

ASPIRE

BY STEPHANIE KATRINA

CERTIFIED PERSONAL TRAINER



12 WEEK STRENGTH TRAINING PROGRAM

MINIMAL EQUIPMENT . WORKOUT FROM HOME . SIMPLE + EFFECTIVE

ALLOW ME TO INTRODUCE MYSELF

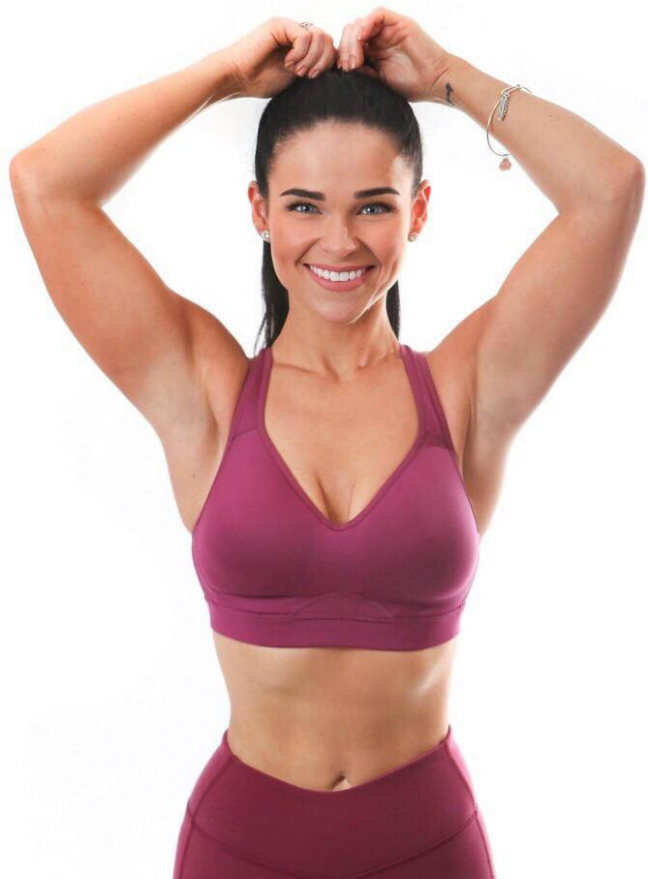
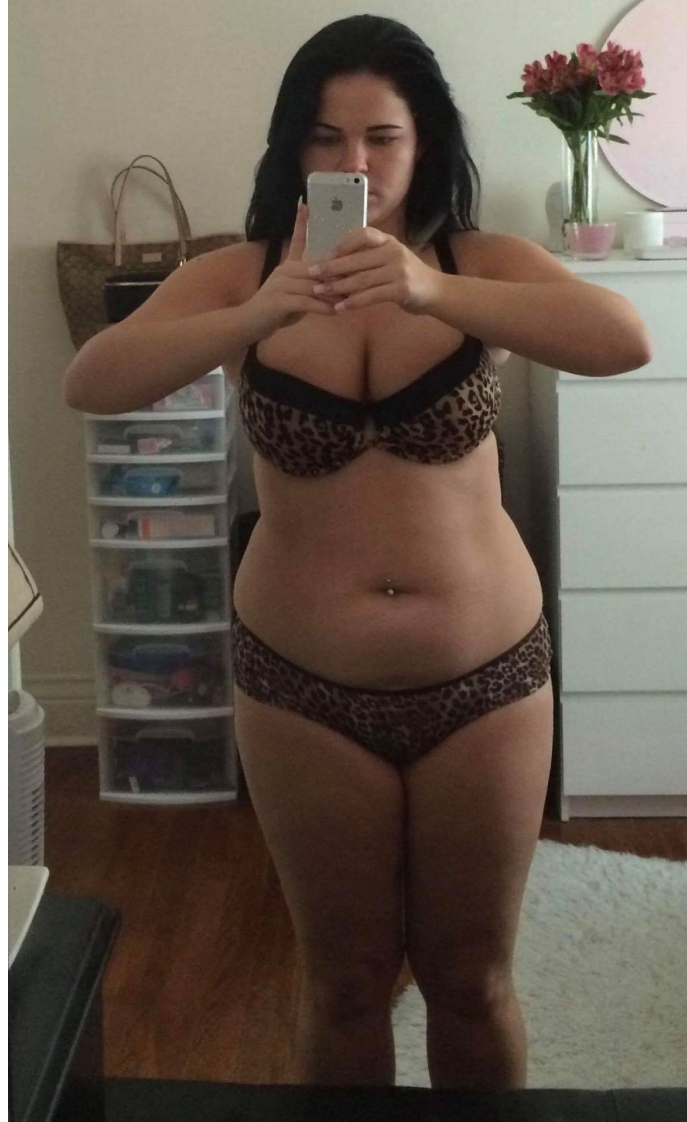
In 2015 my physical and mental health reached an all time low. I was overweight, I had high blood pressure and constant health issues, and I was living with debilitating depression and anxiety. Out of absolute desperation, I turned to exercise, with the hope that if I could start by improving my physical health, that improvements to my mental health would eventually follow.

