FIGHT THE FAT
15 DAY CHALLENGE WITH KAYTLIN NEIL
It's time to fight your way to fitness! Let's get started!
In my 15 Day Fight the Fat Challenge, you will:

- Build lean muscle and burn fat.
- Learn to consistently eat healthy: simple and easy.
- Learn fat burning MMA-inspired workout moves.
- Have a great time working out!
KAYTLIN’S STORY

Let me tell you about how I came to love fitness. I came from an active family: I watched both of my parents exercise and stay fit, and even as a kid I was into cheerleading and dance. I figured out early on that fitness could be really fun… but I also learned that it wouldn’t always be easy.

When I started my freshman year of college I knew I wanted to become a certified personal trainer in addition to earning my bachelor of science in community health. I was working out 2-3 hours a day but I was suddenly free to eat whatever I wanted. And I chose poorly. We all know what that’s like, right? I realized how bad my nutrition was when I gained the dreaded “freshman 15.”

I felt horrible! Here I am earning my degree in community health, working on becoming a personal trainer and I couldn’t even stay in shape!
I wondered, “How can I be a personal trainer and tell people how to be healthy, when I can't even do it myself?”

I soon discovered the fire and passion I needed when my friends took me to watch an MMA (mixed martial arts) fight. These fierce, fit girls were so confident and tough I couldn’t help but fall in love with the sport!

My own personal fitness and weight loss experience has given me the fuel and know-how to help thousands of people lose weight and reach their fitness goals.

I knew that I needed to get back in shape in order to become a serious MMA athlete and personal trainer. Being myself, I picked a method that I knew would work: I signed up for a bikini competition. If knowing that hundreds of people will be looking at you in a bikini won’t get you eating the right foods, then I don’t know what will! The bikini show gave me a goal and deadline but it was my MMA training that helped me burn fat and get toned.

My own personal fitness and weight loss experience has given me the fuel and know-how to help thousands of people lose weight and reach their fitness goals; And now I’m ready to help you too, with my 15 Day Fight the Fat Challenge! MMA works so well because it doesn’t feel like working out. I can’t think of anything worse than running on the treadmill for an hour, but MMA is fun, fast-paced and challenging.
I want you to see that getting fit and staying fit will make you a happier, healthier, more active, more lively person. You don’t have to spend hours at the gym to feel confident and full of life. With my 15 Day Fight the Fat Challenge you can experience all of these benefits in less than half an hour every day with my fast-paced, never-boring workouts.

And as far as food goes, my plans are totally maintainable. I love to eat PB&Js and I hate meal plans that are so specific that you feel like you ruined your whole day if you don’t eat lunch at exactly the right time.

My workouts aren’t easy: they will totally kick your butt so you can get max calorie burn! We’re going to have fun getting sweaty, and we’re going to learn how to eat healthy without a million rules to follow.

You ready?

Hugs & Kicks,
Kaytlin
TAKING YOUR PICTURES AND MEASUREMENTS

How to Take Perfect Measurements (see page 8 for examples)

**Chest**: Circumference of rib cage/chest at the nipple line

**Waist**: Circumference of waist at the smallest point - usually an inch or two below ribs

**Belly Button**: Circumference of stomach at the point that is level with belly button

**Glutes**: Circumference of glutes/hips around the fullest part of glutes

**Right Thigh**: Circumference of thigh around the fullest part

**Right Calf**: Circumference of calf around the fullest part

**Right Arm**: Circumference of arm halfway between shoulder and elbow

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<tr>
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<th>DAY 1</th>
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CHEST

GLUTES

RIGHT THIGH

RIGHT ARM

RIGHT CALF
HOW TO TAKE PERFECT BEFORE/AFTER PICTURES

• Take pictures in the same place at the same time of day both times.

• Like measurements, take pictures first thing in the morning, after using the bathroom and before you eat anything.

• Wear the same thing in both pictures, preferably shorts and a sports bra.

• Include your whole body in the pictures, or at least from the knees up.

• Take a front-facing and a back-facing picture, plus one from the side.
ABOUT FIGHT THE FAT

Here’s the (Meal) Plan
Each Day Choose:
• 1 Breakfast option
• 1 Lunch option
• 1 Dinner option
• 2 Snack options
• 1 Treat option or a snack option (I recommend eating this post-workout)

A big part of this meal plan is making sure that you eat roughly every 3 hours. This will help you stay full so you can maximize your fat burn.

I recommend eating your treat option after your workout. It can be eaten at the same time as another meal, no need to space it out.

Try to stick to a regular schedule (like mine below). I know each day may be different or busy; It’s not a big deal! Just be sure to eat all of your food every day. Your body needs it.

As long as you’re eating all of your meals and waiting 3 hours in between each one, you’re good to go.
Here’s an example of my meal schedule so you can see what that looks like.

