

Lean Eating for Women – First Phase (6 weeks)

Welcome to your new Lean Eating training program!

We've got some big things ahead of us, but before we go crazy thinking big, let's start small and get acquainted with your new program.

Now, the first weeks of this program are an opportunity to play around with the exercises (and your own body). It will also be a chance to learn the specific movements you'll perform over and over again and building upon with each week.

And when we say play, we mean play. During the first week, keep things light and experiment with everything. This experience should be mildly challenging and always fun. Pretty much the opposite of how most people start a new exercise program (with too much grunting, pain, and soreness).

The second week will call for a little more focus. We're going to shoot for 6 out of 10 in terms of difficulty, while still practicing and playing with the movements.

Finally, weeks 3-6 will call for a steady increase in effort and intensity. In fact, with each progressive week you'll focus on doing a little more, a little better than last time. And give yourself the freedom to push hard during the final week because things will relax again after that.

Oh yeah, a couple more things:

Remember, you're here because you wanted some help from the experts. That means it's OK to start out "knowing nothing". In fact, even if you already know a lot about fitness, pretending you're a beginner will serve you very well here. This way we can start from the ground up and build your body the correct way – from the start.

Also, keep this one thing in mind – a great workout is a beautiful thing only if it leaves you able to perform another great workout. That's why we want to keep you injury-free. So if something doesn't feel right to you, let your coach know. Maybe your form needs work. Or maybe there's an alternative just for you.

On to the program!

Calendar

	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1	Workout 1 (practice)	Workout 2 (practice)	Active recovery	Workout 1 (practice)	Workout 2 (practice)	Active recovery	Off
Week 2	Workout 1 (practice)	Workout 2 (practice)	Active recovery	Workout 1 (practice)	Workout 2 (practice)	Active recovery	Off
Week 3	Workout 1	Active recovery	Workout 2	Active recovery	Workout 1	Intervals (practice)	Off
Week 4	Workout 2	Active recovery	Workout 1	Active recovery	Workout 2	Intervals	Off
Week 5	Workout 1	Intervals	Workout 2	Active recovery	Workout 1	Intervals	Off
Week 6	Workout 2	Intervals	Workout 1	Active recovery	Workout 2	Intervals	Off

Warm-up

Foam rolling work

- IT bands (side of legs)
- Hip flexors (hips)
- Quads (front of legs)
- Hamstrings (back of legs)
- Adductors (low and high; inside of legs)
- Glutes
- Upper back
- Lats

Key points:

Complete 5-10 passes of each.

Keep your muscles relaxed (even though you will feel moderate pain).

Keep duration under a minute for any one area.

Stretches

- Pecs
- Lats
- Hip flexors
- Hamstrings
- Adductors
- External rotators (10 repetitions)

Key points:

From the list, pick only two of the stretches and hold for 60 seconds each.

Choose the stretches that you find the most challenging.

Mobility

- Ankle mobility (middle, inside and outside)
- Wall slides
- Hugging hip lift
- Scapular push-ups
- Assisted rear lunge
- Prone hip flexion
- Lateral squat
- Standing X-band abduction
- Assisted squat
- Shoulder dislocations

Key points:

Complete 5-10 repetitions of each.

Important: don't simply go through the motions. Take your time on each movement, concentrating on what you're supposed to feel.

Your goal isn't to achieve the greatest range of motion possible with any particular movement, but to use the right muscles and joints.

Note:

You can view the video of the entire warm-up sequence in Today's Workout (from your Lean Eating home page.)

Workout 1

WARM-UP

Group 1

A) Goblet squat to box (15 reps)

Rest 30 seconds

B) High incline single-arm dumbbell press (15 reps/side)

Rest 30 seconds

C) ½ kneeling medicine ball chop (15 reps/side)

Rest 30 seconds, repeat

Week 1 – do 1 round of group 1

Week 2 – do 1 round of group 1

Week 3 – do 2 rounds of group 1

Week 4 – do 2 rounds of group 1

Week 5 – do 3 rounds of group 1

Week 6 – do 3 rounds of group 1

Group 2

A) Assisted single-leg Romanian deadlift (10 reps/side)

Rest 30 seconds

B) Cable pull-down from tall kneel (15 reps)

Rest 30 seconds

C) Plank (hold for 60 seconds)

