

A woman in a white dress holding a bouquet of flowers, with a large olive green overlay.

#MEINAMONTH CHALLENGE

DISCLAIMER

This program offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for professional medical advice, diagnosis, or treatment nor does it replace it. You should be in good physical condition and be able to participate in the exercises. Consult with your physician or other health care professionals before starting this or any other fitness program, to determine if it is right for your needs. Please contact your physician before starting this program if you have any of the following; a history of high blood pressure, heart disease, have experienced chest pain when exercising, have experienced bone or joint problems that could be made worse by a change in physical activity. In addition, if you experience faintness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately. Angel Lyte is not a licensed medical care provider and represents no expertise in diagnosing, examining, treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercising program, there is the possibility of physical injury. If you engage in this exercising program, you accept that you do so at your own risk. You are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Angel Lyte from any and all claims or causes of action known or unknown, arising out of #MEINAMONTH.

By using this program, you implicitly signify your agreement to all parts of the above disclaimer.

LET'S GO

An intermittent fasting schedule is highly recommended. Not only is it an effective way to achieve your weight loss goals with exercise and healthy food, it's a great method to improve and maintain health. For most of us, we start fasting to lose weight, but there are many other benefits to fasting.

INTERMITTENT FASTING CAN:

- Stabilize blood sugar levels
- Reduce stress
- Suppress inflammation
- Decrease blood pressure and cholesterol levels
- Improve resting heart rate
- Improve brain health and memory

Intermittent fasting can be challenging, but as your body adapts to a new way of consuming foods, it gets easier. It can have side effects like hunger, fatigue, insomnia, nausea and headaches, however they usually go away within the first two weeks to a month.

Also, It doesn't matter when you apply the 18 hour non-eating period, it's not mandatory to follow the 12pm-8pm schedule.

You could do:

- 11am-7pm
- 12pm-8pm
- 1pm-9pm

Tune into your body and see what works best for you.

What's most important is that you're fasting for 16hrs with an 8hr eating window, make alterations to suit your lifestyle.

CARB CYCLING

Simply put, carb cycling is alternating between high-carb days and low-carb days. It involves planned increases and decreases in carbohydrate intake depending on the day. I do this by eating fewer carbs on the days I train smaller muscle groups and a higher carb intake on larger muscle groups training days.

EXAMPLE

Day 1	Legs + Abs	High carbs
Day 2	HIIT + Upper Body	Low carbs
Day 3	Legs + Abs	High carbs
Rest Day		Low carbs
Day 4	HIIT + Upper Body	Low carbs
Day 5	Total Body	High carbs
Rest Day		Low carbs

LOW CARB DAY

Meal 1 - Scrambled eggs with bacon

Meal 2 - Chicken lettuce wrap

Meal 3 - Spicy shrimp and zucchini

HIGH CARB DAY

Meal 1 - Oatmeal

Meal 2 - Sweet summer kale with
a protein shake

Meal 3 - Vegetable whole wheat pasta

CHEAT DAY TIP

Absolutely! An ideal diet is not about restriction but about making healthy choices. You should reward yourself after a week of discipline and hard work. One cheat meal weekly is perfectly fine, however it shouldn't become a whole day of overindulgence! Don't turn a cheat meal into a cheat day.

Example:

If you're having a French toast at brunch with your girls or a nice juicy burger with fries for lunch, opt for a salad or other low carbs option for your other meals

GROCERY LIST

FRUITS

Apples
Grapefruit
Avocados
Bananas
Berries
Peaches
Mango
Lemons
Oranges
Pears

VEGGIES

Broccoli
Carrots
Garlic
Kale
Onions
Peppers
Spinach
Squash
Lettuce
Zucchini
Brussel Sprouts
Cucumber
Mushrooms
Sweet Potato
Green Beans

PROTEIN

Beef
Turkey
Chicken
Eggs
Tempeh
Tofu
Black Beans
Lentils
Chickpeas
Salmon
White fish
Shrimp

