



MY BODY TRANSFORMATION

# *Workout & Nutrition Guide*

A WHOLESOME GUIDE TO TONE YOUR BODY, BUILD LEAN MUSCLE & REDUCE FAT MASS



**Collagenics**  
- COLLAGEN BUILD -  
WITH BODYBALANCE  
TONE REPAIR BUILD MUSCLE  
Hydrolyzed Collagen Peptide  
100% POWDER  
ADD TO BEVERAGES • FOOD

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# *Disclosure*

Our guide's content is not a substitute for professional medical diagnosis, care or treatment. If you are in any doubt whatsoever, have poor health, or pre-existing mental or physical conditions and/or injuries, do not attempt the training without clearance from a health professional first.

This guide is not recommended while pregnant or without the clearance of a qualified health professional.

Nutra Organics and Revie Jane Schulz are not liable for any injury, loss or damage resulting from following the guide and workouts.

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# Meet our Contributors



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## ABOUT REVIE JANE

Revie Jane is not your average. Devoted wife, mother-of-two, entrepreneur, lifestyle influencer, fitness coach, author and public speaker, there is just something about Revie.

Facing adversity throughout her early childhood, the woman now known for her infectious, fun-loving personality has certainly led an unconventional life. Battling depression and anxiety as a teen, Revie has walked a path most could never imagine.

Embracing the brave direction to choose happiness over darkness, the inspirational entrepreneur was able to rediscover her worth and find her purpose through fitness.

With a Certificate 3 in Personal Training, Revie pioneered one of the first female-only CrossFit gyms in Australia, her beloved CrossFit Babes. Tech savvy and with an eye for digital marketing, it wasn't long before CrossFit Babes was the most followed CrossFit gym in the world.

Thanks to a dedicated global following, Revie has moved her training online with three fitness programs and a meal preparation guide under her stylish weight belt, which you can find here.



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## CLAYTON SHULZ

With over a decade of experience in the fitness industry, Clay's approach to training is as refreshing as it is simple; "I train because we are made to move".

Clay's experience as a highly trained fitness professional and gym owner proves that he is dedicated to his craft. With a range of qualifications already under his belt, the father-of-two continues to add weight to his achievements by developing his skill set regularly.

With a Certificate 3 and 4 in Fitness and Advanced Nutrition, Clay is also a Level 1 Strength and Conditioning Coach, Weightlifting and Sports Power Coach and is an accredited Boxing for Fitness Coach and Active Kids Trainer.

Co-author of 'Meal Prep with Revie and Clay', you can also find Clay's full workout guide for building muscle and burning fat called 'Back to Basics' here.



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## LISA BAKER

Lisa is a nutritionist working in research and development for Nutra Organics. She joined the Nutra Organics family in 2018 after moving to the Gold Coast from Wellington, New Zealand. Lisa spent 6 years as a beauty therapist before returning to University to pursue Nutrition. She loved connecting with and helping people in her role as a beauty therapist, but noticed that more often than not, her client's problems would stem from health and lifestyle factors that couldn't be healed from the outside, so she decided to re train in the hopes to be able to provide people (herself included) the tools to live happier, healthier lives through a balanced, healthy diet and lifestyle. She's got a Bachelor of Science majoring in Human Nutrition and is a full science geek who loves applying her knowledge to making products that will benefit people.

# *Let's get Started!*

Whether you're a marathon runner, yogi, gym junkie or a stay at home mum that squeezes in a lightning fast workout on those rare occasions of peace and quiet, mostly consisting of endless squatting to pick up all the lego, deadlifting needy children and carrying them until back-breaking point, we all want to be our strongest, healthiest, and most empowered version of ourselves.

Welcome to your customisable guide to building a stronger, leaner, more fit body. We are all unique individuals, with unique bodies and unique goals. Our approach to this guide with both nutrition and workouts is bearing this in mind, so that you can use the contents within these pages to tailor your own plan to achieve your specific body goals.

Whether you're a fitness fanatic, just starting out, or you've had a break for quite some time, we have created this guide as an educational tool to support you on your journey to improving your body composition.

Improving your body composition, meaning increasing muscle mass whilst decreasing fat mass, is a combination of a nutrient rich, balanced diet, together with resistance training. Nutra Organics nutritionist Lisa Morrison brings you the nutrition side, and we've teamed up with expert fitness trainers Revie Jane & Clayton Schulz to bring you an effective guide of 20 workouts to build muscle in your desired areas.

While there is no time limit on this guide, we recommend following these tips and workouts for at least 12 weeks for best results. Only very minimal equipment is needed, so anybody can do these workouts from home or gym.

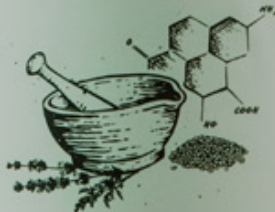
Have fun, get sweaty and enjoy transforming into your strongest self!

\*This guide is in no way designed to treat any medical conditions. Always seek advice from your medical professional when undertaking any dietary interventions



# - COLLAGEN BUILD -

WITH BODYBALANCE®



Tone, repair and build lean muscle with Collagen Build, a natural body toning formulation with targeted BODYBALANCE® Bioactive Collagen Peptides. The perfect post workout partner with Magnesium, naturally occurring BCAAs and Protein for muscle repair.

<b>TONE REPAIR BUILD MUSCLE</b>	
Bioactive Collagen Peptides	Unflavoured
450 G POWDER	ADD TO DRINKS + FOOD

# *About Collagen Build.*

Collagen Build is a natural body toning and strength formulation for anyone living an active lifestyle, or anyone wanting to tone, build and repair lean muscle. Collagen Build is formulated with a great source of Protein from BODYBALANCE® Bioactive Collagen Peptides and Magnesium to support muscle building, repair and function~.

Collagen is abundant in skin, muscles, bones, joints and connective tissue, and begins to degenerate from our mid 20s. Many people experience loss of lean muscle mass as the protein and collagen in our body breaks down due to ageing and lifestyle factors.

Incorporating Collagen Build into your daily routine, particularly post workout and together with a healthy varied diet, helps to:

- Build muscle strength and support muscle function with a good source of Protein from Hydrolysed Collagen and BODYBALANCE® Bioactive Collagen Peptides.
  - Aid muscle repair, recovery and maintenance with Protein, including a natural source of Branch Chain Amino Acids.
  - Support proper functioning of nerves and muscle tissue with Magnesium.
  - Support energy production and reduction of tiredness and fatigue with Magnesium.
- ~together with a healthy varied diet.

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## *How & when should I take Collagen Build?*

Collagen Build is conveniently unflavoured, so you can mix it into pretty much anything, such as tea, coffee, juices, smoothies, soups or porridge. It mixes really well with other protein sources, as it lacks the Essential Amino Acid Tryptophan, so is not a complete protein on it's own. (Good news: both milk and oats contain Tryptophan, so that's easy! Otherwise mixing Collagen Build with another protein powder like our Clean Protein will bring things to the next level!)

As far as optimal timing goes for taking your Collagen Build we would recommend taking it both on rest days and post workout (on the days that you are doing a workout) - meaning you should be having it daily, and for at least 12

weeks. Post workout is particularly important for a few reasons:

Muscle building happens at rest following exercise that has stressed the muscle tissue (provided you have the nutrients available to build and repair). Digestion is also much more effective at rest, as the blood circulating is directed towards the digestive system when muscles in your extremities aren't hogging the supply. Having too much protein in your stomach and small intestine whilst exercising is hard work for your digestive system and can be really uncomfortable. Timing certainly isn't the be-all and end-all, but some windows of opportunity are better than others.



# Basic Nutrition Tips

Nutrition is also something we need to talk about. Because (forgive the cliché) you can't out train or out supplement a bad diet. Diet is such an individual thing, there is no perfect diet that will suit everyone's individual needs and goals - but most good diets have a few things in common so we would like to equip you with a few general tips to help you make good nutritional choices.

Navigating increasing muscle mass whilst decreasing fat mass can be a bit complicated, as essentially these things happen under opposite conditions. Muscle gains come from abundance of energy, nutrients and proteins, whereas fat burning happens as a result of a deficit, and being in negative energy balance.

For the best results, we highly recommend focusing on the fuel you give your body and prioritising an abundance of highly nutritious foods and the right supplementation (hint: Collagen Build) to aid in muscle building and repair. Fat mass will naturally slowly decrease during fasting windows when your metabolism is running well.

Resistance exercise is the best stimulator of muscle growth and repair. Ensure your diet is rich in nutrients, so that we can be sure all the building blocks are available for muscle growth, then bring on the resistance training, which will ensure that that's where the building blocks go!

## **CHOOSING A WAY OF EATING BASED ON YOUR GOALS.**

If your goal is to build build build, then a higher energy intake, with plenty of protein and carbohydrate will be for you! You will want to be well fueled to get more out of your workouts and have plenty of nutrients available at all times for muscle building and repair. Eat more regularly to keep your body in a "fed" state.

If your goal is a combination of building lean muscle and shedding a bit of fat, you will want to be a bit lighter on energy and carbohydrates, and also extend your fasting window to allow your body to switch over into burning stored energy. You will still want to be well fueled for workouts and post workout to maximise protein synthesis.

If your goal is more about losing fat, your energy intake will be lower. Collagen Build will provide a good source of protein and is effective in muscle sparing when your body is spending a lot of time utilising stored energy. You will still want a healthy varied diet

during this time, but your portions will be smaller and more spread out. Exercise and resistance training is still very important to keep your body strong and keep your metabolism running well.

## **FOCUS ON GIVING YOURSELF THE GOOD STUFF RATHER THAN DEPRIVING YOURSELF OF "BAD" STUFF.**

The moment your diet becomes about the things you aren't allowed to have, it starts a negative relationship with food. Food is one of the best, most enjoyable parts of life, so you have to enjoy it. Naturally, the more you focus on and eat the foods that are highly nutritious the more you will enjoy and crave those foods, and the less you will be interested in the foods that are energy rich/nutrient poor. Have fun with creating healthy meals that are colourful and full of flavour.

## **STILL EAT THE FOOD YOU LOVE.**

Food is about more than JUST nutrition. It's also social, cultural and emotional, so treat yourself to the foods you love. Just aim to be preparing healthy whole foods at home MOST of the time.

## **HUNGER IS NOT YOUR ENEMY - BUT ALSO NOT YOUR CONSTANT COMPANION.**

There's nothing scary about feeling a bit hungry. It's good to get more in touch with what your body is telling you, and although waiting till you are hungry to eat seems pretty straight forward, we usually rely on other cues for meal times. You definitely shouldn't be hungry all the time though! By keeping well hydrated and eating protein and high fibre foods you will be able to fill up faster and stay full longer.

## **TRY TO INCLUDE A GOOD PROTEIN SOURCE WITH EVERY MEAL.**

Protein helps you to feel fuller for longer and it also ensures that there is plenty of amino acids available for muscle building and repair.

## **VEGETABLES!**

Vegetables (the non starchy kinds) are high in nutrition and low in energy. They are your best bet for including a wide variety of nutrients without over eating. A huge plate full of vegetables is a great way to get almost all of the micronutrients you need in a day.



*My goals*

*& progress*

*Taking before &  
after pics  
helps track your  
progress!*

Setting achievable goals is the best way to stay motivated and accountable to yourself. You're also more likely to achieve something if you write down your goals and refer to them every week. Take some time to think about healthy changes you would like to make with your nutrition, training and general wellbeing. There's no better feeling than looking back at your goals and being able to say 'I did it'!

PS if weight loss is one of your goals, don't focus on weighing yourself regularly. It's not always a good idea, especially when you are working on body composition. Muscle weighs more than fat, so although your measurements may be reducing, your weight may be staying the same (or even increasing) as you become stronger, leaner, and more of a metabolic furnace! Judge your success by how you're feeling strength and energy wise and your trends longer term than a daily weigh-in, as well as comparing your 12 week before and after photos.

**NUTRITION GOALS**

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**FITNESS GOALS**

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**WELLBEING GOALS**

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# *The Wholefood Body Composition Menu*

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As a guide, we have created this menu with some recipe ideas. Feel free to give some or all of them a try or simply take inspiration from them. Adjust portion sizes based on what you know you like and need. Ultimately, how you eat has to work for you and you have to enjoy it.

