



SKINNY COFFEE CLUB EXERCISE PLAN

WWW.SKINNYCOFFEECLUB.COM

INTRODUCTION

At Skinny Coffee Club, we are all about helping our customers achieve their dream, beach body. Many people take terrible advice when it comes to exercising in order to achieve the body they want, often ending up with an overly muscular look, overtraining, or not seeing the desired results.

It's our mission to help as many people as possible achieve their ideal body, as well as improve the attitude and confidence. We want everybody to feel as good as we do!

Achieving your dream body does take 100% commitment. If you put in a small amount of effort, there is no way that you will achieve the results that you desire. But, it's all well worth it in the end. Nothing feels as good as having the body that you want.

We want to educate all of our customers on how to achieve their goals. We want to make our customers understand that over the top diets and excessive training are not the optimal methods to reaching your goals and are not at all necessary like others would have you believe.

For the best results, this exercise guide is best used in conjunction with our eating plan and our Skinny Coffee Club programs, which can be found at www.skinnycoffeeclub.com.

Throughout your transformation, please feel free to tag us in any photo's on Instagram, Facebook and Twitter. There is no better feeling for us than seeing the amazing transformations of our customers. It's why we do it.

Instagram: @SkinnyCoffeeClub

Instagram Hashtag: #SkinnyCoffeeResults

Facebook: www.facebook.com/skinnycoffeeclub

Twitter: @SCClubOfficial

TRACKING YOUR PROGRESS

The first thing we highly recommend is taking progress photo's every two weeks. This is great motivation as you can see your progress and therefore stick to the program with your ideal body in sight.

Also, if you purchased our program and you take before and after photo's, we will send you a 14 day program, completely FREE. All you need to do is post your photo's to Instagram and send the link to Katie@SkinnyCoffeeClub.com.

Weighing In

We only recommend that you weigh in weekly and on the same day each week. We also recommend that you get weighed first thing of a morning on an empty stomach, in order to track your weight fairly and efficiently.

TYPES OF TRAINING

Throughout this program, we will be performing to different types of training. These are high intensity interval training (HIIT) and low intensity training (LIT).

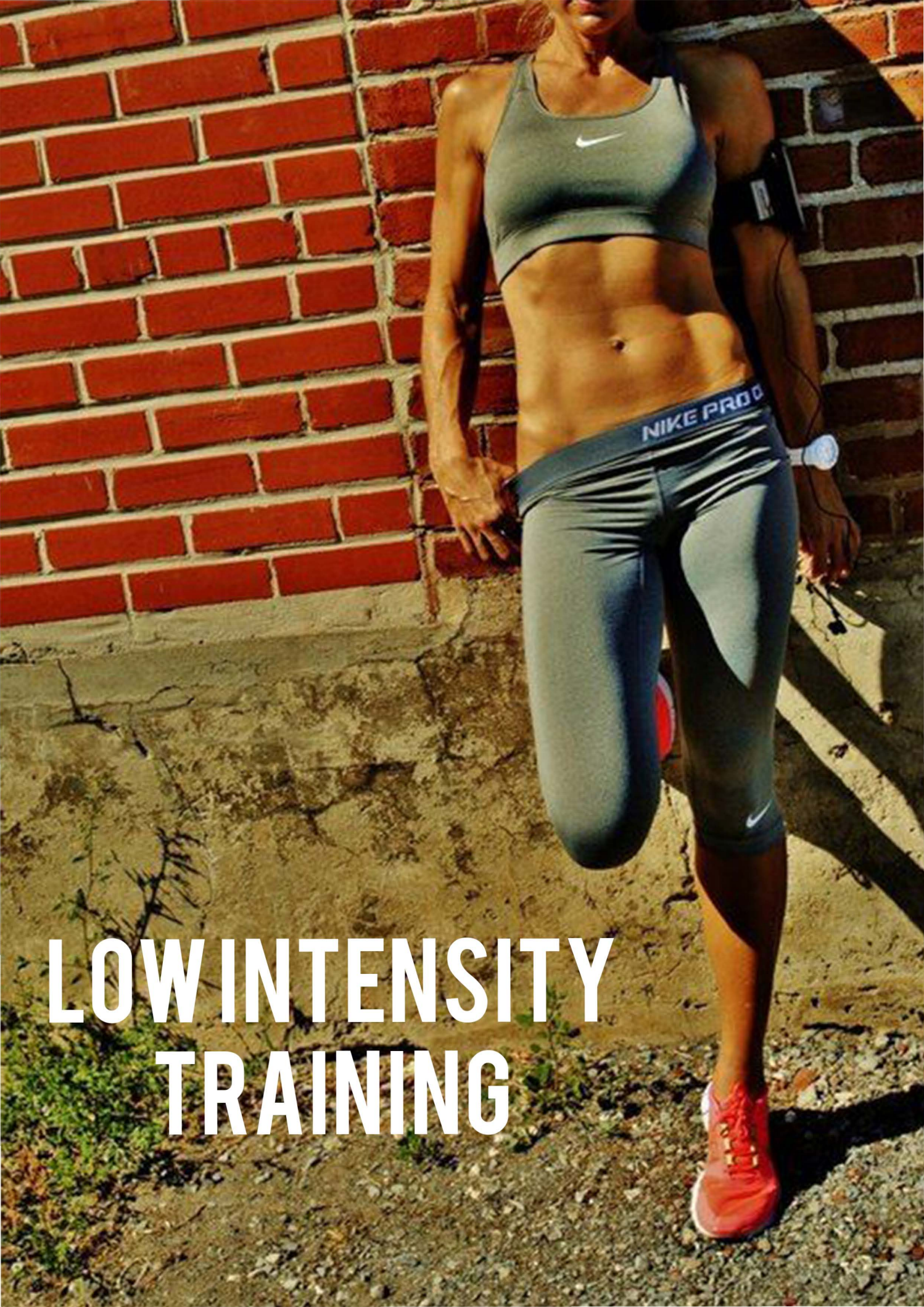
To get the best results, we will be using a method called progressive overload. This means that you gradually increase the difficulty of your exercise routine in order to achieve the optimum results.