- Wake Up
- Wait 3 hours

**Breakfast**
- Wait 3 hours

**Lunch**
- Wait 3 hours

**Snack**
- Wait 3 hours

**Dinner**
- Wait 3 hours

**Snack**

**Treat** - Either I eat my treat after my workout or I end up eating my treat at the same time as my snack or lunch.

**Tips**
- Add as many veggies as you want to each meal or between meals if you’re hungry. Broccoli, cauliflower, carrots, brussel sprouts, spinach, leafy greens etc. are all allowed, but stay away from “starchy” veggies like potatoes and corn. They’re higher calorie! I included a full list of free veggies after your meal plan.

- Drink between .75 and 1 gallon of water every single day.

- On day 6, have a treat meal under 600 calories! (ANYTHING you want. Not EVERYTHING you want.)

- Spice it up! These are guides to help you know what to eat but feel free to add light dressings, your favorite spices, and other healthy flavor options to make things taste good to you. Remember not to go overboard with the dressings; just one serving or less with each meal that needs some.
MEAL OPTIONS

These meal plans are based around calorie goals. I’ve already done the math on the macronutrient ratios so you don’t have to! Pick from the options below, use substitutions to create recipes you love, or come up with completely new recipes using the calorie goals as your guide.
25 LBS OR LESS TO LOSE
Vegetables
These vegetables are “free,” meaning that you can eat as much as you like whenever you like! Supplement your meals or use them as snacks.

Asparagus  Broccoli  Okra
Brussels sprouts  Onions  Bell Peppers
Cabbage  Radishes
Cauliflower  Snow Peas
Celery  Spinach
Collard greens  Tomatoes
Cucumber  Zucchini
Eggplant  Green Beans
Fennel  Carrots
Green Onions  Pickles (all varieties)
Leeks  Squash
Lettuce (all varieties)
Meals: 300-375 cals | Snacks: 100-200 cals | Treats: 100-200 cals | Total: 1,200-1,725

**BREAKFAST OPTIONS**

**Oatmeal**
½ cup oats
1tbs raw honey
(or sweetener of choice)
¼ cup fruit
(frozen or fresh)
choose 1 side of protein:
2 oz Turkey
3 egg whites
1 scoop IdealLean Protein (in oats
or mixed with water)

**Meal Replacement Smoothie**
1 scoop IdealLean Protein
1 cup water, almond milk or milk
1/2 cup fruit
⅛ cup chia seeds
4-8 ice cubes (if desired)

**Toast & Eggs**
1 piece whole grain or rye toast
1 egg & 3 egg whites
¼ avocado
(my fav is sunny side up with egg
yolk cracked onto the toast)
LUNCH OPTIONS

PB&J
2 slices of whole grain or rye bread
1 tbs natural peanut butter or ground nuts
1 tbs natural fruit spread or mashed fruit

Sandwich
2 slices of whole grain or rye bread
4 oz lean meat (turkey, chicken, etc)
¼ avocado
-Add preferred veggies
-Add mustard, hummus, mayo made with olive oil or mash the avocado for a spread or any other healthier spread choices. (1-2 tbs)

Smoothie
1 scoop IdealLean Protein, any flavor
1 cup water, almond milk or milk
½ banana
1 tbs peanut butter or 2 tbs peanut butter powder
4-8 ice cubes

Wrap
1 whole grain tortilla
4 oz lean meat (turkey, chicken, etc)
¼ avocado
-Add preferred veggies
-Add mustard, hummus, mayo made with olive oil or mash the avocado for a spread or any other healthier spread choices. (1-2 tbs)
DINNER OPTIONS

Chicken & Rice
4 oz chicken
½ cup rice
1 cup veggies
-season with garlic powder, bbq sauce, popcorn seasoning or any healthier seasoning/flavoring choices

Quinoa Salad
½ cup quinoa
1tbs olive oil
1 cup chopped veggies
-flavor with seasoning/light dressing of choice and herbs (I like cilantro)

Salad
2 cups of leafy greens (I prefer kale or spinach)
1/2 oz feta cheese
½ cup raspberries
2 tbs pecans
2oz chicken
2 tbs light raspberry vinaigrette dressing or ½ squeezed lemon

Green Smoothie
1 cup of water, almond milk or low fat milk
1 scoop Vanilla IdealLean Protein
¼ cup greek yogurt
1 cup spinach
1/2 banana (or ½ cup fruit of choice)
SNACK OPTIONS

Yogurt
1 cup Greek yogurt
½ cup Fruit

Hummus
¼ cup Hummus
1 cup veggies

Cheese and Veggies
1 reduced fat string cheese
1 cup veggies
*optional*
sprinkle popcorn seasonings on veggies for taste

Rice Cake
1 rice cake
1 tbs almond or peanut butter

2 Fight Bites
Ingredients:
1 cup quick oats
1/2 cup natural peanut or almond butter
1/2 cup dark chocolate chips
1/3 cup raw honey
1 scoop of your favorite flavor IdealLean Protein
Directions: Stir all ingredients together, roll into individual balls, and roll balls in extra oats. Refrigerate and enjoy!

