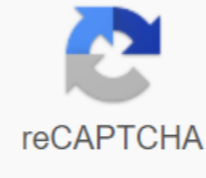




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## Trainer lindsey 15 day challenge pdf

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krmivo, nicméně, když jsem viděl Lindsey Matthews 'odkaz pro tento 15 dnů výzvu, jsem kliknul na to. Mostly see a ridiculous cookie cutter, unhealthy, plan that most people post to bait poor, uneducated, unsuitable women. Sure, sure. It will be filled with super skinny models telling us to eat 1200 calories a day and do hours of cardio and not lift one weight, otherwise we will look like a man.... I was wrong. Lindsey Matthews appears in the video, and she is not a super skinny, bone thin model. He looks healthy. Very well balanced. Like what I want to look ☺ I read through a website, associated myself with a Facebook group, and eventually signed up. The guide comes with a program that includes work outs, meals, substitutions, and a eating plan. Meal plans are divided into weight classes. Definitely better than one plan for all shapes and sizes! You're asked to take your measurements. There is also a page dedicated to how to make measurements. Simple as a slap. You'e also asked to be in front of the photos. My initial stats:Weight: 124.6Chest: 32Waist: 29Belly Button: 32.5Glutes: 37.5R. Thigh: 20R. Calf: 13.5R. Arm: 10 Food planning and preparation has been highlighted. Luckily I've been food planning and prepping for some time. The guide clearly explains how this plan is structured. The first 2 days are considered Jump Start. There is 1 meal (each meal includes 6 meats throughout the day). Days 3-13 are called Mild days. There are 3 different meal plans to choose from. Days 14 and 15 are Flush Days, in which you use the same dining plan as jump start days. There's a schedule in the e-book. In my opinion, it's more than easy to find out. I printed out the measurement page, the schedule page, and all the meal plans for weight class 135 and below. I left it next to the stove for easy access. I used my meal calendar and shopping list of prints, which I included in my eBook to write every meal for 15 days, and then listed my shopping list. I just simplified it. Day 1: Flush mealDay 2: Flush MealDay 3: Mod Day 1Day 4: Mod Day 5: Mod Day 3Day 6: Mod Day 1Day 7: Mod Day 2Day 8: Mod Day 3a so on. . . . I took a shopping list around the kitchen and crossed out all the items I already had My shopping list quickly shrunk. The plans didn't require anything fancy, and most of it I already had. Buying fresh produce and steaks were the only things I really had to worry about. The dishes are pretty basic which made the preparation super easy. I'm not a great cook. Seriously. I can't even make a box of macaroni and cheese. I'm sure Jayson complained about every box I tried to make! So these basic dishes were a breeze! There are a few sauces or glazes that you make, but easily peasy. Another great thing about this challenge. Everything is explained to you! Since I'm home most days, I prepare many meals, and most meals were cooked within 15 minutes. Because the food was so simple, I was able to pack them up and eat them in the car when I run the ries. I even took my wrapper and no protein to bake in the cinema. Here's a look at some of the dishes: Buffalo Ranch Chicken, Raspberry Cheesecake Protein Shakes, Steak, Turkey Wraps, Sweet Potatoes, Night Desserts, and Unlimited Veggies... This is all part of my normal diet, so it wasn't hard for me to eat it over and over again. Honestly. I think it gave me more variety than I normally give myself. I know there have been a few complaints about not having many food options. Sure, I would be happy with 4 or 5 medium day meal plans, but I also know how much work can go into planning and calculating food, so I'm grateful for 3! The workouts were really only 20 minutes. You don't need a gym membership or luxury amenities at home. I used 5, 8, and 10 pound dumbbells, and exercise ball. That's it. Lindsey and Kaytlin will guide you through every exercise. I've seen challenges where coaches bust through exercise in poor form, never explaining how to do it right. They made sure they could show the right form for each of them. One thing I didn't like about the job is that there was no warming up or cooling off. Or even a reminder to do one, yes, maybe it's not to think about, especially since I've been a boot camp instructor for some time, and always started my classes with a warm-up, and ended up with a cool off. But for those that are new to fitness life, I think it's important to include at least a reminder. Some days I'd be so busy trying to squeeze work while my 11 month old was distracted. I'd get halfway to my job out and realize it would never warm up. Warm-up is a huge difference for me! In addition, the work outs were basic but effective. I think any person, regardless of their shape and size, could do any exercise. It is set to do 10-15 reps or 3 exercises, followed by a little cardio, x2. Then, another set of exercises, and cardio, x2. Basic. Simple. Effective. Here is my day 7 photos and statistics: Weight: 121.2Chest: 32Waist: 28Belly Button: 31.5Glutes: 37R. Thigh: 20R. Calf: 13R. Arms: 10 In my there really isn't much visual difference. But I can say that I felt much more energized. I don't get much sleep with our 11-month-old baby. Until recently, he woke up at midnight to be treated, and then he was awake every hour. Sometimes he'd wake up at three just because he was awake for an hour. My 6 year old was a perfect sleeper almost instantly. These last 11 months have been crazy. I can't believe I'm able to function half the time with out no sleep! My motivation picked up around 4. I was looking forward to my morning work and most of all I was looking forward to another meal. I LOVE FOOD. I always have. So being on every 3 hours or so the plan was great for me! One