

A woman with long brown hair, wearing a maroon and grey athletic top and leggings, stands outdoors on a dirt path. She is looking directly at the camera with a neutral expression. The background is a soft-focus landscape with dry vegetation. In the top left and top right corners, there are decorative clusters of pink polka dots of varying sizes. A large, semi-transparent pink rectangle is positioned across the middle of the image, containing the main title and subtitle.

FIT IN 15 MINUTES

GUIDE TO GETTING
LEAN FOR BUSY
WOMEN

FITANDFAB.LIFE



FIT IN 15 MINUTES

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WOMEN

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Exercise and Nutrition DISCLAIMER

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The client assumes all risks associated with participating in the exercise and nutrition program. By participating in the exercise and nutrition program, the client acknowledges that they have read, understood, and agree to the terms of this disclaimer.

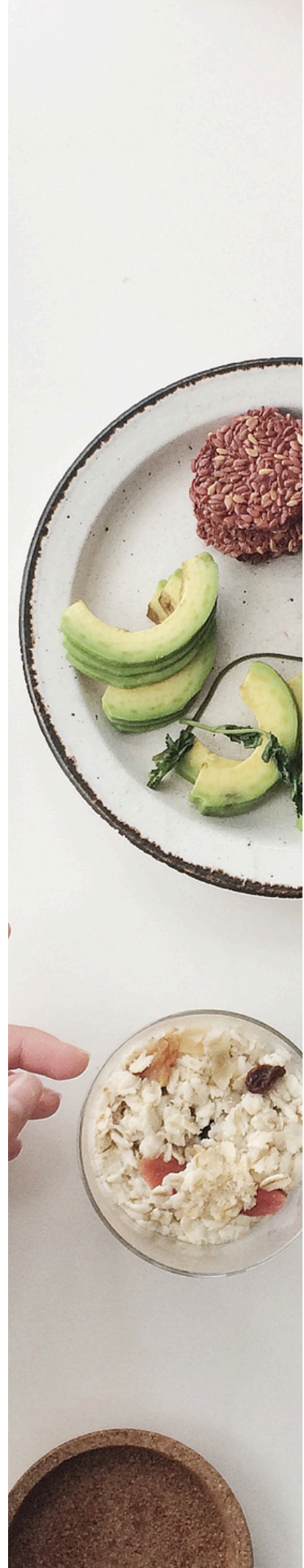


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Hello WELCOME!

Welcome to "Fit in 15 Minutes: Quick Workouts for Busy Women"!

In today's fast-paced world, finding time for exercise can be a challenge. But with this ebook, you'll discover quick and efficient workouts that fit into your busy schedule.

This ebook also provides expert advice on nutrition, time management, and self-care, empowering you to make healthier choices and stay motivated. Say goodbye to excuses and hello to a fitter, healthier you. With just 15 minutes a day, you can achieve remarkable results.

Let's get started on this transformative journey together!

Jana Danielson



coachjana@fitandfab.life



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 coachjana@fitandfab.life

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The Importance Of Fitness **FOR BUSY WOMEN**

Whether you're a busy executive, a stay-at-home parent, or a student juggling multiple responsibilities, making time for your health can be challenging. However, on the flip side, it offers numerous benefits that greatly enhance your overall quality of life. Let's delve into the key benefits of incorporating quick workouts into your busy schedule:



Time-Saving

Quick workouts are designed to be efficient and effective, allowing you to achieve a great workout in just 15 minutes. This time-saving aspect is particularly valuable for individuals with demanding schedules, as it eliminates the need for lengthy gym sessions or time-consuming exercise routines.



Increased Energy Levels

Exercise releases endorphins, which are natural hormones that make you feel good and boost your energy levels. Quick workouts can help kickstart your day or provide a midday energy boost, leaving you feeling more alert, focused, and energized throughout the day.



Improved Overall Health

Regular engagement in short bursts of exercise can help lower blood pressure, reduce the risk of heart disease, strengthen your immune system, and improve your overall cardiovascular fitness.

Ingredients For You To Start Feeling **YOUR BEST**

When it comes to feeling your best and making sure you're optimising your health as a busy person, there's a few key areas we are going to cover:

The power of setting goals and understanding your why can be highly motivating and helpful. Think of setting goals like the foundation of a house; the most important first step.

GOALS

Mindset is the second most critical piece towards feeling your best and having the health you most desire. We're going to establish some tools you can use to help with your mindset directly.

MINDSET

NUTRITION

Nutrition is one of the most important things to manage in any program. What you eat and how much you eat can be a direct reflection on how you look and feel.

TRAINING

Exercise offers so much more than just losing a few kilograms; it's also such a powerful tool to increase your energy and increase your strength/flexibility.



GETTING STARTED **GOALS**

What Is Your Why?

GOALS

Goals serve as the solid foundation upon which our fitness and health journeys are built, they provide stability, structure, and a clear direction for our efforts; much like the foundation of a house. Just as a solid foundation supports a sturdy house, setting meaningful fitness and health goals empowers us to lay the groundwork for lifelong well-being.

Now Vs Then **Goals Task**

Where are you now with your mindset?

Where are you in 30 days with your mindset?

Where are you now with your nutrition?

Where are you in 30 days with your nutrition?

Where are you now with your body and health?

Where are you in 30 days with your body and health?



MINDSET & **FITNESS**

Mindfulness

MINDSET TECHNIQUES

It's no secret that regular exercise is important for maintaining physical health. However, many women overlook the mental health benefits of staying active. In fact, exercise has been shown to be just as effective as medication in treating depression, anxiety and stress. Here are a few techniques to assist and supplement exercise:



Deep Breathing

Deep Breathing: When we are stressed, we tend to take shallow breaths, which can cause tension in the body. Deep breathing exercises can help you relax and calm your mind. Take a few deep breaths in through your nose, hold for a few seconds, and then exhale slowly.

Meditation



Meditation is a powerful tool for managing stress. It can help you clear your mind and focus on the present moment. You can meditate for just a few minutes each day to experience the benefits. Find a quiet space, sit comfortably, and focus on your breath.



Time Management & Self-Care

To manage your time more efficiently, try making a to-do list and prioritizing your tasks. This can help you stay organized and reduce the feeling of overwhelm. Taking care of yourself is also essential for managing stress. This can include getting enough sleep, eating a healthy diet, and taking time to do things you enjoy. It is important to make self-care a priority in your life, and you will feel more balanced and in control.