Rest 30 seconds, repeat

Week 1 – do 1 round of group 2

Week 2 – do 1 round of group 2

Week 3 – do 2 rounds of group 2

Week 4 – do 2 rounds of group 2

Week 5 – do 3 rounds of group 2

Week 6 – do 3 rounds of group 2

Group 3

A) SHELCL (Supine hip extension leg curl) (15 reps)

Rest 30 seconds

B) Lateral fly + external rotation (15 reps)

Rest 30 seconds

C) Rear elevated iso-hold (hold for 30 seconds/side)

Rest 30 seconds, repeat

Week 1 – do 1 round of group 3

Week 2 – do 1 round of group 3

Week 3 – do 2 rounds of group 3

Week 4 – do 2 rounds of group 3

Week 5 – do 3 rounds of group 3

Week 6 – do 3 rounds of group 3

Note:

Exercises in a group are to be performed one after another. In the case of multiple rounds, the grouping will be repeated in order. For example someone doing two rounds would perform Exercise A, Exercise B, Exercise C and then go through Exercises A, B and C again before moving onto the next grouping.

Also, during the first 2 weeks of the program we've noted that you should be practicing these workouts. That basically means that there's no pressure to perform the exercise perfectly. Rather, just get in there and practice doing them as well as you can. And have fun. After a few practice sessions you'll have them mastered and you'll be ready for a higher intensity.

Workout 2

WARM-UP

Group 1

A) Split squat (15 reps/side)

Rest 30 seconds

B) 3-point dumbbell row (15 reps/side)

Rest 30 seconds

C) Thoracic extension on stability ball (15 reps)

Rest 30 seconds, repeat

Week 1 – do 1 round of group 1

Week 2 – do 1 round of group 1

Week 3 – do 2 rounds of group 1

Week 4 – do 2 rounds of group 1

Week 5 – do 3 rounds of group 1

Week 6 – do 3 rounds of group 1

Group 2

A) Low cable Romanian deadlift (15 reps)

Rest 30 seconds

B) Dumbbell bench press (15 reps)

Rest 30 seconds

C) Side plank (hold for 30 seconds/side)

Rest 30 seconds, repeat

Week 1 – do 1 round of group 2

Week 2 – do 1 round of group 2

Week 3 – do 2 rounds of group 2

Week 4 – do 2 rounds of group 2

Week 5 – do 3 rounds of group 2

Week 6 – do 3 rounds of group 2

Group 3

A) Lateral squat (15 reps/side)

Rest 30 seconds

B) ½ kneeling cable row (15 reps/side)

Rest 30 seconds

C) Straight-arm band pull-down iso hold (hold for 30 sec)

Rest 30 seconds, repeat

Week 1 – do 1 round of group 3

Week 2 – do 1 round of group 3

Week 3 – do 2 rounds of group 3

Week 4 – do 2 rounds of group 3

Week 5 – do 3 rounds of group 3

Week 6 – do 3 rounds of group 3

Note:

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Also, during the first 2 weeks of the program we've noted that you should be practicing these workouts. That basically means that there's no pressure to perform the exercise perfectly. Rather, just get in there and practice doing them as well as you can. And have fun. After a few practice sessions you'll have them mastered and you'll be ready for a higher intensity.

Active recovery

WARM-UP (OPTIONAL)

Mildly to moderately challenging work– preferably outdoors

Week 1 – do 20 minutes

Week 2 – do 20 minutes

Week 3 – do 20 minutes

Week 4 – do 20 minutes

Week 5 – do 25 minutes

Week 6 – do 25 minutes

Note:

This activity is intended to be relatively easy. Your goal should be to find an activity (outside of the gym) that will provide a change of pace and leave you feeling better than when you started.

Intervals

WARM-UP

Perform 15 seconds of all-out work followed by 45-60 seconds of light work, repeat

Week 1 – n/a
Week 2 – n/a
Week 3 – do 2 rounds
Week 4 – do 3 rounds
Week 5 – do 4 rounds
Week 6 – do 5 rounds

Note:

Choose a low-impact exercise, such as stationary biking, sled pulling or swimming. Your goal is to work at peak intensity for each 15-second interval. The 45-60 seconds in between should be slow and recovery-oriented.

Also, during the first interval session, we've noted that you should be practicing this workout. That basically means that there's no pressure to perform the exercise perfectly. Rather, just get in there and practice doing it as well as you can. And have fun. After a few practice sessions you'll have them mastered and you'll be ready for a higher intensity.

