

B21 Weight Loss Program

Drinking: Water, Tea, Coffee only: NO SUGAR (Little honey, coconut water, okay).

Eating: Between 10am and 8pm ONLY. No candy, fast food, deep fried, or bread/cupcakes/cookies.

Strength: (Stretch Psoas, Mini-Squats, Core, Push-Ups, Band Pulls 1 & 2) x 2 set with 40 sec rest. BREATHE!

Cardio: (Run, Jumping Jacks, Bike, Rower) x 20 sec. Rest 40 sec. Repeat 4 times.

RULES:

- 1) Greet everyone with a hug.
- 2) No complaining or criticism.
- 3) Support and encourage everyone.

We reserve the right to expel anyone from the family.

	MON	TUE	WED	THU	FRI	SAT	SUN
Wk 1	Group Class or Check In			Group Class or Check In			
Wk 2	Group Class or Check In			Group Class or Check In			
Wk 3	Group Class or Check In			Group Class or Check In			

For Group Class schedule, go to <https://stinkybody.com/classes>

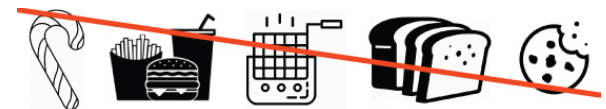
Final Measurement **PARTY** on Monday of 4th week.

Record your exercise repetitions every day (use a separate sheet if needed) AND bring with you each Check-In and Group Class.

NAME _____

START DATE _____

COACH _____



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STEP BY STEP CHECKLIST

WEEK 1:

*Submit pics of FRONT, SIDE, BACK in sports bra and shorts.

1. Drink*
2. Ex Sequence
3. Herb
4. Eat 10a-8pm (10a-6pm winter)
5. Ex Sequence

WEEK 2

Add: _____

WEEK 3

Add: _____

Exercise Sequence

1. Psoas Stretch (bounce)



2. Mini-Squats



3. Core Crunch



4. Push-Ups



5. Band Pull (Up)



6. Band Pull (Side)