The background image shows a white bowl filled with various fruits, including orange slices and raspberries. Next to the bowl is a glass of orange juice. The entire scene is overlaid with a semi-transparent pink filter. The text is centered over the image.

NUTRITION FOR **BUSY WOMEN**

THE BASICS

Nutrition is a critical component in achieving various health goals, including fat loss. It involves consuming a balanced and nutrient-rich diet that supports overall well-being. As a busy person, prioritizing nutrition can be challenging, but with the right approach, it is attainable.

To support fat loss, creating a caloric deficit is essential. This means consuming fewer calories than your body burns each day. However, it's crucial to maintain a balanced diet to ensure your body receives the necessary nutrients for proper functioning.

Key strategies for incorporating nutrition into a busy lifestyle include:

Meal Planning: Take time to plan your meals in advance, focusing on whole, unprocessed foods. This allows you to make healthier choices and avoid impulsive decisions when time is limited.

High-Protein Intake: Include ample protein in your diet as it helps keep you satiated and preserves muscle mass during fat loss.

Tracking Food Intake: Consider tracking your food intake to ensure you maintain a calorie deficit and consume a balanced diet. This can be done through mobile apps or food journals.

Hydration, Activity, and Sleep: Drink plenty of water, engage in regular physical activity, and prioritize sufficient sleep, as these factors contribute to overall health and support fat loss.

Energy Balance & YOUR BODY

The foremost aspect of fat loss is establishing a calorie deficit. Without a calorie deficit, the body cannot lose fat. Unfortunately, a significant percentage of individuals are unaware of this fact and believe that consuming "healthy" foods is sufficient for weight loss.

It is important to note that a diet high in nutrient-dense foods is recommended, but it does not guarantee weight loss. All foods contain calories, which are our body's energy source. Similar to how fuel propels a car, food provides energy for our bodies to move.

To lose body fat, we must burn more calories than we consume, resulting in a negative energy balance, or a calorie deficit.

This creates a need for stored energy (body fat) to be used as fuel. The importance of other factors related to fat loss is relative to the foundation of the pyramid, which is a calorie deficit.

Supplements, for example, have the least significance, while a calorie deficit is the most critical aspect.

In conclusion, a calorie deficit is necessary to lose body fat



Calculating Your CALORIE NEEDS

We all need different amounts of food (energy) to be able to lose fat, build muscle or maintain weight. Below we're going to work out exactly how much you need.

MAINTAIN WEIGHT



To maintain your weight, you need to eat at your MAINTENANCE calorie intake where your calorie intake is equal to your calorie expenditure.

LOSE BODY FAT



To lose body fat you need to eat less calories than you burn a day, which will cause a negative energy balance and put you in a deficit.

BUILD MUSCLE



To build muscle or put on weight, you need to eat more calories than you burn a day, which will cause a positive energy balance and put you in a surplus.

Step 1: Find Your BMR (Basal Metabolic Rate)

This refers to the minimum amount of energy or calories that the body requires to function properly while at rest. In other words, it is the number of calories needed to maintain basic bodily functions such as breathing, circulation, and organ function.

$$(10 \times \text{___ kg}) + (6.25 \times \text{___ cm}) - (5 \times \text{___ age}) - 161 = \text{___ calories}$$

For example: A female who weighs **60kg**, is **170cm** in height and is **25 years old** would have a BMR of **1376 calories**.

Step 2: Find Your TDEE (Total Daily Energy Expenditure)

This refers to the total number of calories that an individual burns in a day, including the calories burned during daily activities and exercise. TDEE takes into account an individual's Basal Metabolic Rate (BMR), as well as the calories burned through physical activity and the thermic effect of food (the energy required to digest and process food).

1.2 Sedentary	1.35 Lightly Active	1.55 Moderately Active	1.75 Very Active	2 Extremely Active
(little or no exercise)	(1-3 days of exercise per week)	(3-5 days of exercise per week)	(6-7 days of exercise per week)	(7 days of very hard exercise or physical job)

BMR _____ x Activity Level _____ = _____ Calories

For example: A female who has a BMR of **1376 calories** and an activity level of **1.55** would have a TDEE of **2132 calories**.

Step 3: Set Your Goal

Once you have calculated your TDEE, you can set your calorie goal by subtracting 300-500 calories from your TDEE. This will create a calorie deficit of 2100-7000 calories per week, which is equivalent to losing 0.6-1 pounds of fat per week. It's important to note that you should not aim to lose more than 1-2 pounds of fat per week, as this can be unsustainable and unhealthy.

For example: A female who has a TDEE of **2132 calories** and wants to aim to lose 500 grams of fat per week would need to set their calories at starting point of roughly **1632 calories**.

Calculating Your MACRO NEEDS



Protein

Each gram of protein provides 4 calories. Protein requirements differ based on factors like age, sex, weight, and activity level. Athletes, bodybuilders, and those aiming for weight loss or muscle gain may need higher protein intake, generally around 1.5-2 grams per kilogram of body weight.



Fat

Each gram of fat provides 9 calories. Recommended fat intake varies based on factors like age, sex, weight, and activity level. The Institute of Medicine advises that adults should aim to consume 20% to 35% of their daily calories from fats.



Carbohydrates

Like protein, each gram of Carbohydrate provides 4 calories. The number of carbohydrates needed should make up 45-65% of your diet, otherwise can be made up with the remaining amount of calories after protein and fat have been considered.

For example: A female weighing 60kg, aiming for fat loss while consistently training and eating 1632 calories, the recommended daily protein intake would be 120g, providing 420 calories. 30% (54g) of fat, which contributes 490 calories. The remaining calories would be allocated for carbohydrates, with 662 calories (165g) being recommended.

