



@SABRINAHALLFIT

# TOTAL BODY TRANSFORMATION

**STRENGTHEN & SCULPT  
BOOTY AND CORE**

*#SABRINAHALLFIT*



**8 WEEKS HOME PROGRAM**



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# PRODUCT DISCLAIMER

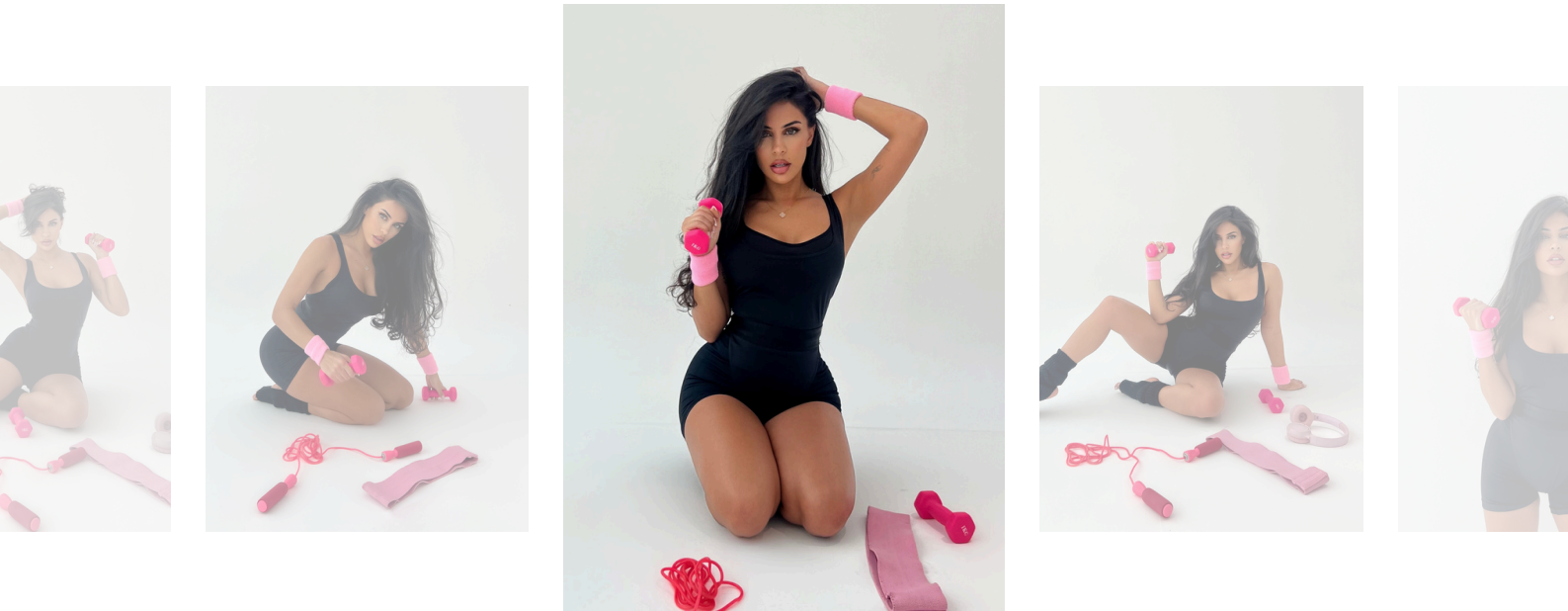
The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice. The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to ensure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.





Sabrina Hall

Hi, I'm Sabrina, and I'm thrilled to introduce you to my first fitness e-book, a guide designed to help you achieve the body and confidence you've always dreamed of.

With seven years of experience in fitness coaching, I've had the privilege of guiding countless individuals on their journey to better health and well-being. My approach is rooted in the belief that true fitness goes beyond just physical appearance-it's about nurturing the body, mind, and soul in harmony. In this e-book, I've combined my passion for wellness with my expertise in fitness to create a program that not only sculpts your booty and core but also strengthens your connection with yourself.

I understand that everyone's fitness journey is unique, which is why I've designed this first guide to be adaptable, empowering, and, most importantly, aligned with your goals. Whether you're looking to tone up, build strength, or simply feel more confident in your skin, this e-book is your companion to achieving those goals in a healthy and sustainable way. I'm here to help you not just transform your body but also elevate your overall sense of well-being.

Thank you for allowing me to be a part of your journey. Let's work together to unlock your full potential and create the strong, balanced, and beautiful self you deserve.



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# INTRODUCTION

8 WEEK PROGRAM

*Sabrina Hall*



# PROGRAM RATIONALS

Welcome to the 8-Week Total Body Transformation Program! This program is designed to help you build strength and definition in your glutes and core. Remember, everyone's fitness journey is unique—genetics, lifestyle, and other factors all play a role in how we develop muscle and where we store fat. Focus on your own progress and avoid comparing yourself to others.