# *Build Berry Smoothie*

**SERVES 1**

## **INGREDIENTS**

- 1 serve Collagen Build
- 1 serve Clean Protein Exotic Vanilla
- ½ frozen banana
- Handful of frozen berries
- 1 tbsp of yogurt of choice
- 1 cup milk of choice
- ½ cup water

## **METHOD**

1. Put all ingredients except collagen build into a blender and blend together until smooth.
2. Add Collagen Build and either stir or blend gently into the rest of the mix.
3. Pour into a glass and enjoy!

Note, the image has the recipe ingredients tripled for effect.



# Build Porridge

—  
SERVES 1

## INGREDIENTS

- 1 serve Collagen Build
- ½ cup rolled oats
- 2 tbsp almond butter
- 1 small handful of almonds
- Fruit/berries of choice to top
- 1 cup milk of choice
- 1 tbsp sugar free chia jam

## METHOD

1. Put oats, tbsp almond butter and milk into a small pan and bring to a gentle simmer – stirring continuously.
2. Once desired consistency is almost achieved, add in a serve of Collagen Build. Stir in thoroughly.
3. Once desired consistency is achieved, remove from heat and serve into a bowl.
4. Top with 1tbsp almond butter, almonds and fruit/berries.



# Build Pumpkin Soup

—  
SERVES 4

## INGREDIENTS

2 tbsp olive oil  
1 onion, finely chopped  
1 leek, finely chopped  
2 crushed garlic cloves  
1/2 tsp ground coriander  
1 tsp ground cumin  
1/2 tsp grated nutmeg  
1kg diced pumpkin  
1 large diced potato  
1L water  
10 Tbsp Chicken Bone Broth Garden Herb  
1/2 cup cream (or 1/2 cup of coconut cream for a dairy free option)  
Nuts & seeds to garnish  
Collagen Build

## METHOD

1. Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened.
2. Add garlic and spices and cook, stirring, for 30 seconds. Add pumpkin, potato, water and chicken bone broth and bring to the boil.
3. Turn heat to low, cover and simmer for 30 minutes.
4. Allow to cool slightly, then blend.
5. Stir through cream and heat gently.
6. Once desired temperature is achieved, serve into bowls, stir in a serve of Collagen Build into each portion, season to taste and garnish with nuts and seeds.







*Breakfast*



# Breaky Bowl

—  
SERVES 1

## INGREDIENTS

1/2 avocado, sliced  
1-2 tbsp sauerkraut/s  
An organic, free range egg  
A handful of kale  
1/2 lemon  
1-2 tbsp pepitas  
1-2 tbsp sunflower seeds  
1-2 tbsp hemp seeds

## METHOD

1. Toast the nuts and seeds in a little olive oil with a pinch of salt.
2. Remove the kale leaves from the stem, and wilt in a pan on a medium heat. Squeeze over lemon juice. Set aside.
3. Cook the egg to your liking.
4. Arrange all ingredients in a bowl. Eat. Enjoy your day.



# Roasted Strawberry Quinoa Porridge

—  
SERVES 2

## INGREDIENTS

3/4 cup quinoa  
1 1/4 cup water  
1 apple, grated.  
Ground cinnamon  
Yogurt of choice  
10 strawberries (cut in half)  
Milk of choice  
Handful of pistachios  
1 tbsp coconut Oil  
1 tsp organic vanilla extract

## METHOD

1. Preheat oven to 180, place strawberries on a lined baking tray, drizzle over coconut oil, and bake for 15 mins or until caramelised.
2. Put 1/2 cup of quinoa in a saucepan with grated apple, cinnamon and vanilla, 1 1/2 cups of water. Heat until simmering. Cook until quinoa is tender.
3. Stir for a further minute then serve into 2 bowls.
4. Top with a tablespoon of your favourite yogurt, chopped pistachios and a dash of your choice of milk.



# Protein Pancakes

**SERVES 2**

## INGREDIENTS

- 2 certified organic or free range eggs
- 10 ml organic vanilla extract
- 1 ½ medium bananas
- ½ cup water
- ½ cup nut milk
- ½ tsp baking powder
- ½ tsp baking soda
- 1 heaped tsp organic ground cinnamon (or to taste - optional)
- Your choice of toppings - we used nut butter and fresh bananas
- 5 heaped tbsps buckwheat flour
- 45 g Clean Protein Exotic Vanilla Coconut oil
- 1 pinch pink Himalayan crystal salt

## METHOD

1. Roughly chop banana and place in a small saucepan with half the water (½ cup), simmer until the banana is completely tender and the water turns cloudy (5 mins roughly). This releases the sugars into the water to make for a better banana flavour and more naturally sweet pancake.
2. While the banana is simmering, place all dry ingredients into a bowl then stir together to combine.
3. In a separate bowl, place warm banana with liquid, vanilla and eggs. Stir to combine, then fold the dry mixture into the wet mixture and mix through.
4. Preheat a large non-stick frying pan over medium heat. Reduce the temperature to low and brush the pan with a little coconut oil. Add ¼ cup of the batter and cook for 2–3 minutes each side or until puffed and golden. Remove from the pan and keep warm.
5. Repeat with the remaining batter. Divide the pancakes between serving plates and top with nut butter and fresh bananas.





*Lunch*



# Easy Okonomiyaki

**SERVES 1**

## INGREDIENTS

- 3 spring onions
- ¼ head of wombok cabbage, shredded
- ½ cup buckwheat flour
- ¼ cup tapioca flour
- ½ teaspoon grated fresh ginger
- 4 large eggs
- 1 tablespoon tamari
- 1 tsp sesame oil
- 1 tbsp sushi mayonnaise
- 1 tsp coconut oil

## METHOD

1. Finely slice the spring onion and shred the cabbage.
2. Lightly beat the eggs together.
3. Mix the cabbage and half of the spring onion together, then stir in the eggs, flours, ginger, tamari and sesame oil in a large bowl until thoroughly mixed.
4. Heat oil in a large non-stick pan on medium heat.
5. Add cabbage mixture to the pan and press down to cover the bottom of pan.
6. Cover pan with a lid and cook until bottom is golden (about 8 mins).
7. Flip pancake and cook, uncovered, until bottom is golden (about 5 mins). Then remove from the pan.
8. Serve with some mayonnaise and sprinkle over the rest of the spring onion.



# Curried Lentil Dahl

—  
SERVES 2-3

## INGREDIENTS

2 tbsp coconut oil  
3 tbsp Vegetable Broth Garden Veggie  
Pink Himalayan crystal salt  
2 cups brown basmati rice, to serve  
1 medium onion, finely chopped  
2 garlic cloves, crushed  
1 piece ginger 6 cm, peeled and grated  
1 tbsp curry powder (adjust to taste)  
¼ tsp chilli flakes (or to taste)  
¾ cup red lentils  
400g can crushed tomatoes  
½ cup coriander, finely chopped,  
reserve leaves and stems for serving  
Pepper  
400g can coconut milk  
Lime wedges, to serve

## METHOD

1. Prepare rice to packet instructions.
2. Heat coconut oil in a medium saucepan on a medium heat. Add onion, stirring often, and cook for 8-10 minutes, until softened and golden brown.
3. Add garlic, ginger, curry powder, and chilli flakes and cook for about 2 minutes, until fragrant. Add your lentils and cook, stirring, for 1 minute.
4. Add your tomatoes, coriander, and Vegetable Broth to saucepan along with 2 ½ cups water, a generous pinch of salt and pepper.
5. Reserve a ¼ cup coconut milk for serving, and add remaining coconut milk to saucepan.
6. Bring mixture to a boil before reducing the heat and allow to simmer gently for 20-25 minutes, stirring occasionally. Your lentils should be soft, but not mushy. Taste and season with more salt or pepper if needed.
7. To serve, divide between bowls, drizzle with reserved coconut milk, and coriander. Serve with lime wedges and rice.



# Seared Salmon & Quinoa

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SERVES 2

## INGREDIENTS

1 salmon fillet  
1 punnet heirloom cherry tomatoes, halved  
¼ red onion, thinly sliced  
15 Kalamata olives  
½ cucumber OR 3 mini cucumbers, sliced  
Basil leaves, picked  
3 cloves garlic, crushed  
2 tbsp extra virgin olive oil  
Pepper  
1 cup white quinoa  
2 tbsp Vegetable Broth Garden Veggie  
¼ cup almonds  
¼ cup pepitas  
2 tbsp sunflower kernels  
1 tbsp buckwheat Kernels  
Pink Himalayan crystal salt

## METHOD

1. Prepare quinoa to packet instructions, add Vegetable Broth to the cooking liquid.
2. Heat olive oil in a large non-stick pan and add crushed garlic. Once fragrant, add to your cooked quinoa and stir through.
3. To make your dukkah, add pepitas, almonds, sesame kernels, and buckwheat kernels to a blender and pulse until lovely and crunchy. Warm a bit of olive oil to a non-stick pan and toast your dukkah.
4. Heat olive oil in a large non-stick pan over a medium heat. Cook the salmon, turning every 3-4 minutes, until cooked through, this should take around 12 mins.
5. While your salmon is cooking, combine tomatoes, olives, and cucumbers in a bowl and drizzle with olive oil, and sprinkle with salt and pepper, toss to combine.
6. To serve, divide quinoa between two plates, top with salad and half a salmon fillet. Sprinkle dukkah on top of salmon.







*Dinner*



# *Epic Broccoli Chicken*

**SERVES 2-3**

## **INGREDIENTS**

6 organic, free range chicken thighs  
1 tsp coconut oil  
3 heads broccoli, cut into bite-size pieces  
1/4 cup crumbled goats cheese  
1/2 red onion, thinly sliced  
1/4 cup chopped almonds  
2 tbsp freshly chopped chives  
2/3 cup whole egg mayonnaise  
3 tbsp apple cider vinegar  
1 tsp dijon mustard  
Pink Himalayan crystal salt  
black pepper

## **METHOD**

1. Heat the oil in a large non-stick frying pan to medium-high heat.
2. Place chicken thighs on the pan and cook for approx. 6 mins on each side or until cooked through.
3. Set chicken thighs aside to cool.
4. Half fill a medium sized pot or saucepan, add a pinch of salt and bring water to a boil.
5. Fill a large bowl with ice water.
6. Let sliced onion soak in the ice water (reducing the harsh taste of the onion)
7. Add broccoli florets to the boiling water and cook for 1-2 mins (until slightly tender)
8. Transfer broccoli from the boiling water to the ice water, drain broccoli and onion in a colander.
9. In a bowl, add mayonnaise, apple cider vinegar, dijon mustard and mix well.
10. Season to taste with salt and pepper.
11. Cut chicken thighs into strips
12. Combine all salad ingredients in a large bowl and pour over dressing. Toss until ingredients are combined and fully coated in dressing. Serve and enjoy



# Flourish Bowl

—  
SERVES 2

## INGREDIENTS

2 wedges of kent pumpkin, sliced into moons  
1 medium sweet potato, cut into chunks  
1 cup baby spinach  
1/2 head of a small broccoli, cut into florets  
1 avocado, cut in half  
1 tsp fresh ginger, grated  
1 clove of garlic, grated  
Edible flowers  
1-2 tbsp extra virgin olive oil  
2 tbsp miso paste  
2 tbsp sesame oil  
1 tbsp apple cider vinegar  
1/4 cup filtered water  
1 tsp fennel seeds  
1 cup quinoa  
1 tsp Pink Himalayan crystal salt  
Pepitas  
Hemp seeds  
Sunflower kernels  
1 tbsp brown rice syrup

## METHOD

1. Roast pumpkin and sweet potato, seasoning with olive oil, fennel seeds, and salt, at 200C for 30 minutes or until tender and caramelised.
2. Cook quinoa according to packet instructions.
3. Toss broccoli florets in a hot pan with a little oil and salt until al dente.
4. Combine miso paste, sesame oil, brown rice syrup, fresh ginger, garlic, apple cider vinegar and filtered water in a jug and stir until well combined.
5. Bring all ingredients together, dividing into bowls, top with nuts and seeds, drizzle over the dressing and scatter edible flowers.



