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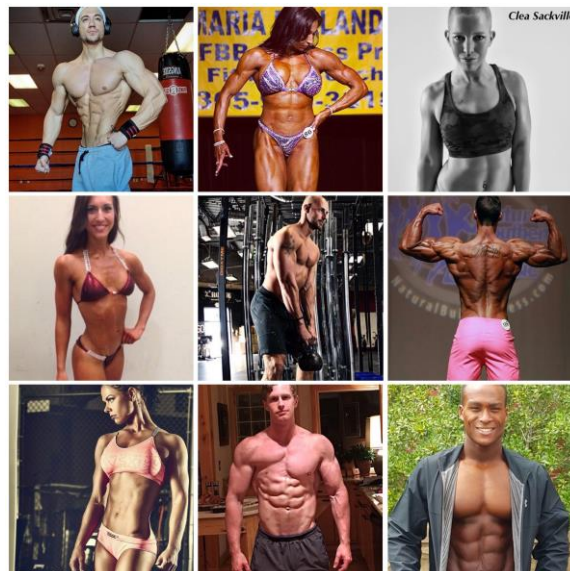
Your Ultimate Body Sculpting and Meal Plan Guide.

Healthost's Fitness Experts Weigh-In On Workout Routines and Sample Meal Plans for Men and Women.

Healthost.com has assembled a crack team of fitness experts and as a token of appreciation to our community and prospective members, we have brought the team together and created something special. Personal training, exercise instruction, and dietary guides with meal plans are often pricey to obtain and certainly expensive to maintain. Today, however, Healthost is bringing together our squad of elite fitness professionals to deliver a free one week bodybuilding and clean eating guide to get you started as a beginner, motivate you if you've lost your focus, or to simply fine tune your fitness and nutrition game.

Each one of our ambassadors has contributed to this guide by submitting a great workout routine or sample meal plan (with Macros), as well as tips (recipes) for eating on the go. We've combined the strengths of everyone involved to deliver a free resource, which you can rely upon to create an improved version of yourself.

All of the ambassadors who have contributed to this guide are available on Healthost.com and on the Healthost app. Our team is here to help you along during your journey to better fitness and improved health. After you have reviewed this guide, take a moment to download our free app from your respective store. Your experience will improve and we would like nothing more than to have you share your personal milestones along the way by uploading your videos and photos to our newsfeed. Don't forget to add your profile photo when you log on to be eligible for free personalized consultations in the future!



Ladies

5 - Day Routine with 2 Lower Body & 3 Upper Body with Sample Meal Plan

DAY 1

Lower Body Blast – Part 1 of 2 – Strength and Glute Gains

Clea Sackville, Stage 4 HL Cancer survivor, Powerlifter, Bodybuilder



Barbell Sumo Deadlift: 3 sets x 6-8 reps

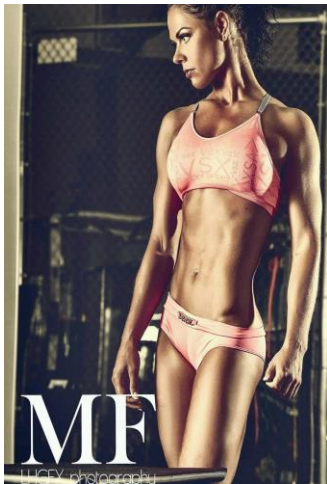
Hack Squat SUPERSET Dumbbell Reverse Lunge: 4 sets x 10-12 reps

Seated Leg Curl SUPERSET Leg Extensions: 3 sets x 12 reps

Seated calf raises: 3 sets x 20reps

Day 2

Upper Body Blast – Part 1 of 3 – Chest and Arms by Miriam Fayas-Whitfield, C.P.T., C.N.S.



