



WELLNESS WITH COACH CASS FITNESS GUIDE

Exercise Recos:

Crunch and situp variations- I would incorporate these into your workout daily. I had the carnival crew do 4 sets of 25 as a daily challenge to whatever the workout of the day was. Incorporate pushups as well so you don't leave out your arms.

Here's some examples of some great ab workout variations:

<http://www.youtube.com/watch?v=NHUvfEJ3fZg>

to include the pushups as well: <http://www.youtube.com/watch?v=S3Nu1wrdchM>

In General:

Some of the best exercises for achieving a flatter stomach are Abdominal Crunches, , Dumbbell Side Bends, Leg Lift Exercise, Air Cycling, Knees In and Out, Sit Ups, Inclined Sit Ups, Front Squat, Reverse Crunches, Ball Crunches, Log Roll, Ab Tuck, The Crab Ab Workout, Side Crunches, V Crunches, Chin Up Crunches, Hanging Leg Raise and Hanging Knee Raise.

Planks

One of the best full body exercises for your core arms and legs. Here's example of plank workout: http://www.youtube.com/watch?v=3OZJci4R_-A

Squats and lunges

these def sculpt your hamstrings, quadriceps, and buttocks. Here's an example of me doing squats to one of my fave dancehall songs wine and kotch

http://www.youtube.com/watch?v=5DqZ_zFNw2I

Increase that cardio!

Running will help you slim it down for sure. And if you hate running dry power walking or intense dancing or tabata or bootcamp type drills. Here are some cardio workout examples:

<http://www.youtube.com/watch?v=6EHJSRvKBe8>

Dietary Recos:

- 1) If you haven't already try to stay away from or decrease, chips, junk food, cake, pastries, cheese, beef, pork, fried food and late night carbs. I know it sounds like a lot but it's really not. You still have so many more healthy options to choose from. You can get some awesome clean eating recipe ideas from thegraciouspantry.com. you can take things you currently love to eat and replace them with a healthier alternative or make them with healthier ingredients. Even watch the difference in you the way you feel. Nothing taste as good as healthy feels
- 2) Replace with and snack on fruits, veggies (no extras, like extra cheese bacon bits, etc just a loaded veggie salad with a balsamic vinaigrette type dressing or Italian dressing and a protein if you like like fish or chicken)
- 3) Drink water, water, water instead of juice when you can cause juice has a lot of added sugar that brings on a lot of unwanted calories. I can't emphasize enough. As soon as you're thirsty, DRINK WATER! And as far as alcohol goes try and decrease it if you drink a lot. Cause you pretty much waste calories every time you drink. And those calories go directly to your stomach most of the time. Prioritize your drinking for special occasions. Red Wine is actually a better alternative for a lot of alcoholic beverages. Not telling you to never drink again just asking you to decrease the consumption of it if you drink it a lot especially if you have a goal to meet
- 4) Eat lots of lean protein (like beans and nuts, fish, chicken, turkey, lamb), fruits and vegetables, and whole grain breads and grains (no fructose corn syrup ingredients or coloring or artificial flavoring when you read the back of a label). Again, try and stay away from high-fat dairy products (like cheese/ whole milk/ the cream you put in your coffee). Use natural sweeteners like organic honey or agave nectar or stevia or brown sugar in the raw. And olive coconut or grapeseed oil to cook instead of vegetable or canola oil
- 5) You need to increase your metabolic rate. To increase your metabolic rate (the rate at which your food breaks down into energy), increase the frequency of your meals to 5-7 times a day. Every 2 to 3 hours, ingest a small meal. This increased frequency will put your metabolism into overdrive. WARNING: Do not over-eat! Small meals only. Only eat when you're hungry and until your full not till you're stuffed. and your little meals should be those things I advised you to snack on (fruits, veggies, protein and again WATER WATER WATER!). Remember you eat what's available so surround yourself with healthy options. Preparation is key. Have your snacks and meals ready
- 6) Portion control. Remember to eat smaller portions and more frequently (but healthy options). Your plate should be like 60% veggies a lean meat and a fistful of carbs (whole grain rice, pasta, etc)

7) Keep eating your breakfast every morning and if you need something to hold you over right before you work out eat fruit since it's very light and wont make you feel like vomiting when we're working out

8) Make sure you don't eat anything heavy 1.5 hours before you sleep. Your body slows down when you sleep so you can't digest food properly. So if you do let it be like something like fruits or veggies or something that will run through your body and digest quickly

Wellness With Coach Cass

Website: www.wellnesswithcoachcass.com

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Class Schedule (NYC): <http://www.wellnesswithcoachcass.com/events-6>

Mailing List: <http://visitor.r20.constantcontact.com/email.jsp?m=1115682222107>