

Nola Trainer 21-Day Nutrition Challenge Program!



“BONUS” Workouts!

DISCLAIMER:

This e-book is for information purposes only. The information presented is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise program.

If you choose not to obtain the consent of your physician and/or work with your physician, you are agreeing to accept full responsibility for your actions. By utilizing the exercise strategies contained herein, you recognize that despite all precautions on the part of NOLA Trainer LLC, there are risks of injury or illness which can occur.

You assume all risks and waive, relinquish, and release any claim to which you may have against Jonas Deffes, and NOLA Trainer LLC, in the event of any physical injury or illness incurred in connection with, or as a result of, the use or misuse of the information in this e-book.

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Other Important Information: _____

1. **Make sure you are cleared by your doctor BEFORE** you begin this or any other exercise program.
2. **NEVER do an exercise that causes you pain** in any way. If you do not feel comfortable doing a specific exercise, try one of the modifications that we provide.
3. **Build up to your own fitness level.** You are not in competition with anyone! Just do the best that you can and challenge yourself. There are **NO** substitutes for hard work with exercise. You owe it to yourself!
4. **Have fun!**

Workout for Week #1:

Challenge yourself the best you can with this workout. Remember the exercise guidelines outlined above for you. See the exercise descriptions outlined in the following pages for each exercise for details.

Beginner: Complete **1-2 rounds** of each set. (Warm-Up, Set #1, rest, Set #2, rest, Set #1, rest, Set #2, rest, cool down.) If you have not exercised in a while, we recommend you complete this workout **1-2 times during your first week** of the challenge. (NOT on consecutive days.)

Intermediate: Complete **2-3 rounds** of each set. (Warm-Up, Set #1, rest, Set #2, rest, Set #1, rest, Set #2, rest, etc...cool down.) We recommend you complete this workout **2-3 times during your first week** of the challenge. (NOT on consecutive days.)

Advanced: Complete **3 rounds** of each set. (Warm-Up, Set #1, rest, Set #2, rest, Set #1, rest, Set #2, rest, etc...cool down.) Complete this workout **3 times during your first week** of the challenge. (NOT consecutive days.)

Workout #1:

Warm-Up: 5-10 minutes of a fast walk or slow jog. The purpose of the warm up is to get blood flowing into your muscles and to warm up the body.

Set #1:

30 seconds: Squats (over a bench for beginner)

30 seconds: Push-ups

30 seconds: Russian Twists

30 seconds: Jumping Jacks

Rest 1-3 minutes

Set #2:

20 seconds: Stationary Lunges (left leg forward)

20 seconds: Stationary Lunges (right leg forward)

20 seconds: Rows (left side)

20 seconds: Rows (right side)

30 seconds: Plank Hold

30 seconds: Mountain Climbers

Rest 1-3 minutes

OPTIONAL CHALLENGE: 30 FULL Sit-Ups (If you are not able to do complete sit-ups, substitute with crunches.)

Cool-Down: 5-10 minutes of a fast walk. The purpose of this is to cool down your body from the workout. Stretch out well when you are finished. Hold each stretch for 20-30 seconds for maximum effectiveness.

Workout for Week #2:

Challenge yourself the best you can with this workout. Remember the exercise guidelines outlined above for you. See the exercise descriptions outlined in the following pages for each exercise for details.

Beginner: Complete **1-2 rounds** of each set. (Warm-Up, Set #1, rest, Set #2, rest, Set #1, rest, Set #2, rest, cool down.) If you have not exercised in a while, we recommend you complete this workout **1-2 times during your first week** of the challenge. (NOT on consecutive days.)

Intermediate: Complete **2-3 rounds** of each set. (Warm-Up, Set #1, rest, Set #2, rest, Set #1, rest, Set #2, rest, etc...cool down.) We recommend you complete this workout **2-3 times during your first week** of the challenge. (NOT on consecutive days.)

Advanced: Complete **3 rounds** of each set. (Warm-Up, Set #1, rest, Set #2, rest, Set #1, rest, Set #2, rest, etc...cool down.) Complete this workout **3 times during your first week** of the challenge. (NOT consecutive days.)

