

Welcome to the Healthy New You program! Whether you're brand new to exercise or coming back after a hiatus, this program is for you. Over the next 60 days, you will learn how to adopt a healthy lifestyle, making a habit of good nutrition and exercise and making it a permanent part of your life. This year, I want you to “resolve to evolve!”

This plan will consist of three phases:

### Phase 1: Kick-Start ► Building a Base

### Phase 2: Picking Up Speed ► Strength Builder

### Phase 3: Incinerate ► Fat Burning

Each phase consists of a unique 10-day schedule that repeats itself for a total of 20 days per phase. Each phase builds on the last as you move through the plan, becoming more challenging and enabling you to push your limits and reach your goals.

One thing to note: If you feel like you need to spend a little more time in a particular phase, to build a more solid base or add some more strength, then by all means do so. This is YOUR program and you should go at your own pace, moving on only when you're ready. That being said, don't be afraid to step out of your comfort zone — this is where the magic happens and wishes become reality!

### Kick-Start

During this phase, you will work out every other day for 10 days (five total workouts), then you will repeat that schedule for the subsequent 10 days. The workouts in this phase will allow you to build a solid base of strength and endurance and prep your body for the work to come.

The programming during Phase 1 is circuit style, and the workouts will be divided into muscle groups such as legs, back, shoulders and arms. The circuit format keeps you moving, burning calories and building endurance while you sculpt lean muscle tissue.

### Phase 1 Schedule (Days 1-20)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Full-Body Kick-Start	Rest	Upper-Body Blast	Rest	Legs and Butt — Tone 'Em Up!
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Rest	Total-Body Sculpt	Rest	Guns 'n' Buns	Rest
(REPEAT CYCLE)				
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Full-Body Kick-Start	Rest	Upper-Body Blast	Rest	Legs and Butt — Tone 'Em Up!
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Rest	Total-Body Sculpt	Rest	Guns 'n' Buns	Rest

### Picking Up Speed

Phase 2 follows the same pattern as Phase 1 with a 10-day repeating schedule, but during this phase, you'll add more workout days and will have fewer rest days.

This phase is all about building strength, power and muscular endurance, helping build that critical lean tissue that will give you the sculpted look you desire. You'll also learn about plyometrics, or explosive movements. These are incredible for adding lean muscle and burning calories, and I will teach you how to do them safely and effectively. But don't worry: If for some reason you have a condition or an injury that prevents you from doing plyometrics, I offer ways to modify the moves to accommodate your limitations.

You'll recognize the circuit-format workouts you learned in Phase 1, but the moves and the bodypart splits are different to keep things interesting and keep your body guessing. I've also added a 45:15 interval-style workout, in which you'll work for 45 seconds and you'll rest for 15 seconds. This kind of training challenges your cardiovascular fitness, improves muscular endurance and gives your body a new challenge. Finally, I've added a Challenge Yourself option. Here, you can either take the day off completely or make this an active rest day. By "active rest" I mean doing something less strenuous than a traditional workout — taking a walk, going on an easy hike, jogging or playing with your kids. Get creative and have fun! But make sure you listen to your body: If you're sore and tired, then take the day off. If you've got a little gas left in your tank, then get your move on!

### Phase 2 Schedule (Days 21-40)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Legs and Booty Builder	Powerhouse Upper Body	Rest	Muscle Mania: Total Body	High 'n' Tight: Legs, Booty and Abs
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Rest	Wonder Woman Strength	Sweat and Shred: Total Body	Rest -or- Challenge Yourself Option	Rest

(REPEAT CYCLE)

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Legs and Booty Builder	Powerhouse Upper Body	Rest	Muscle Mania: Total Body	High 'n' Tight: Legs, Booty and Abs
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Rest	Wonder Woman Strength	Sweat and Shred: Total Body	Rest -or- Challenge Yourself Option	Rest

### Incinerate

This phase is all about burning fat and uncovering the beautiful muscles you've built underneath. This will be the hardest of the phases, and you'll be working out seven out of 10 days with an optional Challenge Yourself day. You'll continue with the circuits and the 45:15 intervals, but you'll use new bodypart splits and new moves, and you'll ramp up the explosive elements for optimal fat burning.

Since this phase should be challenging, I've added some Tabata training. These intense four-minute workouts will blast fat and create an afterburn effect that lasts up to 48 hours postworkout.

Since this is the final stretch, focus on pushing yourself and increasing your intensity wherever possible. If you have been doing the modifications for any exercises, try to do them as prescribed. Use heavier weights, add more rounds or reps, or even take less rest time between rounds. Whatever you can do to step it up a notch will boost your results that much more.

### Phase 3 Schedule (Days 41-60)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Lean and Mean: Plyometrics	Great Guns	Rest -or- Challenge Yourself Option	Power Up: Legs and Butt	Cardi Party: Plyometrics
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Strong Is Sexy: Strength Test	Rest	Booty Blast	Sweat It Out	Rest -or- Challenge Yourself Option
(REPEAT CYCLE)				
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Lean and Mean: Plyometrics	Great Guns	Rest -or- Challenge Yourself Option	Power Up: Legs and Butt	Cardi Party: Plyometrics
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Strong Is Sexy: Strength Test	Rest	Booty Blast	Sweat It Out	Rest -or- Do Your Favorite Workout of the Whole Program!

### Equipment Needed

I designed this program to be done anywhere — in your home, in a hotel room or even at the gym. Here is a list of equipment I recommend for your workouts:

- Jump rope
- Resistance-band loops
- Resistance bands with handles
- Dumbbells
- Kettlebells
- Exercise ball
- Medicine ball
- Ab roller
- Bench or box
- Water bottle

If you don't have all this equipment, no worries — you can still do the workouts with what you have handy. For instance, you can use dumbbells instead of kettlebells, or a chair or staircase instead of a bench or a box. But remember, the more tools you have at your disposal, the more variety you'll have in your workouts and the faster you'll progress.

### Warming Up and Cooling Down

Before each and every workout, I want you to warm up. Warm-ups are imperative because they make your muscles more pliable and will help prevent injury. Move your body around in some way for five to 10 minutes — walk briskly, jog in place, jump rope, do jumping jacks — anything that can get your blood flowing and elevate your core temperature. Dynamic stretches such as leg swings, arm circles and air squats are also a great way to get your body ready to work.

After each workout, cool down five to 10 minutes. Walk slowly until your heart rate returns to normal, then spend some time stretching the large muscles of your body as well as any others that need attention. Static stretching improves mobility, helps flush metabolic wastes from your muscles and decreases your next-day soreness.