Embrace your individuality and strive for a body where you feel your best—strong, healthy, and confident. Physical changes are important, but so are mental and emotional growth. Appreciate how far you've come and trust in the progress ahead. Let's get stronger together!

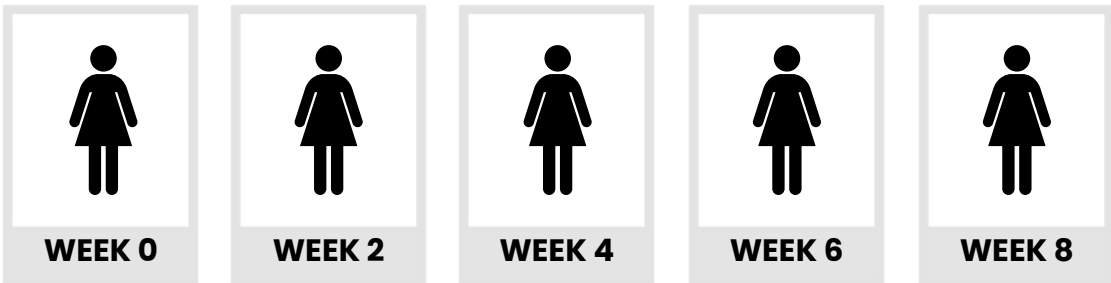




# RECORD YOUR PROGRESS

**8-Weeks Program:** Follow the provided workout plan for the entire duration of the challenge. Stay consistent, motivated, and challenge yourself to push your limits. Dedicate yourself to healthier habits, including proper nutrition and sufficient rest.

**Document Your Progress:** Throughout the challenge, take pictures or record videos at least every alternate week to document your fitness journey. Capture the changes in your physique, strength, and endurance. These visual records will be crucial for the contest evaluation.



I would love if you can post about your progress on Instagram and tag me at [@sabrinahallfit](#)

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**"CHECK OUT MY PROGRESS!"**  
**#SABRINAHALLFIT**





# NUTRITION

## THE FUNDAMENTALS

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# INTRO TO NUTRITION

Nutrition is likely to be most people's struggle when it comes to getting in shape. What most people fail to do is understand the type and content of the food they consume, as opposed to controlling the amount of food they eat. Once you have a better understanding of food, you will realize that you have a lot more freedom to eat what you want, and still be on track with your fitness goals.

It is necessary to understand that not all healthy food is good for your diet, and similarly, not all unhealthy food is bad for your diet. Foods are ultimately just calories (from carbohydrates, proteins, and fats). It doesn't mean that someone who eats healthily will lose weight. If his calories are exceeding his maintenance calories, he WILL gain weight regardless of how healthy his diet is.

That being said, it is always still encouraged to get your food from healthier sources. However, watching calories is a lot more important for getting in shape.





# CALORIES

A calorie is a measurement, just like a teaspoon or an inch. Calories are the amount of energy released when your body breaks down (digests and absorbs) food.

The more calories a food has, the more energy it can provide to your body. When you eat more calories than you need, your body stores the extra calories as body fat. Even fat-free food can have a lot of calories. Excess calories in any form can be stored as body fat.

To lose weight, you need to have a calorie deficit. One way you can achieve this is by eating less fat and fewer calories and exercising. Exercise burns calories.

## **calories in, calories out.**

**weight loss = calories consumed < calories expended**

**weight gain = calories consumed > calories expended**

**weight maintenance = calories consumed = calories expended**

However, regularly eating fewer calories than your body needs can cause your metabolism to slow down. Several studies show that low-calorie diets can decrease the number of calories the body burns by as much as 23%

Regularly eating fewer calories than your body requires can cause fatigue and make it more challenging for you to meet your daily nutrient needs.



# MACRONUTRIENTS

Knowing your main macronutrients (“macros”) and micronutrients (“micros”) is essential to starting your meal plans.

Macros consist of three principal classes – carbohydrates, proteins and fats. These are referred to as “macros” as they are consumed in larger quantities compared to vitamins and minerals (micronutrients).

How each food is classified is according to the macronutrient that has the highest percentage in it. For example, avocados are made up of 70% fat, 8% carbohydrate and 2% protein among other compounds and hence are classified under the “Fats” category. It is important to find a balance in terms of the portions of macronutrients in your diet, and this will be different for everybody.

This e-book includes a list of common food items under each macronutrient. Feel free to use these lists to build your meals around a combination of protein, carbohydrates and healthy fats.