Workout #2:

Warm-Up: 5-10 minutes of a fast walk or slow jog. The purpose of the warm up is to get blood flowing into your muscles and to warm up the body.

Set #1:

30 seconds: Goblet Squats (use a weight for intermediate or advanced levels ONLY)

30 seconds: Push-ups

30 seconds: Plank Hold

30 seconds: Power Jacks

Rest 1-3 minutes

Set #2:

20 seconds: Reverse Lunges (left leg)

20 seconds: Reverse Lunges (right leg)

30 seconds: Pull-overs

20 seconds: Jack-knife (left knee in towards chest)

20 seconds: Jack-knife (right knee in towards chest)

30 seconds: Burpees

Rest 1-3 minutes

OPTIONAL CHALLENGE: 40 FULL Sit-Ups (If you are not able to do complete sit-ups, substitute with crunches.)

Cool-Down: 5-10 minutes of a fast walk. The purpose of this is to cool down your body from the workout. Stretch out well when you are finished. Hold each stretch for 20-30 seconds for maximum effectiveness.

Workout for Week #3:

Challenge yourself the best you can with this workout. Remember the exercise guidelines outlined above for you. See the exercise descriptions outlined in the following pages for each exercise for details.

Beginner: Complete **1-2 rounds** of each set. (Warm-Up, Set #1, rest, Set #2, rest, Set #1, rest, Set #2, rest, cool down.) If you have not exercised in a while, we recommend you complete this workout **1-2 times during your first week** of the challenge. (NOT on consecutive days.)

Intermediate: Complete **2-3 rounds** of each set. (Warm-Up, Set #1, rest, Set #2, rest, Set #1, rest, Set #2, rest, etc...cool down.) We recommend you complete this workout **2-3 times during your first week** of the challenge. (NOT on consecutive days.)

Advanced: Complete **3 rounds** of each set. (Warm-Up, Set #1, rest, Set #2, rest, Set #1, rest, Set #2, rest, etc...cool down.) Complete this workout **3 times during your first week** of the challenge. (NOT consecutive days.)

Workout #3:

Warm-Up: 5-10 minutes of a fast walk or slow jog. The purpose of the warm up is to get blood flowing into your muscles and to warm up the body.

Set #1:

30 seconds: Jump Squat (if you have knee problems, do not jump.)

20 seconds: Rows (left side)

20 seconds: Rows (right side)

30 seconds: Spiderman Plank

30 seconds: High Knees

Rest 1-3 minutes

Set #2:

30 seconds: Walking Lunges

30 seconds: Alternating T-Push-ups

30 seconds: Side Plank (left side)

30 seconds: Side Plank (right side)

30 seconds: Burpees

Rest 1-3 minutes

OPTIONAL CHALLENGE: 50 FULL Sit-Ups (If you are not able to do complete sit-ups, substitute with crunches.)

Cool-Down: 5-10 minutes of a fast walk. The purpose of this is to cool down your body from the workout. Stretch out well when you are finished. Hold each stretch for 20-30 seconds for maximum effectiveness.

Exercises for Week #1:

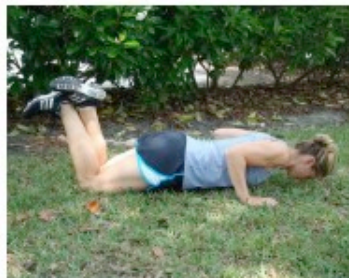
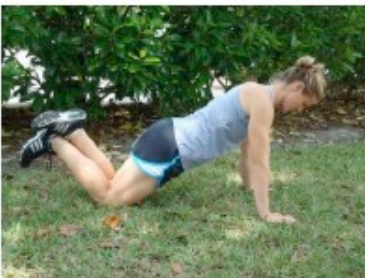
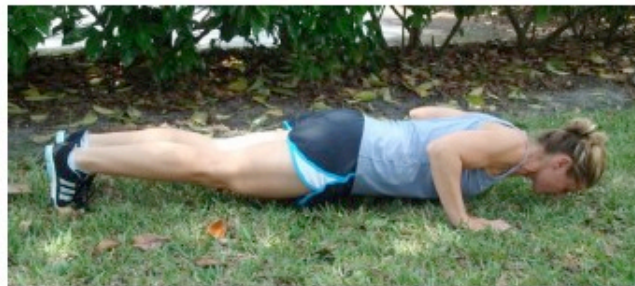
Basic Squat:

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position. Make sure not to let your knees cross your toes at the bottom of the squat. Add weight to increase intensity.