Food Suggestion

CHEAT SHEET

P

Eggs	6g per Large egg
Milk	8g per 1 cup serving
Cottage cheese	14g per 1/2 serving
Steak	23g per 85g serving
Chicken breast	18g per 85g serving
Turkey breast	24g per 85g serving
Salmon	23g per 85g serving
Canned Tuna	22g per 85g serving
Peanut butter	8g per 2 tbsp
Whey Protein powder	24g per scoop

C

Sweet Potatoes	20g per 100g
White Potatoes	13g per 100g
Brown Rice (Cooked)	23g per 100g
White Rice (Cooked)	25g per 100g
Oats	55g per 100g
Wholemeal Grain Bread	38g per 2 Slices
Whole Grain Pasta	41g per 1 Cup
Banana	27g per 1 Medium

F

Butter	12g per 1 tbsp
Avocado	15g per 100g
Extra Virgin Olive Oil	14g per 100g
Salmon	13g per 100g
Eggs	9g per 2 Large
Cheese	18g per 50g
Dark Chocolate	11g per 20g
Almonds	14g per 25g
Full-Fat Greek Yogurt	10g per 100g

Meal Planning Tips

FOR BUSY WOMEN

One of the biggest challenges for busy Women when it comes to maintaining a healthy lifestyle is finding the time to plan and prepare healthy meals. Meal planning can seem like a daunting task, but with a few simple tips, it can become a manageable and even enjoyable part of your routine.

1

Planning Ahead For Success

The key to successful meal planning is to plan ahead. Take a few minutes each week to map out your meals for the upcoming week. This will help you make sure you have all the ingredients you need on hand and can reduce the temptation to order takeout or grab fast food on the go.

Keep It Simple

2

Don't feel like you have to make elaborate meals every day. Sometimes the simplest meals can be the healthiest. Focus on incorporating a variety of colorful fruits and vegetables, lean proteins, and healthy fats into your meals.

3

Batch Cooking

Batch cooking is a great way to save time and ensure you have healthy meals ready to go. Choose a day each week to cook a large batch of a healthy meal, such as soup, chili, or a stir-fry. Divide it into individual portions and store in the refrigerator or freezer for quick and easy meals throughout the week.

Use A Slow Cooker

4

Slow cookers are a busy person's best friend when it comes to meal planning. Simply add your ingredients in the morning, and by the time you get home from work, you'll have a delicious and healthy meal waiting for you.

5

Keep Healthy Snacks On Hand

When you're busy, it's easy to reach for unhealthy snacks like chips or candy. Keep a stash of healthy snacks on hand, such as cut-up vegetables, fruit, or nuts, to help you stay on track.

Breakfast

- Scrambled eggs with whole-grain toast and avocado slices.
- Greek yogurt topped with fresh berries and a sprinkle of granola.
- Vegetable omelet with spinach, tomatoes, and feta cheese.
- Oatmeal cooked with almond milk, topped with sliced bananas and a drizzle of honey.
- Whole-grain pancakes with a side of mixed fruit and a dollop of yogurt.
- Quinoa breakfast bowl with sautéed vegetables, a poached egg, and a sprinkle of herbs.

Lunch & Dinner

- Grilled chicken breast with roasted sweet potatoes and steamed broccoli.
- Quinoa salad with mixed greens, cherry tomatoes, cucumbers, and grilled shrimp.
- Veggie stir-fry with tofu or lean beef, served over brown rice.
- Baked salmon with roasted asparagus and a quinoa pilaf.
- Turkey lettuce wraps filled with lean ground turkey, chopped veggies, and a light dressing.
- Chickpea curry with brown rice and a side of steamed greens.

Snacks

- Apple slices with almond butter.
- Greek yogurt with a handful of nuts and berries.
- Carrot sticks with hummus.
- Rice cakes topped with avocado and cherry tomatoes.
- Hard-boiled eggs with a sprinkle of salt and pepper.
- Trail mix with a mix of nuts, dried fruit, and dark chocolate chunks.

BREAKFAST

Protein-Packed Breakfast Burrito



Method

1. Heat 1 teaspoon of olive oil in a pan over medium heat.
2. Add 2 beaten eggs, 2 tablespoons of chopped bell peppers, 2 tablespoons of chopped onions, and a pinch of salt and pepper. Cook until eggs are scrambled and vegetables are tender.
3. Warm a whole wheat tortilla and place the scrambled eggs on top.
4. Add 2 tablespoons of shredded cheddar cheese, 1/4 cup of black beans, and 1 tablespoon of salsa.
5. Roll up the tortilla, folding in the sides as you go.
6. Serve with additional salsa or avocado if desired.

Calories	350
Protein	25g
Carbohydrates	25g
Fats	15g



Serves 1



Preparation 10 minutes



Cook 10 mins

Ingredients

- ☐ 1 teaspoon olive oil
- ☐ 2 large eggs, beaten
- ☐ 2 tablespoons chopped bell peppers
- ☐ 2 tablespoons chopped onions
- ☐ Pinch of salt and pepper
- ☐ 1 whole wheat tortilla
- ☐ 2 tablespoons shredded cheddar cheese
- ☐ 1/4 cup black beans
- ☐ 1 tablespoon salsa

BREAKFAST

Greek Yogurt Parfait and Berries



Method

1. In a glass or jar, layer 1/2 cup of Greek yogurt, 1/4 cup of granola, and a handful of mixed berries.
2. Repeat the layers until all the ingredients are used.
3. Drizzle 1 tablespoon of honey or maple syrup on top.
4. Refrigerate for a few minutes to allow the flavors to meld together.
5. Enjoy!

Calories	250
Protein	15g
Carbohydrates	35g
Fats	5g



Serves 1



Preparation 5 minutes



Cook 0 mins

Ingredients

- ☐ 1/2 cup Greek yogurt
- ☐ 1/4 cup granola
- ☐ Handful of mixed berries (such as strawberries, blueberries, and raspberries)
- ☐ 1 tablespoon honey or maple syrup

BREAKFAST

High Protein Blueberry Pancakes



Method

1. Whisk together the egg whites and protein powder.
2. Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.
3. Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).
4. Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.
5. You can also make 3 small pancakes instead of 1 large.
6. Serve with your favourite toppings.

Calories	257
Protein	36g
Carbohydrates	18g
Fats	5g



Serves 1



Preparation 5 minutes



Cook 10 mins

Ingredients

- ☐ 1/4 cup liquid egg whites (around 4 eggs)
- ☐ 1 scoop (25g) of vanilla whey powder
- ☐ 1/2 banana, mashed
- ☐ Almond milk, if needed
- ☐ 1/4 cup (25g) fresh or frozen blueberries
- ☐ 1/2 tsp. coconut oil

LUNCH OR DINNER

Quinoa Salad with Grilled Chicken



Method

1. Cook 1/2 cup of quinoa according to package instructions and let it cool.
2. In a bowl, combine cooked quinoa, 4-6 oz of grilled chicken breast (sliced), a handful of cherry tomatoes (halved), cucumber slices, diced red onion, chopped fresh parsley, and 2 tablespoons of crumbled feta cheese.
3. In a separate small bowl, whisk together 1 tablespoon of olive oil, 1 tablespoon of lemon juice, salt, and pepper to make the dressing.
4. Drizzle the dressing over the salad and toss to combine.
5. Serve chilled.

