

# Your Six Week Get Started Guide

## WORKOUT PLAN

You will be doing **4 Hit the Deck™ workouts each week**, using it **EVERY OTHER DAY**. You won't use it two consecutive days in a row as you are challenging all your muscles with a resistance training workout, and they need 24-48 hours of recovery. For example Sun/Tue/Thu/ Sat would be your Hit the Deck™ workouts the first week and Mon/Wed/Fri/Sun the next.

There is a range of seconds to be programmed into the timer each week. Always go for the longer time IF YOU CAN. If you can't do the number of seconds assigned, do as many as you can and build from there.

**WEEK 1:** Set 20-30 seconds on timer. Do Warm-Up cards twice through, all 10 No Sweat cards twice through, finish with Cool-Down cards twice through.

**WEEK 2:** Set 20-35 seconds on timer. Do Warm-Up cards twice through, all 10 No Sweat cards twice through, finish with Cool-Down cards twice through.

**WEEK 3:** Set 25-40 seconds on timer. Do Warm-Up cards twice through, all 10 I'm Glistening cards twice through, finish with Cool-Down cards twice through.

**WEEK 4:** Set 25-45 seconds on timer. Do Warm-Up cards twice through, all 10 I'm Glistening cards twice through, finish with Cool-Down cards twice through.

**WEEK 5:** Set 30-45 seconds on timer. Do Warm-Up cards twice through, all 10 Sweating Buckets cards twice through, finish with Cool-Down cards twice through.

**WEEK 6:** Set 30-50 seconds on timer. Do Warm-Up cards twice through, all 10 Sweating Buckets cards twice through, finish with the Cool-Down cards twice through.

Not all exercises are suitable for everyone. This or any other exercise program may result in injury. Any user of the exercise program assumes the risk of injury resulting from performing the exercises. Always consult your physician before beginning any exercise program. The creators and producers of this program disclaim any liabilities of loss in connection with the exercises and advice herein.

## Nutrition Recommendations

- 1.** Eat about every 3-4 hours. Eating several small meals and snacks throughout the day keeps your energy levels high and your metabolism burning strong.
- 2.** All meals should contain lean protein, whole grains, and fruit and/or vegetables. These things provide the nutrients your body needs to function optimally and to stay healthy.
- 3.** Eat to the point of feeling satisfied, not full, at meals. "Feeling satisfied" means the amount of food you have eaten will last you just 2-3 hours. Everyone's calorie needs are different, so listening to your body's satiety clues is your best indicator as to how much food you need. (Plus you're going to be having a small snack soon!)
- 4.** Always eat breakfast. Try and eat within 1 hour of waking up. This could be a small snack or a complete breakfast.
- 5.** Snacks should be 50-150 calories. Eat closer to 50 calories if you are trying to reduce body fat.
- 6.** Snacks should ideally be low glycemic. Low glycemic snacks will make you feel fuller longer and won't spike blood sugars, which can lead to fat storage. Foods that contain more fat, fiber and/or protein are lower glycemic. For more information on glycemic index go to: [www.powerhouseperformancecoaching.com/glycemic/](http://www.powerhouseperformancecoaching.com/glycemic/)
- 7.** Never exercise on an empty stomach. Without the necessary energy to fuel your workout, muscle protein gets burned for energy. Fuel your body! A lot of energy is required for exercise and you need to be able to work your body hard enough to stimulate adaptation.
- 8.** Drink plenty of water. Stay hydrated by consuming small amounts of water frequently throughout the day. A good indication of your hydration level is the color of your urine – darker means you need to drink more, lighter means you're drinking enough.