Push-Ups:

From the top of a plank position and your hands slightly wider than shoulder width apart, lower your body to the ground until your chest hits the floor. Extend your arms to return to the starting position. Keep your upper and lower body straight throughout the movement. Repeat for the desired number of reps. (Can be modified by doing knee push-ups or performing this movement against a railing or wall.)



Russian Twists:

Sit in a “V” with your knees bent to 90°, back flat, chest out, and heels on the ground. Rotate your torso slowly to the right, keeping your chest out and shoulders pulled back. Make sure to keep your neck neutral. Once you are facing to your right, rotate in the opposite direction (to the left). Repeat this rotation from side to side.



Jumping Jacks:

From a standing position with your arms down by your side, jump up while bringing your arms up laterally over your head and jumping your legs out to the side. Land with your arms up over your head and your feet out to the side. Jump again and return to the starting position.



Stationary Lunge:

Stand with both feet together and take a large step forward with one leg. (Your feet will remain planted here for the remainder of this exercise.) Lower the body by flexing (bending) the knee and dropping the hips until the back knee is almost touching the floor. Push through the front heel by extending the hip and knee of the front leg (straightening your front leg) until the front leg is straight. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)



Bench Row:

Place your right hand directly under the shoulder and their right knee directly under your hip on a bench or elevated surface. Be sure to keep a neutral (or slightly arched) back and neutral neck. Allow a slight bend in the supporting elbow. Extend your left arm straight down hanging toward the ground with the kettlebell or dumbbell (of appropriate weight) in your hand. Do not let the left shoulder relax- keep the shoulder blade retracted. Left leg is slightly bent and the foot is planted into the ground. Lift the weight straight up, leading with the elbow and keeping the arm close to the body. Slowly lower arm back down to the starting position and repeat for desired reps. Switch and repeat on the other side.



Plank:

Lie on your stomach in a prone (stomach down) position with your legs extended out. Place your *forearms* (should be parallel) on the ground and move into a position similar to the top of a “push-up” except you are on your forearms instead of hands. Keep your feet together push out strong through your heels and strong into the ground through your shoulders. Keep your core tight, back flat, and your tailbone tucked. (Can be modified by going on to the knees if necessary.)



Mountain Climbers:

In a straight arm plank position (top of a push-up), place your hands on the floor slightly wider than shoulder width apart. While stabilizing your body with your arms, push up your hips up while bringing one knee *straight into your chest* at a time. Alternate bringing each knee in as fast as possible, while keeping the chest out and back flat. Repeat for the desired number of reps.



Challenge for Week #1:

Sit-Ups:

Lie on your back (supine) with your knees and hips bent. Arms should be crossed over your chest. Flex your waist and hips to bring your chest up towards your knees. Control the movement back down to the ground and repeat for the desired number of reps. ***If you are unable to perform a complete sit-up, that's OK! Simply substitute with a basic crunch until you are able to perform this exercise.



Exercises for Week #2:

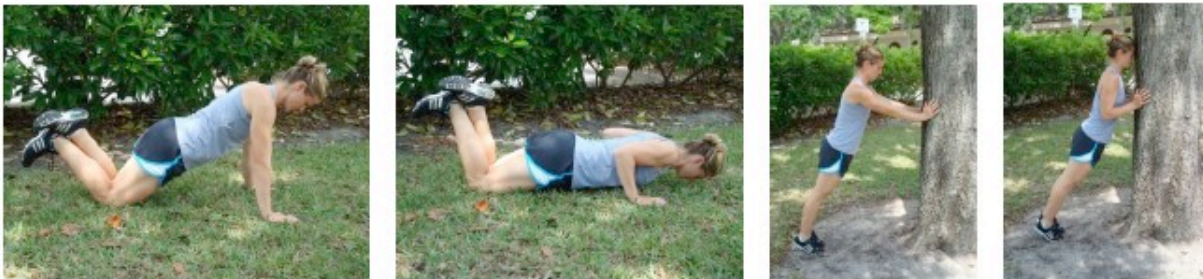
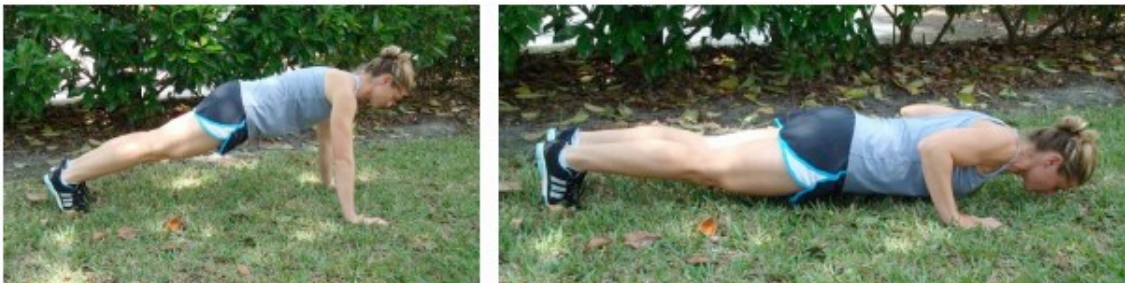
Goblet Squat:

Start with your feet slightly wider than shoulder width apart with your toes slightly turned out. Hold a kettlebell or a dumbbell next to your chest and pull yourself down by flexing the hips and transferring the weight to your heels. Open your chest and push it forward as you go down. Try to develop a deeper squat position with this exercise. The goal is to develop increased hip flexibility (not all fitness levels will be able to do this in the beginning). Keep your elbows vertical. Pause at the bottom and press your elbows into the inside of your knees to widen your knees and then return to standing by pushing the floor away with your feet and squeeze your glutes.



Push-Ups:

From the top of a plank position and your hands slightly wider than shoulder width apart, lower your body to the ground until your chest hits the floor. Extend your arms to return to the starting position. Keep your upper and lower body straight throughout the movement. Repeat for the desired number of reps. (Can be modified by doing knee push-ups or performing this movement against a railing or wall.)



Plank:

Lie on your stomach in a prone (stomach down) position with your legs extended out. Place your *forearms* (should be parallel) on the ground and move into a position similar to the top of a “push-up” except you are on your forearms instead of hands. Keep your feet together push out strong through your heels and strong into the ground through your shoulders. Keep your core tight, back flat, and your tailbone tucked. (Can be modified by going on to the knees if necessary.)



Power Jacks:

Stand up straight and tighten your abs. Jump out into a squat position, moving your legs out laterally, and wider than shoulder width apart. Jump back up, bringing your legs together, while sweeping your arms up laterally over the top of your head (fingertips touch). Jump legs out and swing arms back down by your knees while in squat position. (Basically a jumping jack with a squat at the bottom.)



Reverse/ Backward Lunge:

Stand with both feet together and take a step backward with one leg. (Pictures below are angled to show the position) Lower the body by flexing (bending) the knee and dropping the hips until the back knee is almost touching the floor. Return to the starting position by extending (straightening) the hip and knee of the front leg. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)



Pull-Overs:

Position a weight on the ground and lie on your back (supine position) on the ground or on a bench with the weight behind you. Slightly bend your knees to protect your lower back. Place the weight at arms length (slight bend in the elbows). Grasp the weight with both hands and use your posterior (back) muscles to lift the weight over your chest (keeping your elbows slightly bent and your core tight). Lower the weight slowly back to the starting position behind your head until your upper arms are parallel to the ground.