One recipe makes 20 bites, 90 calories a ball, two balls is one serving, each ball will be .7 oz on a food scale
TREAT OPTIONS

Dark Chocolate
1 oz. of 70% or more cocoa

Chocolate milk
1 cup chocolate milk (good for post workout)

Rice Cake
1 rice cake
1 tbs almond or peanut butter

IdealLean Protein
1 scoop IdealLean Protein
1 cup water, milk, almond milk
(good for post workout make sure to pair with a milk that has carbs if it is for post workout)

Supplement Options:
IdealLean Protein: for a good protein powder you can make into a smoothie/shake. I recommend IdealLean Protein.
IdealLean BCAAs: I use BCAAs while I train to make sure my body is staying hydrated, and can recover quicker/easier.
26-50 LBS TO LOSE
**Vegetables**

These vegetables are “free,” meaning that you can eat as much as you like whenever you like! Supplement your meals or use them as snacks.

<table>
<thead>
<tr>
<th>Vegetables</th>
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<tbody>
<tr>
<td>Asparagus Broccoli</td>
<td>Okra</td>
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<tr>
<td>Brussels sprouts</td>
<td>Onions</td>
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<td>Cabbage</td>
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<td>Carrots</td>
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<td>Leeks</td>
<td>Pickles (all varieties)</td>
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<tr>
<td>Lettuce (all varieties)</td>
<td>Squash</td>
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<tr>
<td>Mushrooms</td>
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</tbody>
</table>
Meals: 325-400 cals | Snacks: 100-200 cals | Treats: 100-200 cals | Total: 1,275-1,800

BREAKFAST OPTIONS

**Oatmeal**
- ¾ cup oatmeal
- 1 tbs raw honey
  (or sweetener of choice)
- ½ cup fruit
  (frozen or fresh)
- choose 1 side of protein:
  - 3 oz Turkey
  - 4 egg whites
  - ¾ scoop of IdealLean Protein
  (in oats)

**Meal Replacement Smoothie**
- 1 scoop IdealLean Protein
- 1 cup water, almond milk or milk
- ¾ cup fruit
- ⅛ cup chia seeds
- 4-8 ice cubes (if desired)

**Toast & Eggs**
- 1 piece whole grain or rye toast
- 1 egg & 3 egg whites
- ½ avocado
  (my fav is sunny side up with egg yolk cracked onto the toast)
LUNCH OPTIONS

PB&J
2 slices of whole grain or rye bread
1 tbs natural peanut butter or ground nuts
1 tbs natural fruit spread or mashed fruit

Sandwich
2 slices of whole grain or rye bread
4 oz lean meat (turkey, chicken, etc)
1/2 avocado
- Add preferred veggies
- Add mustard, hummus, mayo made with olive oil or mash the avocado for a spread or any other healthier spread choices. (1-2 tbs)

Wrap
1 whole grain tortilla
4 oz lean meat (turkey, chicken, etc)
1/4 avocado
- Add preferred veggies
- Add mustard, hummus, mayo made with olive oil or mash the avocado for a spread or any other healthier spread choices. (1-2 tbs)

Smoothie
1 scoop IdealLean Protein (any flavor)
1 cup water, almond milk or milk
1/2 banana
1 tbs peanut butter or 2 tbs peanut butter powder
4-8 ice cubes
Chicken & Rice
5 oz chicken
1/2 cup rice
1 cup veggies
- Season with garlic powder, onion powder, popcorn seasoning or any healthier seasoning/flavoring choices
**DINNER OPTIONS**

**Quinoa Salad**
3/4 cup quinoa  
1.5 tbs olive oil  
1 cup chopped veggies  
-flavor with seasoning/light dressing of choice and herbs (I like cilantro)

**Salad**
3 cups of leafy greens (I prefer kale or spinach)  
1/2 oz feta cheese  
½ cup raspberries  
2 tbs pecans  
3oz chicken  
2 tbs light raspberry vinaigrette dressing or ½ squeezed lemon

**Green Smoothie**
1 cup of water, almond milk or low fat milk  
1 scoop Vanilla IdealLean Protein  
1/2 cup greek yogurt  
1 cup spinach  
1/2 banana (or ½ cup fruit of choice)
SNACK OPTIONS

**Yogurt**
1 cup Greek yogurt
3/4 cup Fruit

**Hummus**
¼ cup Hummus
1 cup veggies

**Cheese and Veggies**
1 reduced fat string cheese
1 cup veggies
*optional*
sprinkle popcorn seasonings
on veggies for taste

**2 Fight Bites**
Ingredients:
1 cup quick oats
1/2 cup natural peanut or almond butter
1/2 cup dark chocolate chips
1/3 cup raw honey
1 scoop of IdealLean Protein (any flavor)

Directions: Stir all ingredients together, roll into individual balls, and roll balls in extra oats. Refrigerate and enjoy!

One recipe makes 20 bites, 90 calories a ball, two balls is one serving, each ball will be .7 oz on a food scale

25 LBS -- 50 LBS TO LOSE
**TREAT OPTIONS**

**Dark Chocolate**
Dark chocolate
1.5 oz. of 70% or more cocoa

**Chocolate Milk**
1 cup chocolate milk (good for post workout)

**Rice Cake**
2 rice cake
1.5 tbs almond or peanut butter

**IdealLean Protein**
1 scoop IdealLean Protein
1 cup water, milk, almond milk

**Supplement Options:**
IdealLean Protein: for a good protein powder you can make into a smoothie/shake. I recommend IdealLean Protein.
IdealLean BCAAs: I use BCAAs while I train to make sure my body is staying hydrated, and can recover quicker/easier.
50 LBS OR MORE TO LOSE
Vegetables

These vegetables are “free,” meaning that you can eat as much as you like whenever you like! Supplement your meals or use them as snacks.