# OMG Omelette

**SERVES 1**

## INGREDIENTS

3 eggs  
1 tsp coconut oil  
100 g bacon, chopped  
2 cloves garlic (minced)  
3 handfuls baby spinach  
80 g feta cheese, crumbled  
Salt and pepper to taste

## METHOD

2. Whisk together the eggs, salt and pepper.
3. Heat coconut oil in a skillet or non stick pan over medium high heat.
4. Add bacon and cook until golden.
5. Add garlic and 1/2 the spinach and toss until the spinach is slightly wilted.
6. Take about half of the bacon/spinach mix out of the pan and pour the egg mixture into the pan.
7. Add 1/2 of the feta to the pan.
8. Cook on one side for 3 minutes then fold in half.
11. Remove from the pan, serve on a plate and top with the remaining spinach, bacon and feta.





# *Let's get Moving!*

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20 Resistance Workouts

Written by Revie Jane & Clayton Schulz

# *How to use this resistance training guide*

The workouts are not a 'program' to follow every day, but rather a collection of exercises targeting muscle building in specific muscle groups and areas of the body. Therefore, you can pick and choose which workouts are best suited to your goals - or do all of them over the next 12 weeks of your muscle building journey!

Each workout should take 20-30 minutes, and you can go at your own pace. Remember to incorporate 2-3 hours of working out each week in order to get the best results, which will be at least 3 of the workouts per week.

---

## *Before you begin*

### **EQUIPMENT**

If you don't already have these, purchase dumbbells and a yoga mat.

### **STRETCH**

Ensure you do at least 10 minutes of full body stretching before and after each workout.

### **STAY HYDRATED**

Drink at least 3 liters of water per day, and keep your water bottle handy during the workout.

### **POST WORKOUT NUTRITION**

We recommend taking Collagen Build after each workout, and on every rest day, for best results with muscle recovery, building muscle, and to help reduce fat mass.

### **REST**

Ensure you are getting a full night's sleep every night to give your muscles the chance to repair.

### **MUSIC**

Blast the tunes to have fun during your workout! We've created a spotify playlist to help keep you motivated while you're sweating it out, find it here.

### **SHARE YOUR RESULTS.**

Tag **#collagenbuildtransformation** to share your results after 12 weeks so we can cheer you on!

# *1. Focus: Lower*

**5 SETS**

Complete all movements and then rest for 60 seconds between sets.  
To add more resistance hold a dumbbell under your chin.

**12 SQUATS**

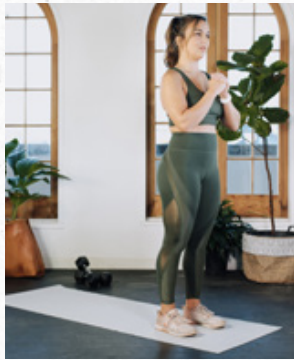
**12 PLYO LUNGES**

**SQUAT JUMPS MAX EFFORT**

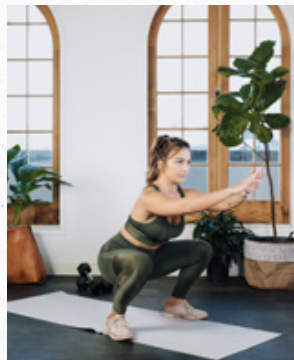
**REST**

SQUATS

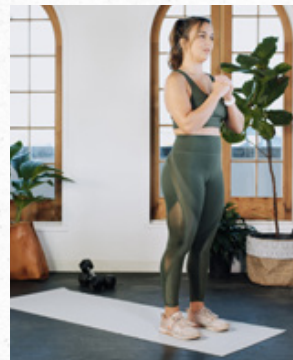
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12



Feet stay at hip width



Knees out and track over little toe



Chest up, eyes up

PLYO LUNGES

—  
12



Stand with feet at hip width then jump out to lunge stance and lower down to bottom of lunge



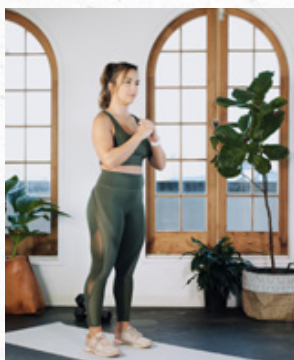
Front knee tracking out over little toe  
Power out the bottom of the lunge



Keep feet at hip width for balance

SQUAT JUMPS

—  
MAX  
EFFORT



Feet shoulder width apart



Knees out and track over little toe



Power out of the squat, aim to fully open the hips



## *2. Focus: Lower*

### **4 SETS**

Complete a movement, rest for 20 seconds then move to the next movement. Once you have completed all the movements rest for 60 seconds.

**10 PER SIDE FRONT TO BACK LUNGES**

**10 PER SIDE SPLIT STANCE CROSS BODY DEADLIFT**

**20 COSSACK SQUATS**

**FRONT  
TO BACK  
LUNGE**

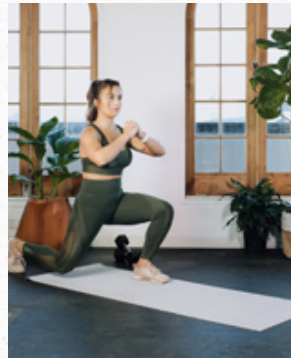
—  
10



Feet stay at hip width



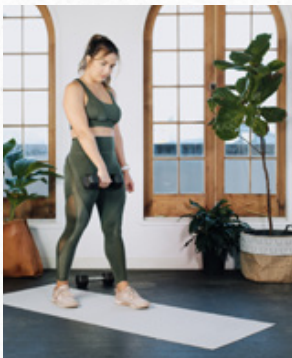
Step forward into a lunge, push off the front foot all the way back into a reverse lunge then back to standing (one rep)



Keep your chest up, core engaged  
Then complete the same with the alternating leg

**SPLIT  
STANCE  
CROSS  
BODY  
DEADLIFT**

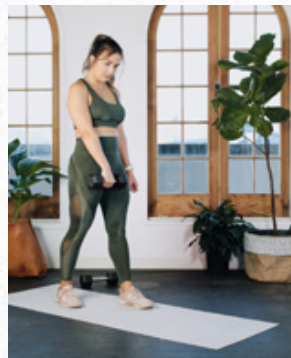
—  
10



One foot lined up with the other foot's heel at hip width  
Slight bend in both knees  
Set core tight, keep chest up



Send dumbbell in left hand to touch the ground outside the right foot



Stand to open hip

**COSSACK  
SQUAT**

—  
20



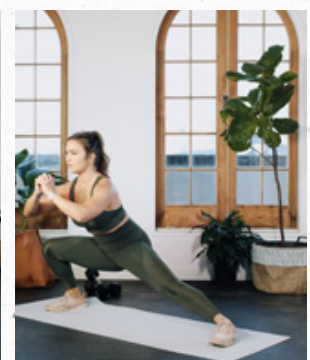
Feet begin at extra wide stance



Send your weight to one side  
Sit down into a "one legged squat"



Keep your foot planted and drive back to standing



Repeat on the other leg/side

# *3. Focus: Lower*

## **5 SETS**

With as little rest as you can handle, the aim is to keep moving and let the lactic burn build. If you need a rest try to make it as short as possible.

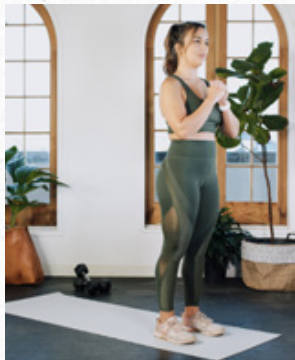
**20 SQUATS**

**10 SQUAT JUMPS**

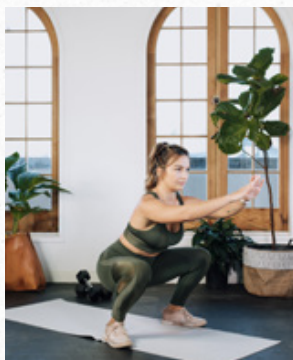
**5 BROAD JUMPS**

SQUAT

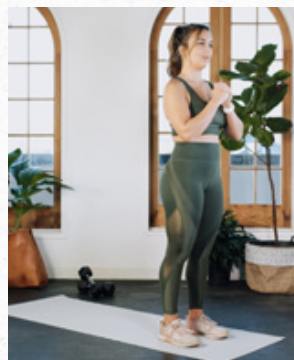
—  
20



Feet shoulder width apart



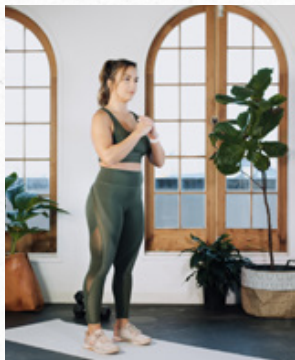
Knees out and track over little toe



Chest up, eyes up

SQUAT JUMP

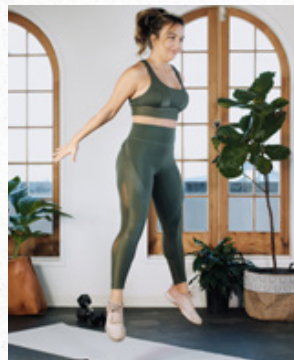
—  
10



Feet shoulder width apart



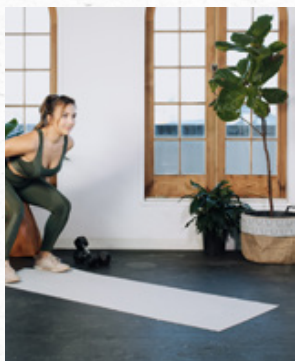
Knees out and track over little toe



Power out of the squat, aim to fully open the hips

BROAD JUMP

—  
5



Feet under hips



¼ Squat then propel yourself as far forward as possible  
Land with soft knees

# 4. *Focus: Lower*

## INTERVAL SESSION

### 4 SETS

Working for 40 seconds

Resting for 20 seconds

Try not to rest at all in the 40 seconds. Once you complete the 5 movements

REST 1:00 then get back into it.

1. DEADLIFT JUMPS

2. PLYO LUNGES

3. WALL SQUAT

4. HIGH KNEES

5. THRUSTER

6. REST FULL MINUTE

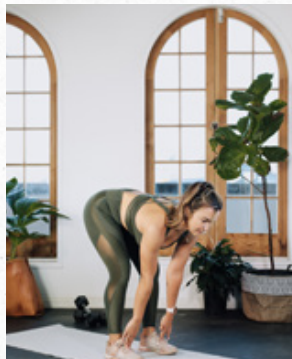
DEADLIFT  
JUMPS

—  
40 SEC  
WORK

20 SEC  
REST



Feet under hips  
Soften the knee (don't bend the knee like a squat)



Send your hips back, keep your knees parallel  
Send your hands down to touch the ground on the outside of your feet



Power up to full hip extension until body is in air  
Think about squeezing glutes at full extension

PLYO  
LUNGE

—  
40 SEC  
WORK

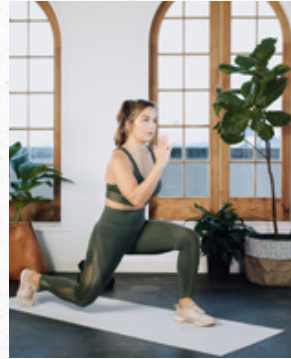
20 SEC  
REST



Stand with feet at hip width then jump out to lunge stance and lower down to bottom of lunge



Front knee tracking out over little toe  
Power out the bottom of the lunge



Keep feet at hip width for balance

*TIP: When doing plyo lunges, think about being explosive and use your arms to help you gain momentum!*

WALL  
SQUAT

—  
40 SEC  
WORK

20 SEC  
REST



Feet at shoulder width

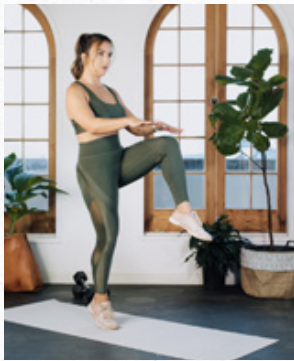


Sit into a 90 degree squat against a wall  
Hold that position with your knees tracking out over your little toe