Jack-Knife:

Lie on your back with one leg extended out and one knee in towards your chest. Raise your extended leg about 2 inches off the floor and hold in this position. Crunch repeatedly with your hands crossed over your chest keeping both legs off the ground for the desired number of reps. Make sure to keep your core tight throughout this exercise. Switch legs and repeat on the other side. When it is time to switch legs, make sure not to drop your legs to the floor! This is one of our favorite exercises! ***If you feel any discomfort in your lower back during this exercise, simply elevate the straight (extended) leg higher until the discomfort is gone.



Burpee:

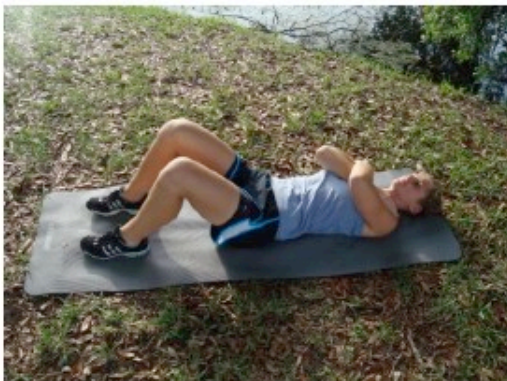
From a standing position, squat down and bend over to place your hands in front of you on the floor. (Feet are shoulder width apart. Also, your heels can come off the ground at this point.) Stabilize your body with your arms and jump or step your feet back behind you landing in a straight arm plank position. Then, tuck jump or step your feet back to their original placement and perform a squat OR squat jump to return to the starting position. *Beginners can “step-back” instead of jumping back for lower intensity.



Challenge for Week #2:

Sit-Ups:

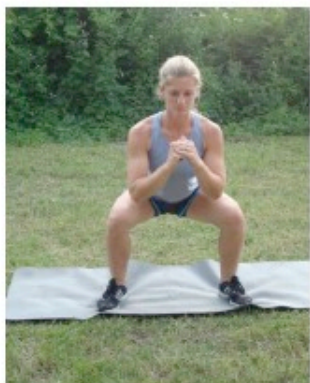
Lie on your back (supine) with your knees and hips bent. Arms should be crossed over your chest. Flex your waist and hips to bring your chest up towards your knees. Control the movement back down to the ground and repeat for the desired number of reps. ***If you are unable to perform a complete sit-up, that's OK! Simply substitute with a basic crunch until you are able to perform this exercise.



Exercises for Week #3:

Squat Jumps:

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. From the bottom of this squat position, push through your feet and jump upward by extending your knees and hips so your feet jump a few inches off the ground. Land softly with knees bent and go directly into your next repetition.



Bench Row (aka Kettlebell/Dumbbell Row):

Place your right hand directly under the shoulder and their right knee directly under your hip on a bench or elevated surface. Be sure to keep a neutral (or slightly arched) back and neutral neck. Allow a slight bend in the supporting elbow. Extend your left arm straight down hanging toward the ground with the kettlebell or dumbbell (of appropriate weight) in your hand. Do not let the left shoulder relax- keep the shoulder blade retracted. Left leg is slightly bent and the foot is planted into the ground. Lift the weight straight up, leading with the elbow and keeping the arm close to the body. Slowly lower arm back down to the starting position and repeat for desired reps. Switch and repeat on the other side.



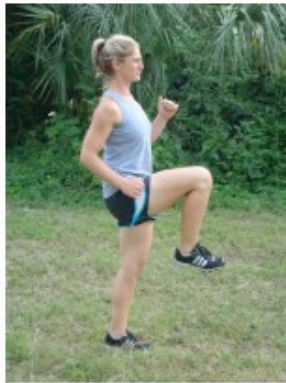
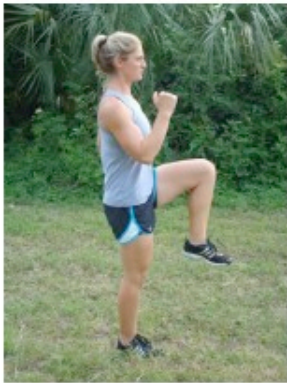
Spiderman Plank:

Holding the top of a “push-up” position (straight arm plank), keep your back flat, core tight, and tailbone tucked. Feet should be shoulder width apart. Step your right leg out, touching your foot to the ground next to your right hand, and then return it to the starting position. Repeat on the left side. Perform for the desired number of reps.