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Fennel
- Green Onions
- Leeks
- Lettuce (all varieties)
- Mushrooms
- Okra
- Onions
- Bell Peppers
- Radishes
- Snow Peas
- Spinach
- Tomatoes
- Zucchini
- Green Beans
- Carrots
- Pickles (all varieties)
- Squash
BREAKFAST OPTIONS

**Oatmeal**
- ¾ cup oatmeal
- 1 tbs raw honey
- (or sweetener of choice)
- ½ cup fruit
- (frozen or fresh)

Choose 1 side of protein:
- 4 oz Turkey
- 5 egg whites
- 1 scoop of IdealLean Protein (in oats)

**Meal Replacement Smoothie**
- 1 scoop Vanilla IdealLean Protein
- 1 cup water, almond milk or milk
- 1 cup fruit
- ½ cup chia seeds
- 4-8 ice cubes (if desired)

**Toast & eggs**
- 1 piece whole grain or rye toast
- 2 eggs & 3 egg whites
- 1/2 avocado
- (my fav is sunny side up with egg yolk cracked onto the toast)
LUNCH OPTIONS

PB&J
2 slices of whole grain or rye bread
1 tbs natural peanut butter or ground nuts
1 tbs natural fruit spread or mashed fruit

Sandwich
2 slices of whole grain or rye bread
4 oz lean meat (turkey, chicken, etc)
1/2 avocado
-Add preferred veggies
-Add mustard, hummus, mayo made with olive oil or mash the avocado for a spread or any other healthier spread choices. (1-2 tbs)

Wrap
1 whole grain tortilla
4 oz lean meat (turkey, chicken, etc)
1/4 avocado
-Add preferred veggies
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Smoothie
1 scoop IdealLean Protein (any flavor)
1 cup water, almond milk or milk
1/2 banana
1 tbs peanut butter or 2 tbs peanut butter powder
4-8 ice cubes
DINNER OPTIONS

**Chicken & Rice**
6 oz chicken  
½ cup rice  
1 cup veggies  
-season with garlic powder, bbq sauce, popcorn seasoning or any healthier seasoning/flavoring choices

**Quinoa Salad**
3/4 cup quinoa  
1.5 tbs olive oil  
1 cup chopped veggies  
-flavor with seasoning/light dressing of choice and herbs (I like cilantro)

**Salad**
4 cups of leafy greens (I prefer kale or spinach)  
1/2 oz feta cheese  
½ cup raspberries  
2 tbs pecans  
4oz chicken  
2 tbs light raspberry vinaigrette dressing or ½ squeezed lemon

**Green Smoothie**
1 cup of water, almond milk or low fat milk  
1 scoop Vanilla IdealLean Protein  
1/2 cup greek yogurt  
1 cup spinach  
1 banana (or ½ cup fruit of choice)
SNACK OPTIONS

**Yogurt**
1 cup Greek yogurt
1 cup Fruit

**Hummus**
¼ cup Hummus
1 cup veggies

**Cheese and Veggies**
1 reduced fat string cheese
1 cup veggies
*optional*
sprinkle popcorn seasonings on veggies for taste

**2 Fight Bites**
Ingredients:
1 cup quick oats
1/2 cup natural peanut or almond butter
1/2 cup dark chocolate chips
1/3 cup raw honey
1 scoop of your favorite flavor Ideallean Protein

Directions: Stir all ingredients together, roll into individual balls, and roll balls in extra oats. Refrigerate and enjoy!

One recipe makes 20 bites, 90 calories a ball, two balls is one serving, each ball will be .7 oz on a food scale.
TREAT OPTIONS

Dark Chocolate
2 oz. of 70% or more cocoa

Chocolate Milk
1 cup chocolate milk (good for post workout)

Rice Cake
2 rice cake
1.5 tbs almond or peanut butter

IdealLean Protein
1 scoop IdealLean Protein
1 cup water, milk, almond milk

Supplement Options:
IdealLean Protein: for a good protein powder you can make into a smoothie/shake. I recommend IdealLean Protein.
IdealLean BCAAs: I use BCAAs while I train to make sure my body is staying hydrated, and can recover quicker/easier.
IF THESE MEAL PLANS DON’T WORK FOR YOU...

It’s simplest to use my meal plans as written above. But if you want to mix things up, or you have dietary restrictions, or you just like to put together your own meals, I’ve compiled a list of allowed foods. See the calorie recommendations at the top of the meal plans? Don’t exceed those amounts and you’ll still be on the plan! Stick to the calorie guidelines for your plan and make sure you include a serving of protein with each meal and you’re good to go!

Carbohydrates

Here is a list of healthy carbs to choose from. Make sure that you’re eating the right serving size and that it falls within your calorie guidelines.