Phase 1 – Exercise Directory

Workout 1

Goblet squat to box	9
High incline single-arm dumbbell press	10
½ kneeling medicine ball chop	11
Assisted single-leg RDL (Romanian deadlift)	12
Cable pull-down from tall kneel	13
Plank	14
SHELC (Supine hip extension leg curl)	15
Lateral fly + external rotation	16
Rear elevated iso-hold	17

Workout 2

Split squat (and assisted rear lunge)	18
3-point dumbbell row	19
Thoracic extension on stability ball	20
Low cable RDL (Romanian deadlift)	21
Dumbbell bench press	22
Side plank	23
Lateral squat	24
½ kneeling cable row	25
Straight-arm band pull-down iso hold	26

WORKOUT 1

Goblet squat to box



Set-up

Sit on the very edge of a box or step. Make sure that your feet are shoulder-width apart, angled out about 45 degrees or less, and stacked under (or just behind) your knees). Please note: this is the first and only time that you'll actually be sitting on the box. Cup the top head of the dumbbell in your hands.

Sit as far forward as you can on the box without falling off. From there, stand up without adjusting your feet.

Movement

Sit back toward the box, beginning by moving your butt backwards (hinging from the hips). As you descend, begin pushing the dumbbell away from your body as a counterbalance. This will help you maintain neutral spine. Make light contact with the box (without resting your weight on it). This marks the midway point. From here, dig your heels in, squeeze your glutes, and stand tall, bringing the dumbbell back into your body.

Key Points

- The box serves only as a marker of depth and hip movement. If you are falling backwards – even an inch – raise the height of the box.
- Drive your chest forward – particularly during the last few inches toward the bottom. If you're rounding your lower back – even a little – raise the height of the box.
- Your weight should remain in your heels throughout the movement.
- Squeeze your shoulder blades together throughout the movement.

When do I add weight?

Maintaining neutral spine is your first priority. Range of motion is your second. Maintaining retraction of your shoulder blades is third. Any weight increases will be incremental (we'll be loading these up soon enough) and occur after all the other criteria are in place.

WORKOUT 1

High incline single-arm dumbbell press



Set-up

Lay back on an inclined bench (approximately 70 degrees) with your feet firmly on the floor and a dumbbell in one hand. The dumbbell should be in line with your body and with the top head sitting on your shoulder. Squeeze your shoulder blades together and ensure that your lower body is stable.

Movement

Press the dumbbell straight up into the air (not at a right angle to your body). As you press, rotate the dumbbell during the movement (not at the top) so that it finishes perpendicular to your body.

Key Points

- Use your shoulder blades to squeeze the bench throughout the entire movement – even at the top.
- Keep your shoulder as low as possible throughout the movement. Making sure that your lat is flexed will help this.
- No dancing! Your feet should remain firmly planted and your knees should remain in-line with your ankles. Stability is essential.

When do I add weight?

Add weight when you can perform the movement with all of the key points – particularly keeping the shoulder blades down – in place.

WORKOUT 1

½ kneeling medicine ball chop



Set-up

This movement will be performed from a ½ kneeling position. Hold a medicine ball or light dumbbell low and to the side (on the open side, opposite to the forward knee). Use a pad under your bottom knee if there's any discomfort.

Movement

Keeping your shoulder blades back and down, move the medicine ball up and across your body (as high as possible), and without twisting or compromising your shoulder alignment.