***Key point: For chest movements, always keep your elbows in line with your chest as you push through the movement. Keep your shoulder blades on the bench. This is the same for pushups or any other chest exercise. This will help keep more of the pressure in your chest muscles, instead of your front delts.**

Bench Press: 3 sets x 15 reps

Incline Hammer Strength: 3 sets x 15 reps

DB Flat Bench Flies or Pec Dec Machine: 3 sets x 15 reps

Incline DB Curl SUPERSET DB Tricep Kickback Single

Arm: 4 sets x 12 reps

Barbell Preacher Curl SUPERSET with Tricep Rope

Extension: 4 sets x 15 reps

DAY 3

Upper Body Blast – Part 2 of 3 – Back by Miriam Fayas-Whitfield, C.P.T., C.N.S.

****Key Points: Maintain an erect back posture at all times and focus on driving the elbows down and back.**

Wide Grip Lat Pull-downs: (squeeze every rep) 4 sets x 15 reps
Bent Over Barbell Rows: 4 sets x 15 reps
V-Bar Low Rows: (squeeze every rep moderate weight) 4 sets x 10 reps
Close Grip Pulldowns : 4 sets x 15 reps
Hyperextensions: 4 sets x 20-25 reps –no weight - slow and controlled

Day 4

Lower Body Blast – Part 2 of 2 – Endurance and Shaping **Maria Ruzzkowski, Nat'l Qualified Figure Competitor**



BB Front Squat: 3 sets x 12 reps
Leg Press SUPERSET DB Walking Lunges 3 sets x 12 then 20 reps
Sumo deadlift SUPERSET Leg Extensions 3 sets x 12 then 12 reps
DB Step-ups SUPERSET BB Hip Thrusters 3 sets x 12 then 12 reps
Standing calf raise SUPERSET Seated calf raises 3 sets x 20 then 20 reps

Day 5

Upper Body Blast – Part 3 of 3 – Shoulders **Miriam Fayas-Whitfield, C.P.T., C.N.S.**

****Key Points: Maintain focus through your elbows on lateral movements. Always keep a slight bend in your elbows during front raises. Try to eliminate as much shrugging as possible throughout all exercises.**

DB Shoulder Press: 4 sets x 10 reps
Alt Dumbbell Front Raises: 4 sets x 10 reps
DB Arnold Press: 4 sets x 15 reps
Seated bent over DB Rear Delt Laterals: 4 sets x 15 reps
Machine or DB lateral Raises: 5 sets x 12 reps(only 30sec rest between sets)

For cardio options and the amount of sessions per week you should do, click [here](#).

Female Sample Meal Plan
By Miriam Fayas-Whitfield, C.P.T., C.N.S. &
Sarah Christich, Bikini Competitor, Nutritional Enthusiast



Average 150 lb Female: 1500 Calories with a Macro Breakdown of 40% Protein 35% Carbs, and 25% Fat - **Fiber intake for this meal plan is 26g with 25g being the USDA min requirement for the average female.

Meal 1

40g oatmeal dry
4 oz blueberries
1 whole egg and 3 egg whites or ½ scoop of your favorite whey protein with ½ tbsp peanut butter which can be mixed in the oatmeal

Meal 2 - Snack

2 Mozzarella Cheese sticks with 10 almonds

Meal 3

3 oz lean protein: chicken, turkey, white fish
3 oz green veggie source
½ cup rice or quinoa

Meal 4

6oz plain greek yogurt
6oz strawberries

Meal 5

3 oz lean protein: chicken, turkey, white fish
4 ½ oz green veggies
125g sweet potato

Disclaimer! This is just a sample of what a meal plan can represent to help an average healthy person begin their fat loss journey. However, everyone is different and should have a custom meal plan created according to what their body needs. This will be based on several things such as activity levels, current fitness levels, how your body responds to foods, your specific dietary

requirements, and health needs. Please log on to the website, www.healthost.com, upload your profile picture and send Miriam Fayas-Whitfield what your requirements and needs are so she can customize one for you as well.

Males

6 Day Routine Hypertrophy (growth) with Sample Meal Plan

DAY 1

Legs All Day by Eric Whitfield, C.P.T., Nat'l Qualified Men's Bodybuilder



***AFTER REST DAY**

Leg Extensions: 4 to 5 sets x 10-15 reps.