Oatmeal  Quinoa
Instant oatmeal  Barley
Low-fat/fat-free yogurt  Lentils
Cream of wheat cereal  Sweet potatoes/yams
Whole wheat tortillas  White potatoes/red potatoes
Corn tortillas  Black beans/kidney beans
Cream of rice cereal  Garbanzo beans/hummus
Brown rice  Plain or cheddar rice cakes
White rice  Air-popped popcorn
Ezekiel bread  Any cold cereal with 6g sugar
Whole wheat bread or less
Whole wheat products  Corn
Whole wheat pasta  Honey/agave/real maple syrup
Whole wheat couscous
Proteins

Here is a list of healthy proteins to choose from. Make sure that you’re eating the right serving size and that it falls within your calorie guidelines.

- Egg whites
- Whole eggs
- Chicken breast
- Turkey breast
- 93% lean ground turkey breast
- Canned tuna
- Cottage cheese
- Low-fat string cheese
- Beef jerky
- Plain fat-free Greek yogurt
- Flavored Greek yogurt
- 96% lean ground beef
- Top round steak
- Top sirloin steak
- Fish, any variety
- Salmon
- Pork tenderloin
- Protein powder
- Fat-free cheese
- Skim milk (This is allowed, but is not strictly a carb or a protein; it’s both.)
- Edamame (Same as the milk; both a protein and a carb.)
**Fats**

Here is a list of healthy fats to choose from. Make sure that you’re eating the right serving size and that it falls within your calorie guidelines.

- Extra virgin olive oil
- Flaxseed oil
- Coconut oil
- Fish oil capsule
- Natural almond butter
- Natural cashew butter
- Natural peanut butter
- Mixed raw nuts: almonds, walnuts, pecans, brazil nuts, cashews, etc.
- Cheeses: cheddar, mozzarella, blue cheese, goat cheese, feta, etc.
- Avocado
- Olive oil mayo (limited amount)
- Smart Balance Light Butter
Condiments/Extras/Drinks (in moderation)

Vinegars
Low-carb ketchup and mustard
Hot sauces and salsas
Seasonings and spices, including salt
Low-sodium soy sauce or steak sauce
DaVinci or Torani sugar-free syrups
Splashes of unsweetened almond milk
Walden Farms syrups
IdealLean BCAAs
Crystal Light or other low-calorie popsicles (under 10 calories)
Sugar-free Jell-O
2g sugar-free fat-free pudding powder (smoothie mix-in)
Diet sodas
Stevia or splenda sweeteners
½ tbs unsweetened cocoa (smoothie mix-in)
Spray-on salad dressings
Any store-bought salad dressing that is less than 5 calories per serving

Fruits
All fruits are okay, but limit to one serving.
ABOUT WORKOUTS
You can do your workouts at any time of day. Each one can be completed in approximately 20-30 minutes, they get longer as they go plus a warm-up and a cool-down.

MMA-INSPIRED WORKOUTS
Here are the written versions of your workouts in case you want to do them at the gym or you can’t follow along with the videos for any reason!

Equipment needed: small (1-2lbs), medium (5-12lbs), & heavy (15-20lbs) dumbbells and a couch/chair/bench. Your small (1-2lbs) dumbbell can even be a household object. You just need something to grip that has a little bit of weight for resistance (bananas could even work here!).

Warm-Up (before every workout)
2 deep breaths (with arm raises)
jog in place
side lunge, each side
rotate into runner’s lunge, each side
bend & straighten front leg 5x, each side
5 arm circles forward and back
jumping jacks
knee to chest quad stretch 3x, each leg
5 squats
5 toe hold squats
2 deep breaths

Cool-Down (after every workout)
2 deep breaths
hip flexor stretch 3x, each leg
5 walruses
child’s pose
calf stretch
side stretch
quad stretch
hamstring stretch
roll shoulders forward & back
tricep & bicep stretch
2 deep breaths
And you’re done!
DAYS 1-5 (3 ROUNDS)

DAY 1

Warm-Up

Round 1:
Hamstrings & Glutes
  1st min: jab-cross-hook & 2 jumping jacks (60 sec)
  2nd min: (30 sec) frogs & frog taps (30 sec)
  3rd min: glute-bridge (30 sec) glute-bridge hold (30 sec)

Round 2:
Hamstrings & Cardio
  1st min: straight-leg deadlifts
  2nd min: right stationary lunge with a cross (30 sec) sprint high knees (30 sec)
  3rd min: left stationary lunge with a cross (30 sec) sprint high knees (30 sec)

Round 3:
Glutes & Cardio
  1st min: right leg doggie curl (30 sec) plank jacks (30 sec)
  2nd min: left leg doggie curl (30 sec) plank jacks (30 sec)
  3rd min: toe taps on bench (30 sec) jab-cross-hook (30 sec)

Cool-Down
DAY 2

Warm-Up

**Round 1:**
Shoulders & Abs
1st min: lateral raises (60 sec)
2nd min: crunches & punches (60 sec)
3rd min: front raises (60 sec)

**Round 2:**
Shoulders & Cardio
1st min: military press (60 sec)
2nd min: mt. climbers (60 sec)
3rd min: shoulder touches (60 sec)

