Fitness and Nutrition Guide

TRACY MCGARRY FITNESS

RISE UP

Thank you for downloading the Free Fitness and Nutrition Guide.

This guide contains:

- A nutrition focused guide to help make better food choices
- A full week of body weight/minimal equipment workouts you can do anywhere.
- A full week of gym based workouts

Tracy McGarry is a certified personal trainer and nutrition coach who specializes in helping women lose body fat, gain lean muscle and reshape their bodies by showing them what really works in the gym and by helping them change their relationship with food. Train smarter, not harder.

The purpose of Tracy McGarry Fitness is to empower women to finally make the decision to do what it takes to reach their health and fitness goals.

Five Healthy Habits

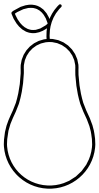
1 | EAT SLOWLY AND MINDFULLY

Eat your meals sitting down, at a table, and without technology. Try to focus on how your food tastes. Think about every meal as a wine tasting. Spend time on each bite. Pause. Taste. Continue until you are full, and then stop.

2 | SPEND TIME PLANNING AND PREPARING YOUR MEALS

Spend time at the beginning of every week thinking about most of your meals for the week and ensure that you have healthy food on hand. Bonus points for preparing some meals ahead of time.

3 | MINIMIZE PROCESSED FOOD, EAT MORE FRUITS & VEGGIES



Eat one less highly processed product a day. Buy more produce, fresh or frozen. Aim to add more colorful fruits and veggies to every single meal.

4 | LEARN HOW TO RECOGNIZE THE RIGHT PORTION SIZES

When you look at your plate, about half of it should be covered with vegetables and fruits, about a quarter with lean protein, a quarter with carbs (limit refined carbs). Use healthy oils like olive, coconut and avocado oils.

5 | DRINK MORE WATER

Drink at least 64 ounces of water per day (more if you're exercising).

BODY WEIGHT/ MINIMAL EQUIPMENT WORKOUTS

INSTRUCTIONS

1. Set a goal: choose an amount of time you want to work out and perform as many rounds as you can in that time, choose how many rounds you want to do and go until you finish, or choose the amount of rounds you want to do and time each round to test if you can beat it each time.
2. Get creative with your equipment: a chair, couch, step stool, backpack, suitcase, heavy container of food or water, exercise bands, and dumbbells can all come in handy depending on what you have at home!
3. If you don't recognize the name of an exercise, search it on YouTube.
4. Reps shouldn't be fast, but moving on to the next exercise can be fast!
5. Modify as needed to make each exercise feel as if you are close to failure at the end of the given rep range.
6. Complete all 8 exercises back to back to finish one round. Rest for 2-3 minutes or as needed between rounds.

DAY 1

10 minute cardio warm up

1. Off-set pushups (1 hand above shoulder, 1 hand below): 5-6 reps/position
2. Bent over rows: 10-12 reps
3. Goblet shoulder press: 10-12 reps
4. Pistol box/couch squat: 10-12 reps/leg
5. Single-leg Romanian deadlift: 10-12 reps/leg
6. Weighted sit ups: 10 reps
7. Weighted crunches: 15 reps
8. Bodyweight crunches: 20 reps

DAY 2

10 minute cardio warm up

1. Bench dips: 18-20 reps
2. Fat man pull ups: 18-20 reps
3. Vertical/upright rows: 18-20 reps
4. Forward lunge: 18-20 reps
5. Single-leg hip bridge: 18-20 reps/leg
6. Crunches with feet elevated: 18-20 reps
7. Bicycle crunches: 20 reps/side
8. Plank to push ups: 20 reps

DAY 3

10 minute cardio warm up

1. Feet-elevated push up: 8-10 reps
2. Pull ups or bent over rows: 8-10 reps
3. Pike push ups: 8-10 reps
4. Bench step ups: 8-10 reps/leg
5. Single-leg Romanian deadlift: 10-12 reps/leg
6. Floor wipers: 10 reps
7. Side plank hip thrust: 15 reps
8. Front plank with alternating leg lift: 20 reps

3-DAY WORKOUT SPLIT

DAY 01: PUSH

1. Warm Up: 10 minutes of Cardio
2. Superset*: 4 sets
    a. Push Ups: 10-12 reps
    b. Dumbbell Flat Bench Fly: 10-12 reps
3. Incline Dumbbell Chest Press: 4 sets of 10-12 reps
    a. Drop weight and add 10 reps on 4th set
4. Rope Extension: 4 sets of 12-15 reps
5. Assisted Dips: 3 sets of 10-12 reps
6. Superset: 3 sets
    a. Sitting twists: 15-20 reps
    b. Plank: 30-45 seconds

DAY 02: LEGS

1. Warm Up: 10 minutes of Cardio
2. Superset: 4 sets
    a. Walking Lunges (10-12 reps)
    b. Leg Extensions (12-15 reps)
3. Leg Press: 4 sets, increase weight as reps decrease
    a. 1st set: 20 reps, 2nd set: 15 reps, 3rd set: 10 reps, 4th set: 10 reps
3. Superset: 4 sets
    a. Lying Hamstring Curl: 12-15 reps
    b. Bulgarian Split Squats: 10-12 reps/leg
4. Dumbbell Romanian Deadlifts: 4 sets of 10-12 reps
5. Hip Abduction Machine
    a. 1st set: 20 reps, 2nd set: 15 reps, 3rd set: 10 reps, 4th set: 10 reps
6. Calf Raise Machine: 4 sets of 15-20 reps

DAY 03: PULL

1. Warm Up: 10 minutes of Cardio
2. Wide-grip Lat Pulldown: 4 sets of 12-15 reps
3. Superset: 4 sets
    a. Low Cable Row: 12-15 reps
    b. Dumbbell Hammer Curls: 10-12 reps/arm
4. Row Machine: 4 sets, increase weight as reps decrease
    a. 1st set: 20 reps, 2nd set: 15 reps, 3rd set: 10 reps, 4th set: 10 reps
5. Wide-Grip Bicep Curls w/ Straight Bar: 4 sets of 10-12 reps
6. Superset: 3 sets
    a. Upright Rows: 12 reps
    b. Seated Rear Delt Fly: 12 reps
7. Superset: 3 sets
    a. Crunches: 15-20 reps
    b. Flutter Kicks: 30-45 seconds

*Superset: two exercises performed back to back without taking a break or rest between the two.
*Don't recognize an excercise? Look it up on YouTube.

Thank you for becoming a subscriber and for downloading the Fitness and Nutrition Guide.

If you're serious about making meaningful changes in your health and fitness, join my Private Facebook Group - *Leaner and Stronger: Build Your Best Body Ever*. Here you will find support, accountability, and current health and fitness information. You have access to my Nutrition Plan, Workouts, and a weekly LIVE Q & A with me!

If you're interested, click **here**.