



GOAL

*digger*

BRIANNAKAYLYNNFITNESS

# JOIN THE FB GROUP & GROUP CHAT!

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Code: **NEW YEAR NEW ME**

Please accept all of the rules  
and provide all of the  
information asked to be  
accepted into the group!

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# SAVE THE CHALLENGE TO YOUR HOMESCREEN

1. VISIT [CALLMEICONS.COM](https://callmeicons.com)
2. CLICK THE BUTTON "CREATE YOUR OWN"
3. CHOOSE "WEBSITE LINK" ON THE DROPDOWN THAT APPEARS - COPY AND PASTE THE URL FROM THE MEMBERS PAGE
4. NAME THE APP
5. UPLOAD YOUR IMAGE
6. TAP THE SHARE BUTTON AND ADD IT TO YOUR HOME SCREEN!

THE NEXT FEW PAGES WILL BE OPTIONS FOR YOUR APP ICON! SCREENSHOT WHICHEVER YOU WANT TO USE!



SCREENSHOT ME!





SCREENSHOT ME!



# WHAT YOU NEED TO KNOW:

PLEASE TAKE A FEW MINUTES TO READ  
THROUGH THIS SECTION TO LEARN THE  
LINGO WE WILL BE USING FOR THE NEXT  
30 DAYS!

IN ORDER TO FULLY UNDERSTAND THE  
PROGRAM AND GET THE MOST OUT OF IT,  
WE NEED TO TALK ABOUT TERMS AND  
DEFINITIONS. READING THROUGH THIS  
SECTION CAN HELP YOU EXCEL  
THROUGHOUT THIS PROGRAM AND HELP  
YOU UNDERSTAND THE FUNDAMENTALS  
OF WEIGHT LIFTING AND STRENGTH  
TRAINING.

THE FITNESS INDUSTRY HAS ITS OWN  
LANGUAGE, SO LET'S TALK ABOUT IT SO  
YOU CAN FOLLOW ANY PROGRAM  
WITHOUT ANY CONFUSION!



Sets x reps (ex: 3 x 10) - the first number you see (3) represents the number of sets you will be COMPLETING FOR A given exercise, the second number (10) represents the number of reptITIONS you will perform within a given set.

Set - the number of cycles in which you will perform an exercises

Reps - the number of times you will perform the specific exercise IN A GIVEN SET

EMOM - "every minute on the minute." This is when you perform a certain number of reps at the top of every minute for a given period of time, then rest for the remainder of that minute.

Superset (SS) - when you move from one exercise to another back to back without resting between those exercises.

Triset - a combination of three different exercises that are to be performed consecutively with little to no rest between exercises.

Low intensity steady state cardio (LISS) - method of cardiovascular exercise in which you do aerobic activity at a low-to-moderate intensity for a certain period of time.

High intensity interval training (HIIT) - a cardiovascular exercise method alternating short bursts of anaerobic energy to increase heart rate until too exhausted to continue.

Tempo - how quickly or slowly you perform a rep.

Compound exercise - these are exercises that work multiple muscle groups at once. For example: squats, deadlifts, bench press.

Accessory exercise - exercises that allow you to isolate and focus on a specific muscle. For example: bicep curls, leg extension, cable kickbacks.

Frequency - how often a certain muscle group is trained during a program. High frequency = 2 - 3 times per week. Low frequency = once per week.

Concentric contraction - type of muscle activation where the muscle shortens, generating force to move an object.

Eccentric contraction - the motion of an active muscle while lengthening under load.



## Progressive Overload:

A method of training that advocates for the gradual increase of stress on the muscle over time. The purpose of progressive overload is to combat the effects of muscular adaptations.

Using progressive overload throughout this program, I want you to challenge yourself and continually add weight to the exercises that we are doing. Your muscles will eventually adapt to the resistance you are putting them under which will lead to plateaus. We want growth!

*IF YOU ARE CHALLENGING YOURSELF WITH A WEIGHT THAT YOU HAVE NOT YET EXPERIENCED, OR FEEL UNCOMFORTABLE WITH THE WEIGHT, AT ALL, PLEASE FIND A FRIEND OR ANOTHER GYM MEMBER/EMPLOYEE TO SPOT YOU! DON'T BE AFRAID TO ASK FOR HELP!*

Warm up set - sets in preparation for working sets; these are typically lower weight sets to get your body and muscles ready for heavier weight.

Working set - sets you aim to improve on over time; these sets drive or increase strength/muscle.

Throughout the challenge, you will see both compounds and accessories. Warm up sets are especially important for your compound movements to prevent injury. Some accessories may not require a warm up set.

**FOR EXAMPLE: SQUATS 5 X 5**  
**WARM UP SET 1 - 45 LBS X 10**  
**WARM UP SET 2 - 95 LBS X 8-10**  
**WARM UP SET 3 - 135 LBS X 6-8**  
**WORKING SET 1 - 185 LBS X 5**

Once you reach your working set weight, you should not need to increase the weight any further. You may need to decrease the weight due to fatigue to complete x amount of reps - that is 100% okay!



# REST PERIODS

Recommended rest between compounds:  
*2 MINUTES*

Accessories:  
*1 MINUTE*

Supersets, trisets, circuits:  
*NONE - REST 1-2 MINUTES BETWEEN  
ROUNDS*