**PROTEIN**  
4 KCAL / G

Proteins are made up of amino acids, which are the building blocks of muscle tissue. During resistance training or other forms of exercise, muscle fibers undergo stress and create small tears. Amino acids are used to repair these tears and build new muscle tissue. Adequate protein intake ensures that there are enough amino acids available to repair damaged muscle fibers and facilitate muscle growth.

Aim to eat at least 1 gram of protein per pound of body weight daily to support muscle repair and growth. High-protein foods include lean meats, fish, eggs, dairy products, legumes, and protein powders.



**CARBS**  
4 KCAL / G

Carbohydrates help maintain energy levels during prolonged or intense workouts, allowing you to train harder and longer, which is essential for muscle growth.

Muscles use glycogen, a form of stored glucose, as a primary source of energy during exercise. Complex carbohydrates help replenish muscle glycogen stores after workouts, aiding in recovery and ensuring that you have adequate energy for subsequent training sessions. Adequate carbohydrate intake also helps prevent the use of protein as an energy source. When carbohydrate intake is sufficient, the body is less likely to break down muscle protein for energy, allowing more protein to be used for muscle repair and growth.

Incorporate complex carbohydrates such as whole grains, vegetables, and fruits in your diet to provide sustained energy for your workouts and recovery periods.



**FATS**  
9 KCAL / G

While carbohydrates are the primary energy source for high-intensity exercise, fats provide sustained energy for longer, lower-intensity activities and help in overall energy balance. Healthy fats are important for building muscle because they support hormonal balance, provide sustained energy, enhance nutrient absorption, maintain cell membrane integrity, and contribute to overall health.

Include healthy fats from sources like avocados, nuts, seeds, and olive oil.



# MICRONUTRIENTS

Micronutrients, also known as vitamins and minerals, are only required in small amounts, hence they are known as the “micros”. That said, consuming the minimum or recommended amount is still very important. Except for Vitamin D, micronutrients are not produced by the body and must be consumed via food.

Micronutrient deficiencies can have dire consequences and affect more than two billion people worldwide. It can result in poor physical and mental development in children, exacerbation of disease, or even blindness. It is important to recognize the main essential micronutrients - iron, zinc, calcium, iodine, Vitamin A, B-Vitamins and Vitamin C.





## MINERALS

The two different types of minerals are macrominerals and trace minerals. As one might have guessed, macrominerals, such as calcium and magnesium, are needed in larger amounts in the body. On the other hand, trace minerals are required in smaller amounts but still support important bodily functions. Iron and zinc are examples of trace minerals.

## VITAMINS

Vitamins are also divided into two groups - water-soluble and fat-soluble vitamins. Water-soluble vitamins are ones that can dissolve in water while fat-soluble vitamins dissolve in fat.

**A**

Essential for good vision, healthy skin, and a strong immune system. It is also important for growth and development.

**B**

There are eight B vitamins, and they are important for metabolism, energy production, and the health of the nervous system.

**C**

An antioxidant that helps protect cells from damage, vitamin C is also important for the immune system, wound healing, and the absorption of iron.

**D**

Needed for the absorption of calcium, vitamin D is important for bone health and may also have a role in immune function and disease prevention.

**E**

An antioxidant that helps protect cells from damage, vitamin E is important for the immune system, skin health, and the prevention of chronic diseases.

**K**



Important for blood clotting and bone health, vitamin K also plays a role in regulating calcium in the body.



# THE ART OF MEAL PLANNING

Certainly when it comes to planning a meal guide, the most important and fundamental step is to calculate your daily nutritional needs, which is based on your caloric expenditure. Simply put, how much energy you burn determines how much you need to eat and how your food should be portioned out.

## TOTAL DAILY ENERGY EXPENDITURE (TDEE)

 <b>MALE</b>	$[66 + 6.2 \times \text{weight (lb)} + 12.7 \times \text{height (in)} - 6.76 \times \text{age (y)}] \times \text{multiplier}$
 <b>FEMALE</b>	$[655.1 + 4.35 \times \text{weight (lb)} + 4.7 \times \text{height (in)} - 4.7 \times \text{age (y)}] \times \text{multiplier}$

## MULTIPLIER




<b>1.2</b>	Sedentary (little to no exercise + work a desk job)
<b>1.375</b>	Lightly Active (light exercise 1-3 days / week)
<b>1.55</b>	Moderately Active (moderate exercise 3-5 days / week)
<b>1.725</b>	Very Active (heavy exercise 6-7 days / week)
<b>1.9</b>	Extremely Active (very heavy exercise, hard labor job, training 2x / day)

USE THIS CALCULATOR HERE!





