Meal Plan — Week 5, Day 1

Breakfast. Protein Drink — 217 kcal
- 1 scoop Casein protein shake with ½ cup blueberries and ½ cup strawberries.
- Mix with 10oz. of vanilla almond milk.

Lunch. Turkey Sandwich — 458 kcal
- On 2 slices of whole grain bread, add 3 slices of turkey breast, half a handful of spring mix, tomato, and a slice of cheese.
- Eat with an apple on the side.

Dinner. Baked Chicken Breast — 410 kcal
- Bake 5oz. chicken breast with the seasonings of your choice.
- Serve with steamed California mix vegetables and a sweet potato.

Snack — 457 kcal
- Greek yogurt cup
- 2oz. of honey roasted cashews

total calories = 1541 kcal

Meal Plan — Week 5, Day 2

Breakfast. Scrambled Eggs — 473 kcal
- Scramble 2 eggs, dice in 2 slices of turkey, add a handful of spinach, and half a bell pepper.
- Serve with ½ cup of granola and ¼ cup of plain Greek yogurt on the side.

Lunch. Sirloin Fajita — 551 kcal
- Grill 6oz. of sirloin steak with ½ onion, 1 bell pepper, and serve on a whole grain tortilla.
- Top with ¼ cup of shredded cheese.

Dinner. Lemon Pepper Chicken — 555 kcal
- Bake a 5oz chicken breast with lemon pepper seasoning.
- Serve with 1 cup of wild rice and 1 cup of baked zucchini covered with 1 tbsp of olive oil and spices of choice.

Snack — 55 kcal
- ½ cup of strawberries
- ½ cup of blackberries

total calories = 1635 kcal

Meal Plan — Week 5, Day 3

Breakfast. Scrambled Egg Tortilla — 372 kcal
- Scramble 2 eggs in a pan with a splash of milk.
- Toast a whole grain tortilla and add the eggs, shredded cheese, and diced tomato. Top with salsa.

Lunch. Sweet/Sour Chicken — 521 kcal
- Cook 5oz. chicken with 2 tbsp of sweet and sour sauce.
- Serve with 1 cup of white rice and ½ cup of sugar snap peas.

Dinner. Baked Salmon — 405 kcal
- Bake 5oz. of salmon seasoned with the spices of your choice.
- Serve with a baked sweet potato and ½ cup broccoli.

Snack — 269 kcal
- 1 Banana
- 1oz. of almonds

total calories = 1568 kcal

Meal Plan — Week 5, Day 4

Breakfast. Scrambled Eggs — 704 kcal
- Sauté ¼ of an onion, ½ bell pepper, and garlic with 1 tbsp of olive oil, then scramble in 2 eggs.
- On the side, serve ½ cup of oatmeal with 1 tbsp of honey and 1oz. of coconut flakes.

Lunch. Chicken and Rice — 437 kcal
- Grill or pan fry a 5oz. chicken breast topped with seasoning.
- Add 1 cup of wild or brown rice and 8 asparagus spears on the side.

Dinner. Baked Chicken — 421 kcal
- Bake 5oz. chicken breast and serve with 1 cup mashed potatoes and 1 cup of mixed green salad.
- Top salad with a handful of kale and 1 tsp of balsamic dressing.

Snack — 140 kcal
- 1 Greek yogurt cup

total calories = 1849 kcal

Meal Plan — Week 5, Day 5

Breakfast. Scrambled Eggs — 598 kcal
- Scramble 2 eggs, dice in 2 slices of turkey, add a handful of spinach, and half a bell pepper.
- On the side, prepare ½ cup of oats with almond milk and top with 1 tbsp honey, 1oz. slivered almonds, and cinnamon.

Lunch. Tuna Salad — 411 kcal
- Mix together 5oz. of tuna with chopped bell pepper, onion, and celery and serve with 8 wheat crackers and an apple on the side.

Dinner. Baked Salmon — 490 kcal
- 5oz. of baked salmon covered with fresh lemon juice and served with 1 cup of white rice and 8 roasted asparagus spears.