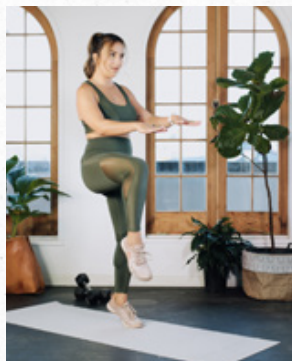
**HIGH  
KNEES**

—  
**40 SEC  
WORK**

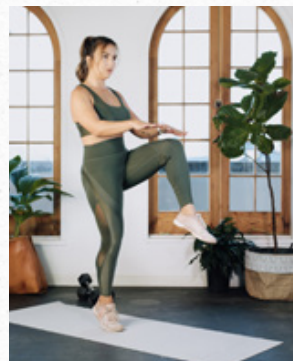
**20 SEC  
REST**



Hands set at hip height



Run on the spot lifting your knees to touch your hand

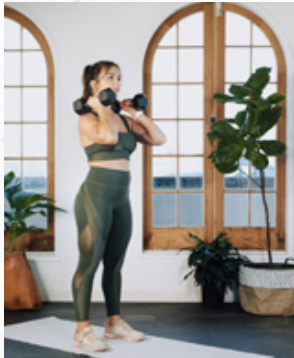


Don't lower your hand to your knee

**THRUSTERS**

—  
**40 SEC  
WORK**

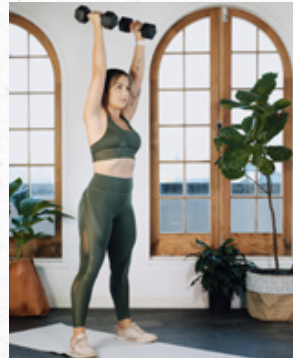
**20 SEC  
REST**



Feet at shoulder width  
Dumbbells resting on shoulders  
Knees out and track over little toe



Chest up, eyes up  
Sit into the squat



Drive up, when the hips open press the dumbbells overhead

# *5. Focus: Lower*

Rest and break when needing to over the 200m.

If lunging causes any pain to your knees, start your walk earlier.

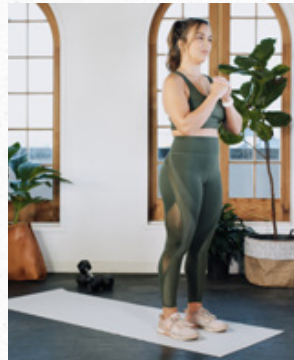
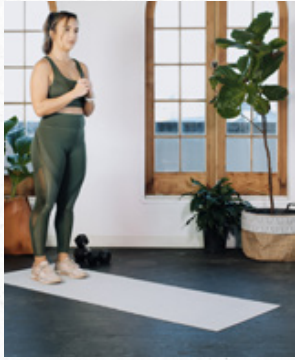
**200M WALKING LUNGE**

**THEN WALK FOR 20-30 MINUTES**



LUNGE

—  
200 M



Front knee tracking out over little toe  
Power out the bottom of the lunge

Keep feet at hip width for balance  
Alternate front leg each step

## *6. Focus: Upper*

### **4 SETS**

With a 60 second rest between sets complete all the movements before you rest, if you need to drop to your knees with the push ups, that's no problem. Complete as many dips unbroken as you can, once you break, start your 60 second rest before starting the next set. Try to keep a consistent amount of repetitions of dips throughout the 4 sets.

**5 BURPEES**

**10 PUSH UPS**

**MAX DIPS**

BURPEE

—  
5



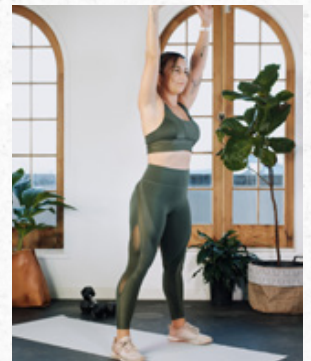
Start standing



Hands out in front, place them onto the ground, directly under your shoulders  
Kick your legs back and land in a push up position



Once your chest hits the ground, elevate your bum and swing your legs under your hips and return to standing



Small jump to fully open your hips, clap hands above head to complete full rep

PUSH UP

—  
10



Hands under shoulders  
Core tight, butt cheeks squeezed



Lower body as a plank to floor, then press back up to full extension  
Elbows go back on a 45 degree angle



Press through your palms

DIPS

—  
MAX



Hands at shoulder width  
Place hands behind you on a ledge, bench or chair



Foot position can change to make the dip harder, the closer to your hips the easier the dip, adjust to suit  
Elbows track back at a 45 degree angle

# 7. *Focus: Upper*

**5 SETS**

| With as little rest between each set as possible.

**10 CURL AND PRESS**

**10 THRUSTERS**

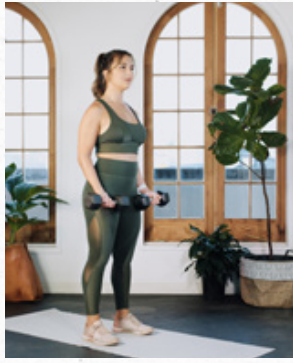
**10 BENT OVER ROWS**

**20 FLUTTER KICKS**

## 7. FOCUS UPPER // MOVEMENT BREAKDOWN

### CURL AND PRESS

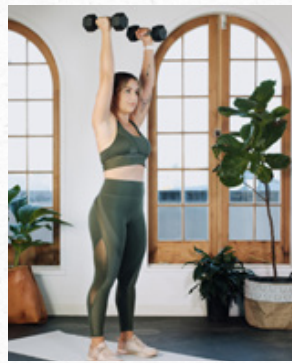
—  
10



Hands start by side with palms up



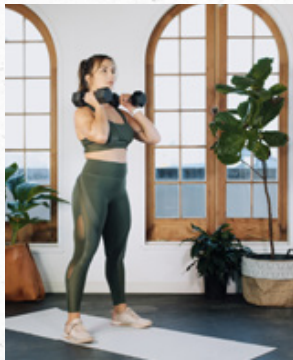
Curl to shoulders



Twist dumbbells and press over head  
Keep core tight, squeeze glutes throughout movement  
Feet under hips

### THRUSTERS

—  
10



Feet at shoulder width  
Dumbbells resting on shoulders  
Knees out and track over little toe



Chest up, eyes up  
Sit into the squat



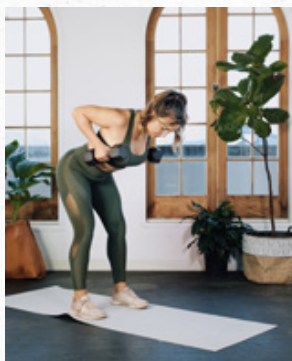
Drive up, when the hips open press the dumbbells overhead

### BENT OVER ROWS

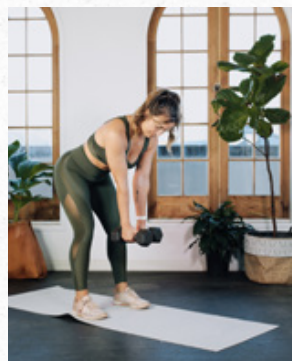
—  
10



Feet under hips  
Hinge at the hips  
Back flat, core on



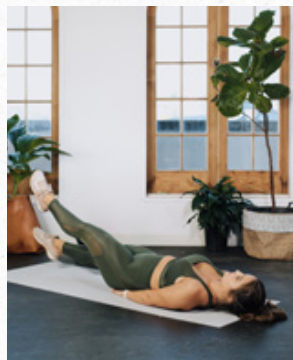
Pull dumbbells in to touch chest, keeping elbows close to sides



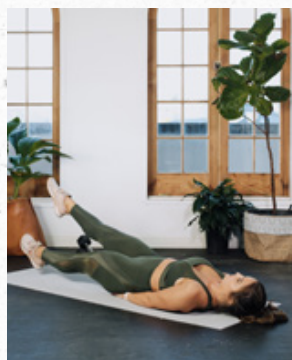
Control on the way back down

### FLUTTER KICKS

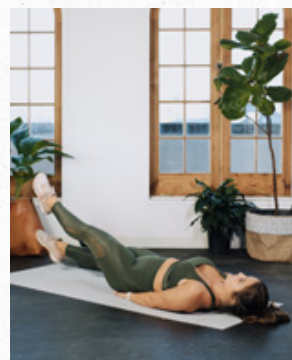
—  
20



Lay on your back  
Flex core to lift both shoulders and feet off the ground



Alternate feet kicking like you are swimming



For extra burn slow it down as much as you can and stop feet just before touching ground

*TIP: The more control you display, the greater the burn!*

# 8. *Focus: Upper*

## 4 SETS

In your own time (no coffee breaks). You will need a pair of light to medium dumbbells today!

12 FRONT RAISES

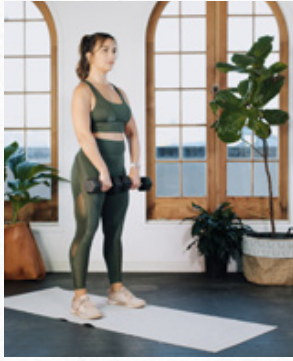
10 LATERAL RAISES

8 PRESS

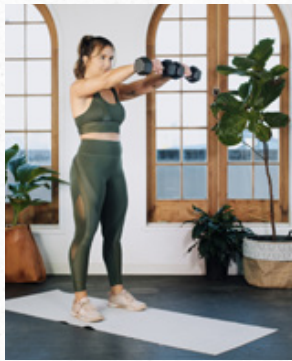
6 PUSH UPS

FRONT  
RAISES

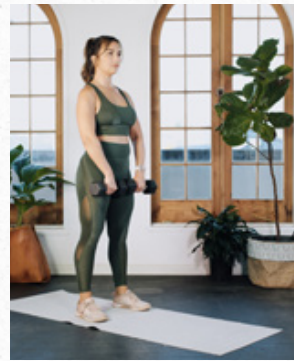
—  
12



Feet under hips  
Core tight  
Hands start on sides palms down



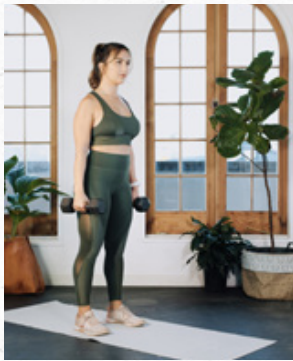
Finish at shoulder height out in front of your body



Control the downward movement

LATERAL  
RAISES

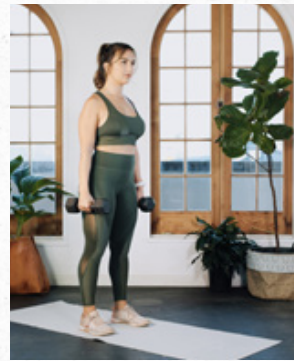
—  
10



Feet under hips  
Core tight  
Hands start on sides



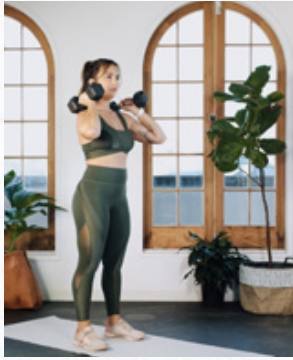
Palms facing inward  
Finish at shoulder height out to the side of your body



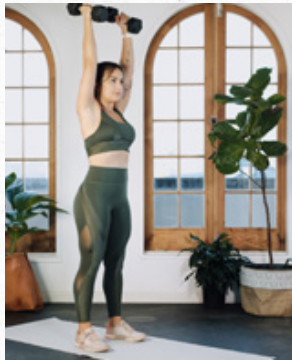
Control the downward movement

PRESS

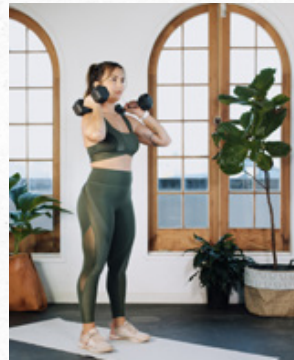
—  
8



Feet under hips  
Dumbbells on shoulders  
Core tight



Press from shoulder to overhead



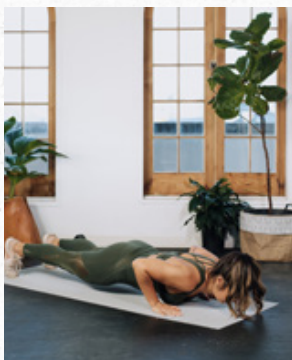
Control the downward movement  
If you need to, you can add a little dip of the hip to help propel the dumbbells up

PUSH UPS

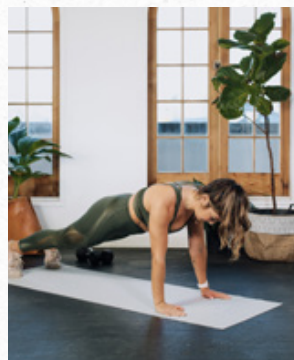
—  
6



Hands under shoulders  
Core tight, butt cheeks squeezed



Elbows go back on a 45 degree angle



Press through your palms

# 9. *Focus: Upper*

## INTERVAL TRAINING

### 4 SETS

20 seconds on 20 seconds off on each movement. When you are “on” it is go time, as many reps as you can get done before you rest for 20 seconds. Once you complete a full set rest for 60 seconds.

