

# *Lean* **IN 19**



**EXERCISE PLAN**

# *Important Information*

The information presented in this program is in no way intended as medical advice, or as a substitute for medical advice or counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program, as you would with any exercise and nutrition program. If you choose not to obtain the advice and consent of your physician or work with your physician prior to starting this program and throughout its duration and any continuation or repetition of it or use of its content in any form, you are agreeing to accept full responsibility for your actions.

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# Introduction

This manual contains all of the workouts you will complete over the next 19 days.

You also have access to all of the workout videos to follow along, but you may prefer to keep this handy guide around too for reference.

Each workout is designed to help you burn the most fat in the shortest time, and you'll be exercising every day for the next 19 days.

**They'll be some ups and downs, but persevere: YOU CAN DO THIS.**

Full disclosure: some days you'll find the workouts REALLY hard. But on other days, you'll find them pretty easy and feel like you've got more left in the tank. This is intentional, so that your body can rest whilst still being active.

We call these easy days **active rest** and also use them as a tool to keep you focused throughout the program.

## Three Lives

But don't panic. I know that you may be coming back to exercise after a long break, or you may never have exercised regularly before in your life. I'm giving you **3 lives** to use when you need them over the next 19 days.



What I mean by this is if your body hasn't recovered enough from the previous workout, or life has thrown you a curveball (as if often does), then you can use up a life and skip the workout for that day. Just carry on with the next workout the following day.

This doesn't mean that you can skip a workout just because you've had a rough day or can't be bothered though!

# Workout Videos

To be honest, you probably won't use this manual much the first time round. Most people simply use my follow along videos to stay on track.

**Top Tip: if you have trouble streaming the videos directly to a device because of a dodgy Wi-Fi connection try downloading them instead.**

If you're someone who prefers to have everything written down in hard copy, just print this manual and follow the program the old fashioned way. All of the workouts are set out in it.

But if you want the best results, I recommend you watch the videos as they will give you a better perspective on how each of these exercises is supposed to be done with perfect form.

Plus, there's lot of my witty banter in the videos and I really wouldn't want you to miss out on that.

# Work Hard, Work Safe

The idea is to push yourself during these workouts and if you don't feel out of your comfort zone you might need to up your game.

**But while I want you to get out of your comfort zone it's very important to do each exercise safely.**

If you're just getting back on the exercise bandwagon, then exercise a bit of caution. Find your feet over the first 2-3 workouts and then build up your intensity more gradually.

And remember: it's not the end of the world if you have to miss one or two workouts over the 19 days. Use your common sense and if at any point you feel out of sorts, **stop and rest.**

Finally, make sure you perform each exercise with **good form** and when you feel confident that you are **only then** increase the intensity. The videos will really help you to make sure your form is on point. This way you will avoid injuring yourself.

# What You' ll Need

The beauty of Lean In 19 is that you don't need much stuff to get started. Here is a handy checklist:

## **1. Smart phone/tablet/laptop**

You can stream the videos straight to your device from my daily emails or you can download them to your device from the same page you downloaded this manual. If you're streaming, make sure you have a good Wi-Fi connection or plenty of data on your phone or tablet.

If you don't want to do the follow-along videos with me, just print them off from this manual and do them on your own.

## **2. Workout gear**

There's no uniform, just comfy clothes that allow you to move freely. I do recommend you wear trainers rather than bare feet as you might find some of the exercises make your tootsies a little sore otherwise.

## **3. Water**

You don't need fancy sports drinks. Plenty of good old H<sub>2</sub>O will do the job. Keep a bottle handy.

## **4. A bit of space**

One of the huge benefits of these workouts is that you really can do them anywhere. Most people do them at home, but you can do them outside in the garden or a local park if you prefer. You don't need much space.

## **5. Chair/coffee table**

You don't need any exercise gadgets to do these workouts although a chair or coffee table will be needed for a couple of the exercises. If you've got an exercise mat, that might be handy, but it's not a necessity.

## **6. Can-Do attitude**

Not only will the workouts test you over the next 19 days, but so will the nutrition side of things. With a can-do attitude, just give yourself the occasional pep talk and you'll be brilliant.

You might find some of the exercises more challenging than others, and there will be some days when you think "I can't do this!", but keep going and soldier on through as best you can. You will feel happy you did. I'm not super human: you'll see me puffing and panting right along with you!