Snack — 159 kcal
- 1 cup blueberries
- 1oz. goat cheese

total calories = 1658 kcal

Meal Plan — Week 5, Day 6

Breakfast. Egg Sandwich — 306 kcal
- Scramble 2 eggs in a pan with a splash of milk.
- Toast a whole grain bagel and add the eggs, 2 slices of turkey, lettuce, and a slice of tomato.

Lunch. Italian Chicken Pasta — 487 kcal
- Season a 5oz. chicken breast with Italian seasoning and bake.
- Prepare penne pasta and add tomato sauce. Cut the chicken into the pasta and add ½ cup of broccoli.

Dinner. Chicken Salad — 483 kcal
- Combine 5oz. of chicken breast with a cup of romaine lettuce, a cup of mixed greens, cherry tomatoes, 1oz. of feta cheese, and 1 tbsp of balsamic dressing.
- Serve with a banana on the side.

Snack — 181 kcal
- 1oz. cashews
  ½ cup of strawberries

total calories = 1457 kcal

NATIONAL FITNESS CENTER

Lower Body Strength

Power Up

Week 5, Day 1 Workout

We're taking it up a notch with this week's strength & cardio workouts. Ready to crush it?

Task #1 Complete 3 total rounds with 1 minute rest.

Box Jump

Repetitions: 5

- Start small today with a box height you can confidently handle for 5 jumps. Jump onto the center of the box and carefully step down after each rep.

Barbell Back Squat

Repetitions: 15

- Set up under a barbell in a squat rack with the bar resting on your upper back.
- Squat down until the hip crease meets the knees then come up quickly.
- Choose a weight you can handle for 15 repetitions with 2-3 reps to spare each set.

Task #2 Complete 3 total rounds with 1 minute rest.

Walking Lunge

Repetitions: 12 per leg

- Use only bodyweight today for the walking lunges.
- Drop the back knee straight down and try to keep the front shin as vertical as possible each repetition.
- Make sure you're stable between reps and hold a good posture the entire time.

Single Arm Kettlebell Swing

Repetitions: 12 per arm

- Choose a lighter kettlebell this week for single arm swings.
- Hinge from the hips and pop the kettlebell up to shoulder level. Keep the inactive hand on the hip as you perform swings.

Step-up With Knee Drive

Repetitions: 15 per leg

- Select a 6- to 12- inch box or bench.
- Place your foot in the center of the box and step up onto the box putting the weight through the heel.
- At the top of the movement, drive your knee up towards the chest in a quick and controlled motion.
- Keep the same leg for all 15 repetitions before switching sides.

NATIONAL FITNESS CENTER

Upper Body Push Pull

Power Up
Week 5, Day 2 Workout

Try these next level upper body exercises today -- keep it going!

Task #1

Complete 3 total rounds with 1 minute rest.

Incline Dumbbell Bench Press

Repetitions: 10-15

- Set up an incline bench at 30 degrees (two notches).
- Tuck the elbows in at 45 degrees as you bring the dumbbells toward the chest and press back up quickly.
- Choose a weight you can handle for 10-15 repetitions with 1-2 reps to spare each set.

Chest Supported Dumbbell Row

Repetitions: 10-15

- Pick up the dumbbells and lean your chest against the same incline bench you used for the first exercise.
- With your chest against the bench, row the dumbbells in and pause them for a second at the top before you reverse the movement.
- Choose a weight you can handle for 10-15 repetitions with 1-2 reps to spare each set.

Task #2

Complete 3 total rounds with 45 seconds rest.

Dumbbell Curl and Press

Repetitions: 16-20

- Hold the same dumbbells you used for the curl and press.
- Lean over until your back is at a 45 degree angle to the floor. Keep your hands neutral with the palms facing toward your body, keep the elbows tucked close, and head up the entire time as you row the dumbbells in toward your belly button.

Neutral Grip Dumbbell Two-Arm Row

Repetitions: 16

- Hold the same dumbbells you used for the curl and press.
- Lean over until your back is at a 45 degree angle to the floor. Keep your hands neutral with the palms facing toward your body, keep the elbows tucked close, and head up the entire time as you row the dumbbells in toward your belly button.