**Round 3:**
Abs & Cardio
1st min: ab bicycles (60 sec)
2nd min: standing twists (30 sec) side reach (30 sec)
3rd min: light weight punches (60 sec)

**Cool-Down**
DAY 3

Warm-Up

Round 1:
Biceps & Low-Back
  1st min: alt. bicep curls (60 sec)
  2nd min: back extensions (30 sec) alt. back extensions (30 sec)
  3rd min: alt. reverse curls (30 sec)

Round 2:
Biceps & Cardio
  1st min: forward lunge w/ bicep curl (60 sec)
  2nd min: front kick & 2 jumping jacks (60 sec)
  3rd min: bicep 90 degree hold (30 sec) hammer curl (30 sec)

Round 3:
Low-Back & Cardio
  1st min: good mornings (60 sec)
  2nd min: wrestling stance (60 sec)
  3rd min: swimmer (60 sec)

Cool-Down
DAY 4

Warm-Up

Round 1:
Triceps & Chest
  1st min: right tricep kickback (60 sec)
  2nd min: left tricep kickback (60 sec)
  3rd min: standing chest (60 sec)

Round 2:
Triceps & Cardio
  1st min: dips w/ bent leg (30 sec) mt. climber w/ couch (30 sec)
  2nd min: 2-foot hops (60 sec)
  3rd min: jab-uppercut-hook (60 sec)

Round 3:
Chest & Cardio
  1st min: invisible jump rope (60 sec)
  2nd min: modified burpee w/ push up (60 sec)
  3rd min: walrus push ups (60 sec)

*Bonus* Round 4: Abs
  1st min: crunches & punches (60 sec)
  2nd min: heel touches: straight (60 sec)
  3rd min: heel touches: side to side (60 sec)

Cool-Down
DAY 5

Warm-Up

Round 1:
Quads & Calves
1st min: squat & calf raise (60 sec)
2nd min: footwork front/front back/back (60 sec)
3rd min: sumo squats (30 sec) sumo squat hold (30 sec)

Round 2:
Calves & Cardio
1st min: alt. reverse lunge, 3 front leg calf raises (60 sec)
2nd min: out/out in/in (60 sec)
3rd min: calf raises feet facing in (30 sec) calf raises feet facing out (30 sec)

Round 3:
Quads & Cardio
1st min: roll-back & roll-up (60 sec)
2nd min: squats (30 sec) squat pulses (30 sec)
3rd min: cross hook vertical jump (60 sec)

Cool-Down
DAYS 6-10 (4 ROUNDS)

DAY 6

Warm-Up

Round 1:
Upper-Back & Abs
1st min: R. bent over rows (60 sec)
2nd min: L. bent over rows (60 sec)
3rd min: front plank tap the knees on floor (60 sec)

Round 2:
Upper-Back & Cardio
1st min: R. kneel back rotation (60 sec)
2nd min: L. kneel back rotation (60 sec)
3rd min: knee/sidekick (60 sec)

Round 3:
Abs & Cardio
1st min: R. penguin (60 sec)
2nd min: L. penguin (60 sec)
3rd min: upper cut, upper cut, knee, knee (60 sec)

Round 4:
Abs
1st min: plank hops both ft side, middle, side (60 sec)
2nd min: forward pedal (30 sec) backward pedal (30 sec)
3rd min: crunches & punches (60 sec)

Cool-Down
REST DAY
DAY 8

Warm-Up

Round 1:
Hamstrings & Glutes
  1st min: right single leg glute bridge (30 sec) left single leg glute bridge (30 sec)
  2nd min: glute bridge (60 sec)
  3rd min: crab walk (60 sec)

Round 2:
Hamstrings & Cardio
  1st min: right single-leg deadlifts (60 sec)
  2nd min: left single-leg deadlifts (60 sec)
  3rd min: wrestling stance with sprawls (60 sec)

Round 3:
Glutes & Cardio
  1st min: right leg doggie sidekicks (30 sec) plank jacks (30 sec)
  2nd min: left leg doggie sidekicks (30 sec) plank jacks (30 sec)
  3rd min: front kick & 2 leg jacks

Round 4:
Hamstrings & Glutes & Cardio
  1st min: left standing leg curl (30 sec) right standing leg curl (30 sec)
  2nd min: wrestling stance with sprawls (60 sec)
  3rd min: glute bridge hold (30 sec) glute bridge pulse (30 sec)

Cool-Down
DAY 9

Warm-Up

Round 1:
Shoulders & Abs
  1st min: snowmans (60 sec)
  2nd min: crunches with hip curl (60 sec)
  3rd min: horizontal snowmans (60 sec)

Round 2:
Shoulders & Cardio
  1st min: overheads press (60 sec)
  2nd min: inchworm push up (60 sec)
  3rd min: shoulder touches (60 sec)

Round 3:
Abs & Cardio
  1st min: ab bicycles (60 sec)
  2nd min: Russian twists (60 sec)
  3rd min: straight leg raises (30 sec) flutters (30 sec)