I bought a bench, some dumbbells, a mirror, and an exercise mat, and I started at home in my basement. With a ton of self-doubt and a major fear of failure, I started. I had no idea if I would stick to it, or if I could even make it through a single workout, but I decided that I would try. It's that decision to simply try that led me to where I am today.

Now, 4 years later, I'm down 65 pounds, my depression and anxiety (though still present) have improved immensely, and I've found a passion that I have been searching for all my life.

You never know just how far the decision to try can take you.

Stephanie Katrina



WHAT YOU'LL NEED: EQUIPMENT

- ✓ Equipment modifications are included in the guide, so if you don't have access to certain pieces of equipment, don't worry!

REQUIRED EQUIPMENT

BENCH: A flat exercise bench that you feel comfortable stepping up and down from. It does not need to be an incline or adjustable bench. Note: A height adjustable aerobic step can be used in place of a bench.

EXERCISE MAT: Also commonly referred to as a Yoga mat. It's handy to have for some of the floor level exercises. Any kind will do.

DUMBBELLS: I recommend 2 different sets of dumbbells. A lighter to moderate set for upper body exercises (anywhere from 5 to 15 pounds depending upon your strength and training experience) and a heavier set for lower body exercises (10 pounds and up.) Choose weights that feel challenging, but manageable.

SWISS BALL: Also commonly referred to as a "stability ball."



RESISTANCE BANDS: While I use several types of resistance bands in the photo demonstrations, it's not necessary to purchase every type of band. I recommend a Flat resistance band, also known as a Pilates Band, and a resistance band with handles. Aim for light or medium tension bands.

MIRROR: This one may seem a bit odd, but if you workout at home, I highly suggest that you train in front of a mirror. This will allow you to keep an eye on your form, so that you can correct your positioning or posture throughout your workout.

CALORIES

To put it simply, a calorie is a unit of energy. Calories provide our body with the fuel that it needs to function. Foods are of course comprised of calories, which are comprised of macronutrients. (We will discuss macronutrients later on in this section.) And while macronutrients are certainly important, when it comes to diet and training for your goals, calories are the primary area of focus.

Before we discuss calorie consumption let's start by discussing how your body uses calories.

TOTAL DAILY ENERGY EXPENDITURE (TDEE)

Simply put, your TDEE is the amount of energy (calories) you expend (burn), on average, each day.

How does the body expend calories? There are 3 components:

1 RESTING METABOLIC RATE (RMR)

The energy (calories) your body burns while at rest. (Yes, your body burns calories while resting!) RMR represents the minimal amount of calories required to keep your body functioning.

These are the calories your body requires to sustain vital bodily functions like breathing and circulation.

*RMR typically accounts for 70% of your TDEE.

2 THERMIC EFFECT OF FOOD (TEF)

The energy (calories) your body burns through digestion.

*TEF accounts for approximately 6-10% of your TDEE.

PHYSICAL ACTIVITY

3 The energy (calories) your body burns through physical activity.

*Physical activity accounts for approximately 20% of your TDEE.