With an estimate of your Total Daily Energy Expenditure (TDEE), you can determine your target caloric intake based on your fitness and health goals. Whether you aim to lose weight, maintain your current weight, or gain muscle mass, setting a specific caloric intake can help you reach your desired outcome.

GOAL		
 <b>FAT LOSS</b>	 <b>RE-COMPOSITION</b>	 <b>MUSCLE BUILDING</b>
<b>-300 KCAL</b> Consume in a deficit	<b>+/- 0 KCAL</b> Consume in a maintenance	<b>+300 KCAL</b> Consume in a surplus





Now that you have determined your required caloric intake based on your goals, we have simplified the meal planning process by dividing your caloric needs into three different levels. These levels are designed to make meal planning more manageable, but you are free to adjust your caloric intake as needed for a more personalized meal plan.

DAILY SERVING CHART FOR 3 LEVELS

IF YOUR TARGET CALORIES FALL WITHIN 1200-1799 KCAL.

A  
1200 KCAL / DAY

PROTEINS 3  
DAIRY 1  
FRUITS 1  
VEGETABLES 2

FATS 1  
CARBS 2  
CONDIMENTS 1  
SNACKS 1

IF YOUR TARGET CALORIES FALL WITHIN 1800-2399 KCAL.

B  
1800 KCAL / DAY

PROTEINS 4  
DAIRY 2  
FRUITS 1  
VEGETABLES 2

FATS 1  
CARBS 2  
CONDIMENTS 1  
SNACKS 2

IF YOUR TARGET CALORIES FALL WITHIN 2400+ KCAL.

C  
2400 KCAL / DAY

PROTEINS 6  
DAIRY 2  
FRUITS 1  
VEGETABLES 3

FATS 1  
CARBS 3  
CONDIMENTS 1  
SNACKS 2

Each circle indicates 1 serving, indicated by the figures in the next few pages. This portion approach method gives you an idea of how many servings of each food group you are recommended to have along with how many calories each serving contains.



● PROTEINS

EACH SERVING = 100 KCAL

3 oz	BONELESS, SKINLESS CHICKEN OR TURKEY BREAST
6	EGG WHITES
1	SOY BURGER
2 slices	TURKEY BACON
3 oz	FISH AND SHELLFISH

3 oz	TOFU
3 oz	LEAN RED MEAT
3 oz	TUNA
1/3 cup	PROTEIN POWDER
1	VEGGIE BURGER

● DAIRY

EACH SERVING = 120 KCAL

1 oz	LOW FAT CHEESE
8 oz	SOYBEAN MILK
1 oz	FETA CHEESE

1 oz	PARMESAN CHEESE
8 oz	SKIMMED MILK

● FRUITS

EACH SERVING = 100 KCAL

1	MEDIUM APPLE
1 cup	APRICOTS
1/2	MEDIUM MANGO
1 cup	GRAPES
1 cup	WATERMELON
1 cup	KIWI

1	MEDIUM PEACH
1 cup	BLACK/BLUE/RASPBERRIES
1	LARGE ORANGE
2 cups	STRAWBERRIES
1	MEDIUM GRAPEFRUIT
1 cup	CHERRIES

● VEGETABLES

EACH SERVING = 50 KCAL

1 cup	BROCCOLI
2 cups	ASPARAGUS
1 cup	CELERY
1 cup	LETTUCE
1 cup	MUSHROOMS

1 cup	PEAS
2 cups	SPINACH
1 cup	PEPPERS
1 cup	CABBAGE

● FATS

EACH SERVING = 120 KCAL

3 oz	AVOCADO
1 tbsp	FLAXSEED OIL
1 tbsp	CANOLA OIL

1 tbsp	OLIVE OIL
6 oz	OLIVES



CARBS

EACH SERVING = 200 KCAL

1	MEDIUM WHOLE WHEAT BAGEL
1 cup	BAKED BEANS
1 cup	COUSCOUS
1 cup	QUINOA
1 cup	WHOLE GRAIN CEREAL
2 slices	RYE / WHOLE WHEAT BREAD

3	PANCAKES
1 cup	BROWN/WILD RICE
1 cup	LENTILS
1 cup	PASTA / NOODLES
3	CORN TORTILLAS
2	WHOLE WHEAT WAFFLES

CONDIMENTS

EACH SERVING = 50 KCAL

2 tbsp	BBQ SAUCE
2 tbsp	FAT-FREE DRESSINGS
2 tbsp	MUSTARD

2 tbsp	HONEY
2 tbsp	PURE FRUIT JAM
2 tbsp	LOW-FAT SAUCES

SNACKS

EACH SERVING = 100 KCAL

1 oz	LOW FAT CHEESE
8 oz	1% COTTAGE CHEESE
1 oz	DRIED FRUIT
1	FROZEN FRUIT BAR
8 oz	FRUIT SORBET

4 oz	NON-FAT FROZEN YOGHURT
2 oz	SOY NUTS
1.5 oz	STRING CHEESE
8 oz	NON-FAT PLAIN YOGHURT
12	MINI RICE CAKES



The background image shows several meal prep containers on a light-colored marble surface. One container features a piece of salmon, cherry tomatoes, and a slice of bread. Another contains rice and green beans. A third has broccoli and chicken. There are also bowls of sliced apples and grapes, and a bottle of orange juice. The entire image is overlaid with a semi-transparent pink filter.