Calories	400
Protein	35g
Carbohydrates	40g
Fats	15g



Serves 1



Preparation 10 minutes



Cook 20 mins

Ingredients

- ☐ 1/2 cup quinoa (cooked)
- ☐ 4-6 oz grilled chicken breast, sliced
- ☐ Handful of cherry tomatoes, halved
- ☐ Cucumber slices
- ☐ Diced red onion
- ☐ Chopped fresh parsley
- ☐ 2 tablespoons crumbled feta cheese
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon lemon juice
- ☐ Salt and pepper to taste

LUNCH OR DINNER

Cajun Beef With Veg Rice



Method

1. Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.
2. Add in the minced beef, season with salt and pepper and cook for 10 minutes, until the meat is browned.
3. Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.
4. Stir well to combine all of the ingredients and heat for about 3-4 minutes.
5. Sprinkle with the green parts of the spring onion and serve.

Calories	503
Protein	40g
Carbohydrates	55g
Fats	13g



Serves 3



Preparation 10 minutes



Cook 25 mins

Ingredients

- ☐ 1 tbsp. coconut oil
- ☐ 3 large carrots, sliced
- ☐ 2 peppers, sliced
- ☐ 4 spring onions, sliced
- ☐ 1 lb. (500g) 5% fat beef mince
- ☐ 2 tsp. Cajun seasoning
- ☐ 1 tbsp. tomato purée
- ☐ 1 lb. (500g) cooked rice

LUNCH OR DINNER

Beef & Green Bean Pasta



Method

1. Cook the pasta according to instructions on the packaging. Cut the beef into thin slices.
2. Slice the spring onions diagonally into 1-1.5 inch pieces. Peel and slice the garlic.
3. Heat the oil in a large pan over medium-high heat and cook on the beef for about 3 minutes, then transfer onto a plate and drizzle with soy sauce.
4. Add the garlic and spring onion to the same pan and cook for about 3 minutes, until spring onions start to soften.
5. Return the beef and soy sauce into the pan and add the hot stock and frozen beans. Cook for another 2-3 minutes, then add the cooked pasta, stir now and then for about 2 minutes.

Calories	491
Protein	44g
Carbohydrates	53g
Fats	12g



Serves 2



Preparation 10 minutes



Cook 15 mins

Ingredients

- ☐ 4 oz. (120g) whole-wheat pasta
- ☐ 10 oz. (300g) beef steak
- ☐ 4 spring onions
- ☐ 2 cloves garlic
- ☐ 1 tbsp. coconut oil
- ☐ 2 tbsp. soy sauce
- ☐ 1/3 cup (80ml) beef stock
- ☐ 100g green beans, frozen

A woman with dark hair tied back is performing a deadlift exercise. She is wearing a pink long-sleeved top and black leggings. She is holding two purple dumbbells with both hands, and her body is in a low, hinged position. She is standing on a pink exercise mat. The background is a light-colored wall with a window. The entire image has a pink overlay.

WORKOUTS FOR **BUSY WOMEN**

Understanding The 15-MINUTE WORKOUT



For those of us who lead busy lives, finding time for a workout can be a challenge. However, with the concept of 15-minute workouts, it's possible to stay fit and healthy without having to commit hours of your day to exercise.

15-minute workouts have been proven to be effective in improving cardiovascular health, increasing muscle strength, and burning calories. In fact, research has shown that short bursts of high-intensity exercise, can be just as beneficial as longer sessions at the gym.

Overall, 15 minute workouts are a convenient and effective way to stay fit and healthy, even when you have a busy schedule. By incorporating them into your daily routine, you can improve your cardiovascular health, build muscle strength, and burn calories without having to spend hours in the gym.

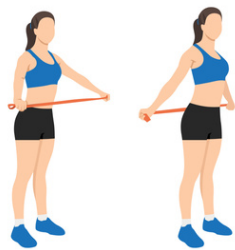
So, are you ready to get **started?**

Warm-Up

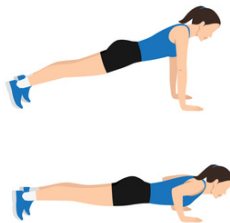
EXERCISES & STRETCHING

Warming up and stretching before weight training is important to help prevent injury and improve performance. A proper warm-up should gradually increase your heart rate, increase blood flow to the muscles, and prepare the body for the workout ahead. This can include light cardio, such as jogging or cycling, or dynamic stretching, such as leg swings or arm circles.

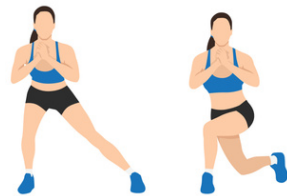
It's important to listen to your body and adjust your warm-up and stretching routine as needed. If you have any specific injuries or concerns, it's a good idea to consult with a specialist or healthcare provider for guidance on the best warm-up and stretching routine for your individual needs.



