

The background of the entire page is a watercolor-style wash in shades of teal and white. The top portion is a solid teal color, while the middle and bottom portions feature a soft, blended watercolor effect with varying intensities of teal and white.

# SOUL *food*

HOSTED BY GRIGORIA KRITSOTELIS

## A NOTE FROM GEE

What an incredible vessel we have been given. Every single cell in your body works solely on keeping YOU alive. Imagine that for a moment... There's approximately 35 TRILLION cells in your body who only focus on you! That is their Divine Purpose. And we chose this particular vessel long before we embarked on this physical journey, and we knew that it was the perfect fit for our souls. And it's important that we keep our sacred space full of beautiful harmonic energy. It's a rebellious act of self-love to nurture your vessel. But that's why you're here... To honour it the way it deserves to be honoured - inside and out!





SHREDDED FITNESS ACADEMY

# EXERCISE GUIDE

FOUR WEEK PLAN

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## WELCOME TO YOUR FOUR WEEK EXERCISE GUIDE

CONGRATULATIONS!!

We are thrilled that you have committed to make a giant leap towards your health and fitness goals.

Team Shredded Fitness Academy (SFA) will be here to support you the whole time.

This guide will give you 4 weeks worth of exercises. This guide is designed to be suitable for either at home or in the gym workouts.

This guide assumes you have access to a set of dumbbells (whatever weight you are comfortable with), a weight plate, a skipping rope, loop resistance bands and a yoga mat.

We want you to document your progress, take a before photo and an after photo and keep it somewhere safe.

\*Disclaimer\* The eating plan (provided in a separate document) is designed to cleanse your body and feed it nutrient rich plant-based foods. This is just a guide. If the workouts seem too much or the calorie intake is too little, listen to your body and adjust accordingly.

COLLABORATION

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# STEP ONE

*eating*

## EAT. EAT. EAT.

People often think that exercise is the hard part - but once you get started and have someone guiding you, it becomes easier and easier. The real hard part is what goes in your mouth when you're not training. (Probably the main reason why you've chose to complete SOUL FOOD!!)

Food is easy to consume and hard to burn off. So what we are going to do is make it as easy as possible to eat delicious nutritious food that fills you up and satisfies you WHILE making it as easy as possible for your body to digest the food and use the nutrient rich ingredients to fuel your body.

In the **EATING PLAN** (a separate document) I have provided you with a variety of breakfast, lunch, dinner and snack options for you to try (over a period of 4 weeks). The day before you start, plan out your meals for the week and go supermarket shopping and prepare what you can in advance (this saves a lot of time and keeps you accountable). I have provided you with a shopping list also to make this as easy as possible for you.

Your meals should include: breakfast, snack 1, lunch, snack 2, dinner and snack 3 (optional).

Your liquid intake should include: 2L of water daily PLUS additional water intake while working out. Feel free to add a herbal tea (not caffeinated), kombucha and lemon/ACV/mint water if desired.

Feel free to use the same ingredients and make a different meal to suit your taste.

Please note that all recipes and the entire meal plan is PLANT-BASED. This is the only diet we recommend for truly cleansing your body. Food is medicine and all plants provide the means to nourish you in a sustainable way.



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# STEP TWO

*exercise*



## WHAT YOU NEED

We recommend that you have access to at least these bits of equipment:



YOGA MAT



DUMBBELLS



SKIPPING ROPE



WEIGHT PLATE



LOOP RESISTANCE BANDS

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## WARM UP & COOL DOWN

Before each training session it's important that you warm up your muscles (to prepare them for the resistance they are about to endure as well as to avoid injuries).

After each training session, it's important to allow your muscles to stretch out (to avoid cramping and injuries), as you have just spent an entire workout tensing your muscle, we must now soften the resistance and allow our muscles to stretch.

Below are some exercises that we recommend you begin and end your workouts with everyday.

### DAILY WARM UP (PRE WORKOUT)

15 high knees  
20 jumping jacks  
10 jump squats  
10 knee push ups  
50 straight outward punches (25 each arm)  
1 minutes of skipping

### REPEAT THREE TIMES

-

### DAILY COOL DOWN (POST WORKOUT)

30 secs - bend down and touch toes  
30 secs - stand straight and grab one foot with one hand and hold it as close to your buttocks as possible (repeat for each leg)  
30 secs - grab your elbow over your head with your opposite hand and hold the stretch (repeat for each arm)  
30 secs - lean over to one side and hold your arm out straight over your head (repeat for each side)

### REPEAT TWICE

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## NUMBER OF SETS

Each day you will be provided with a list of exercises to complete. The sets will be dependent on your fitness levels. Please use the guide below as a reference, but please make sure to listen to your body and adjust accordingly.