# MEAL PLANS

NON-VEGAN & VEGAN

*Sabrina Hall*



# 1200 KCAL

## SAMPLE MEAL

### MEAL ONE

- 1 scrambled egg with spinach
- 1 slice whole-grain toast
- 1/2 avocado



### SNACK ONE

- 1 small apple

### MEAL TWO

- 100g grilled chicken breast
- 2 cups (100g) mixed greens
- 1/2 cup (80g) cherry tomatoes
- 1/4 cucumber (50g)
- 1 tbsp (15ml) light vinaigrette



### SNACK TWO

- 10 almonds (15g)

### MEAL THREE

- 90g grilled salmon
- 1 cup (150g) steamed broccoli
- 1/2 cup (90g) cooked quinoa





# 1200 KCAL

## SAMPLE MEAL



### MEAL ONE

- Smoothie with 1/2 banana (50g), 1/2 cup (15g) spinach, 1/2 cup (120ml) almond milk, 1 tbsp (16g) peanut butter



### SNACK ONE

- 1 small apple

### MEAL TWO

- 1/2 cup (90g) cooked quinoa
- 1 cup (50g) mixed greens
- 1/2 cup (80g) cherry tomatoes
- 1/4 cucumber (50g)
- 1/4 cup (42g) chickpeas
- 1 tbsp (15ml) light vinaigrette



### SNACK TWO

- 10 almonds (15g)

### MEAL THREE

- 100g stir-fried tofu
- 1 cup (150g) steamed broccoli
- 1/2 cup (90g) cooked brown rice





# 1800 KCAL

## SAMPLE MEAL

### MEAL ONE

- 1/2 cup (120g) Greek yogurt
- 1/4 cup (30g) granola
- 1/2 cup (75g) mixed berries



### SNACK ONE

- 1 small banana (100g)
- 1/2 cup (120g) cottage cheese
- 1 tsp (7g) honey

### MEAL TWO

- 100g grilled chicken breast
- 1 whole-grain tortilla (60g)
- 1/2 cup (15g) lettuce
- 1/4 cup (40g) tomato slices
- 1 tbsp (30g) hummus



### SNACK TWO

- 1 boiled egg (50g)
- 10 almonds (15g)

### MEAL THREE

- 100g baked sweet potato
- 90g grilled salmon
- 1 cup (150g) steamed asparagus





# 1800 KCAL

## SAMPLE MEAL



### MEAL ONE

- 1/2 cup (40g) rolled oats
- 1 cup (240ml) almond milk
- 1/4 cup (30g) mixed nuts
- 1/2 cup (75g) mixed berries



### SNACK ONE

- 1 small banana (100g)
- 1/2 avocado (75g)
- 1 tsp (2g) lime juice



### MEAL TWO

- 1 whole-grain wrap (60g)
- 1 tbsp (30g) hummus
- 1/2 cup (15g) mixed greens
- 1/4 cup (50g) cucumber slices
- 1/4 cup (25g) shredded carrots

### SNACK TWO

- 1 small apple (100g)
- 1 tbsp (16g) almond butter

### MEAL THREE

- 1/2 cup (90g) cooked lentils
- 1/2 cup (90g) cooked brown rice
- 1 cup (150g) steamed spinach





# 2400 KCAL

## SAMPLE MEAL

### MEAL ONE

- 2 large eggs (100g) scrambled
- 1/2 cup (60g) spinach
- 1 slice whole-grain toast (30g)
- 1/2 avocado (75g)



### SNACK ONE

- 1/2 cup (120g) Greek yogurt
- 1/4 cup (30g) granola
- 1/2 cup (120g) cottage cheese
- 1/2 cup (75g) berries
- 1 tsp (7g) honey

### MEAL TWO

- 120g grilled chicken breast
- 1/2 cup (90g) cooked quinoa
- 1 cup (100g) mixed greens
- 1 tbsp (15ml) olive oil vinaigrette



### SNACK TWO

- 1 boiled egg (50g)
- 10 almonds (15g)