Round 4:
Shoulders & Abs & Cardio
  1st min: jab, cross, 2 jumping jacks (60 sec)
  2nd min: 90 degree raise (60 sec)
  3rd min: alt. heel touches (60 sec)

Cool-Down
Day 10

Warm-Up

Round 1:
Biceps & Low-Back
1st min: hammer curls (60 sec)
2nd min: alt. back extensions (60 sec)
3rd min: reverse curls (60 sec)

Round 2:
Biceps & Cardio
1st min: forward lunge w/ bicep curl (60 sec)
2nd min: bicep hold (30 sec) bicep twist (30 sec)
3rd min: sit-outs (60 sec)

Round 3:
Low-Back & Cardio
1st min: wrestling stance & sprawls (60 sec)
2nd min: weighted good mornings (60 sec)
3rd min: invisible jump rope (60 sec)

Round 4:
Biceps & Low-Back & Cardio
1st min: bicep twists (60 sec)
2nd min: bicep curls (60 sec)
3rd min: 2 sidekicks/2 jumping jacks (60 sec)

Cool-Down
DAYS 11-13 (5 ROUNDS)

DAY 11

Warm-Up

Round 1:
Triceps & Chest
  1st min: overhead tricep extension (60 sec)
  2nd min: chest press (60 sec)
  3rd min: chest flys (60 sec)

Round 2:
Triceps & Cardio
  1st min: tricep dips w/ couch (30 sec) mt. climber w/ couch (30 sec)
  2nd min: 2 foot hops: side/side (60 sec)
  3rd min: dips: straight leg (30 sec) mt. climber w/ couch (30 sec)

Round 3:
Triceps & Chest & Cardio
  1st min: sprawl w/ 3 tricep push ups (60 sec)
  2nd min: chest press (60 sec)
  3rd min: light punches (60 sec)

Round 4:
Chest & Cardio
  1st min: walrus push ups right side (60 sec)
  2nd min: walrus push ups left side (60 sec)
  3rd min: burpee with push up (60 sec)

Round 5:
Abs
  1st min: crunch & punch (60 sec)
  2nd min: R. oblique crunch (60 sec)
  3rd min: L. oblique crunch (60 sec)

Cool-Down
Day 12

Warm-Up

Round 1:
Biceps & Back
  1st min: lower half bicep curls (30 sec) top half bicep curls (30 sec)
  2nd min: full bicep curls (60 sec)
  3rd min: back flys (60 sec)

Round 2:
Upper-Back & Cardio
  1st min: alt. renegade rows (60 sec)
  2nd min: plank jacks (60 sec)
  3rd min: high knees (60 sec)

Round 3:
Biceps & Cardio
  1st min: bicep extend & twist (60 sec)
  2nd min: jab, cross, front kick (60 sec)
  3rd min: bicep curl outs (60 sec)

Round 4:
Upper-Back & Abs & Cardio & Biceps
  1st min: right kneeling back rotation (60 sec)
  2nd min: left kneeling back rotation (60 sec)
  3rd min: sit-outs (60 sec)

Round 5:
Abs
  1st min: crunches (60 sec)
  2nd min: alt. 1 knee pull-in jelly belly (60 sec)
  3rd min: plank hold right leg lift (30 sec) plank hold left leg lift (30 sec)

Cool-Down
DAY 13

Warm-Up

Round 1:
Quads & Glutes
  1st min: air squat (60 sec)
  2nd min: frog (30 sec) frog taps (30 sec)
  3rd min: forward alt. lunge (60 sec)

Round 2:
Glutes & Cardio
  1st min: squat hold (30 sec) squat in & out little jumps (30 sec)
  2nd min: uppercut, uppercut, sidekick (60 sec)
  3rd min: squat kickbacks (60 sec)

Round 3:
Quads & Cardio
  1st min: roll back & roll up (60 sec)
  2nd min: side lunges (60 sec)
  3rd min: high knees (60 sec)

Round 4:
Quads & Calves & Cardio
  1st min: sumo squat (60 sec)
  2nd min: footwork front/front back/back (30 sec) out/out in/in (30 sec)
  3rd min: squat & raise (60 sec)

Round 5:
Abs
  1st min: crunch & punch (60 sec)
  2nd min: forward pedals (30 sec) reverse pedals (30 sec)
  3rd min: plank knee pull-in (60 sec)

Cool-Down
REST DAY
PRO ROUND! DAY 15

Warm-Up

Round 1:
Everything
1st min: squat (30 sec) squat hold pulse (30 sec)
2nd min: jab, cross, hook, weave, weave
3rd min: reverse alt lunge (60 sec)
4th min: jab, cross, hook, weave, weave
5th min: squat (30 sec) squat hold pulse (30 sec)

Round 2:
Everything
1st min: walrus push ups (60 sec)
2nd min: uppercut, uppercut, knee (60 sec)
3rd min: 3 glute bridges, 3 crab walks (60 sec)
4th min: uppercut, uppercut, knee (60 sec)
5th min: walrus push ups (60 sec)

Round 3:
Everything
1st min: roll back & roll up (60 sec)
2nd min: back flys (60 secs)
3rd min: sit-outs (60 sec)
4th min: bicep curls (60 secs)
5th min: roll back & roll up (60 sec)