DIET MYTHS

"EATING AT NIGHT WILL MAKE YOU GAIN WEIGHT"

Eating at night (or late at night) will not lead to weight gain. Weight gain is caused by eating more calories than your body requires on a regular, consistent basis. What we eat can, over time, lead to weight gain, however when we eat has little (if any) impact on our weight.

There is no internal clock that cues our body to start storing fat after 8pm. So whether you consume all of your daily calories before evening, or after, as long as you do not eat more calories than your body requires, you will not gain weight.

When you eat, or in what time span you choose to consume your meals in, is simply a matter of personal preference.



Takeaway: Focus more on what you eat, and less on when you eat.

"CARBS MAKE YOU FAT" OR "EATING FAT MAKES YOU FAT"

Carbohydrates won't "make" you fat, and neither will fat.

Weight gain occurs when we consume more calories than our body requires on a consistent basis. Weight gain isn't caused by consuming too much fat, or too many carbohydrates, but by consuming too many calories overall.

While some people have success on a high-carb diet, and others have success on a high-fat diet, weight loss occurs when calories consumed are less than calories expended, not by restricting or increasing one specific macronutrient.

"YOU CAN'T PUT ON MUSCLE WITHOUT SUPPLEMENTS"

Whether or not you choose to supplement your diet with protein bars, protein powders, or BCAA's (Branched-Chain Amino Acids) comes down to a matter of personal preference.

While protein is essential to muscle growth, your protein intake doesn't have to come from protein supplements like bars and powders, so long as you consume a sufficient amount of protein in your diet. If you're getting enough protein from the foods that you eat, you do not need to supplement.

WEEK 1

DAY 3

CHEST + SHOULDERS + TRICEPS

WARM-UP

PERFORM 1 SET OF EACH EXERCISE.

EXERCISE A

12 Resistance Band Pull-Aparts



EXERCISE B

10 Elevated Push-Ups



EXERCISE C

10 Single-Arm Resistance Band Tricep Extensions

10 PER SIDE



EXERCISE D

10 Resistance Band Shoulder Presses



WEEK 1

DAY 3

CHEST + SHOULDERS + TRICEPS

PERFORM EACH SUPERSET TWICE. REST FOR 60-90 SECONDS AFTER EACH SET.

SUPERSET A

A1 15 Chest Presses



A2 15 Upright Rows



SUPERSET B

B1 15 Single-Arm Tricep Kickbacks

15 PER SIDE



B2 15 Svend Presses



SUPERSET C

C1 15 Dumbbell Shoulder Presses



C2 15 Seated Overhead Tricep Extensions



SUPINE DUMBBELL FLY

EQUIPMENT: 2 Dumbbells

STEPS:

1. Lie on the floor, with your knees bent and feet on the floor. Hold a dumbbell in each hand, palms facing in.
2. Without rotating at the wrists (keep palms facing each other), extend your arms toward the ceiling, bringing the dumbbells together at the top. This is your starting position.
3. With a slight bend in the elbows, lower the dumbbells until they are level with your shoulders or chest (depending on which range of motion feels most comfortable for you.)
4. Squeeze your chest, as you raise the dumbbells back to starting position.

TIPS & TECHNIQUE:

If you are new to this exercise, start with lighter dumbbells, until you become comfortable with the movement and range of motion.



SVEND PRESS

EQUIPMENT: Weight Plate (5 or 10 lbs)

Do not attempt this exercise with a heavy plate (15+ or more). Due to the nature of this exercise, you should begin with a smaller plate, and gradually increase the weight over time. If you do not have access to a weight plate, this exercise can be performed using a single dumbbell, holding it horizontally, with one hand grasping each end.

STEPS:

1. Stand upright with your feet hip-width apart, and shoulders back.
2. Press a weight plate in between your hands, positioning them at chest height. (Instead of holding the plate by its sides, imagine you are squeezing it in between your hands.) This is your starting position.
3. Extend your arms out in front of you, squeezing the plate throughout the entire motion. Do not lock your elbows.
4. Slowly return the weight to starting position.

TIPS & TECHNIQUE:

Rather than having the plate simply rest between your hands, imagine squeezing or pressing against the weight throughout the entire exercise.