1. THRUSTERS

2. PUSH UPS

3. MOUNTAIN CLIMBERS

4. BURPEES

5. DIPS

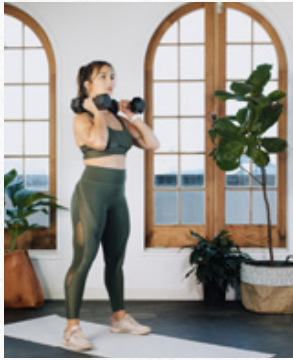
6. HIGH KNEES



**THRUSTERS**

—  
20 SEC  
WORK

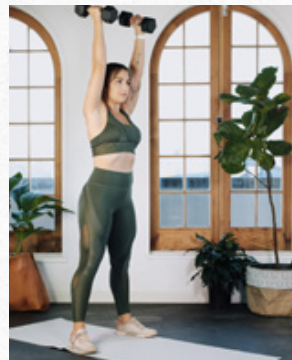
20 SEC  
REST



Feet at shoulder width  
Dumbbells resting on shoulders  
Knees out and track over little toe



Chest up, eyes up  
Sit into the squat

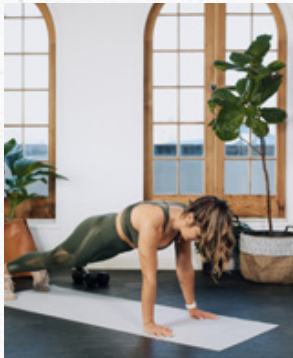


Drive up, when the hips open press  
the dumbbells overhead

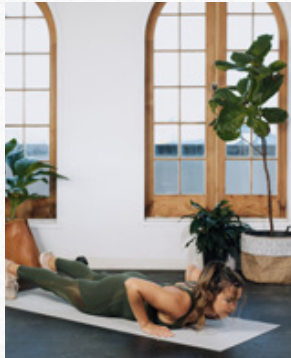
**PUSH UP**

—  
20 SEC  
WORK

20 SEC  
REST



Hands under shoulders  
Core tight, butt cheeks squeezed



Elbows go back on a 45 degree angle



Press through your palms

**MOUNTAIN  
CLIMBERS**

—  
20 SEC  
WORK

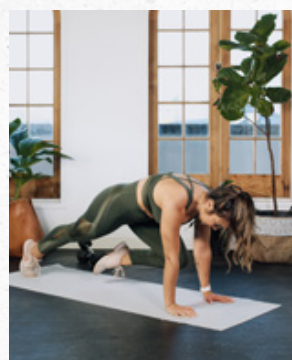
20 SEC  
REST



Hands under shoulders  
Hold plank position



Try to keep your hips in line with your  
shoulders in that plank position  
(don't allow your hips to raise  
and break the plank)



Alternate bringing knees to  
opposite elbow

**BURPEES**

—  
**20 SEC  
WORK**

**20 SEC  
REST**



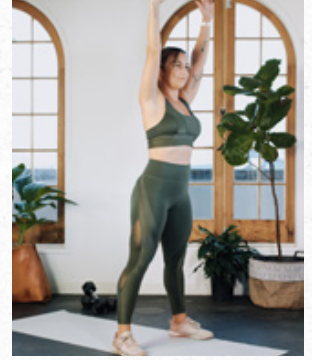
Start standing



Hands out in front, place them onto the ground, directly under your shoulders  
Kick your legs back and land in a push up position



Once your chest hits the ground, elevate your bum and swing your legs under your hips and return to standing



Small jump to fully open your hips, clap hands above head to complete full rep

**DIPS**

—  
**20 SEC  
WORK**

**20 SEC  
REST**



Hands at shoulder width  
Place hands behind you on a ledge, bench or chair

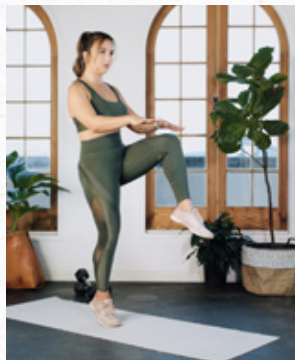


Foot position can change to make the dip harder, the closer to your hips the easier the dip, adjust to suit  
Elbows track back at a 45 degree angle

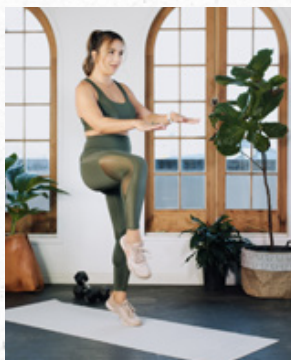
**HIGH  
KNEES**

—  
**20 SEC  
WORK**

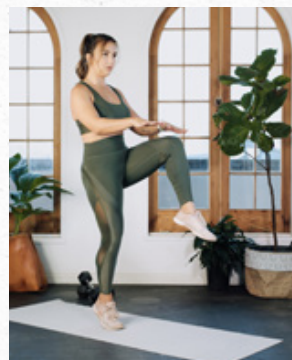
**20 SEC  
REST**



Hands set at hip height



Try to keep your hips in line with your shoulders in that plank position (don't allow your hips to raise and break the plank)



Don't lower your hand to your knee

# *10. Focus: Upper*

## **4 SETS**

Complete all movements as fast as possible then rest for 30.  
You will need some dumbbells to complete this session.

**12 PRESS**

**12 PUSH UPS**

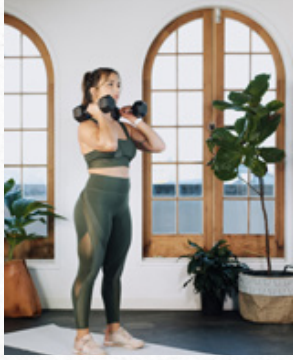
**12 BENT OVER ROWS**

**12 BURPEES**

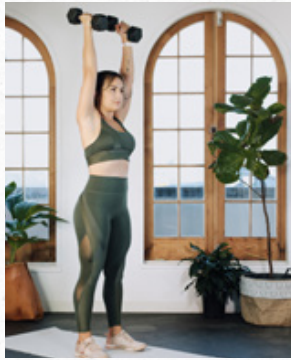
# 10. FOCUS UPPER // MOVEMENT BREAKDOWN

## PRESS

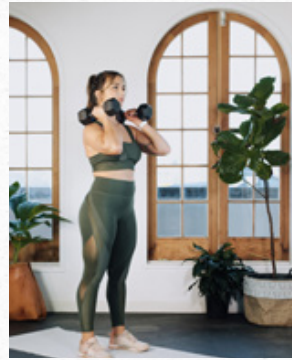
—  
12



Feet under hips  
Dumbbells on shoulders  
Core tight



Press from shoulder to overhead



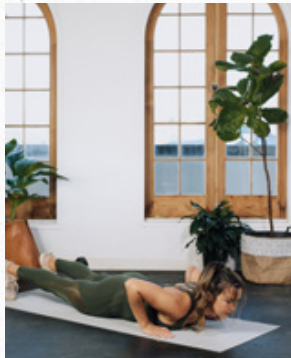
Control the downward movement  
If you need to, you can add a little dip of the hip to help propel the dumbbells up

## PUSH UPS

—  
12



Hands under shoulders  
Core tight, butt cheeks squeezed



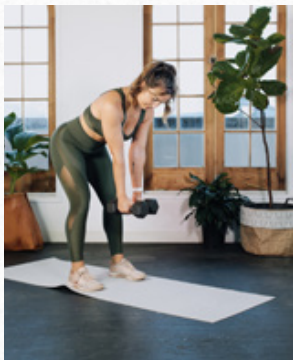
Elbows go back on a 45 degree angle



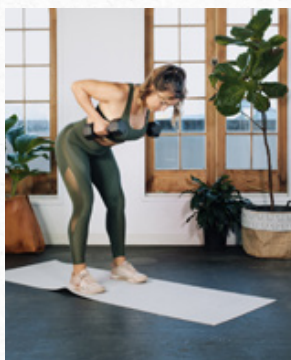
Press through your palms

## BENT OVER ROWS

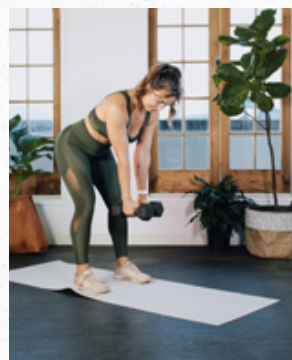
—  
12



Feet under hips  
Hinge at the hips  
Back flat, core on



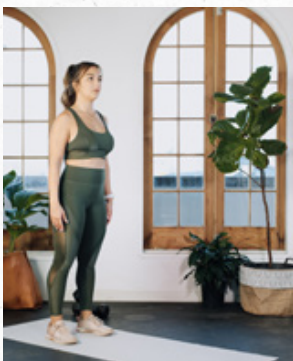
Pull dumbbells in to touch chest



Control on the way back down

## BURPEES

—  
12



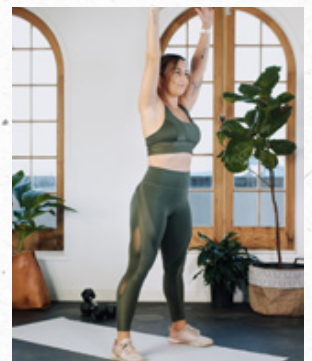
Start standing



Hands out in front, place them onto the ground, directly under your shoulders  
Kick your legs back and land in a push up position



Once your chest hits the ground, elevate your bum and swing your legs under your hips and return to standing



Small jump to fully open your hips, clap hands above head to complete full rep

# *11. Focus: Full Body*

## **5 SETS**

Complete set 1, rest 30 seconds, then move to set 2, rest 30 seconds, then repeat 5 times.

