

How to:

General notes:

Before you buy any of my workouts, I want you to truly think about your week and be **HONEST** with yourself. How busy are you **REALLY**? How much time do you truly have to fit in a workout? If you only have one day, **DO NOT** buy the 2 day plan. Just don't. It will only lead to frustration when you cannot get the other day in. If some weeks you only have 2 days, but some weeks you have three, **DO NOT** buy the three day plan. Again it will lead to frustration. Instead, buy the two day plan and repeat one of the workouts a 2nd time in one week. Be honest with yourself and remember... **this is a lifestyle you are building, not a crash course in burn-out.** My workouts are meant to fit your life, no matter how busy it may be, so **the more honest with yourself you are, the better results you will get from my workouts.**

My workouts should be performed with at least one day of "rest" in between each workout day. I know the term is **REST** day but please try to not lay around all day... The more you move, the less soreness you will have and the more flexible you will be. Whether your rest day is a walk with your dog, some quick yoga flows, hiking in the mountains, swimming, running, **WHATEVER**, just make sure you truly enjoy it. Ideally, your rest days should not be too "strength based" because I promise you, once you experience **Delayed Onset Muscle Soreness (DOMS)**- the soreness experienced from breaking down muscle fibers through strength training, you will **NOT** want any more strength based workouts in your week...

Another thing to note is that **each workout will ALWAYS include lower body movements.** In my opinion, if you're not training legs, you're not getting the most out of your workout. Think about how big the muscles of your legs are compared to your upper body... they're a lot bigger right? That means they offer a bigger increase in heart rate and bigger calorie burn.

How to:

Sets and Reps and Picking Weight:

It sounds confusing at first, but really... you just need to remember three terms and one simple rule:

Rep - the amount of times you perform an exercise before taking a break or moving on to another exercise

Set - a group of reps, done without any breaks

Superset - hang tight, we will get to this definition later

"The higher the sets, the lower the reps."

Each rep range is a good place to train, but some ranges are "easier" than others... each cycle will begin in the high rep range, giving you a chance to master the movements with a lower weight. The following weeks will alternate between mid and high reps and you will finish on week six with low reps. This will most likely be your most challenging week, the reason it is saved for last.

No matter what your prescribed rep range is, you want to **make sure that the weight is challenging enough**. This means that you can perform all reps with good form, but the last 2-3 reps are **HARD** to complete. If you don't feel anything by rep 15, the weight is too light or your modification of the exercise is too easy. At that point, you will want to progress the movement by either adding a modification (for non-weighted exercises), or by adding more weight (for weighted exercises).

Mixing Up Exercises :

Lift with Laura workouts use minimal rest, because seriously... Why waste half your workout taking a break between sets of the same exercise? Don't do it! Lift with Laura workouts *maximize your time by organizing exercises into what are called "supersets"* that way you spend the least amount of time waiting around!

Superset: a grouping of exercises that alternates two or more different movements with minimal to no rest in-between.

(Each exercise will be given a letter, A-F. Each time you see a letter, it corresponds to *ONE* set of that exercise.

A B C D E F, A B C D E F.

**A B C, A B C, A B C.
D E F, D E F, D E F.**

examples →

**A B, A B, A B.
C D, C D, C D.
E F, E F, E F.**

Putting it All Together:

Lift with Laura workouts are provided in 7 pages. The first page is your overview of the cycle, and the last six pages are instructions, tips and modifications for each exercise.

The top part of page one will show you the six exercises you are performing in that workout. The exercises will be color coded based off what type of movement they are (**purple** for lower body, **teal** for upper body and **grey** for core or total body). Each exercise will also be assigned a letter, as shown below.

front plank

A

Russian twist

B

sumo deadlift

C

banded kickback

D

bench press

E

TRX tricep extension

F

How to:

Putting it All Together (continued):

The bottom of page one will show you how those colors and letters are ordered for each week of the cycle. Some weeks you will superset an upper and lower body exercise together, some weeks you will superset 2 lower body exercises together, etc... It all depends on the week, but I promise you, the burn will feel different each week!



After noting the colors and orders, you will then look at how many sets are being performed of each movement. 2 squares of the same letter means 2 sets, 3 squares of the same letter means 3 sets, and so on. This is when you use your knowledge of reps and weight to decide what weight to use, or how hard to perform a movement (although specific rep ranges will be given for each week):

The more sets (squares) there are, the less reps you perform, meaning you use a heavier weight or harder modification.

The less sets (squares) there are, the more reps you perform, meaning you use a lighter weight or easier modification.

As stated before, "light"/"heavy" or "easy"/"hard" are relative terms. What is light to you might be heavy for someone else. Pick a weight or modification that is good for YOU in that specific rep range, *don't base your weight of off others!*

Ready? Let's go!