### MEAL THREE

- 150g baked salmon
- 1 medium sweet potato (130g)
- 1 cup (150g) steamed broccoli





# 2400 KCAL

## SAMPLE MEAL



### MEAL ONE

- Smoothie with 1/2 banana (50g), 1/2 cup (15g) spinach, 1/2 cup (120ml) almond milk, 1 tbsp (16g) peanut butter, 1 tbsp (12g) chia seeds



### SNACK ONE

- 1/2 cup (40g) rolled oats
- 1 cup (240ml) almond milk
- 1/4 cup (30g) mixed nuts
- 1/2 cup (75g) mixed berries

### MEAL TWO

- 1/2 cup (90g) cooked quinoa
- 1/4 cup (42g) chickpeas
- 1/2 avocado (75g)
- 1 cup (100g) mixed greens
- 1 tbsp (15ml) tahini dressing



### SNACK TWO

- 1 small apple (100g)
- 2 tbsp (32g) almond butter
- 1/2 avocado (75g)
- 1 tsp (2g) lime juice

### MEAL THREE

- 120g stir-fried tofu
- 1/2 cup (90g) cooked brown rice
- 1 cup (150g) steamed broccoli
- 130g roasted sweet potatoes





**1** Serving Information

**2** Calories

**3** Nutrients

## Nutrition Facts

4 servings per container

**Serving size** 1 cup (227g)

---

**Amount per serving**

**Calories** **280**

---

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 320mg	<b>25%</b>
<b>Iron</b> 1.6mg	<b>8%</b>
<b>Potassium</b> 510mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**4** Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

Nutrition labels provide information about the nutritional content of a food product. To read a nutrition label:

- Look at the serving size and number of servings per container. This will give you an idea of how much you will be consuming.
- Check the calorie content per serving. This will give you an idea of how much energy you will be getting from this food.
- Take note of the macronutrients (fat, protein, and carbohydrates) per serving.
- Check the amount of fiber, vitamins and minerals. These are important for a healthy diet and should be consumed in appropriate amounts.
- % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 5% or less is low, and 20% or more is high.
- Compare the label with other brands of the same product, and choose the one with fewer calories and less fat, sugar, and salt.





# STRENGTH TRAINING

THE IMPORTANCE

*Sabrina Hall*



# STRENGTH TRAINING

The American Heart Association defines strength training, also known as resistance or weight training, as physical activity designed to improve muscular fitness by exercising a specific muscle or muscle group against external resistance, including free-weights, weight machines, or your own body weight.

Regardless of which state of fitness you are in, strength training is good to incorporate into your exercise plans - the importance and benefits of strength training are plentiful.





Although there are many benefits of strength training, we have highlighted some of the major ones below:

## INCREASED BONE STRENGTH

Bone is formed and strengthened by mechanical loading. Strength training helps to increase bone density, which reduces risk of injury as well as osteoporosis in the future.

## CARDIOVASCULAR HEALTH

Strength training increases blood flow to the exercised muscles, as well as improves a range of markers that indicate heart health. Additionally, strength training reduces the risk of cardiovascular disease.

## AIDS WEIGHT CONTROL

Although it might seem obvious, strength training plays a big part in weight management by increasing muscle mass and hence the amount of calories burned as well. In turn, good weight control reduces the risk of disrupting important lifestyle factors such as sleep, immunity and mobility.

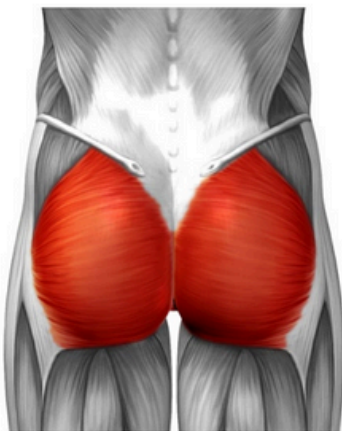
## REDUCES RISK OF CHRONIC DISEASE

Strength training helps to lessen the chances of developing a number of chronic, otherwise known as long-term, diseases by playing a part in maintaining an active lifestyle. Some examples include Sarcopenia (muscle loss), Type II Diabetes, Heart Disease, Stroke and Osteoporosis (bone disease).