Banded Shoulder
Stretches



Bodyweight
Push Ups



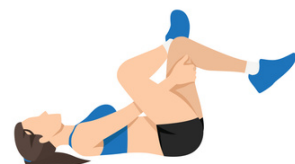
Curtsy Lunge



Hip Flexor
Stretch



Cobra Back
Stretch

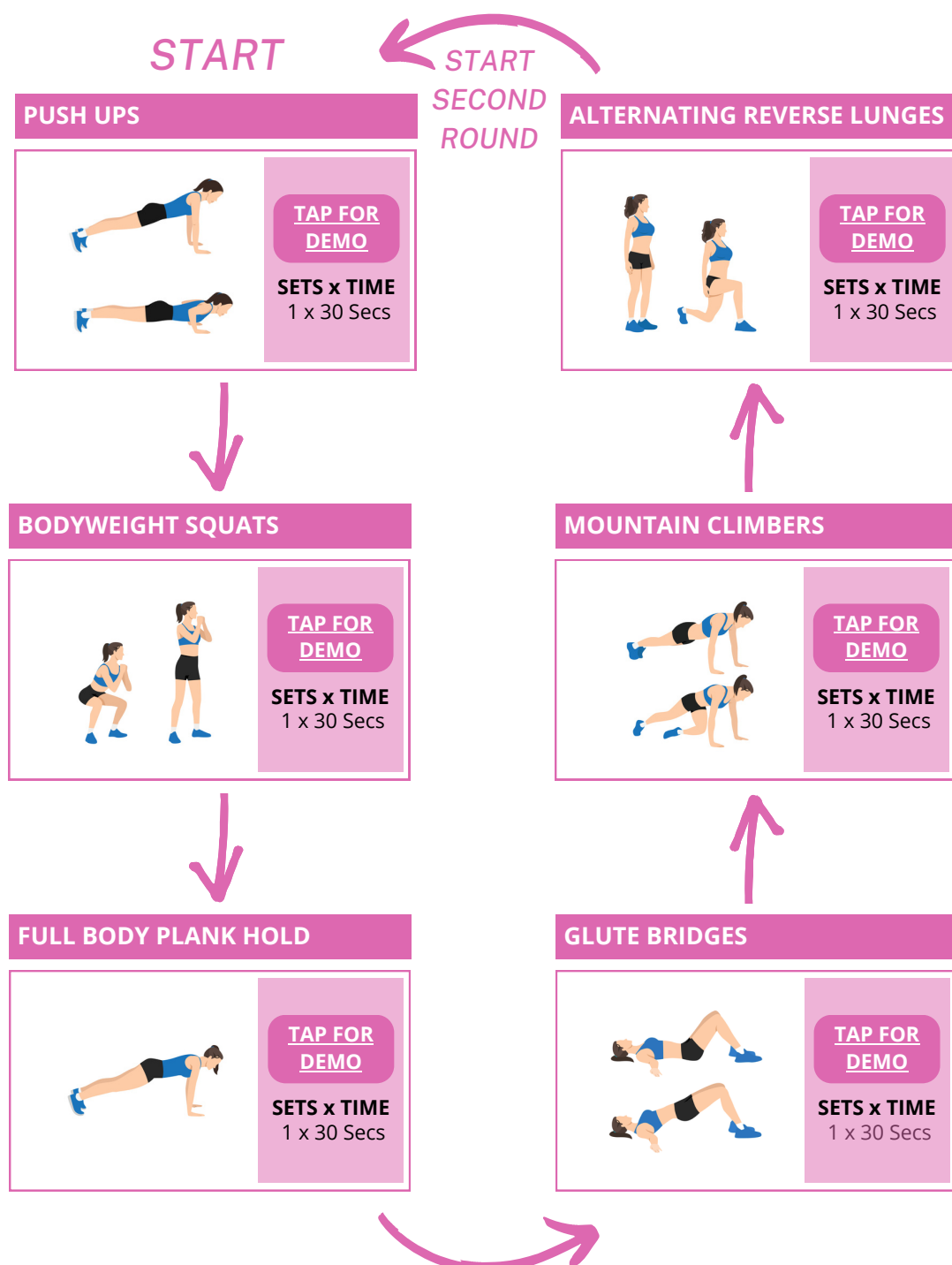


Glute
Stretch

Your Workouts

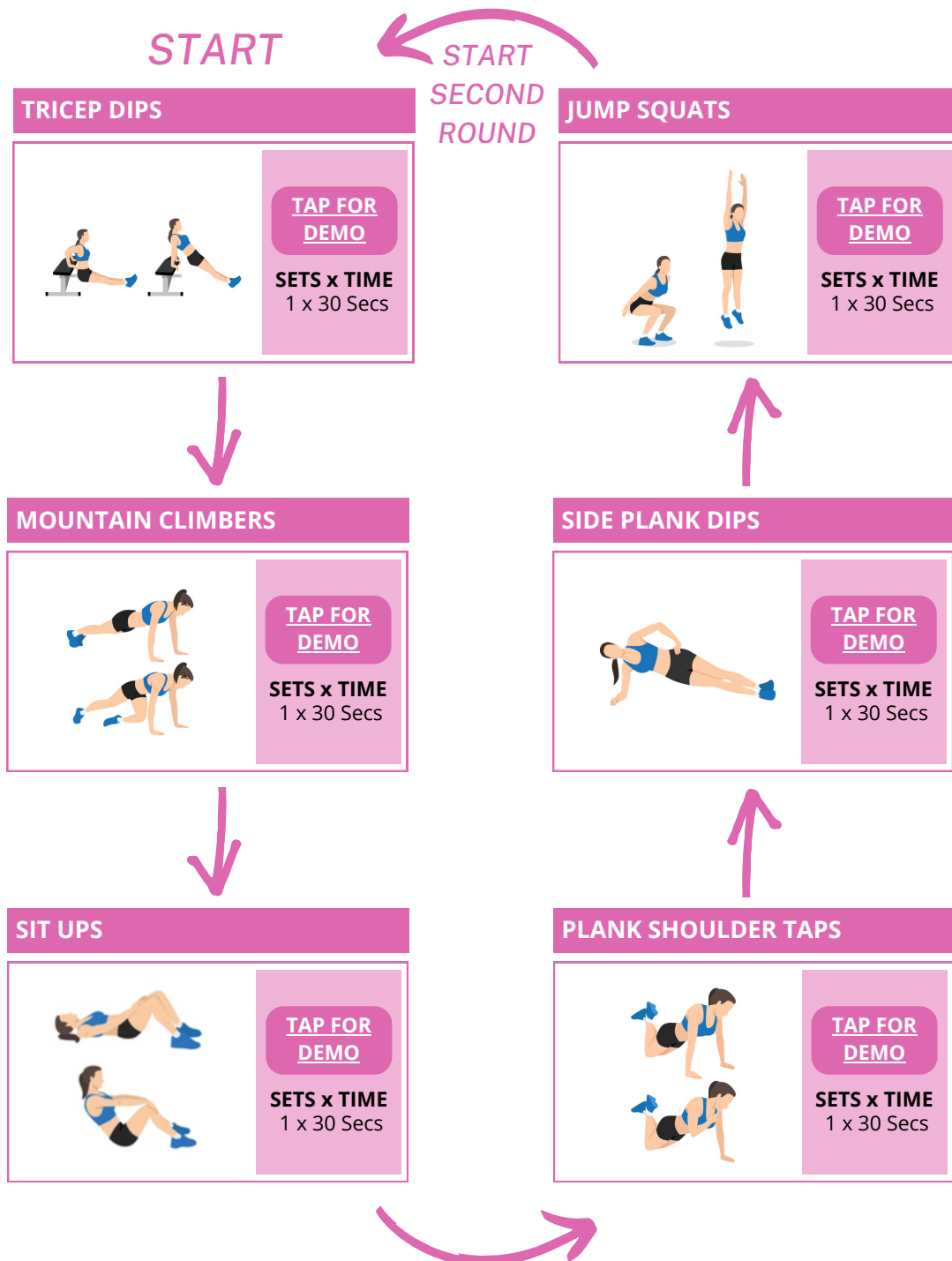
WEEK 1 & 2 DAY 1

Get ready to dive into your workout routine! Our workouts are designed to be circuit-based, meaning you'll complete each exercise for the specified time and then take a brief 20 seconds rest before moving on to the next one. 3 rounds will take you 15 mins, however, if you prefer a non-circuit workout, that's completely fine too. The choice is yours!