Elevated Pushups

Repetitions: As many repetitions as possible (AMRAP)

- Elevate your hands on a bench or Smith Machine to perform pushups on an inclined angle. This week have your hands slightly wider than you normally would. Perform as many repetitions as possible (AMRAP).

Task #3

Perform 3 rounds of core 30/30/30.

Deadbug

Continue to repeat repetitions for 30 seconds.

- Lay on your back and raise your legs and arms straight up, anchoring your lower back and shoulders to the floor.
- With good control, lower opposite limbs simultaneously (right arm and left leg, then left arm and right leg) while keeping your lower back and shoulders in contact with the ground.
- Reverse the movement then complete another with the other opposing limbs.

Penguins

Continue for 30 seconds.

- Lay on your back and lift your shoulders off the floor.
- Using your obliques, move side to side while tapping your ankle on each side. Use a controlled tempo and keep the shoulders up the entire 30 seconds.

NATIONAL FITNESS CENTER

Cardio

Power Up
Week 5, Day 3 Workout

Take it to the gym on Day 3 with this cardio task!

Heart Rate Zones

Monitoring your heart rate during cardio exercise helps you determine the best intensity to achieve results. You want to make sure you're getting the most out of your workout and monitoring your heart rate helps you know the best pace you need to achieve -- and maintain -- maximum results.

As you monitor your heart rate, either manually or with a device, you'll see how your heart rate responds to low intensity, moderate or vigorous exercise. Always check with your physician about your maximum heart rate (MHR) and safe limits.

ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5
HEALTHY HEART RATE	**FITNESS HEART RATE**	**AEROBIC HEART RATE**	**ANAEROBIC HEART RATE**	**RED-LINE**
50-60% of MHR	60-70% of MHR	70-80% of MHR	80-90% of MHR	90% of MHR

Task Cardio

- Choose any cardio machine and begin with a 5-minute warmup in Zone 1.
- Perform 20 minutes of cardio on the same machine in Zone 3.
- Cool down with 5 minutes in Zone 1.
- Steady your breathing by inhaling through the nose and exhaling through the mouth.

NATIONAL FITNESS CENTER

Full Body

Power Up
Week 5, Day 4 Workout

Just because it's Day 4, we're not easing up. Crush it!

Task #1 Complete 3 total rounds with 1 minute rest.

Kettlebell Deadlift

Repetitions: 15

- Place a kettlebell between the legs and place the feet just outside of shoulder width. Keep your back flat and eyes forward.
- Lift the kettlebell up and squeeze the glutes at the top. Bring the kettlebell back down with constant tension; lower the kettlebell as low as possible without touching the floor then lift back up.

Dumbbell Clean and Push Press

Repetitions: 10

- Start with the dumbbells at your sides. Dip straight down by driving the knees out then swing the dumbbells up to the shoulders.
- From the shoulders, dip back down again and use the leg drive to push the dumbbells overhead.

Man-Makers

Repetitions: 7

- Start with a light pair of dumbbells by your feet. Crouch down with your hands on the dumbbells and kick your feet back to get in a pushup position.
- From the pushup position, perform a row with one arm, then perform a row with the other arm. Jump your feet back in then jump back up as you clean the dumbbells up to your shoulders.
- Squat down with the dumbbells raised on the shoulders and drive the dumbbells overhead as you squat back up.

Task #2

Reverse Tabata - Perform each movement for 20 seconds at a moderately high intensity. Rest for 40 seconds and then complete the next movement. Perform 4 rounds for 12 minutes of total work. Make sure to work hard during those 20 second intervals.

Burpee x 20 Seconds

- Perform burpees to the floor this week. Kick the feet back to land in a pushup position. Jump the feet back in and then hop up.
- Repeat the movement for 20 seconds as fast as possible.

Jump Rope x 20 Seconds

- Skip rope for 20 seconds with a high pace. Feel free to add various forms of skips but stick to what you can consistently manage for 20 seconds at a high pace. Do invisible jump rope hops in place if it's a challenge to sustain 20 seconds of consistent jumping.

Bicycle x 20 Seconds

- Lay on your back and raise your shoulders off the floor. Keep your knees bent and touch one elbow to the opposite knee while straightening the inactive leg. The movement should mimic riding a bicycle.