Beginner = 3 sets (i.e. repeat all exercises 3 times)

Intermediate = 4 sets (i.e. repeat all exercises 4 times)

Advanced = 5 sets (i.e. repeat all exercises 5 times)

We recommend that you complete all exercises on the list in order and then repeat the entire round for the desired number of sets. Try to rest for no more than a minute in between sets. (But again, please listen to your body)

If you are unfamiliar with any of the exercises, visit our Instagram @shreddedfitnessacademy as all exercises are demonstrated on the page.

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## WEEKLY WORKOUT SCHEDULE

### MONDAY

Upper Body

### TUESDAY

Lower Body

### WEDNESDAY

Abdominals

### THURSDAY

Rest Day (No workout today)

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

### FRIDAY

Full Body

### SATURDAY

High Intensity Interval Training (Full Body)

### SUNDAY

Rest Day (No workout today)

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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WEEK ONE

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## MONDAY: UPPER BODY

Please refer to "Number of Sets" page to determine how many sets of each exercise you should be completing.

Each exercise in each round should be completed one after the other, no rest time, only to transition/change equipment if needed. After each set, rest for 60 seconds, then complete the exercises again (for allocated number of sets). Once you have completed all exercises in the Round, rest for 90-120 seconds then move onto the next Round of exercises and repeat the process.

ROUND	REPS/TIME	EXERCISE
1	20	LITTLE ARM CIRCLES FRONTWARDS (WITH DUMBBELLS OPTIONAL)
	20	LITTLE ARM CIRCLES BACKWARDS (WITH DUMBBELLS OPTIONAL)
2	10	KNEE PUSH-UPS
	12	TRICEP DIPS
3	20 (10 E/A)	PLANK SHOULDER TAPS
	20 (10 E/A)	PLANK ARM RAISE
4	30 (15 E/A)	FRONT PUNCHES (WITH DUMBBELLS)
	30 (15 E/A)	HIGH PUNCHES (WITH DUMBBELLS)

## TUESDAY: LOWER BODY

ROUND	REPS/TIME	EXERCISE
1	20	SQUATS (WITH WEIGHT PLATE OPTIONAL)
	20 (10 E/L)	LUNGES (WITH DUMBBELLS OPTIONAL)
2	20	PULSE SQUATS (WITH WEIGHT PLATE OPTIONAL)
	30 (15 E/L)	SIDE LEG ABDUCTION (WITH WEIGHT PLATE OPTIONAL)
3	30 (15 E/L)	KICK BACKS
	30 (15 E/L)	DONKEY KICKS
4	15	GLUTE BRIDGES (WITH WEIGHT PLATE)
	30 (15 E/L)	ONE LEG GLUTE BRIDGES
5	20 (10 E/L)	SQUAT SIDE WALKS
	20	FROG PUMPS

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## WEDNESDAY: ABDOMINALS

ROUND	REPS/TIME	EXERCISE
1	20	CRUNCHES
	20 (10 E/S)	ANKLE TAPS
	20 (E/S)	SIDE CRUNCHES
	15	SIT UPS
	40 (20 E/L)	FLUTTER KICKS
2	40 (20/E/L)	SCISSOR KICKS
	40 (20 E/S)	TOE TOUCHES
	15	LEG RAISES
	20	LEG RAISE PULSES
	30 (15 E/S)	RUSSIAN TWISTS

## THURSDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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## FRIDAY: FULL BODY

ROUND	REPS/TIME	EXERCISE
1	20 (10 E/L)	SQUAT SIDE-ABDUCTION (WITH WEIGHT PLATE OPTIONAL)
	20 (10 E/L)	LUNGE KICK-BACK
2	12	PLANK ELBOW-HAND CONVERSIONS
	10	KNEE PUSH-UPS
3	40 (20 E/S)	BICYCLES
	15	LEG RAISES

## SATURDAY: HIGH INTENSITY INTERVAL TRAINING (HIIT) FULL BODY

ROUND	REPS/TIME	EXERCISE
1	12	JUMP SQUATS
	8-10	BURPEES
	8-10	HALF BURPEES
	40 (20 E/S)	MOUNTAIN CLIMBERS
	40 (20 E/S)	HIGH KNEES
	40 (20 E/S)	BUM KICKS
	20	STAR JUMPS
	20 (10 E/S)	ICE SKATERS

## SUNDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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WEEK TWO