Round 4:
Everything
1st min: right elbow to knee (60 sec)
2nd min: footwork front/front back/back (60 sec)
3rd min: 5 calf raise 5 squat
4th min: footwork out/out in/in (60 sec)
5th min: left elbow to knee (60 sec)

Round 5:
Everything
1st min: lateral raise (60 sec)
2nd min: cross, hook, cross, sprawl
3rd min: front raise (60 sec)
4th min: cross, hook, cross, sprawl
5th min: plank

Cool-Down
FAQS

What if I’m hungry? What can I eat?
This plan does include snacks, plus a treat, every day! But if you’re still hungry, remember that you can eat as many vegetables as you like… including pickles! See the list of veggies in the meal plan section for ideas.

What if I miss a workout?
This is a short challenge, so every workout really counts. But if you do miss one, you can double up on workouts the next day! They’re short and they don’t all work the same muscle groups, so you’ll be fine. That said, don’t plan on doubling up your workouts. The Challenge will be more effective if you do it exactly as directed!

How much water should I drink?
At least 3/4 of a gallon, or up to 1 whole gallon. This is at least 12 measured cups of water per day, or about 6 average-sized (16 oz) water bottles. I like to use an actual gallon jug of water so that I can see exactly how much I’m drinking in a day! Start first-thing in the morning: don’t leave your water intake until the afternoon or you’ll struggle. And you might be up a lot during the night.

Do we have to drink just water or can we flavor it?
You can drink IdealLean BCAAs, add a half-squeezed lemon, Mio, etc.

Can I have diet drinks during the Challenge?
Yes! Diet sodas and low-calorie drinks are allowed. Just make sure that you’re also drinking the recommended amount of water.

The workouts are too short for me. What can I do to lengthen them?
Repeat the first three rounds of the workout if you want more. You can also add some cardio to your day as a supplement to my workouts. It all depends on your fitness level when you begin the program.
**Can we work out on top of these workouts?**
Yes! You can add these workouts to your normal workout routine if you like. Just listen to your body, and if you ever feel burned out or exhausted, limit yourself to only my workout for the day.

**Can I have coffee or tea on this Challenge?**
Yes! You can have coffee and tea as long as you don’t use sugar or creamer. Feel free to use 2 tbs unsweetened almond milk as a creamer, and a stevia to sweeten. If you add IdealLean Protein to your coffee as a creamer/sweetener, make sure to count this as a snack for the day!

**Can I have wine or alcohol on this challenge?**
This challenge is only 15 days long so do your best to cut out the alcohol. If you’re really craving a glass of wine or a cocktail, save it for your treat meal. You’ll be able to savor and appreciate it that much more when you reserve it for a special treat.

**What if I am not working out to the videos and prefer to work out at the gym, but don’t know how to do an exercise?**
If you plan on doing your workouts at the gym, I suggest bringing a printout of the written workout with you, or viewing it on your phone. In advance of your workout, skim over the video and make notes about the exercises you don’t know how to do. Another option is to pull up the video on your mobile device so you can reference the form tips there.

**What if I'm a vegetarian or vegan?**
Just choose vegetarian or vegan options from the allowed foods list that have a good amount of protein, healthy carbs, and fats for your meals that fit in the calorie range. For snacks, choose high-protein snacks that fit in the snack calorie range. This plan is definitely doable for vegetarians and vegans!
What should I do after the Challenge ends? What's your routine, Kaytlin?
If you want to continue losing weight, then I suggest continuing to eat within the calorie ranges I’ve given you, and sticking to an almost-daily workout routine that you enjoy! You can also repeat my challenge again for accelerated results :)

Personally, I eat a pretty relaxed diet, but I try to stick within the calorie ranges given in this program. For breakfast, lunch, and dinner I eat around 300-400 calories, and I eat two snacks of 100-200 calories every day. For a treat, I stay within the 100-200 calorie range as well: a cookie, a brownie, or a cupcake! I generally eat pretty healthy because my body now craves healthy foods, but I still have a sweet tooth... so I add a treat into my daily calorie allowance!

What is IdealLean Protein?
IdealLean Protein is a protein shake designed to help you recover effectively after training and build lean muscle. IdealLean Protein only contains 80 calories per serving, and has 20 g of protein, but doesn’t contain any sugar, carbs, or fat. It mixes up easily by itself, but can also be used as a delicious base for smoothies and shakes with fruits, vegetables, and juices.

What are IdealLean BCAAs?
IdealLean BCAAs are designed to be taken during your workout, to help your muscles recover quickly so you can get back into action asap. They also contain a Fat Loss Blend so that you can stay lean, and coconut water powder to keep you hydrated. They’re 0 sugar, 0 fat, and 0 carbs so you can stay on track and build a lean and toned body. They are easy to mix up and come in delicious flavors.

What if I don't want to lose weight? What if I just want to maintain?
Ladies, if you want to maintain your current weight then just stick to the highest calorie meal plan.
What if I want to gain weight?
Ladies, if you want to gain weight then follow the highest calorie meal plan but add 300-500 more healthy calories a day.