# Workout Design

As I have said before, you will notice that the Lean In 19 workouts are relatively short. They are deliberately designed this way to fit into your busy lifestyle and so that you can do them at home.

The longest workout is around 20 minutes and the shortest, around 5 minutes. What's the point in a 5 minute workout? Well, these shorter workouts actually give your body a rest, albeit while still remaining active: **active rest**.

Even these short workouts help you to stay on the right track by telling your brain "Look guys, we've done a workout today, so let's not mess up on the nutrition front" rather than have a total and utter rest and do nothing day.

In addition, that extra little bit of exercise not only keeps your metabolism ticking over at a higher rate, but it also keeps your fat loss hormones in a better state of balance.

# Recovery

Outside the realm of serious athletes, recovery can get pretty much overlooked, particularly when it comes to training for weight loss. Most people simply wouldn't consider 'recovery' as part of the program.

But it is crucial. Getting quality recovery time helps our bodies to deal with the stresses of everyday life, replenish and mend, boosts our immune system and generally helps to keep our hormones in balance (and these are important for virtually everything).

As you may know, stress is a major problem for many of us. High and continued levels of stress can actually contribute to our bodies storing fat and can also make it more difficult to lose this fat once stored. It's all to do with a hormone called **cortisol**, also known as the stress hormone.

When you are stressed your body releases cortisol to trigger reactions which help you deal with the stressful situation. This is ok in the very short term. But since cortisol also inhibits the burning of stored fat deposits, if you are in a state of chronic stress, and your cortisol levels remain too high, this can really be problematic for your weight loss goals, not to mention your health more generally.

Identifying and eliminating sources of stress will really help to boost your body's recovery after exercise. Your body comes under stress from many angles: emotional stress from work, family, financial pressures, etc are familiar to us all.

And physical stress from poor diet, lack of sleep, too much alcohol, for example, all slow down our body's ability to recover.

## *Post Workout Recovery*

Your muscles will probably be a little bit sore at some point over the next 19 days. This is entirely natural. To help you speed up your recovery and get the best out of your workouts, here are a few tips.

**Cool down.** Very simple, but if you are at all sore, it will really help to spend a little extra time cooling down through a cool-down walk followed by some gentle stretching.

**Walk.** I said it above, but I'll say it again, walking helps to reduce your stress, gets you outside in the fresh air and sunlight and, if your muscles are sore there is nothing worse than sitting still to make you even more sore and stiff. Get up and move to aid circulation and flush the muscles, ideally 3-4 hours after your workout for 15-30 minutes. Look at the sky, the birds, the trees and try to clear your mind of anything that causes you stress, if only for a short while.

**Recovery shower.** You'll need some courage for this one but it really does work wonders. First off, stand under a hot shower for 3-5 minutes, relax and massage the muscles. Your blood vessels will dilate (open up) during this time. Then slowly turn off the hot water until the shower is cold. Remain in the cold shower for 3-5 minutes. Your blood vessels will constrict (narrow). Then turn up the hot water again and the blood vessels will dilate once more. Repeat 2-3 times finishing with cold water. The effect of the repeated constriction and dilation is to flush the muscles with blood to speed up recovery.

**Foam roller.** My foam roller is literally my favourite piece of fitness-related equipment. Basically a giant foam rolling pin, you use it combined with the pressure of your body weight to roll out knots to stretch and separate bound up muscle tissue. It can be painful the first few times you try it as this is indicative of bound up tissue, but it really does help.

## *Eat Real Food*

The Lean In 19 Diet Plan has the detailed info on this. But basically, if you want to be healthy and lose weight you will need to clean up your diet. So, for 19 days, no caffeine, no alcohol, no sugar or refined carbs, no processed foods.

Sorting out your diet will not only make sure your body has the right fuel but it will reduce digestive stress and inflammation, and help your digestive system to function more efficiently.

## Sleep

I cannot stress enough how important a good night's sleep is, not only for your weight loss goals, but also for your overall health and well-being. You should aim for 7-8 hours of good quality sleep a night. By this I mean get to bed by 10.30pm, ensure your bedroom is warm, relaxing and dark, turn off your electronic devices, avoid alcohol, and wind down before bed.