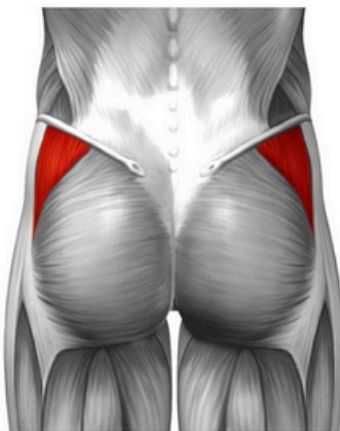


# UNDERSTANDING THE GLUTES

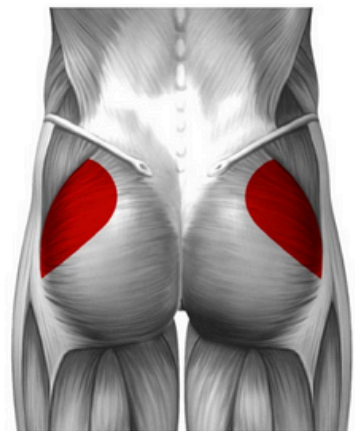
Glutes, bum, booty, backside, peach, cake, many terms have been coined to describe this muscle but what actually are your glutes? The gluteal muscles (glutes) are a group of three muscles which make up the buttocks: the gluteus **maximus**, gluteus **medius** and gluteus **minimus**.



GLUTEUS MAXIMUS



GLUTEUS MEDIUS



GLUTEUS MINIMUS

Glute exercises and building strong glute muscles offer more benefit than just looking poppin' in those jeans (although admittedly, that's a major benefit). Strengthening your glutes also assists with **preventing injury** and **improving performance**. Research indicates that strengthening the hip and glute muscles assists with joint support and lessens the likelihood of knee injuries during exercise.



# GLUTES ACTIVATION

As our glutes are our largest muscle, most of our power comes from our posterior chain so it is very important to use these muscles to their full potential during exercise. Glute activation optimizes glute function during exercise. This means that your glutes are going to be one of the main muscle groups used during your workout.

Have you ever tried to build your booty and found that your leg muscles are growing but your glute gains are almost non-existent? Well, this is where glute activation comes in. Without glute activation, you are more likely going to rely on other muscles to support your movement such as an over-reliance on your quads during squats.

The primary goal of glute activation is to warm up your glutes, establish a mind-muscle connection and prepare your glute muscles to engage throughout your workout.

When you can feel your glutes start to burn, they're awake and ready to work. The movement during glute activation is slow and controlled. The slow controlled movement with resistance is a recipe for booty burn and thus glute activation.



# MIND-MUSCLE CONNECTION

Master the mind-muscle connection. This is the process of engaging the muscle through mental awareness. It is important that your brain signals to your muscles to engage during exercise so that you use them effectively during each movement.

Developing mind-muscle connection takes time and practice but some techniques which can assist in establishing this connection include:

- 1** Slowing down the exercise and concentrating on the movement to feel the muscle working.
- 2** Warming up correctly with glute activation exercises to engage the correct muscles and focus on the muscle contraction.
- 3** Squeezing your glute muscles whilst performing the exercises and between sets.
- 4** Lightening the resistance if you feel that surrounding muscles are being recruited and your glutes are not activating correctly.



# TRAINING TERMINOLOGIES

## SET

A set is a series of reps of an exercise done in sequence (usually without rest).

## REPS

A repetition, or “rep,” is one complete exercise movement while a “set” is a group of consecutive reps. So, three sets of fifteen reps with 60 seconds rest looks like: 15 squats, rest for 60 seconds, 15 squats, rest for 60 seconds, 15 squats.

## REST

This will be the recommended rest time to take in between your sets. Rest time for different movements will be different. Some exercises which are more demanding will require a longer rest time.



## EFFORT & LOAD

When it comes to training, selecting the right weight is crucial. You do not want it to be too easy or too difficult. A guideline for picking a good weight is that: the weight should be challenging for the rep range given, but you should not be pushing till the point of failure. You should stop at where you would still be able to do 1-2 more reps if forced.

## PROGRESSIVE OVERLOAD

Progressive overload is when you gradually increase the weight, frequency, or number of repetitions in your strength training. Across the weeks, you should try to increase the amount of weight used for each exercise.

## TRACKING PROGRESS

The best way to track your progress is to use multiple indicators instead of just one. Here are some indicators of progress: looking better in pictures, fitting better in clothes, feeling stronger, feeling more energetic, improved body measurements.





# PROGRAM RATIONALS

This **8-Week Total Body Transformation** program is specifically designed to help you achieve a sculpted, strong, and toned lower body while simultaneously strengthening your core, using only **dumbbells and resistance bands**. This minimalist approach ensures you can effectively target key muscle groups without the need for extensive equipment.

By the end of these 8 weeks, you'll not only see a more defined and powerful lower body and core but also feel more empowered and confident in your strength and capabilities. All you need is a pair of dumbbells, a resistance band, and the determination to succeed. Let's get started!





