

See



My
Do-Anywhere-Now
Workouts

WWW.SARAHWIAFE.COM

Do you ever find yourself short on time, space or fitness equipment? I know I've been there, for me it's when I'm working, doing things around the house, or visiting friends and family, a whole day can go by and I've somehow forgotten to make time for a workout! ...and I have every excuse in the book including the most popular "I was just too busy today" ...Sound familiar?

My solution to this and what has worked like a charm for me is to have "go-to" workouts ready for anytime, anywhere. These workouts take care of the "I don't have enough time" and "I can't get to the gym today"

I'm so excited to share three workouts I like to use! All of these workouts are printable and require minimal equipment and space. Not only that, if you're just getting started building regular exercise into an already hectic schedule, these babies are easy to schedule in because they're all less than 20 minutes! One recommendation I will make is that you invest in 1-2 sets of dumbbells for home and a yoga mat. Both of these things are easy to store, affordable and provide so many options for great workouts for busy people. Here are some suggested weights that will work for these and many other short home programs:

Beginner: 5lbs, 8lbs, and/or 10lbs

Intermediate: 8lbs, 10lbs and/or 12lbs

Advanced: 10lbs, 12lbs, and/or 15lbs

So what are you waiting for? Get these workouts out on paper and fire it up! This is the week for you to get started!!!

Committed to helping you live your healthy, happy life,

Sarah

Legal Disclaimer: This program is not meant to diagnose or treat disease or injury. Always consult your physician when beginning a new exercise or nutrition regimen and proceed at your own risk. Sarah Wiafe (TM) assumes no responsibility for outcomes as a result of you using this material. It is for education purposes only.

WWW.SARAHWIAFE.COM

Top to Bottom

4 Rounds of:



Reverse Lunge x15/side



Sumo Squat x15



Push-up + Mountain Climber x15



Burpee x10

Leg-0-Licious

AMRAP in 20min
(as many rounds as possible)



Lateral Lunge x15/side

Squat Jacks x15



Bulgarian Lunge x15/side



W's x20

Dumbbell Delirium

(Requires one set of dumbbells, choose a weight that allows you to finish all four exercises with minimal rest)

4 Rounds of:



Squat Press x15



Deadlift + Row x15



Sumo Squat + Front Raise x15

Split Squat Bicep Curl x15

My Top 5 Tips to Stay Consistent



In my world I've found time and time again that consistency beats perfection...every time! I've gone up, down and all around over the years when it comes to my eating habits, workouts, weight and physique. I've tried many different plans and programs, but until I found what worked for me specifically, I always found myself coming up short and throwing in the towel when I couldn't follow a program or plan exactly. Life would throw a curve ball, I would fall off track and I would let this curve ball discourage me from finishing the program...the all-or-nothing mindset!

Things started to turn around for me when I realized that the program wasn't the problem, it was me! So I made a decision to start keeping my mind in my own business, and start taking mental notes about my own lifestyle and my own body to figure out what worked best for me...because I was consistently unable to commit to anything that required me to overhaul and drastically change everything I was doing...even though those programs seemed to work so well for others. I gave myself permission to let go of trying to follow the perfect plan perfectly and to start doing a few things that worked specifically for me on a consistent basis. BAM!....game-changer.

Rather than trying to overhaul your lifestyle, start with a few small changes that fit YOUR lifestyle and stick to them on a regular basis. You're going to be amazed at how much easier it is for you to stay consistent and see results as those habits become rituals in your life! As you master these rituals you can work at new ones, but take it one step at a time and set yourself up for success!

These are my go-to's for staying on track...

1) Fill my water bottle 3x in a day

I carry my water bottle everywhere I go, if it's not with me, I tend to drink less. Even if I'm at home I still choose to use my water bottle as it's a lot easier for me to know how much I've consumed! New to this? Place 3 elastic bands around the base of your water bottle, every time you refill it, move an elastic band to the top!

2) Enjoy outdoor leisure walks 2x/week to help lower stress levels and open space for creative thinking

I have a route in my neighborhood that I love! I walk along the ridge pathways where there is an incredible view of the mountains. Often I take my cell phone with me, but only to take notes. My leisure walks are the time when I allow my mind to wander and ponder, a lot of my ideas and plans come from these walks so when I come up with something, I will stop to sit on a bench and write it down. I've also timed the route, it's about 40 minutes. For me, knowing this is helpful in order for me to make time for it. I'm not so worried about getting back too late when I have these walks scheduled in.

3) Lift weights that challenge me, 2-3x/week

This is one of my biggest challenges as I'm a busy-body and tend to let everything else take priority. For some this might seem like very few workouts, but to be honest, I was starting to become inconsistent by letting the all-or-nothing mindset prevent me from doing any workouts at all once I fell behind. Another struggle I had was finding myself with breaks during the day that were one hour or less and I wasn't opting for workouts because it felt like not enough time. So rather than holding myself to the expectation of having to do something lengthy every day (which in my mind at the time seemed necessary), I made my goal smaller and more manageable. Shorter workouts, higher intensity and less frequently. More than 2-3 workouts a week are a bonus

4) Eat 4 servings of veggies daily (1/2 a cup is one serving)

If I wasn't counting them, I wasn't getting them...it's that simple! When I was aware of how many I was (or wasn't) eating, it was so much easier to get them in! I try to aim for 1-2 servings at lunch and dinner and 1 for a snack.

5) Eat at least 20g of protein at every meal (breakfast, lunch, dinner)

This is critical for me....and any person exercising regularly and on the go! My energy levels are out on the swing set swinging if I'm not consistent with this. When I'm overdoing it on carbs and sugars I tend to skimp on protein and this is a danger-zone for me. I'm all for eating carbohydrates as they are two things: part of a healthy diet and not to mention, delicious! But they shouldn't be what's filling you up. If I'm filling up on proteins first, I automatically consume less carbohydrate and my energy levels stay strong throughout the day. For busy people, having a yummy protein powder on hand is so helpful. Protein powder can be added to any beverage on the go. I will often add a scoop to my water and sip on it during a busy day, or post workout. One of my Mom's go-to's is from Metabolic Effect (metabolics-effect.com), she makes a hot chocolate in the morning with ¼ cup milk, 2 tbsp cocoa powder, ½ tsp cinnamon and 1 scoop vanilla protein powder, she whisks it together until it's dissolved then adds boiling water and continues whisking until smooth.

So now it's time to start your journey to health, happiness and feeling your best! You're welcome to start with one or more of these tips, or come up with 5 of your own! Remember, you're unique so your goals can be too! The most important thing is to start small and stay consistent! #beatperfection