Cortisol, the stress hormone, is one of the hormones affected by poor sleep patterns. Lack of sleep can lead to increased cortisol production and increased cortisol levels lead to lack of sleep. And not only will you hold on to stubborn pockets of fat, but you will no doubt eat more to try to combat the tiredness.

Columbia University studied the link between sleep patterns and obesity in a sample of over 6,000 people. The study found that those who got less sleep were more likely to be obese in accordance with the following sleeping patterns:

- 2-4 hours sleep per night were 73% more likely to be obese;
- 5 hours sleep per night were 50% more likely to be obese;
- 6 hours sleep per night were 23% more likely to be obese.

**Top Tip:** If you are way off the 7-hours-a-night goal, rather than jumping into bed super early on night 1 and lying awake staring at the ceiling for hours, try going to bed 15 minutes earlier each night until you are hitting the magic 7 hour mark.

# *Final Thoughts*

The information in this program is a guide to helping you achieve your weight loss goals. But it is not a magic bullet. It requires you to do something: to act on what you read.

Believe it or not some people will read all of this wonderful information and still sit on their bum rather than make it work for them.

Please don't let that be you.

If you want to get fit and lose weight do it, or stop moaning about it. Perhaps that sounds harsh, but you've paid good money for this program, you've almost finished reading it and if you do what it says you will reap the benefits.

You can do this, I know you can. You are going to smash it. And when you do, please write to me and tell me about your experience. I love to hear from everyone who gives it their all.

# 19-Day Workout Schedule

# Lean **IN** 19

Cycle	Day 1	Day 2	Day 3	Day 4	Day 5
1	4x4	Cardio Slides	Full Body Burn	Plank	Blast Off
2	4x4	Cardio Slides	Full Body Burn	Plank	Blast Off
3	4x4	Cardio Slides	Full Body Burn	Plank	Blast Off
4	4x4	Cardio Slides	Full Body Burn	Plank	<u>Finished</u>

*Lean* **IN 19**  
**WORKOUT CYCLE**

**EXERCISE**

# Day #1: 4X4

## 16-Minutes

**1. Jumping Jacks x 30 seconds work/30 seconds rest x 4 rounds**

2. Mountain Climbers x 30 seconds work/30 seconds rest x 4 rounds

**3. Squat Thrusts x 30 seconds work/30 seconds rest x 4 rounds**

4. Burpees x 30 seconds work/30 seconds rest x 4 rounds

# *Day #2: Cardio Slides*

**13-Minutes**

**1. Seal Jacks x 60 seconds**

2. High Knees x 60 seconds

**3. Low Plank x 60 seconds**

4. Lateral Slides x 60 seconds  
work/60 seconds rest x 5 rounds

# *Day #3: Full Body Burn*

## **13-Minutes 30 Seconds**

**1. Jumping Jacks x 30 seconds**

2. High Knees x 30 seconds

**3. Heel Kicks x 30 seconds**

4. 1-Leg Deadlift (L) x 30 seconds

**5. 1-Leg Deadlift (R) x 30 seconds**

6A. Full Body Extensions x 30 seconds

**6B. Static squats x 30 seconds**

(Repeat x 3 Rounds)

7A. Push-ups x 30 seconds

**7B. Pulsing Squats x 30 seconds**

7C. High Plank x 30 seconds

**7D. Lateral Slide x 30 seconds**

(Repeat x 3 rounds)

# *Day #4: Plank*

## **5-Minutes**

Low Plank x 30 seconds/30 seconds rest  
(Repeat x 5 rounds)

# Day #5: Blast Off

## 20-Minutes

**1. Stance Jacks x 50 seconds/10 seconds rest**

2. Full Body Extensions x 50 seconds/10 seconds rest

**3. X-Body Mountain Climber x 50 seconds/10 seconds rest**

4. T Push-ups x 50 seconds/10 seconds rest

**5. Squats x 50 seconds/10 seconds rest**

6. Walking Plank x 50 seconds/10 seconds rest

**7. Alternating Lunges x 50 seconds/10 seconds rest**

8. Russian Twists x 50 seconds/10 seconds rest

**9. Reverse Fly x 50 seconds/10 seconds rest**

10. Bicycles x 50 seconds/10 seconds rest

(Repeat x 2 rounds)