COMPLEX CARBS

Brown rice
Quinoa
Oats
Whole wheat pasta
Whole wheat bread
Sweet potato
Couscous

NUTS, SEEDS & OILS

Almonds
Cashews
Pecans
Walnuts
Peanuts
Chia seeds
Flax seeds
Hemp seeds
Pumpkin
Nut butter
Grape seed oil
Coconut oil
Olive oil
Tahini

SYRUPS & VINEGAR

Pure Maple
Raw Stevia
Agave
Balsamic vinegar
Apple cider vinegar
Raw honey
Tamari
Hot sauce

HERBS & SPICES

Turmeric
Parsley
Chilli flakes
Black pepper
Paprika
All purpose seasoning
Cinnamon
Thyme
Basil
Himalayan pink salt

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LET'S WARM UP

Perform the following warmups before each workout EVERY DAY according to upper and lower body days. Lower body warmups are to be done on total body days

LOWER BODY DAYS

Jump rope - 2 minutes
High knee pulls - 30 seconds
March - 30 seconds
Plié squat with calf raise - 30 seconds
Alternating lateral lunges - 30 seconds
Hip Rotations - 30 seconds
Side shuffles - 30 seconds
Speed squats - 30 seconds
Lunge with kick - 30 seconds ea side

HIIT + UPPER BODY DAYS

Jump rope - 2 minutes
Arm circles - 30 seconds
Jumping jacks - 30 seconds
Arm reach - 30 seconds
Squat hold punches - 30 seconds
Chest openers with alt calf stretch - 30 seconds
Jog on the spot wrist rotations - 30 seconds
Downward dog to plank - 30 seconds
Inchworm walkouts - 30 seconds

STRETCH

30 SECONDS EACH

Squat to Forward Fold with Trunk Rotation Quad stretch
Bicep stretch
Tricep stretch
Chest and shoulder stretch
Extended puppy pose
Deep glute stretch

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WEEK 1 & 2

DAY 1 LOWER BODY

Weight: 10-25lbs dumbbells | Resistance bands

4 sets

Plank jacks - 1 minute
Jump Rope - 1 minute
Butt Ups - 15 reps
Alternating hand to foot crunch - 10 per side
Criss cross squats - 20 reps
Reverse lunge to curtsy lunge - 10 per side
Side step to squat - 10 per side
Deadlift to squat - 15 reps
Elevated glute bridge - 20 reps
Squats with 5 second hold - 15 reps

DAY 3 LOWER BODY

Weight: 10-25lbs dumbbells | Resistance bands

4 sets

Banded side shuffle - 10 per side
Glute bridge march - 10 per side
Tabletop glute bridge - 15 reps
Standing glute kickbacks - 12 per side
Dumbbell swings - 15 reps
RDL pulses - 15 reps
Goodmornings - 15 reps
Squat with calf raise - 15 reps
Reverse pulse lunge
with kickback - 12 per side
Reverse plank with
knee drive - 10 per side
Bicycle variation - 10 per side
Cocoon - 15 reps

DAY 2 HIIT + UPPER BODY

Weight: 5-15lbs dumbbells | 4 sets

Shoulder press combo - 12 reps
Single dumbbell front raise - 15 reps
Glute bridge hold with chest press to chest fly - 12 reps
Standing skull crushers - 10 per side
Floor butt kicks - 30 seconds
Squat with bicycle crunches - 10 per side
Half burpee with shoulder taps - 12 reps
Feet tap with hop - 1 minute

DAY 4 HIIT + UPPER BODY

Weight: 5-15lbs dumbbells | 4 sets

Side lunge with knee tap - 12 per side
Burpee knee tap - 12 reps
Weighted cross jacks - 15 reps
Surrender with press - 15 reps
Around the world into supinated front raise - 12 reps
Bent over rear delts pulls - 15 reps
Hammer curl with static hold - 12 per side
Bent arm lateral raise - 15 reps