Leg Press: 4 sets x 8-12 reps. *Leg press is a good machine to use when squatting isn't an option.*

Barbell Squat: 4 sets x 10-12 reps.

Hack/V Squat: 4 sets x 10-12 reps.

Dumbbell Romanian Deadlift: 3 sets x 10-12 reps.

Lying Leg Curls: 4 sets x 10-12 reps.

Calf Raises: 3-4 sets of 20 reps.

Day 2

The Best Chest by Eric Whitfield, C.P.T., Nat'l Qualified Men's Bodybuilder

Flat Bench DB Fly: 6 sets x 12 reps.

Incline Barbell Press: 4 sets x 10 reps.

Smith Flat Bench Press: 4 sets x 12 reps.

Standing Cable Fly: 7 sets x 12 reps. (15 sec rest)

Push-ups to Failure: 2-3 sets to failure.

DAY 4

Big Back Attack by Eric Phillips, IFPA Pro



Warm-Up Superset

Pull-ups: 4 sets x 10 reps SUPERSET with Push-ups. Focus on contracting your lats to initialize the movement!

Deadlifts: 5 sets x 5-8 reps.

Bent-over Barbell Rows: 3 sets x 12 reps, 2 sets x 10 reps, 1 set x 8 reps

Lat Pull-down Machine or Cable Machine: 5 sets x 8-12 reps

Reverse Grip Seated Row: 4 sets x 10-12 reps

T-Bar Row at an Angle: 4-5 sets of 8-12 reps

Rear Delt/Rhomboid Finisher: 3 sets x 10 of each exercise.

DAY 5

Shredded Shoulders by Gunnar Anderson, C.P.T. a.k.a. TheOnePecWonder



Warm ups are extremely important! Isolating the shoulder joint and muscles during a workout puts a lot of pressure on a delicate place, so adequate warm up is critical.

Tri-Set Warm up

- Cable Face Pulls w/ Rope Attachment 15-20 reps
- DB Lateral Raises 15-20 reps
- DB Front Raises 15-20 reps

*Rest for about 15 seconds between each, then for about 30 seconds after the tri-set is complete. I do this warm up twice.

Dumbbell Arnold Press: Drop Sets 3x 12-15

Barbell Upright Rows: 3 sets x 12 wide grip then 12 close grip.

Dumbbell Lateral Raises: (Elbows at 90 degrees) 3 sets x 15 reps.

Seated Machine Press Drop Sets: 3 sets x 10, 8, 6, 4, 2 reps.

Barbell Shrugs: 3 sets x 15-20.

Day 5

ARMageddon by Justin Williams, NASM-CPT, IFPA Pro. 3x NPC MP Overall Winner



Warm up (nothing close to failure)

2x20 Dumbbell Biceps Curls

2x20 Cable Triceps Pushdown with rope

2x20 Kneeling Cable Abdominal Crunches

Seated Dumbbell Overhead Triceps Extensions: 5 sets x 12 reps.

Seated Barbell Biceps Curls: 4 sets x 8 reps.

Standing Cable Triceps Pushdown with Straight-bar: 4 sets x 15 reps.

Standing Cable Biceps Curls with Straight-bar: 3 sets x 10&10 reps.

Assisted/Bodyweight/Weighted Triceps Dips: 4 sets x 12 reps.

Incline Bench Dumbbell Biceps Curls: 3 sets x 12 reps.

AMRAP Close-grip bodyweight Incline Bench Pushups & Standing Hammer Biceps Curls: 3 sets. AMRAP= As Many Reps As Possible.

Male Sample Meal Plan

Fat Loss Meal Plan by Raymond Ruszkowski, D.C., C.P.T.



Average 200 lb Male: 2500 Calories with a Macro Breakdown of 35% Carbs, 40% Protein, and 25% Fat **Fiber Intake for this Meal Plan is 38g which 32g is the USDA minimum requirement.