### **SET 1**

**20 SQUATS WITH DUMBBELLS**

**10 SQUAT JUMP**

**30 SECONDS REST**

### **SET 2**

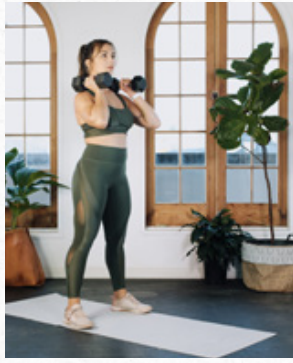
**10 BURPEES**

**20 MOUNTAIN CLIMBERS**

**30 SECONDS REST**

**SQUATS WITH DUMBBELLS**

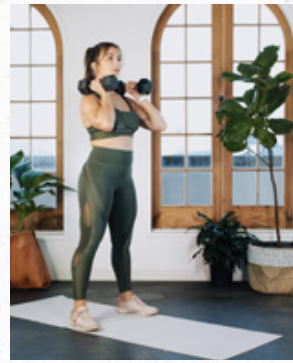
—  
20



Dumbbells on shoulders  
Feet shoulder width apart  
Knees out and track over little toe



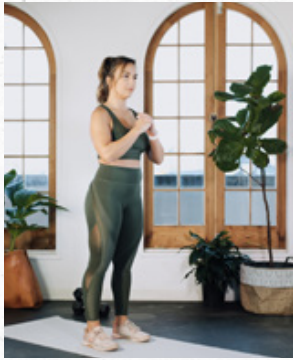
Go as deep as you can without causing any discomfort



Chest up, eyes up

**SQUAT JUMP**

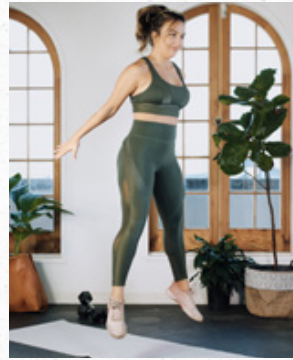
—  
10



Feet shoulder width apart  
Knees out and track over little toe



Power out of the squat, aim to fully open the hips



**BURPEES**

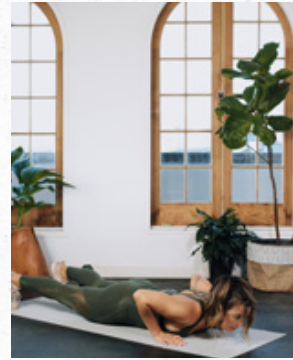
—  
10



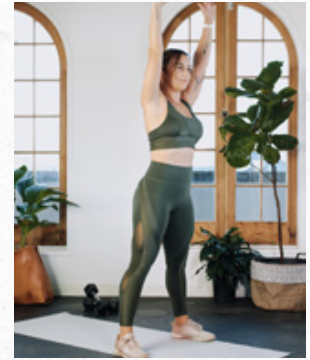
Start standing



Hands out in front, place them onto the ground, directly under your shoulders  
Kick your legs back and land in a push up position



Once your chest hits the ground, elevate your bum and swing your legs under your hips and return to standing



Small jump to fully open your hips, clap hands above head to complete full rep

**MOUNTAIN CLIMBERS**

—  
20



Hands under shoulders  
Hold plank position  
Tight core



Alternate bringing knees to opposite elbow



# 12. *Focus: Full Body*

## INTERVAL TRAINING

20 Seconds Off

10 Seconds Off

For 4 minutes

Stay on the same movement for the 20 seconds then move to the other.

Rest 2:00

Repeat for part B (Total 10 Mins)

### SET A

**ALTERNATE BETWEEN**

**BURPEE**

**LATERAL SIDE TO SIDE JUMPS**

### SET B

**ALTERNATE BETWEEN**

**FRONT TO BACK LUNGES**

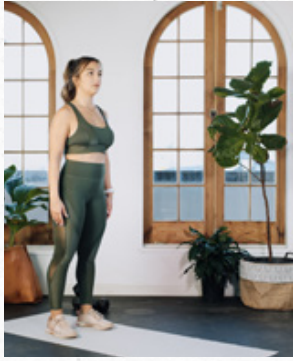
**PLANK WALK OUT WITH SQUAT JUMP**

You will complete 20 seconds of burpees, rest 10 seconds, then complete 20 seconds of Lateral Side to Side Jumps. Complete this for 4 minutes, then rest 2 minutes before completing the same interval for Set B.

## 12. FOCUS FULL BODY // MOVEMENT BREAKDOWN

### BURPEES

—  
20 SEC



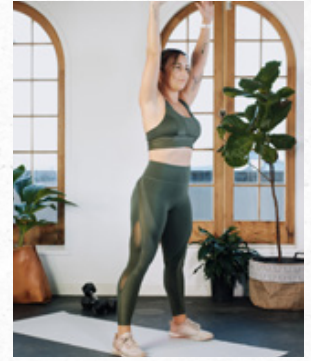
Start standing



Hands out in front, place them onto the ground, directly under your shoulders  
Kick your legs back and land in a push up position



Once your chest hits the ground, elevate your bum and swing your legs under your hips and return to standing



Small jump to fully open your hips, clap hands above head to complete full rep

### LATERAL SIDE TO SIDE JUMPS

—  
20 SEC



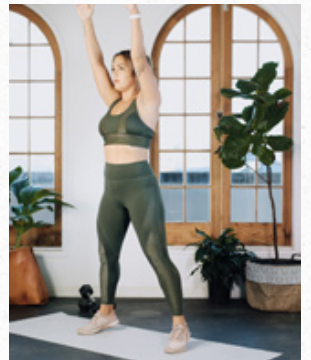
Feet no more than hip-width apart, bend your knees to squat straight down.



Pushing through your heels quickly, push upward and sideways toward the other side of the line.



Land softly and absorb the shock by squatting.



Repeat jumping back and forth over the line while keeping your shoulders and hips square and facing forward.

### FRONT TO BACK LUNGES

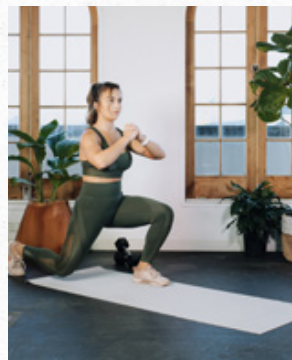
—  
20 SEC



Feet stay at hip width



Step forward into a lunge, push off the front foot all the way back into a reverse lunge then back to standing. This is one rep



Keep your chest up, core engaged

### PLANK WALK OUT WITH SQUAT JUMP

—  
20 SEC



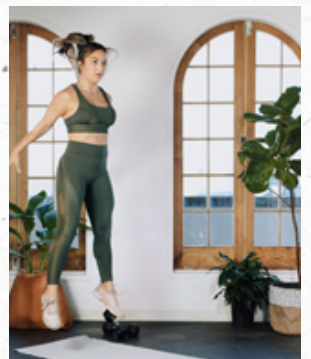
From standing walk your hands out into a plank position



Walk them back towards your feet



Sit into a squat



Power out into a jump, when you land repeat the movement



# *13. Focus: Full Body*

**4 SETS**

Complete all movements, then rest for 60 seconds

**20 SQUATS**

**10 BURPEES**

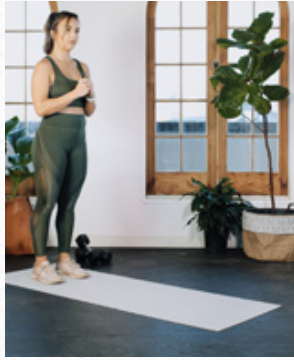
**20 SIDE SKI'S**

**10 THRUSTERS**

**60 SECOND REST**

SQUATS

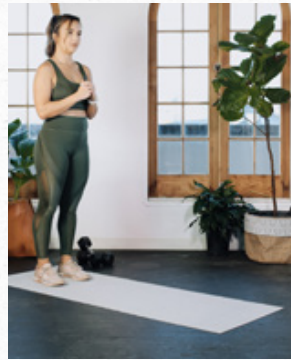
—  
20



Feet shoulder width apart



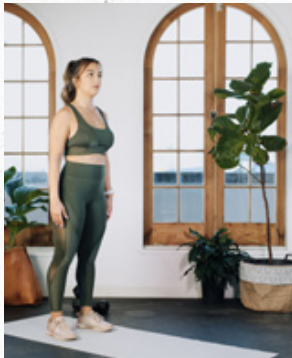
Knees out and track over little toe



Chest up, eyes up

BURPEES

—  
10



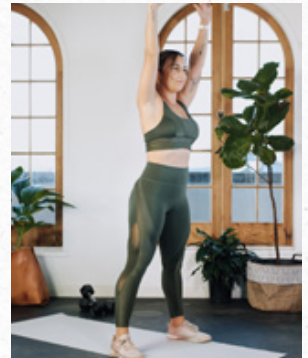
Start standing



Hands out in front, place them onto the ground, directly under your shoulders  
Kick your legs back and land in a push up position



Once your chest hits the ground, elevate your bum and swing your legs under your hips and return to standing



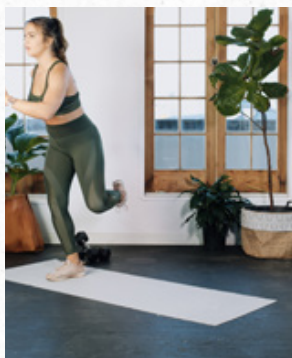
Small jump to fully open your hips, clap hands above head to complete full rep

SIDE SKI'S

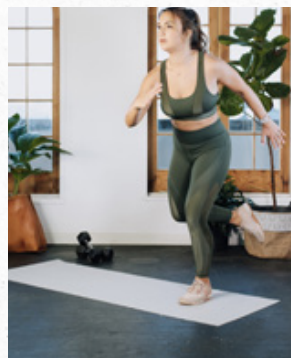
—  
20



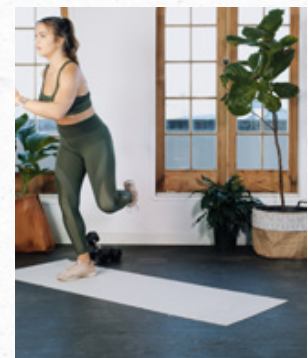
Feet no more than hip-width apart, bend your knees to squat straight down.



Pushing through your heels quickly, push upward and sideways toward the other side of the line. Land softly, swinging your trailing leg behind your body.



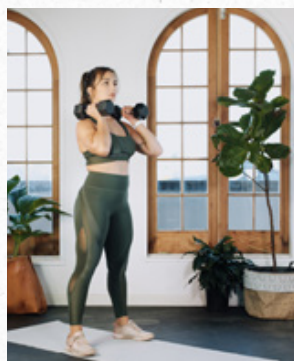
As your leg swings back jump back across in the other direction.



Repeat jumping back and forth over the line while keeping your shoulders and hips square and facing forward.

THRUSTERS

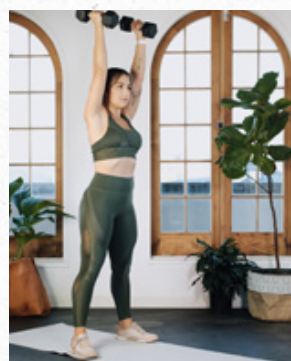
—  
10



Feet at shoulder width  
Dumbbells resting on shoulders  
Knees out and track over little toe



Chest up, eyes up  
Sit into the squat



Drive up, when the hips open press the dumbbells overhead

# *14. Focus: Full Body*

**4 SETS**

Complete all the movements then rest as needed between sets.

**12 SQUATS**

**24 PULSE SQUATS**

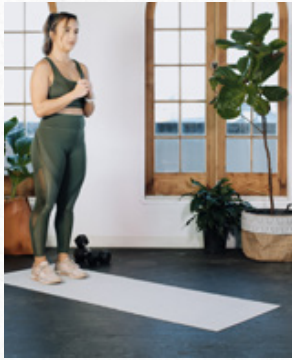
**REST 30 SECONDS**

**6 BURPEES**

**12 PUSH UPS**

SQUAT

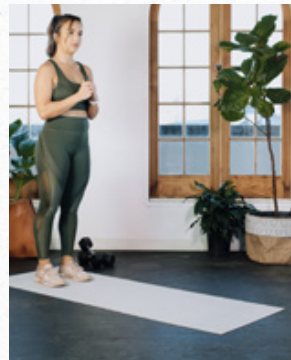
—  
12



Feet shoulder width apart



Knees out and track over little toe



Chest up, eyes up

PULSE SQUAT

—  
24



Feet shoulder width apart



Knees out and track over little toe  
Sit into the bottom of the squat



Pulse between full depth and 1/4 depth until reps are complete  
Chest up, eyes up

BURPEE

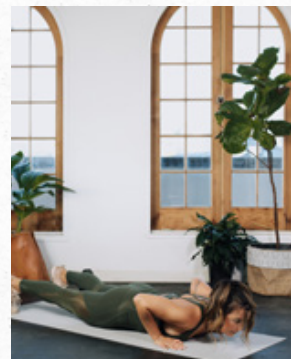
—  
6



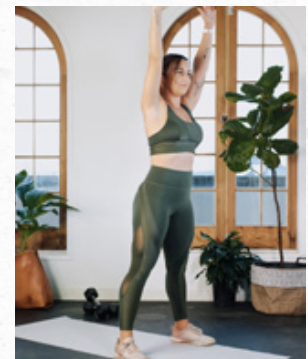
Start standing



Hands out in front, place them onto the ground, directly under your shoulders  
Kick your legs back and land in a push up position



Once your chest hits the ground, elevate your bum and swing your legs under your hips and return to standing



Small jump to fully open your hips, clap hands above head to complete full rep

PUSH UP

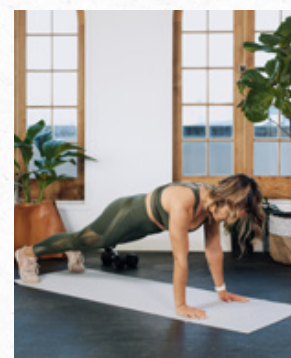
—  
12



Hands under shoulders  
Core tight, butt cheeks squeezed



Elbows go back on a 45 degree angle



Press through your palms

# *15. Focus: Full Body*

**2 SETS**

Complete all movements as with as little rest as possible, rest 2:00 and then repeat.