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## MONDAY: UPPER BODY

ROUND	REPS/TIME	EXERCISE
1	20 (10 E/A)	BICEP CURLS (WITH DUMBBELLS)
	12	BENT OVER ROWS (WITH DUMBBELLS)
	20 (10 E/A)	HAMMER CURLS (WITH DUMBBELLS)
2	20 (10 E/A)	LATERAL RAISES (WITH DUMBBELLS)
	20 (10 E/A)	FRONT SHOULDER RAISES (WITH DUMBBELLS)
3	12	OVERHEAD TRICEP EXTENSIONS (WITH WEIGHT PLATE)
	10	KNEE PUSH UPS
	12	TRICEP DIPS
4	30 seconds	PLANK (ON HANDS)

## TUESDAY: LOWER BODY

ROUND	REPS/TIME	EXERCISE
1	15	HALF SQUATS (WITH WEIGHT PLATE)
	15	SUMO SQUATS (WITH WEIGHT PLATE)
	20 (10 E/L)	CRAB WALKS (WITH WEIGHT PLATE OPTIONAL)
2	20 (E/L)	FLOOR ABDUCTION (WITH WEIGHT PLATE OPTIONAL)
	20 (E/L)	CLAMS
3	15 (E/L)	STRAIGHT LEG DONKEY KICKS
	20 (10 E/L)	CURTSEY LUNGES (WITH DUMBBELLS)
4	15	GLUTE BRIDGES (WITH WEIGHT PLATE)

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## WEDNESDAY: ABDOMINALS

ROUND	REPS/TIME	EXERCISE
1	30	CRUNCHES
	30	PULSE CRUNCHES
	15	LEG RAISES
	20	PULSE LEG RAISES
2	40 (20 E/S)	TOE TOUCHES
	12	REVERSE CRUNCHES
	40 (20 E/S)	SCISSOR KICKS
	40 (20 E/S)	FLUTTER KICKS

## THURSDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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## FRIDAY: FULL BODY

ROUND	REPS/TIME	EXERCISE
1	20	PULSE SQUATS (WITH WEIGHT PLATE)
	20 (10 E/L)	SQUAT LUNGE, SQUAT LUNGE
2	12	BICEP CURL TO SHOULDER PRESS (WITH DUMBBELLS)
	12	BENT OVER TRICEP EXTENSIONS (WITH DUMBBELLS)
3	20 (10 E/S)	OBLIQUE TWISTS
	30 (15 E/S)	RUSSIAN TWISTS (WITH WEIGHT PLATE)

## SATURDAY: HIGH INTENSITY INTERVAL TRAINING (HIIT) FULL BODY

ROUND	REPS/TIME	EXERCISE
1	50 (25 E/S)	TOE TAPS
	40 (20 E/S)	HIGH KNEES
	15	SQUAT JUMP SQUAT
	100	SKIPPING
	30	JUMPING JACKS
	40 (20 E/S)	BUM KICKS
	40 (20 E/S)	MOUNTAIN CLIMBERS
	60 seconds	FAST FEET ON THE SPOT

## SUNDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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WEEK THREE

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## MONDAY: UPPER BODY

ROUND	REPS/TIME	EXERCISE
1	12	SHOULDER PRESS (WITH DUMBBELLS)
	20 (10 E/A)	HAMMER CURLS (WITH DUMBBELLS)
2	10	SIDE TO FRONT SHOULDER RAISES (WITH DUMBBELLS)
	20 (10 E/S)	PLANK SHOULDER TAPS
3	12	STANDING RESISTANCE BAND ROWS
	12	BENT-OVER ROWS (WITH DUMBBELLS)
4	12	CHEST PRESS (WITH DUMBBELLS)
	12	SKULL CRUSHES (WITH DUMBBELLS)

## TUESDAY: LOWER BODY

ROUND	REPS/TIME	EXERCISE
1	15	RESISTANCE BAND SQUATS
	15	RESISTANCE BAND FROG PUMPS
	20	RESISTANCE BAND FROG PUMP PULSES
2	20 (E/L)	RESISTANCE BAND SIDE ABDUCTION
	20 (E/L)	RESISTANCE BAND KICK BACKS
3	15	PULSE, PULSE, SQUAT
	20 (10 E/L)	ALTERNATING LUNGES
	15	SUMO PULSE SQUATS (WITH WEIGHT PLATE)

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## WEDNESDAY: ABDOMINALS

ROUND	REPS/TIME	EXERCISE
1	20	PLANK STAR JUMPS
	20 (10 E/L)	PLANK KICK-BACKS
	20 (10 E/S)	OBLIQUE BENDS (WITH WEIGHT PLATE)
	30	LEG RAISE PULSES
	12	FROG PUMP PULSES
2	12	IN & OUTS
	20	CRUNCHES WITH LEGS RAISED (WITH WEIGHT PLATE)
	40 (20 E/S)	BICYCLES
	12	IN & OUTS (ON ELBOWS)

## THURSDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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## FRIDAY: FULL BODY

ROUND	REPS/TIME	EXERCISE
1	15	SQUAT TO SHOULDER PRESS (WITH WEIGHT PLATE)
	20 (10 E/L)	RESISTANCE BAND LUNGE TO KICK BACK
2	12	PEC FLIES (WITH DUMBBELLS)
	20 (10 E/A)	ALTERNATING CHEST PRESS (WITH DUMBBELLS)
	24 (12 E/A)	BENT OVER ROWS (ONE ARM) (WITH DUMBBELLS)
3	30 (15 E/S)	RUSSIAN TWISTS (WITH WEIGHT PLATE)
	45 seconds	PLANK

## SATURDAY: HIGH INTENSITY INTERVAL TRAINING (HIIT) FULL BODY

ROUND	REPS/TIME	EXERCISE
1	8-10	HALF BURPEES
	12	JUMP SQUATS
	12 (6 E/S)	SIDE TO SIDE SHUFFLE SQUATS
	40 (20 E/A)	FRONT PUNCHES
	100	SKIPPING
	50	JUMPING JACKS
	12	EXPLOSIVE JUMPS
	60 seconds	JOGGING ON THE SPOT

## SUNDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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WEEK FOUR

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## MONDAY: UPPER BODY

ROUND	REPS/TIME	EXERCISE
1	12	FRONT TO LATERAL RAISES (WITH DUMBBELLS)
	12	BENT OVER ROWS (WITH DUMBBELLS)
2	20 (10 E/A)	HAMMER CURLS (WITH DUMBBELLS)
	20 (10 E/A)	CROSS BODY BICEP CURLS (WITH DUMBBELLS)
	15	BICEP CURLS (WITH WEIGHT PLATE)
3	12	BENT OVER TRICEP EXTENSIONS (WITH DUMBBELLS)
	12	REVERSE FLIES (WITH DUMBBELLS)
4	20	SUPERMANS

## TUESDAY: LOWER BODY

ROUND	REPS/TIME	EXERCISE
1	15 (E/L)	FIRE HYDRANTS
	12 (E/L)	SINGLE LEG GLUTE BRIDGES
2	12	GOBLET SQUATS (WITH DUMBBELL)
	20 (10 E/L)	ALTERNATING LUNGES (WITH DUMBBELLS)
3	15	SUMO SQUAT (WITH DUMBBELL)
	20 (10 E/L)	SIDE LUNGES (SWAY SQUATS) (WITH WEIGHT PLATE)
4	15	RESISTANCE BAND GLUTE BRIDGES
	20 (E/L)	RESISTANCE BAND CLAMS

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## WEDNESDAY: ABDOMINALS

ROUND	REPS/TIME	EXERCISE
1	40 (20 E/S)	CROSS BODY CRUNCHES
	45 seconds	V-HOLD
	12	REVERSE LEG RAISES
	12	BUTT-UPS
2	40 (20 E/S)	ANKLE TAPS
	20 (E/S)	SIDE PLANK DIPS
	12	LEG TUCKS
	12 (E/S)	SIDE JACK KNIVES

## THURSDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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## FRIDAY: FULL BODY

ROUND	REPS/TIME	EXERCISE
1	15	RESISTANCE BAND HALF SQUATS (WITH WEIGHT PLATE)
	12	DEADLIFT TO SQUAT (WITH DUMBBELLS)
2	24 (12 E/A)	SINGLE ARM SHOULDER PRESS (WITH DUMBBELLS)
	12	BENT OVER REVERSE FLIES (WITH DUMBBELLS)
3	20 (10 E/A)	PLANK ARM RAISES
	20 (10 E/S)	OBLIQUE TWISTS
4	12	JUMP SQUATS
5	100	SKIPPING

## SATURDAY: HIGH INTENSITY INTERVAL TRAINING (HIIT) FULL BODY

ROUND	REPS/TIME	EXERCISE
1	10	90 DEGREE JUMP SQUATS
	20	SQUARE HOPS
	20	PLANK JUMPING JACKS
	20	JUMPING JACKS
	15-20	RESISTANCE BAND IN & OUT JUMP SQUATS
	20	LATERAL HOPS (WITH DUMBBELLS)
	40 (20 E/S)	MOUNTAIN CLIMBERS
	20 (10 E/S)	WINDMILL JUMPS

## SUNDAY: REST DAY

If desired do some Low Intensity Training, such as walking, yoga, swimming, sauna.

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OUR FOOD SHOULD BE OUR MEDICINE AND OUR  
MEDICINE SHOULD BE OUR FOOD

HIPPOCRATES