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WEEK 1 & 2

DAY 5 TOTAL BODY

Weight: 5-15lbs dumbbells | **4 sets**

RDL to lateral raises - 15 reps

Reverse lunge to overhead press - 12 per side

Side plank with rear delt fly - 12 per side

Squat with rear delt - 15 reps

Switch jump to row - 12 reps

Overhead dumbbell to single leg tuck - 12 reps

REMEMBER TO REST & STAY HYDRATED

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WEEK 3 & 4

DAY 1 LOWER BODY

Weight: 10-25lbs dumbbells | Resistance bands

4 sets

Glute bridge walkout - 12 reps
Squat tap backs - 12 per side
Single leg RDL - 12 per side
Split squats - 12 per side
Alternating single arm DB jump squats - 10 per side
Double pulse lunge with kickback - 12 per side
Deadlift to lateral lunge combo - 10 per side
Wall sit - 1 minute
Weighted sit ups
with press - 15 reps
Russian twist
with overhead lift - 12 reps

Weighted scissor
kicks - 30 seconds

Weighted tuck with
extension - 15 reps

DAY 2 HIIT + UPPER BODY

Weight: 5-15lbs dumbbells | 4 sets

Alternating side lunge with snatch - 10 per side
Punching high knees - 30 seconds
Prisoner squat to half burpee - 12 reps
Spider monkeys - 30 seconds
Weighted pulse squats - 30 seconds

Superset:

Hammer curls to Tricep extension - 10 per side
Reverse plank knee tuck - 10 per side
Superman - 15 reps
Face pulls - 15 reps
Tricep dips - 12 reps
Pike push-ups - 12 reps

DAY 3 DAY 4 LOWER BODY HIIT + UPPER BODY

Weight : 10-25lbs dumbbells | Resistance bands

4 sets

Lying abductions - 15 reps
Single leg glute bridge - 12 per side
Frog pumps - 15 reps
Gliding lateral lunges - 20
Double pulse squats with hop - 12 reps
Criss cross squats - 15 reps
Wide to narrow dumbbell swings - 10 ea
Overhead sumo squat
to side step - 8 each
Squat hold
with abduction - 30 seconds
Open close abs
with knee tuck - 12 reps
Seated leg raises over
dumbbell - 20
Toe touch
crunches - 15 reps
Diamond
sit ups - 12 reps

Weight: 5-15lbs dumbbells | 4 sets

Bear crawl shoulder taps - 30 seconds
Plank jacks with burpee -
Squat to plank - 12 reps
Plank knee tuck variation - 10 per side side
Skater taps - 10 per side
Star jumps - 15 reps
Front raise to lateral raise - 12 each
Bent over row & Bicep curl combo - 12 each
Bent over fly - 15 reps
Alternating front press - 10 per side
Superset:
Rotate lateral extension to alternating hammer curls - 10 each
Tricep extension - 15 reps

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WEEK 3 & 4

DAY 5 TOTAL BODY

Weight: 5-15lbs dumbbells | **4 sets**

Alternating dumbbell swings - 10 per side

Single arm squat to overhead press - 12 per side

Lateral lunge with lateral arm raise - 10 per side

Curtsy lunge, squat, jump squat combo - 10 reps

Upright row with glute kickback - 12 each side

Glute bridge hold with overhead reach - 12 reps

Renegade rows to standing punches - 10 reps

Plank punches - 45 seconds

Sit up with punches - 12 reps

REMEMBER TO REST & STAY HYDRATED

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LASTLY

The goal is to be healthy. To feel great in your body and reach your body goals whether you're gaining or losing weight. Share your journey, inspire and encourage others. If you miss a day just keep going. Before anyone could run they had to sit up, crawl, stand, wobble, walk then run. It takes time. Be gentle with your body.

The @meinamonth Instagram page will be sharing updates as well as tips and encouraging posts to help you along this month. We will also be sharing information from our lady trainers who are also rooting for you. You are also invited to train with these amazing trainers.

If you know someone who would like to join us even if they don't want to win prize money or send before or after pics - extend the invitation!

When you post videos or pics of your workouts whether it is a selfie after a workout, a video of you taking a walk in the neighborhood, the HIIT circuit or even a food pic, remember to tag @meinamonth and use the hashtag #meinamonth.

This challenge begins 10/04/2021 and will end 11/05/2021.
Those who enter to win the cash prize - the winner will be announced 11/05/2021.

Do what you can do and don't be afraid to push yourself!

YOU GOT THIS!!!

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