**25 CLAMS LEFT**

**25 CLAMS RIGHT**

**25 DEADLIFT JUMPS**

**25 JUMP SQUATS**

**25 PLYO LUNGES**

**50 STEP TAPS**

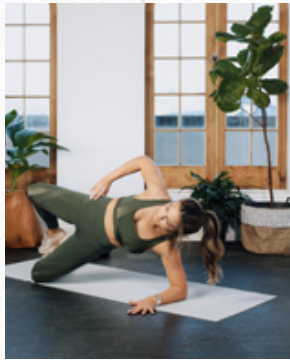
**REST 2 MINUTES**

CLAMS

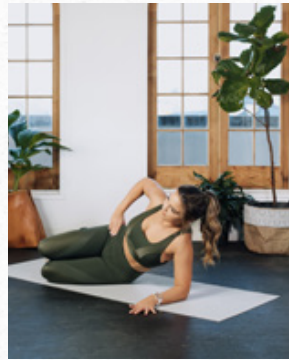
—  
25 L + R



Lying on your side  
Elbow under shoulder  
Drive bottom knee into the mat lifting your hips



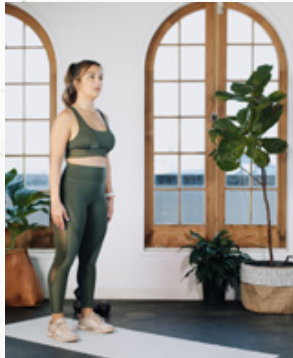
Open your legs resembling a clam



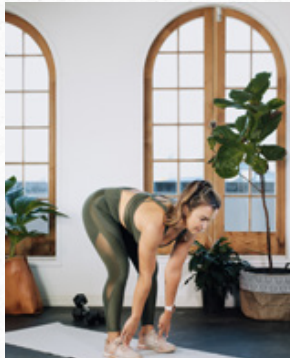
Control the downward movement

DEADLIFT  
JUMP

—  
25



Feet under hips  
Soften the knee (don't bend the knee like a squat)



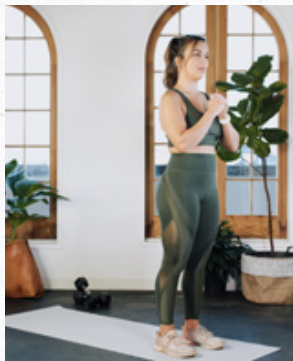
Send your hips back, keep your knees parallel  
Send your hands down to touch the ground on the outside of your feet



Power up to full hip extension until body is in air  
Think about squeezing glutes at full extension

SQUAT  
JUMP

—  
25



Feet shoulder width apart



Knees out and track over little toe



Power out of the squat, aim to fully open the hips

PLYO  
LUNGES

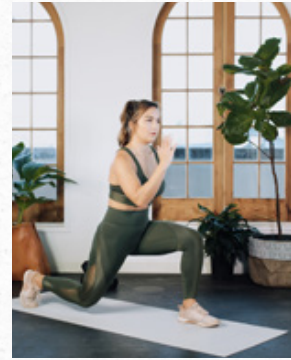
—  
25



Stand with feet at hip width then jump out to lunge stance and lower down to bottom of lunge



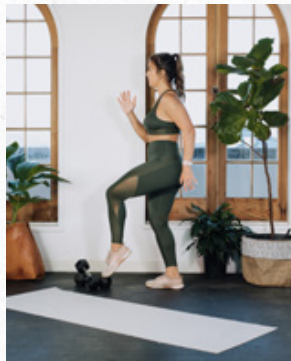
Front knee tracking out over little toe  
Power out the bottom of the lunge



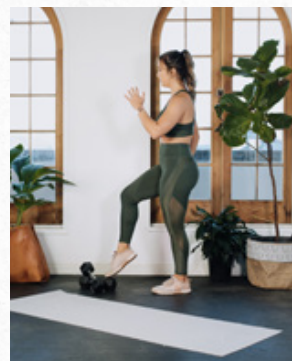
Keep feet at hip width for balance

STEP TAP

—  
50



Using a step, dumbbell or ball  
Feet under hips



Raise one leg at a time to tap the  
bottom of your foot on top of the  
object



Alternate legs  
The idea is to move fast

# *16. Focus: Lower*

## **4 SETS**

Complete all reps finish each set with a 35 second wall squat  
Rest 90 seconds and repeat. You will need a pair of medium dumbbells

**12 GLUTE BRIDGE (WITH DUMBBELLS)**

**12 THRUSTERS (WITH DUMBBELLS)**

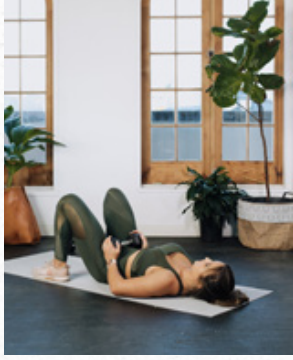
**12 SQUAT JUMPS**

**35 SEC WALL SQUAT**

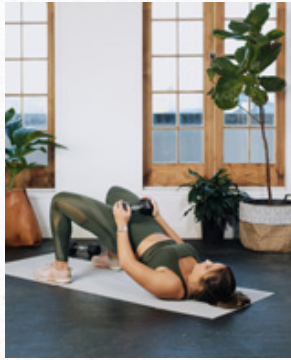


**GLUTE BRIDGE (WITH DUMBBELLS)**

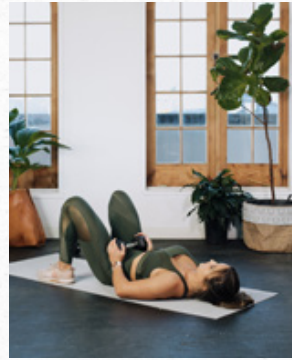
—  
12



Set up laying on the floor, feet at shoulder width  
Drive your shoulders and heels into the ground



Lift your hips, squeezing your glutes together



Control the downward movement until you bum lightly taps the floor

**THRUSTERS**

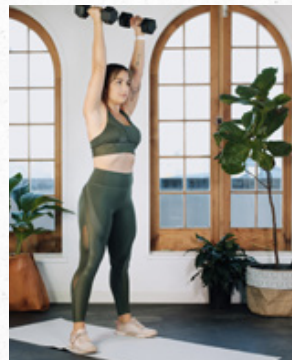
—  
12



Feet at shoulder width  
Dumbbells resting on shoulders  
Knees out and track over little toe



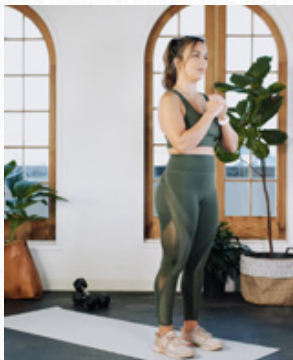
Chest up, eyes up  
Sit into the squat



Drive up, when the hips open press the dumbbells overhead  
Repeat

**SQUAT JUMPS**

—  
12



Feet shoulder width apart



Knees out and track over little toe



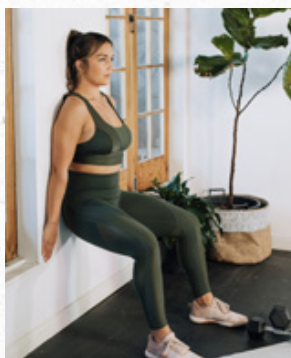
Power out of the squat, aim to fully open the hips

**SECOND WALL SQUAT**

—  
35



Feet at shoulder width



Sit into a 90 degree squat against a wall  
Hold that position with your knees tracking out over your little toe

# 17. *Focus: Core*

**8 SETS  
EACH  
(TABATA  
INTERVAL)**

2 sets of 20 seconds on 10 seconds off for 4:00. Rest as needed, until 8 sets are complete. Then; Alternate your work/ rest time to:  
2 sets of 10 seconds on 20 seconds off for 4:00. Rest as needed and repeat until 8 sets are complete.

**MOUNTAIN CLIMBERS**

**KICK OUTS**

**SIT UPS**

**FLUTTER KICKS**

**MOUNTAIN CLIMBERS**

—  
20 SEC  
10 SEC



Hands under shoulders  
Hold plank position



Tight core  
Alternate bringing knees to opposite elbow



**KICK OUTS**

—  
20 SEC  
10 SEC



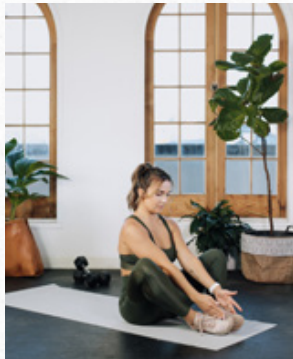
Hands under shoulders  
Hold plank position  
Tight core



Bounce feet from touching to shoulder width, then back in

**SIT UP**

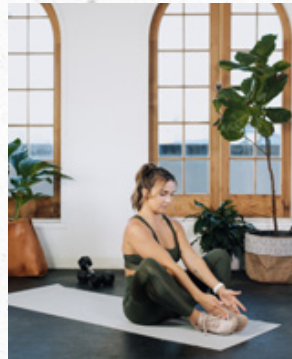
—  
20 SEC  
10 SEC



Sitting with the soles of your feet touching



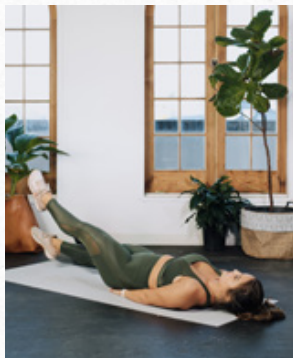
Lay back and touch the ground above your head



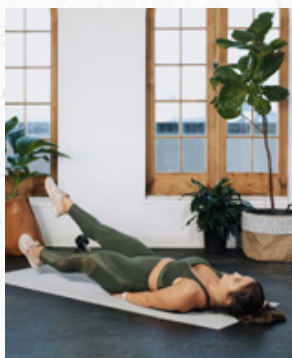
As you bring your hands back over use the momentum to sit up  
Touch the ground in front of your feet

**FLUTTER KICKS**

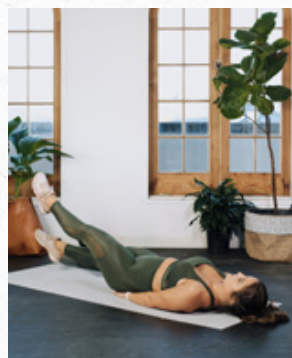
—  
20 SEC  
10 SEC



Lying on your back  
Tighten your core



Lift your shoulders slightly  
Lift your feet, then kick your feet like you are swimming