Key Points

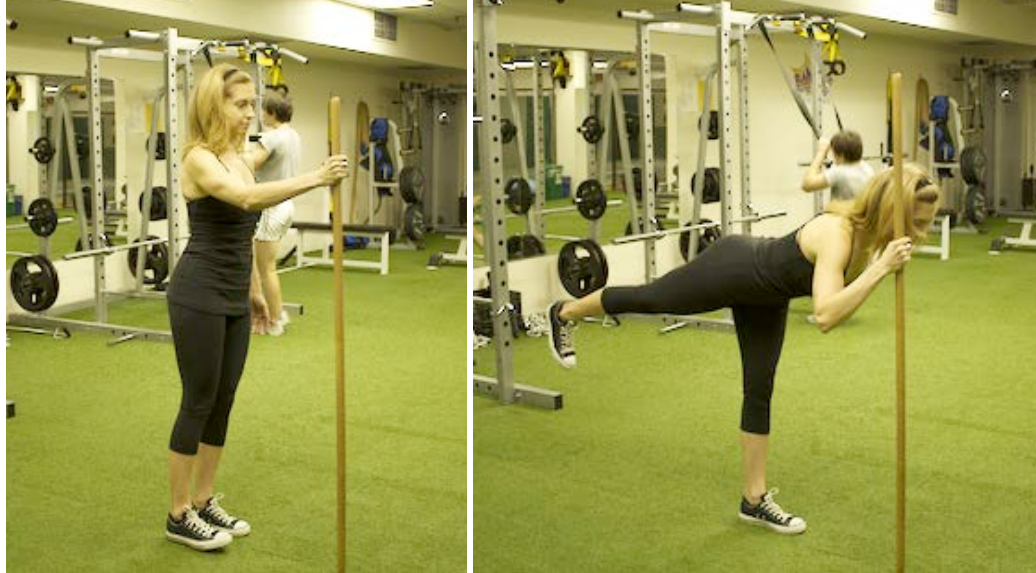
- At the bottom and top of each movement, re-establish your shoulder position.
- Don't let your body twist.

When do I add weight?

No need – progress here is strictly about movement quality.

WORKOUT 1

Assisted single-leg RDL (Romanian deadlift)



Set-up

Standing tall, ensure that you have a slight bend in your knees. Shift your weight over to one foot, holding the other foot slightly above the ground. Hold onto a stick (or any other piece of external support) with the hand on the side of the un-weighted leg.

Movement

Hinging from the hips, move your butt backwards. As you bend, you will start to feel a gentle stretch in your hamstrings. Once you can go no further without bending the knee or rounding the back, stop, ensure that your hips are level and that your back has a natural arch. Dig your heel into the ground, squeezing your hamstrings and glutes to initiate movement. Drive your hips forward until you're standing upright again.

Key Points

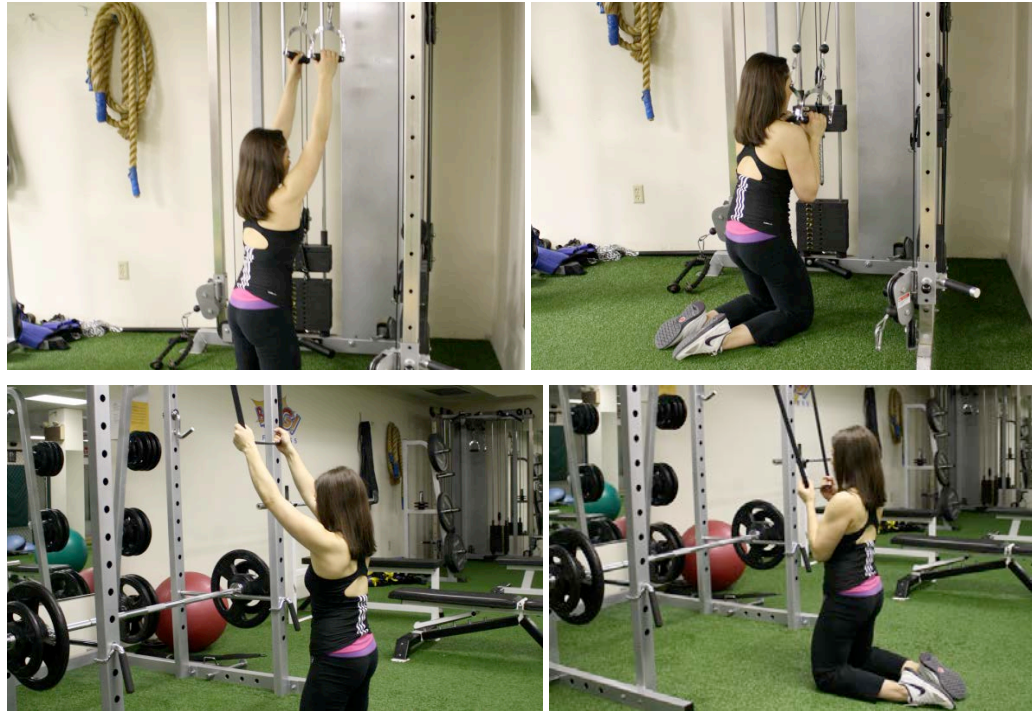
- Think *tall*, not back.
- Ensure your hips are level at the bottom position. If you're not sure which way to turn, it's the harder way.
- Use external support as minimally as possible (but retaining great form). The goal is to do this unassisted..
- Neutral spine should be established at the beginning and end of each rep, not while you're in motion

When do I add weight?