Meal 1

75g oatmeal weighed dry
1 medium banana 7- 8" long
1 tbsp peanut butter
1 large scoop of favorite protein powder
Mix all into oatmeal for a delicious fast breakfast.

Meal 2

4oz. lean protein source: chicken, turkey, white fish
5oz. broccoli or any green veggie source
28g almonds

Meal 3

5oz. lean protein source: chicken, turkey, white fish
1 cup cooked rice
4oz. mixed vegetables or any other green veggie source

Meal 4

4oz. lean protein source: chicken, turkey, white fish
4oz. asparagus or other green veggie source
1 tbsp coconut oil

Meal 5

4.5oz. salmon
250g cooked wild rice
5oz. green beans or any other green veggie source

****Green Veggie Sources can come from any of these choices:** Bell Peppers, Broccoli, Dark Leaf Greens (Spinach, Kale, Chard, Turnip Greens, Lettuce), Onions, Green Beans, Zucchini, Brussel Sprouts, Mushrooms, Cauliflower, Asparagus, Brussel Sprouts, Cabbage, Spaghetti Squash, Bok Choi, Cucumbers

Disclaimer! This is just a sample of what a meal plan can represent to help an average healthy person begin their fat loss journey. However, everyone is different and should have a custom meal plan created according to what their individual needs. This will be based on several things such as activity levels, current fitness levels, how your body responds to foods, your specific dietary requirements, and health considerations. Please log on to the website, www.healthost.com, upload your profile picture and send me, Raymond Ruskowski, D.C., what your requirements and needs are so I can customize one for you as well which will help in your fat loss journey.

CrossFit Enthusiast Workout

Derek Newborn, Head Coach/Trainer – ATC Crossfit & Voted South Florida’s Top Trainer



A baseline workout is used to establish a baseline for performance. Try this workout first and come back to it throughout your training to check your performance. It should improve each time. Don't forget to keep a record of your times.

Run 400 meters
20 Air Squats
20 Hand Release Push-ups
20 Butterfly Sit-Ups
Run 400 meters

Air Squat- Tightens the lower body — the glutes, hamstrings, quadriceps and inner thighs — in a powerful way, because the range of motion is much deeper than with

the typical squat. It also tightens the core, especially the lower abs, and raises the heart rate. To perform an air squat, stand with your feet a bit wider than your shoulders, toes turned out about 45 degrees. Reach your arms forward and lower your butt down past your knees as you keep your weight back and over your heels. (You should be able to wiggle your toes, a sign that your weight is in your heels.) Chest up, eyes forward during the movement. Bring your hands down to your side as you stand. Repeat.

Hand Release Push up- the pulling back of the hands and squeezing of the upper back can help balance out all the pushing that's occurs during push-ups. It engages the low traps and the rear delts. To perform a hand release push up, begin at the top of a traditional Push-Up position, with your hands on the ground slightly wider than shoulder width. Your hands should be creating tension by "spreading" the floor. Keeping your core tight and your butt clenched, lower yourself to the floor, keeping your elbows close to your body. Once your chest is firmly on the ground, release your hands from the floor and pull them toward the ceiling. This should cause your shoulder blades to squeeze together. Place your hands back in the correct position and use the same form you came down with to push yourself back to the starting position, focusing on keeping your core tight and your body in a straight line.

Butterfly Sit-ups- the abdominal muscles (abs) provide movement and support to your core area. The deeper and closer to the spine the particular abdominal muscle is, the more effect over body posture it will have, and this often contributes significantly to a healthy back. To perform a butterfly sit-up, lie face up on the floor with the soles of your feet together knees open to the sides, and arms overhead on the floor. Brace your core and sit up, reaching your fingers toward or past your toes. Slowly return to start.