thing I noticed was that I was averaging only about 1,300 calories a day. My goal is to win, so I know I actually have to eat more than that. But it worked out well for cutting. It gave me quick results that helped me get motivated quite easily. In general, I eat between 1600 & 1800 calories per day. I was afraid I wouldn't have enough calories in there. At the end of every day, however, I was always full. And ending with dessert 6 helped me keep me away from late night snacks! Way. Nursing moms. I read on the FB group that many nursing mom's milk supplies dipped. In the beginning, my lactation consultant told me that there is usually 3 months, 6 months and 9 months of peace of mind on offer. For the first 5 months or so, I pumped 4-6 times a day as they did anywhere from 12-18 oz pump sessions. I remember about 3 and 6 months ago that my van dipped. My diet and exercise regiments have never changed. I pumped only 2-4 ounces in a couple of days. However, 11 months ago, I started this challenge and there was no change in my offer. I couldn't tell you if it was because we were so consistent for 11 months, or if I was as lucky as it could be. I also didn't take any supplements. I stuck to protein powder and prenatal. And no, I didn't use Ideal Lean protein powder. I wish I had though, because Ideal Lean macros are so much better than my Wal Mart protein powder. I'm so curious what a difference it could have made! Mine had almost twice as many calories, fats, carbohydrates and much less protein. Unfortunately I had a pretty full tub of vanilla and chocolate protein powder, and I didn't have an extra \$55 to spend on more protein powder. I wish I could say I followed this plan exactly, but I'm not saying. I gave up a few times. But compared to how normally the cave, it was a miracle. I had a piece of Lindsay's burger from Wendy's licking Ally's ice cream cot, frosty valve and 2 smores. Smores were my cheat food that we could have. For those who know me, I have food anxiety/obsession. Most days it's easy to handle, but some days are terrible. I binge and binge and binge and can easily consume Calories. Cheat food threw me quite a bit and I've struggled in the last few days of this challenge. Finally, my final results: Weight: 118.4Chest: 31Waist: 26Belly Button: 30Glutes: 36R. Thigh: 20R. Calf: 13R. Shoulder: 10 Down 6.2 pounds and 8 inches lost. I honestly didn't expect these results. I did this challenge because I needed motivation. I needed to plan a plan for me. I needed responsibility. I've got it all and more! Our 11 month old has me so tired and so busy. Typical day for me: Breakfast for AllyCountyCounty dressed her up and out the door in time (which rarely happens.... sorry Jayson :P)Jayson goes to work and takes Ally to schoolSome I remember her wrap lunchChalit lil man happy .... he does not leave my hip, so laundry, dishes, vacuuming, etc. ☺. Cook dinner. Clean the cooking mess and all the plates from dinner. I mentioned about our company (www.SpireMMA.com - go see if your'e mma fan ☺ ) introduced a new rule that requires blood tests from fighters? My oh my. It was a lot of work in a very short time. Creating a privacy policy, talking to trainers/fighters/promoters trying to get it all straightened out, creating privacy documents for employees and fighters, and so on, and so on.... I haven't worked on my eBook in over 2 months! This challenge was the first routine I've had in a long time! And I loved it ☺ think this plan is great for a busy mom, wife, student or career-oriented woman. Someone who needs a little extra motivation. Some responsibility. I read many members of the group who were morbidly obese and succeeded. I read that some of the ladies who thought it appropriate were fighting. I think it's all up to you. Are you just going to whin and complain about water intake, food intake, boring food, or are you going to suck it up and do what's best? Of course, I recommend talking to your primary care physician if it's far from your normal routine..... just in case ☺ One of the best advice I can give is to save a link that has all the work outs along with an eBook guide to your phone, iPad, tablet, desktop, or whatever it is that you are using. It made it so much easier to cook, exercise, and refer to when questions popped up about refunds, or at what time I should eat it when. I've eliminated a lot of possible excuses I could come up with. It also saved me from asking questions that have already been asked 100 times on facebook groups. Seriously, before you ask a question, read the eBook guide. I guarantee you your question is answered in the book. Also get on the scale when it comes to weighing in on the day. I've always told all my training camp clients to ignore the number on the scale. I'm trying to that with all the water you drink, a change in your diet, and the addition of exercise, the numbers will fluctuate. The best way to check your progress is before and after photos, measurements and how you feel in clothes. When I kept weighing myself, I woke up at 120. It's really a confusion with your mind! IGNORE THE WEIGHT!!!!!! I'll be starting the challenge again tomorrow, and I don't plan on having a cheat meal this time. I'm so excited to see what the results are! I was very lucky in the first round. I look forward to what this bike will bring! Yes, I will post another update when I did! ☺ questions about the challenge or something I've done with this challenge? Comment below, or you can find me on Facebook, Instagram, or SnapChat @ DianeMichiko ----- Join my Facebook group HERE, to find out which brand will be best for you, how each product works, and all current offers and promo codes! READY FOR SOME IDEALFIT DISCOUNTS!? NEW CUSTOMERS: Get a 25% discount on your first purchase! Visit HERE for an automatic 10% off. 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