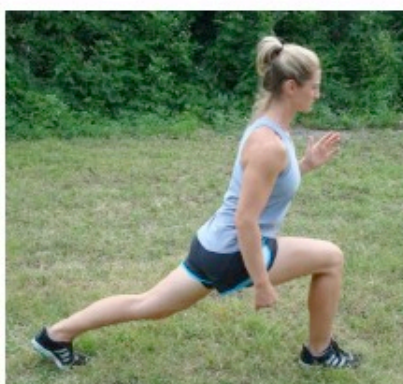
High Knees:

Begin jogging and on each step, bring your knee towards your chest as high as possible. Keep your arms moving as if you’re jogging. Perform this exercise for the desired amount of time.



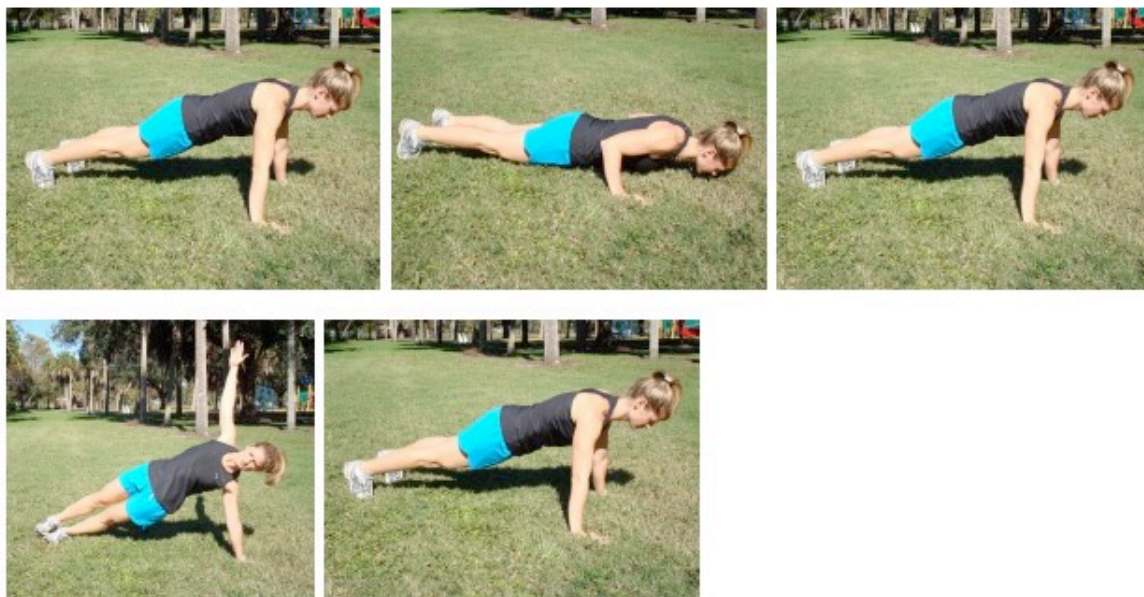
Walking Lunges:

Stand with both feet together and take a step forward with one leg. Lower the body by flexing (bending) the knee and dropping the hips until the back knee is almost touching the floor. Transfer your weight to the front leg and extend the hip and knee of the front, stepping forward with the back leg. Lunge forward with the opposite leg and repeat for the desired number of reps. (Do not allow the knee to cross over the front of the toe.)



T Push-Ups:

Start in the top of a push-up position with your feet hip width apart (your body is in neutral alignment) and supported by a tight core. Perform a complete OR modified push-up. If completing a modified push-up, then simply move onto your feet at the top as if you performed a standard push-up. At the top, rotate to a side plank (supported by the left arm) while removing the right hand from the floor and reaching up for the sky. Heels should be stacked and core tight. Hold this position and then lower back to the starting push up position. Repeat on the opposite side and repeat for the desired number of reps.