Add weight only when you can bring your torso parallel to the ground with impeccable form, use no external assistance, and have all of the key points in place.

WORKOUT 1

Cable pull-down from tall kneel



Set-up

Taking a tall kneeling position, grab a bar, handle or resistance band. The starting position should be above and slightly in front of your head.

Movement

Pull the band or cable to your chest.

Key Points

- Concentrate on driving your elbows downward.
- Your shoulders should be the first things to come down and the last things to come up.
- Don't allow your back alignment to change during the movement.

When do I add weight?

You can increase the weight you're using as soon as you can perform the movement with all key points in place.

WORKOUT 1

Plank



Set-up

Lay face down on the ground (or a mat) with only your forearms (your elbows are bent at ninety degrees) and the balls of your feet touching. Your spine should be neutral (if in doubt, default to a slight pike).

Movement

Not even a little.

Key Points

- Do not allow your back to “sag”.
- Take a 3-5 second break if form starts to break down. The clock is not running during this break.
- If you feel this in your spine at all, take a short break and resume with your butt higher in the air.

When do I add weight?

No need – progress here is strictly about postural quality.

WORKOUT 1

SHELC (Supine hip extension leg curl)



Set-up

Lay on the ground with your heels resting on a stability ball. Spread your arms (palms-up) out to the sides.

Movement

The movement is divided into four parts:

1. Lift your hips off the ground
2. Bend your knees, bringing the ball toward you
3. Extend your knees, pushing the ball away
4. Lower your hips back to the ground

Key Points

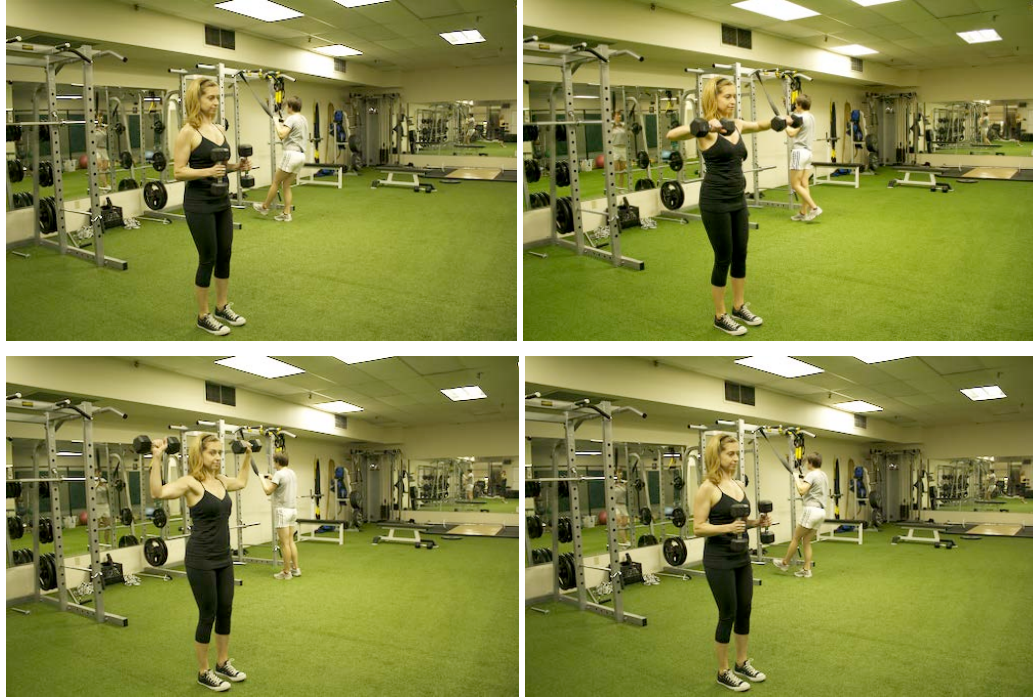
- Always ensure that you're stable before you move.
- Don't over-arch your lower back – focus on lifting your hips up by squeezing your glutes.

When do I add weight?

Instead of adding weight to make things more challenging, you'll progressively narrow the angle of your arms until they are resting on you (instead of the floor). Swapping up for a smaller stability ball will also work.