Crossfit can be a great way to a healthy fit life. Every movement is scalable to every individuals need. If you are looking for more information regarding Crossfit, click [here](#)

Additional Healthy Fit Recipes



1. White Chocolate Blueberry Protein Muffins

Ingredients:

- 1 cup oat flour
- 2 scoops vanilla whey
- 1/2 cup rolled oats
- 1/4 teaspoon sea salt
- 1/4 teaspoon baking soda
- 1 stevia packet
- 1/2 cup blueberries
- 1/3 cup white chocolate chips
- 1 Tablespoon unrefined coconut oil
- 1 egg
- 1/3 cup unsweetened cashew milk
- 1 teaspoon vanilla extract

Makes: 10 muffins

Directions: Preheat the oven to 375'. Mix all of the dry ingredients except for the blueberries and white chocolate chips in a large bowl. In a small bowl, heat the coconut oil in the microwave until it's fully melted. Temper the coconut oil by whisking in the 1/3 cup of cashew milk. Once it's tempered, whisk in the remaining wet ingredients. Fold in the wet ingredients with the dry. It's important to not over mix! Once you're almost finished mixing, fold in the blueberries and white chocolate. Spray a muffin tin baking sheet and fill up each muffin tin about 2/3 of the way full.

Bake for: 18 minutes. **Macros Per Muffin:** 4F/18C/8P

2. Power Berry Smoothie

Ingredients

1/2 cup frozen blueberries
1 handful fresh or frozen raspberries
1 handful fresh spinach
2/3 scoop of a vanilla whey protein powder
1/2 tablespoon peanut butter
1/2 tablespoon chia seeds
1 cup cashew milk
1 handful of ice
Blend and enjoy

Macros: 10F/23C/20P

3. Overnight Oats in a Jar

Ingredients

1/2 cup rolled oats
1/2 plain Greek yogurt
1/2 cup cashew milk
1/2 tablespoon chia seeds
1/2 tablespoon peanut butter
1 stevia packet and cinnamon to taste
1/3 cup blueberries
1/3 cup raspberries

Directions: In a bowl, combines all ingredients except the blueberries and raspberries. Grab a almost empty peanut butter jar or mason jar. It's layering time! The first layer will be whatever you like. You can start with a layer of the yogurt and oat mixture or with the berries. I prefer starting with the berries. So the first layer will be raspberries, the second layer will be the oat and yogurt mixture, the third layer will be blueberries, and lastly is the leftover oat and yogurt mixture. Close the jar and leave it in the fridge overnight so it's ready for you when you're on the go!

4. Mini Egg Muffins-Low Carb, High Protein!

Ingredients:

5 whole eggs or 1 cup egg whites (low fat version)
1/3 cup chopped red pepper
1/3 cup chopped zucchini
2 slices Canadian bacon-diced
1/4 teaspoon Himalayan pink salt
1/4 teaspoon chili powder
1/4 teaspoon garlic powder
1/4 teaspoon onion powder

Directions: Preheat the oven to 350'. In a medium sized bowl, whisk the eggs for 1 minute and then throw in the rest of the ingredients. Spray the baking sheet and fill each muffin tin 3/4 of the way full. **Bake:** 13 minutes

Macros: 4F/0C/8P

5. Chocolate Peanut Butter Protein Pudding-Low Carb, High Protein!

Ingredients: Pudding

1/2 plain Greek yogurt
1/3 scoop vanilla whey protein powder
1/2 tablespoon peanut butter

Ingredients: Chocolate Sauce

1/2 tablespoon coconut oil
1/2 stevia packet
1 tablespoon cocoa powder
1/2 tablespoon cashew milk

Directions: Mix the Greek yogurt, protein powder, and peanut butter in a small bowl. In a small dish, microwave the coconut oil for 45 seconds or until fully melted. Now it's time for continuous stirring! Stir in the cocoa powder and stevia until it fully combines with the coconut oil. Next, stir in the cashew milk until the consistency begins to thicken. Now you have healthy chocolate sauce! Poor this on top of the yogurt mixture and freeze for 30 minutes. If you can't wait the 30 minutes, it tastes amazing without freezing!

Macros: 11F/14C/21P