Thrusts (aka Burpees)	1 min	None

Then do:

Cardio – 20 min Stepmill Intervals

Time (min)	Level
0-2	10
2-4	11
4-6	12
6-8	13
8-10	14
10:00-10:30	1
10:30-11:30	15
11:30-12:00	1
12:00-13:00	16
13:00-13:30	1
13:30-14:30	17
14:30-15:00	1
15:00-16:00	18
16:00-16:30	1
16:30-17:30	19
17:30-18:00	1
18:00-19:00	20
19:00-20:00	1

Tuesday

Suggested Weight Training – Upper Body (day off from Core exercises)

Cardio – 30 min Treadmill Interval Sprints on Incline:

Time (min)	Speed	Incline
0-5	6.5	0
5-10	7.0	0
10-10:30	6.5	15
10:30-11:15	2.0	15
11:15-11:45	6.5	15
11:45-12:30	2.0	15
12:30-13:00	6.5	15
13:00-13:45	2.0	15
13:45-14:15	6.5	15
14:15-15:00	2.0	15
15:00-15:30	7.0	15
15:30-16:15	1.5	15
16:15-16:45	7.0	15
16:45-17:30	1.5	15
17:30-18:00	7.0	15
18:00-18:45	1.5	15
18:45-19:15	7.0	15
19:15-20:00	1.5	15
20:00-20:30	7.5	15
20:30-21:15	1.0	15
21:15-21:45	7.5	15
21:45-22:30	1.0	15
22:30-23:00	7.5	15
23:00-23:45	1.0	15
23:45-24:15	7.5	15
24:15-25:00	1.0	15
25:00-30:00	3.0	0

Wednesday

Weight Training – Complete the following 2 core circuits:

Circuit #1 - Complete 3 sets

Exercise	Reps	Weight
Crunches on Swiss Ball	20	None
Knee Pull-ins on Swiss Ball (push-up pos.)	10	None
Russian Twists	10 ea side	10-20lb DB

Circuit #2 - Complete 3 sets

Exercise	Reps	Weight
Jack knives	15	None
Supermans	10	Light DB
Supermans	20	None

At some point during your day, get in a 45-60 minute leisurely walk (preferably outside)—this serves to help lower cortisol levels (the “belly fat hormone”) and give yourself a day off from intense cardio.

Thursday

Suggested Weight Training: Lower Body (day off from Core exercises)

Cardio – 30 min Track Sprints:

30-min Sprint Workout on the Track

- Jog 2 laps around the track
- Begin with a 5-minute dynamic ME Outdoor warm-up
- Then, begin at the top of a straight-away and sprint 100 meters as fast as possible
- Walk the 100-meter curve
- Sprint the next straight-away, 100 meters, walk the curve
- **Complete TEN 100-meter sprints** as fast as possible, walking the curves as slow as is needed to get ready to sprint all-out again

Friday

Weight Training – Complete the following 2 core circuits:

Circuit #1 - Complete 3 sets

Exercise	Reps	Weight
Decline Bench Crunches	10	None
Decline Bench Leg Raises	10	None
Flutter Kicks on mat	30 seconds	None

Circuit #2 - Complete 3 sets

Exercise	Reps	Weight
Plank Hold	30 seconds	None
Mountain Climbers	30 seconds	None
Reverse Crunches – hips lift only	10	None
Reverse Crunches - hips + shoulders both lift	10	None

At some point during your day, get in a 45-60 minute leisurely walk (preferably outside)—this serves to help lower cortisol levels (the “belly fat hormone”) and give yourself a day off from intense cardio—same as Wednesday

Saturday

Track Stadium & Sprint Workout with Plyometrics

Head out to a local HS or college track with bleachers or a stadium stairs

45-Minute Track/Stadium Workout

10-minute warm-up: 2 laps jogging, high knees, glute kicks, straight leg kicks, side lunges, walking lunges, etc

Begin at the bottom of the steps at the stadium, and then do this circuit for 20 minutes total :

Sprint up the stairs, 2 steps at a time

At the top, do 10 fast squats, 10 pulsing squats, 10 squat jumps

Walking lunges along the top to the next aisle over

10 squat thrusts

Run down the 2nd aisle to the bottom

Run over to the start position, and repeat cycle

After finishing 20 minutes, walk a full lap around the track and begin sprints at the top of the straight-away closest to the stadiums, then:

Sprint 90 meters of the straight-away as fast as possible

Walk the curve of the track as slow as you want, until you get to the top of the next straight-away

Continue sprinting straight-aways and walking the curves until you complete 8 sprints

Cool-down

Sunday

Day off from all workouts ☺

General Nutrition Guidelines for a Toned, Tighter Midsection

Diet Recommendations:

- Eat 5-6x per day, every 2-3 hours
- Each meal should be between 250-350 calories
- Each protein at every meal (it should be priority #1)
- Vegetables are 2nd priority
- Complex carbs are 3rd priority – oats, rice, potatoes (sweet/regular), 100% whole wheat breads

Here are 2 options for each meal (mix and match as needed):

Breakfast:

- 1) 1/3 cup old fashioned oatmeal made with water, add 1 scoop whey protein
- 2) 4 egg white omelet (plus 2 yolks), add veggies and a little cheese, ¼ cup old fashioned oats made with water (add cinnamon/splenda to taste)

Mid-morning snack:

- 1) Medium-sized apple, 30 raw almonds
- 2) 1 slice whole wheat toast plus 2 tbsp almond butter

Lunch:

- 1) Large greens salad, 1 chicken breast, 2 tbsp balsamic vinaigrette dressing, small whole wheat roll
- 2) Turkey sandwich on 100% whole wheat toast, add lettuce, tomato and 1 slice cheese

Mid-afternoon snack:

- 1) Protein shake: blend into milkshake
 - 1 scoop whey protein (I like chocolate)
 - 2 tbsp peanut butter
 - 1 cup ice
 - 8 oz unsweetened almond milk OR 8 oz skim milk
 - Tons of ground cinnamon
 - ½ banana or 1 tbsp honey (optional)
- 2) Think Thin Protein Bar or Zone Perfect bar

Dinner:

- 1) Medium chicken breast or piece of fish, 1.5 cups broccoli (or 8 asparagus spears), ½ sweet potato
- 2) 1/2 lb bison burger on ½ whole wheat bun, lettuce, tomato, 1 slice cheese

After dinner:

- 1) Sugar-free jello pudding cup
 - 2) 2 tbsp peanut butter on ½ banana
 - 3) 1 nonfat yogurt cup plus frozen berries (can make into a shake too)
- Use green tea throughout the day
 - Try to drink at least 100 ounces of water/day
 - Limit sodas (even diet), energy drinks, coffee w/ cream/sugar, alcohol, etc
 - If still hungry, munch on raw veggies, piece of fruit or have another whey protein shake

Recommended Food List for Fat Loss:

Proteins:

Fill up on these:

Chicken breasts
Chicken tenderloins
Turkey breast
Egg whites (limit yolks to 1 per day)
Almonds
Tuna
Salmon
Sea bass
Orange roughy
Shrimp
Non-fat yogurt
Low-fat cottage cheese
Whey Protein Powder

Eat these sparingly:

Canadian bacon
Turkey bacon
Ham
Roast beef
Cheese
Nuts (try unsalted)
Cream cheese (limit portion size to 2 tbsp)
Milk (make sure it is skim)

Avoid:

Pepperonis
Salami
Bacon
Sausages
Soy

Carbohydrates

Have ONE SERVING of the following with every meal:

Sweet potato (1/2 cup)
Carrots (1 cup)
Spinach (2 cups)
Broccoli (1-2 cups)
Green beans (1 cup)
½ cup Brown rice
Oatmeal (in the large container, not packets) (1 cup cooked)
Oatbran (1 cup cooked)
Cauliflower (1-2 cups)
Kale/chard/collard greens (2 cups)
Romaine lettuce (2 cups)
Berries (1 cup)
Apple (1 medium-sized)
Grapefruit (1/2 large)

Eat sparingly:

Whole-wheat pasta
Whole wheat bread (limit to 1 slice per day)
Watermelon
Bananas
Pineapple
White potatoes
Squash
Zucchini
Salad dressing (limit to 2 tbsp)
Oranges

Avoid:

White pasta
White bread
Cereal
Soda (even diet is not great)
Juice
Oatmeal packets
Cookies/candy/cakes/donuts, etc
Granola/cereal bars
Pretzels/chips

Good ideas for quick snacks/mobile foods:

- Think Thin bars (at Whole Foods/vitacost.com/most grocers)
- Adkins Advantage bars
- Hard-boiled egg whites
- Apples
- Almonds (limit to 30 raw almonds per serving)
- Anything that is high in protein and fiber, and low in sugar and fat

Tips:

- If you have to choose between fat and sugar, choose fat → sugar is the absolute worst
- Never have something that is high in both fat and sugar like frosting, cake, brownies, cookies, chocolate, ice cream etc.
- Always have some protein when eating a carbohydrate, it slows the insulin response
- Limit alcohol to weekends and choose red wine (1-2 glasses at the most)
- Drink at 4 liters of water per day to help shed water under the skin, eliminating that “puffy” look