WORKOUT 1

Lateral fly + external rotation



Set-up

Standing with good posture, hold a dumbbell in each hand and bend your elbows to ninety degrees, keeping them in contact with your sides.

Movement

The movement is divided into four parts:

1. Raise your elbows out to the sides (this should bring your forearms parallel to the ground)
2. Rotate your shoulders until the dumbbells are facing the ceiling
3. Rotate your shoulders until your forearms are parallel with the ground
4. Lower your elbows to your sides

Key Points

- Work to keep your shoulders as low as possible through every part of the movement.
- Ensure that you do not arch your back when you're initiating any part of the movement.

When do I add weight?

You can increase the weight of the dumbbells as soon as you can perform the movement with all key points in place.

WORKOUT 1

Rear elevated iso-hold



Set-up

Take a half-kneeling position with your rear foot on a bench or equivalent and your rear knee on the ground.

Movement

There is no actual movement here. You will begin to press your front foot into the ground as if you are going to stand up (this means the weight will be in the front heel). However, you will only exert enough pressure to maximize the stretch and feel mild fatigue.

Key Points

- Nothing moves – only you should be able to tell when you're exerting force.
- The weight should remain primarily in the front heel.

When do I add weight?

Once great posture is achieved, you will be able to increase the amount of pressure within the boundaries of mild fatigue. You should never leave the floor.

WORKOUT 2

Split squat (and assisted rear lunge)



Set-up

Standing on one leg, reach back with one foot as far as you can, maintaining full contact of the front foot with the ground. This will set the length of your stride. Try to keep all of your weight in the heel of the front foot. Your feet should be hip width apart.

Movement

Keeping your weight in the heel of the front foot, drop the rear knee in a controlled fashion until it gently touches the floor or a foam pad. Drive your weight through the front heel, focusing on extending your hips as you come up.

Key Points

- Keep the weight in your front heel throughout – don't let it shift forward.
- Ensure that your front hip, knee and ankle are vertically stacked throughout; don't let your knee cave inwards.
- Try not to let the rear leg "help".

When do I add weight?

You can increase the weight of the dumbbells as soon as you can perform the movement with all key points in place. However, if you're unable to perform the movement beautifully with bodyweight, you will need to take a step backwards and perform the assisted variation shown above.

WORKOUT 2

3-point dumbbell row



Set-up

Put one shin and the same-side hand on a bench as if you're crawling. The outside foot will be planted on the ground. The outside hand will be holding a dumbbell. Ensure that your hips are level and that your chest is pushed forward to help you maintain a neutral spine.

Movement

Draw your elbow to the sky, rowing the dumbbell up

Key Points

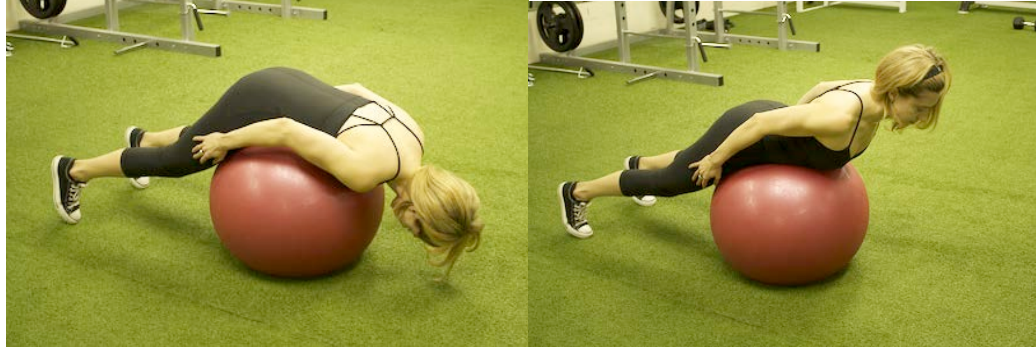
- Even at the bottom of the movement, do not let the shoulder go completely slack.
- Stabilize the body – don't rotate the torso during the movement.

When do I add weight?

You can increase the weight of the dumbbells as soon as you can perform the movement with all key points in place.

WORKOUT 2

Thoracic extension on stability ball



Set-up

Lay face down on a stability ball with your legs straight behind you. Once you are balanced, slump your upper body over the ball.

Movement

One vertebra at a time, lengthen and extend your body until you have achieved a neutral spine.

Key Points

- Think “tall,” not back.
- Stop before you begin to arch your lower back – all extension should come from the thoracic spine (in between your ribs and your collarbone).