What Training To Perform

Throughout your program, you should perform the following:

- 2 sessions of HIIT
- 2 session of LIT

This is performed whenever you would like throughout the week, however NEVER on the same day.



LOW INTENSITY TRAINING

You can make a choice of any of the following exercises below per session. You can alternate exercises if you would like.

Fast Paced Walking

Walk for 1 hour at a pace of at least 4mph. Be sure that you are breaking a sweat and your heart rate is increasing.

30 Minute Jog

Jog at as fast of a pace as you can for 30 minutes. This will be a different pace from person to person, but be sure that you are really pushing yourself.

If you can't jog for 30 minutes straight, just jog for as long as you can and then walk at a brisk pace for the rest.

30 Minutes on the Rowing Machine

Row on the rowing machine at as fast of a pace as you can for 30 minutes. This will be a different pace from person to person, but be sure that you are really pushing yourself.

A woman with dark hair, wearing a bright yellow-green sports bra and black shorts, is captured in a dynamic pose. She is smiling and looking towards the camera, with her arms raised and fists clenched. Her legs are bent and positioned as if she is in the middle of a powerful movement, possibly a squat or a lunge. She is wearing white sneakers with yellow accents. The background shows a gym setting with various pieces of equipment, including a black exercise ball and some metal frames. The lighting is bright, highlighting her muscular physique.

HIGH INTENSITY TRAINING

Repeat this routine twice per week. It may be hard at first, but make sure you really push yourself and get in as many reps of each exercise as possible. Remember that each extra rep you can push out puts you closer to your goals.

HIIT EXERCISE PLAN

Do every exercise below to failure (as many reps as you can). Have a 15 second break between each exercise.

Bicycle Sit Ups

Press Ups

Plank

Jump Squats

Burpees

Tricep Dips

Mountain Climbers

Lunges

Leg Raises

Sit Ups

THANK YOU

Thank you so much for reading the exercise plan and following the Skinny Coffee Club program. We put our customers first and really believe in your achievements.

If you have any questions about anything at all, please do not hesitate to contact us at support@skinnycoffeeclub.com.

The coming weeks and months are going to be both difficult and exciting, but we know that you will be completely overjoyed by your transformations. We hope that we are able to change your life in the way that we have with many of our other customers.

Finally, don't forget to tag us in any photo's on Instagram, Facebook and Twitter. There is no better feeling for us than seeing the amazing transformations of our customers. Also, posting your progress on social media to your friends will give you that added boost and pressure needed to push yourself and continue on the program when times get hard and through temptations.

Our social media:

Instagram: @SkinnyCoffeeClub

Instagram Hashtag: #SkinnyCoffeeResults

Facebook: www.facebook.com/skinnycoffeeclub

Twitter: @SCClubOfficial

Thanks,
Skinny Coffee Club x

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