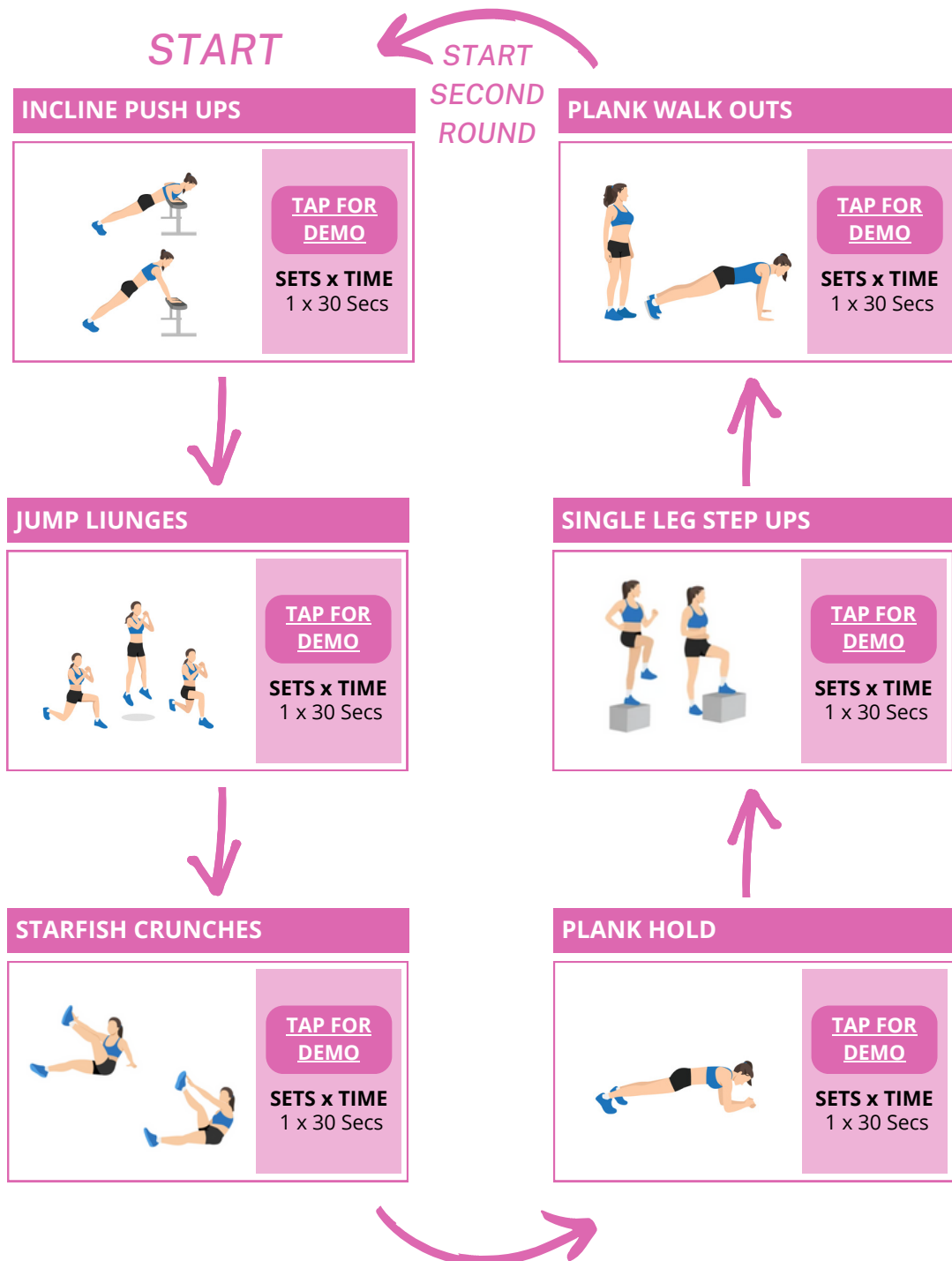
Your Workouts

WEEK 1 & 2 DAY 2



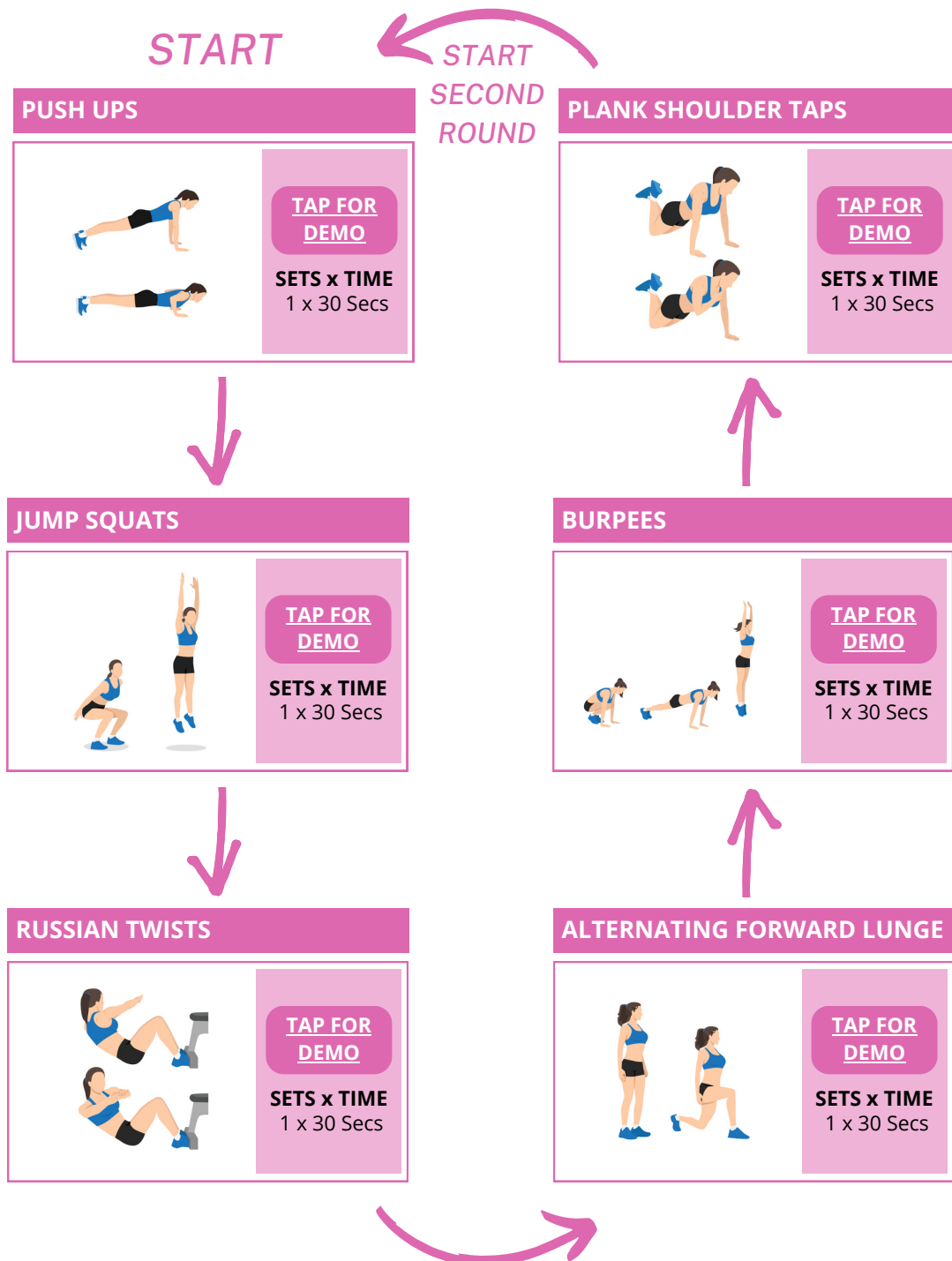
Your Workouts

WEEK 1 & 2 DAY 3



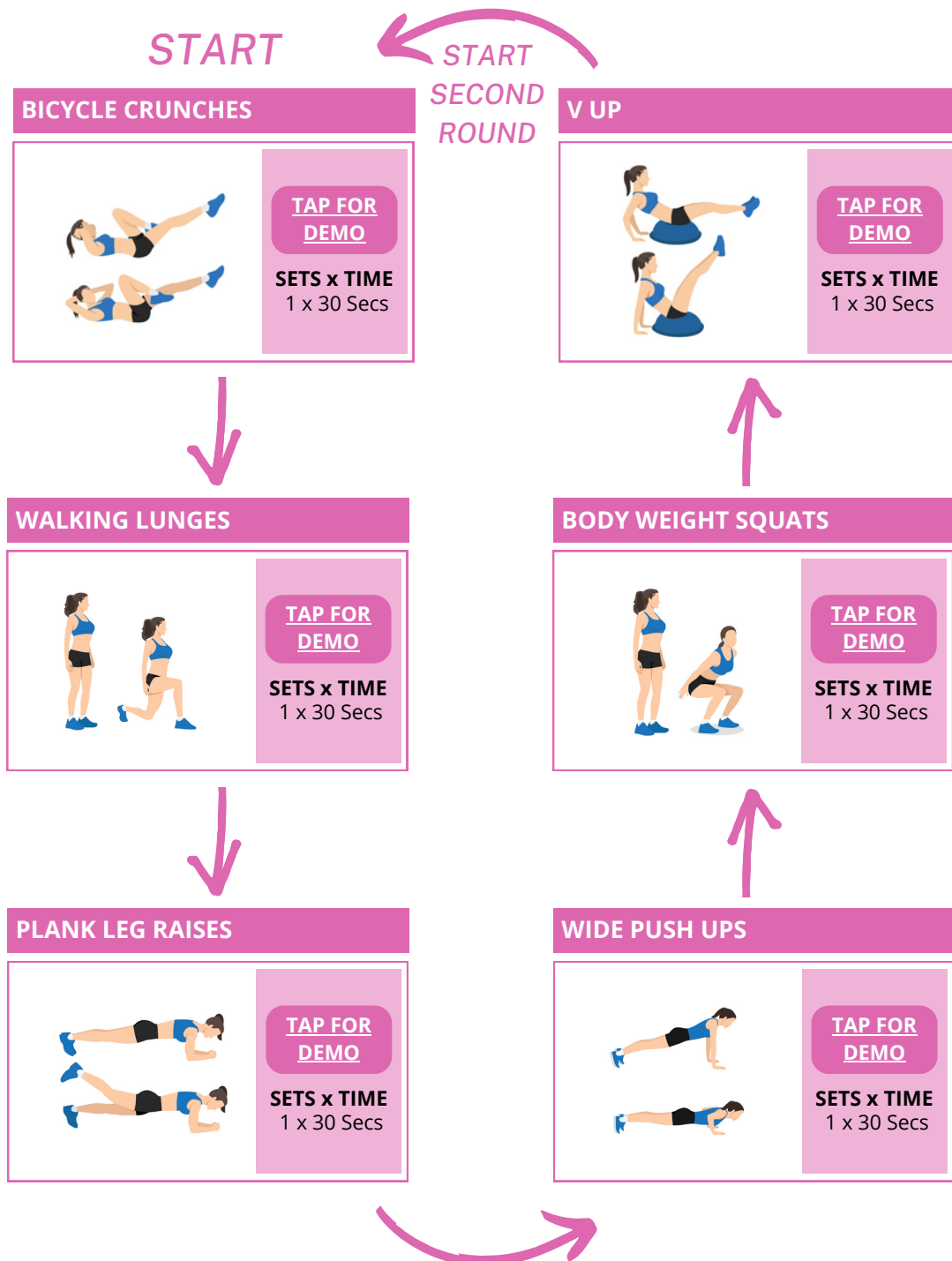
Your Workouts

WEEK 3 & 4 DAY 1



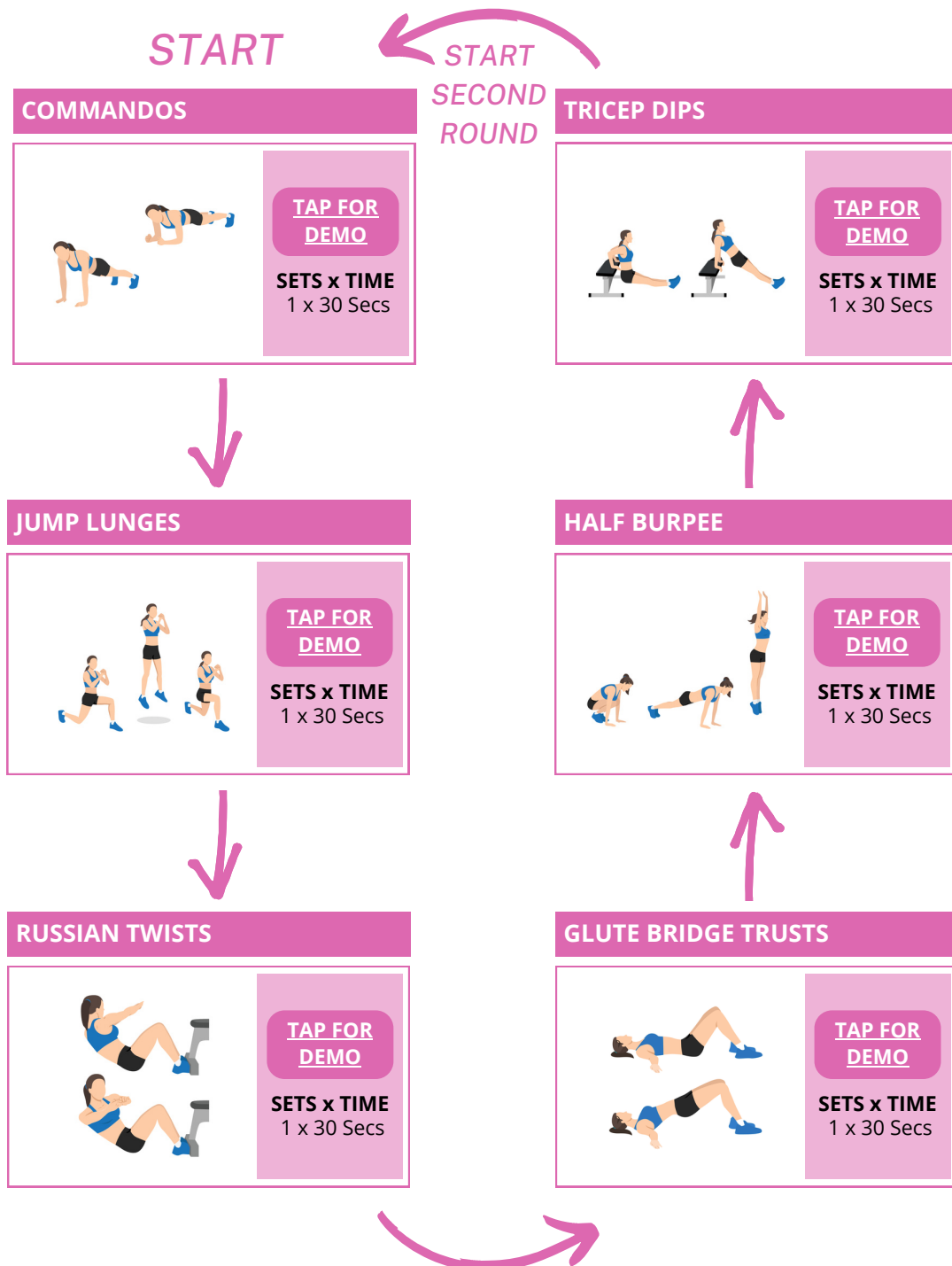
Your Workouts

WEEK 3 & 4 DAY 2



Your Workouts

WEEK 3 & 4 DAY 3



Prioritising Your RECOVERY

When it comes to feeling your best and making sure you're optimising your health as a busy person, there's a few key areas we are going to cover:



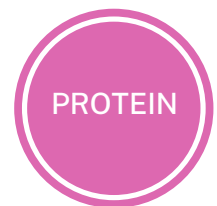
Sleep needs to be the first thing you need to prioritize. It can help you feel more energized, focused, and better equipped to handle a busy schedule while also aiding recovery from exercise.

Focus on a balanced diet that includes adequate protein, healthy fats, and carbohydrates. Protein aids in muscle repair, while carbohydrates replenish glycogen stores. Additionally, prioritize hydration by drinking enough water throughout the day.



High levels of stress can impede recovery. Incorporate stress-reducing activities such as meditation, deep breathing exercises, or journaling into your routine. Find what works best for you to promote relaxation and mental well-being.

Protein is crucial for the recovery process after exercise-induced muscle damage as it provides the necessary amino acids for muscle repair and growth, aids in nutrient delivery, supports immune function, and helps reduce inflammation. Aim to include a high protein meal to optimize your recovery.



THANK YOU!

Congratulations on completing the Fit in 15 Minutes Program! We are thrilled to have been a part of your fitness journey and are so proud of all the hard work and dedication you put into achieving your goals.

As you move forward, we encourage you to keep up with the healthy habits you have developed during the program. We invite you to continue your journey with us and explore other programs and resources we have to offer.

We hope you enjoyed the program and are excited to see what you will accomplish in the future.

Keep up the great work!



The Next Steps ➤



board certified health coach, certified holistic fitness specialist, certified hydration specialist, and a certified nutrition consultant

coachjana@fitandfab.life

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