When do I add weight?

No need – progress here is strictly about movement quality.

WORKOUT 2

Low cable RDL (Romanian deadlift)



Set-up

Grasping a cable handle or band in both hands, take a few steps back, ensuring that the weight remains slightly off of the stack once you're in the bottom position. Stand tall while pulling your shoulders back and down.

Movement

Move your butt backwards, keeping your chest driven forward throughout. At some point in the movement (don't worry about where), you won't be able to proceed any further without either compromising your knee angle or neutral spine. Pause to re-establish your alignment. From there, dig in your heels, squeezing your glutes and driving your hips forward until you've returned to your original position.

Key Points

- Your knee angle (a slight bend) should not change at any point.
- Your back alignment should not change at any point.
- Don't "help" with the arms. Keep them passive but do keep your shoulders pulled back and down.

When do I add weight?

You can increase the resistance on the band or cable as soon as you can perform the movement with all key points in place.

WORKOUT 2

Dumbbell bench press



Set-up

Lay on your back, ensuring that your feet are solidly on the floor. Hoisting the dumbbells to sit on your shoulders (the dumbbells should be parallel to your body), squeeze the bench with your shoulder blades.

Movement

Maintaining the shoulder squeeze, push the dumbbells away, maintaining the neutral position of the dumbbells throughout.

Key Points

- Use your shoulder blades to squeeze the bench throughout the entire movement – even at the top.
- Keep your shoulder as low as possible throughout the movement. Making sure that your lat is flexed will help this.
- No dancing! Your feet should remain firmly planted and your knees should remain in-line with your ankles. Stability is essential.

When do I add weight?

Add weight when you can perform the movement with all of the key points – particularly keeping the shoulder blades down – in place.

WORKOUT 2

Side plank



Set-up

Lay on your side with your forearm on the ground. Pick your hips up off of the ground while squeezing your glutes.

Movement

Not even a little.

Key Points

- Keep your hips driven forward, maintaining your body in a straight line.
- Take a 3-5 second break if you feel this in your spine at all or form starts to break down. The clock is not running during this break.

When do I add weight?

No need – progress here is strictly about postural quality.

WORKOUT 2

Lateral squat



Set-up

Cradling the top head of the dumbbell in your hands, take a wide stance with your feet parallel and your shoulder blades retracted.

Movement

Shift your weight to the side (while moving your butt backwards) until most of your weight is on one foot. At the halfway mark, you will see your knee stacked over your ankle on the weighted side and the other leg straight. Dig your heel and the lateral side of your foot into the ground to push yourself back to the standing position.

Key Points

- Your shin angle shouldn't change during the movement but your hips should move backwards (like the goblet squat).
- Both feet should remain parallel and flat on the floor.
- Push the weighted knee out to the side so it sits in-line with the ankle.

When do I add weight?

Maintaining neutral spine is your first priority. Range of motion is your second. Maintaining retraction of your shoulder blades is third. Any weight increases will be incremental (we'll be loading these up soon enough) and occur after all the other criteria are in place.

WORKOUT 2

½ kneeling cable row



Set-up

Assume a ½ kneeling position with a cable handle or band at chest height. The cable should be in line with your chest. Ensure that the weight remains slightly off of the stack when your arms are fully extended.

Movement

Without compromising your posture or shifting, draw your elbows back, concentrating on squeezing your shoulder blades together.

Key Points

- Don't allow your shoulders to elevate.
- You don't need to perform the set a second time with the opposite knee forward. Either switch positions halfway through or alternate positions from set to set.

When do I add weight?

Add weight when you can perform the movement with all of the key points – particularly keeping the shoulder blades down – in place.

WORKOUT 2

Straight-arm band pull-down iso hold



Set-up

A tall-kneeling position is preferable but standing is acceptable. Drape a band over a high anchor point, allowing you to hold onto it with straight arms (above or just in front of you) with your shoulders passively elevated. A cable machine (with a very light weight) can be used in place of a resistance band.

Movement

Keeping your arms straight, gently pull your shoulders down. Hold that position, re-establishing alignment whenever necessary.

Key Points

- Moving backwards slightly relative to the band will make this easier.
- Your upper traps should largely relax when applying the pull. If you can't feel it, get someone else to put their hands on either side of your neck to give you feedback.

When do I add weight?

No need – progress here is strictly about postural quality.