Side Plank:

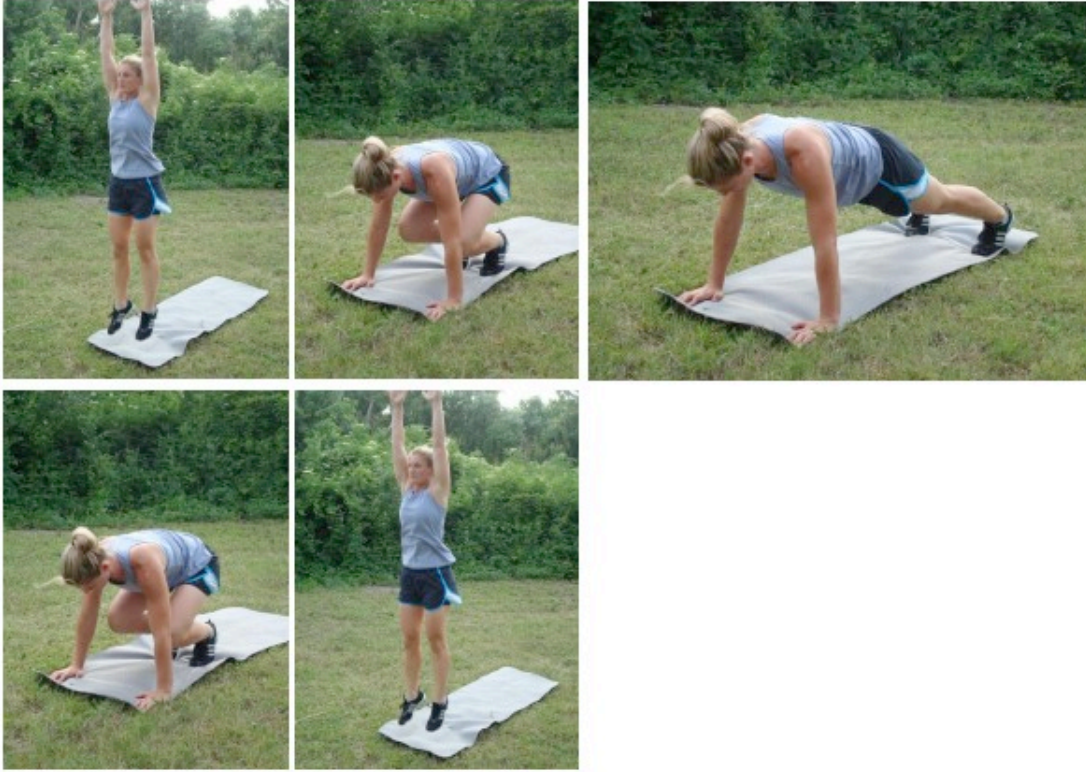
Lie on your left side with your legs together. Place your left forearm on the ground with your left elbow directly underneath your left shoulder. Press through your shoulder to elevate your entire body to a side plank and hold. Keep your core tight, back flat, and your tailbone tucked. Make sure to keep the top shoulder directly above the bottom shoulder for alignment. Hold for the allotted time. Repeat on the right side.

(Variations can include: 1. Placing your top foot in front to support some of your weight. 2. Raise your top leg straight up about 45 degrees to increase the intensity.)



Burpee:

From a standing position, squat down and bend over to place your hands in front of you on the floor. (Feet are shoulder width apart. Also, your heels can come off the ground at this point.) Stabilize your body with your arms and jump or step your feet back behind you landing in a straight arm plank position. Then, tuck jump or step your feet back to their original placement and perform a squat OR squat jump to return to the starting position. *Beginners can “step-back” instead of jumping back for lower intensity.



Challenge for Week #3:

Sit-Ups:

Lie on your back (supine) with your knees and hips bent. Arms should be crossed over your chest. Flex your waist and hips to bring your chest up towards your knees. Control the movement back down to the ground and repeat for the desired number of reps. ***If you are unable to perform a complete sit-up, that's OK! Simply substitute with a basic crunch until you are able to perform this exercise.