# *18. Focus: Full Body*

**4-5 SETS** | Complete each set resting 60 seconds between each set.

**RUN 100M OR 40 STEP TAPS**

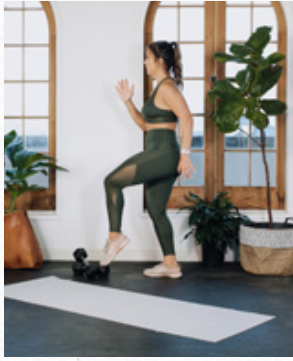
**12 PLYO LUNGE**

**12 SQUAT JUMP**

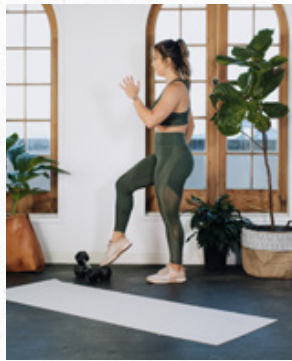
**8 BURPEES**

**60 SECOND REST**

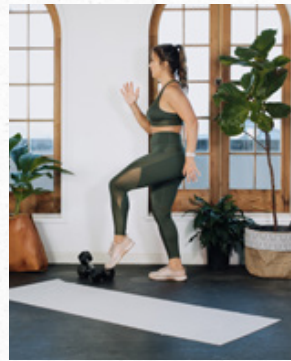
STEP  
TAP  
—  
40



Using a step, dumbbell or ball  
Feet under hips



Raise one leg at a time to tap the  
bottom of your foot on top of the  
object



The idea is to move fast

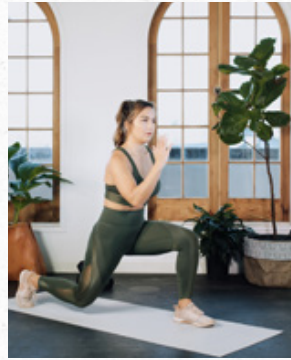
PLYO  
LUNGE  
—  
12



Stand with feet at hip width then jump  
out to lunge stance and lower down to  
bottom of lunge

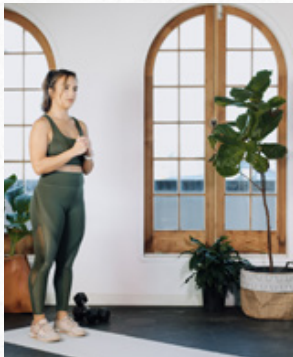


Front knee tracking out over little toe  
Power out the bottom of the lunge



Keep feet at hip width for balance

SQUAT  
JUMP  
—  
12



Feet shoulder width apart

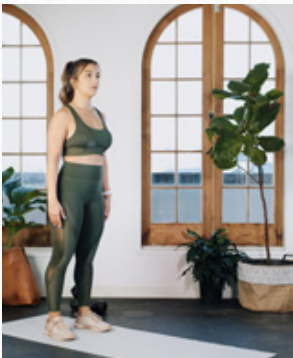


Knees out and track over little toe



Power out of the squat, aim to fully  
open the hips

BURPEE  
—  
8



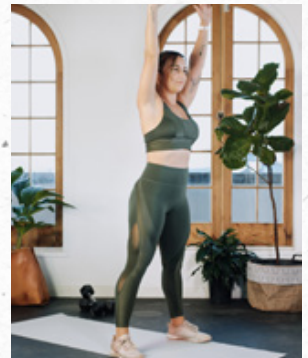
Start standing



Hands out in front, place them onto  
the ground, directly under your  
shoulders  
Kick your legs back and land in a  
push up position



Once your chest hits the ground,  
elevate your bum and swing your  
legs under your hips and return to  
standing



Small jump to fully open your hips,  
clap hands above head to complete  
full rep

# *19. Focus: Full Body*

## **3 SETS**

Finish all reps as fast as you can then rest for 45 seconds and repeat.  
You will need a pair of dumbbells for this session.

**30 SQUATS**

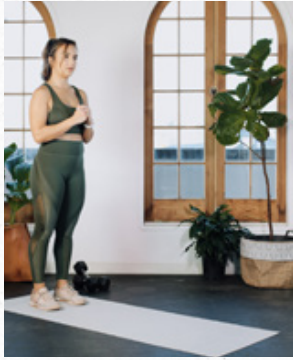
**30 SIT UPS**

**30 CURL AND PRESS (WITH DUMBBELLS)**

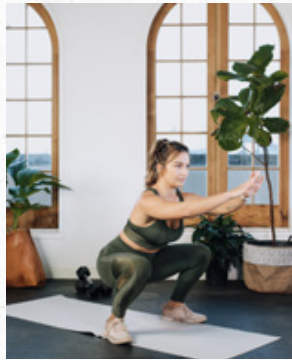
**45 SECOND REST**

SQUATS

—  
30



Feet shoulder width apart



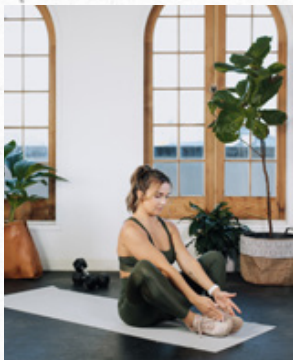
Knees out and track over little toe



Chest up, eyes up

SIT UPS

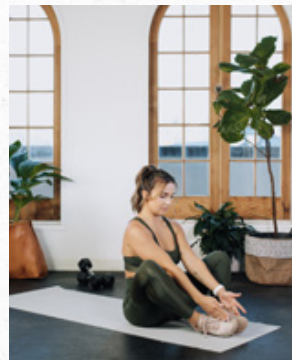
—  
30



Sitting with the soles of your feet touching  
Lay back and touch the ground above your head



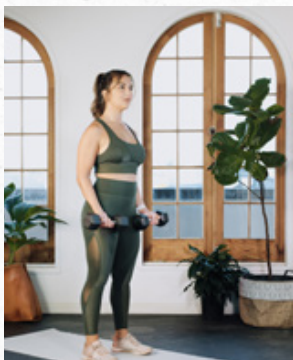
As you bring your hands back over use the momentum to sit up



Touch the ground in front of your feet

CURL AND PRESS (WITH DUMBBELLS)

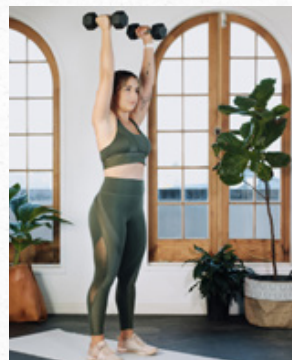
—  
30



Hands start by side with palms up



Curl to shoulders



Twist dumbbells and press over head  
Keep core tight  
Feet under hips

# 20. *Focus: Full Body*

## **6 SETS**

Complete A, B and C, resting 30 seconds between each part.  
Once you complete C, rest 60 seconds, before completing your next set.

### **A**

**12 GLUTE BRIDGE**

**20 SPLIT STANCE CROSS BODY DEADLIFT (10/SIDE)**

### **B**

**15 SIT UPS**

**30 FLUTTER KICKS**

### **C**

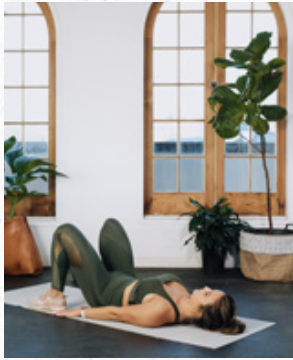
**12 PULSE SQUATS**

**12 SQUAT JUMP**

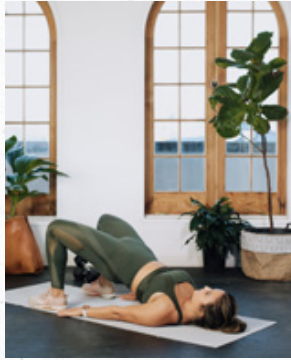


**GLUTE  
BRIDGE**

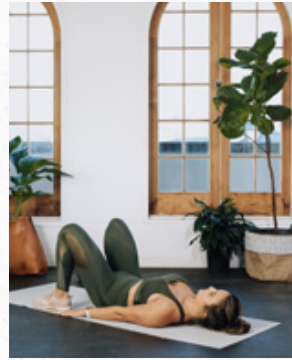
—  
12



Feet shoulder width apart  
Drive your shoulders and heels into  
the ground



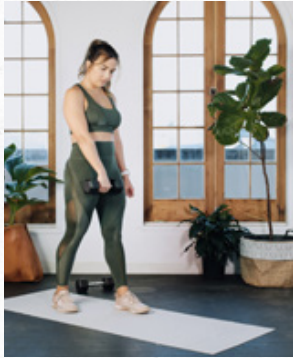
Lift your hips, squeezing your glutes  
together



Control the downward movement

**SPLIT  
STANCE  
CROSS  
BODY  
DEADLIFT  
(10/SIDE)**

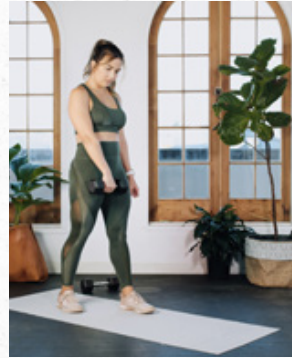
—  
20



One foot lined up with the other foot's  
heel  
Slight bend in both knees



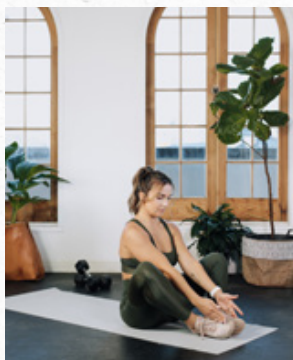
Set core tight  
Send dumbbell in left hand to touch the  
ground outside the right foot



Stand to open hip

**SIT UPS**

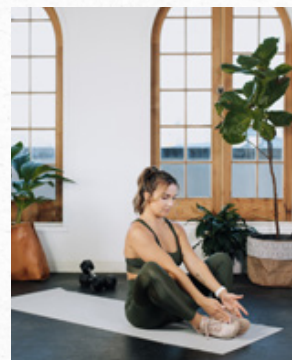
—  
15



Sitting with the soles of your feet  
touching  
Lay back and touch the ground above  
your head



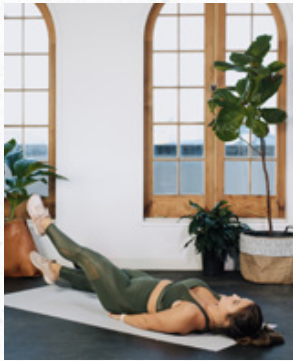
As you bring your hands back over use  
the momentum to sit up



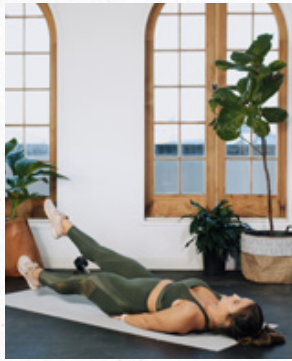
Touch the ground in front of your feet

FLUTTER  
KICKS

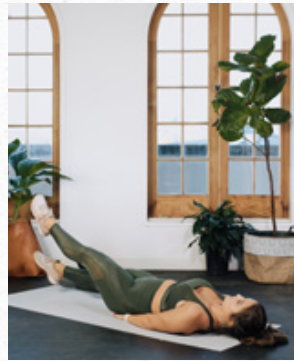
—  
30



Lying on your back



Tighten your core



Lift your shoulders slightly  
Lift your feet, then kick your feet like  
you are swimming

PULSE  
SQUATS

—  
12



Feet shoulder width apart  
Knees out and track over little toe



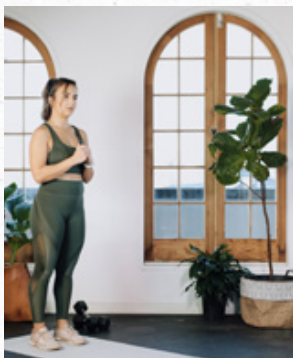
Sit into the bottom of the squat



Pulse between full depth and 1/4 depth  
until reps are complete  
Chest up, eyes up

SQUAT  
JUMPS

—  
12



Feet shoulder width apart



Knees out and track over little toe



Power out of the squat, aim to fully  
open the hips



## *Post Workout*



### **WELL DONE!**

Now that you've pushed yourself and broken a sweat, you're one step closer to your goal! Don't forget to stretch, stay hydrated and take your Collagen Build.

**#COLLAGENBUILDTRANSFORMATION**

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