# PROGRAM OVERVIEW

WEEK 1-2

DAY 1: QUADS / GLUTES

DAY 2: UPPER BODY / CORE

DAY 3: HAMS / GLUTES

DAY 4: ABS / CARDIO CIRCUIT

WEEK 3-8

DAY 1: QUADS / GLUTES

DAY 2: UPPER BODY / CORE

DAY 3: HAMS / GLUTES

DAY 4: ABS / CARDIO CIRCUIT

DAY 5: SHOULDERS / GLUTES

## WHAT YOU NEED



DUMBBELLS



GLUTE BANDS



ANKLE WEIGHTS  
(OPTIONAL)



# EFFECTIVE CARDIO

For an efficient cardio routine, we suggest incorporating a diverse range of activities. Here are some tips and tricks to integrate into your weekly schedule:

- 1** 90–120 minutes of Zone 2 Cardio per week
- 2** Daily walks when possible
- 3** Choose stairs over elevator
- 4** Park your car further away from stores
- 5** Go outdoors when possible, for Vitamin D
- 6** Play a sport or any activity that you enjoy



# CARDIO ZONES



MAX HEART RATE = 220 -

YOUR AGE

EFFORT

EFFECT



**ZONE 5**  
VO2 MAX

**90-100%**  
MAX HEART RATE

Increases aerobic power



**ZONE 4**  
THRESHOLD

**80-90%**  
MAX HEART RATE

Raises your aerobic performance capacity



**ZONE 3**  
TEMPO

**70-80%**  
MAX HEART RATE

Improves aerobic strength



**ZONE 2**  
STEADY

**60-70%**  
MAX HEART RATE

Improves base endurance capacity



**ZONE 1**  
EASY

**50-60%**  
MAX HEART RATE

Assists with recovery





Here's a list of the top 12 most effective exercises that burn the most calories by the hour. Please note that the calories listed are only an estimate. Your actual calorie burn will depend on variables such as intensity, duration, and weight.

	CALORIES BURNED FOR BODYWEIGHT		
EXERCISE	57 KG	70 KG	84 KG
Running	652	808	965
Water polo	566	703	839
Bicycling	480	596	710
Calisthenics	480	596	710
Circuit training	480	596	710
Jump rope	453	562	671
Stationary bicycling	420	520	622
Rowing machine	420	520	622
Aerobic dance	396	492	587
Swimming (casual)	396	492	587
Jogging	396	492	587
Hiking	340	421	503



# OPTIMAL RECOVERY

A proper post-workout routine helps to improve recovery and maintain optimum energy levels as you restore your vitality, making it easier to stick to your fitness plan.

Here are some tips on designing an effective plan to start the recovery process after you exercise.

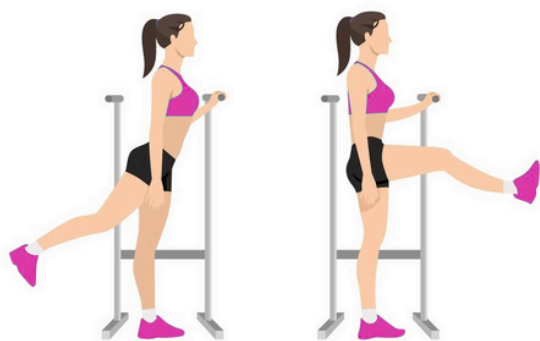
- 1 Stay hydrated
- 2 Don't forget to stretch
- 3 Consume sufficient protein
- 4 Deep massage
- 5 Enjoy a cool shower
- 6 Eat regular meals



# WARMING UP

Here is a warm up mobility drill you can do before each training session. This should get all your muscles warm and ready for the workout!

## 1. LEG SWINGS



SETS      REPS      REST TIME

2      10      30s

## 2. ADDUCTOR ROCK BACKS



SETS      REPS      REST TIME

2      10      30s

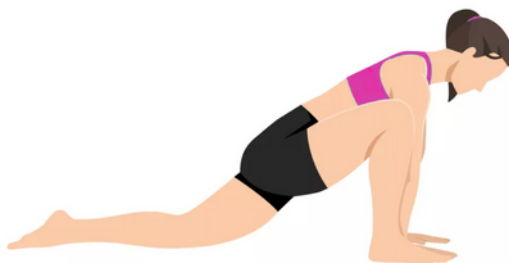
## 3. PRONE SCORPIONS



SETS      REPS      REST TIME

2      10      30s

## 4. FORWARD FOLD PRESSES



SETS      REPS      REST TIME

2      10      30s



# COOL DOWN

Stretching is a very important component of any exercise program and should be included in your routine. Muscles require stretching post-workout to minimize risk of injury and increase muscle condition.

## 1. GLUTE STRETCH



SETS	REPS	REST TIME
2	30s	30s

## 2. HAMSTRING STRETCH



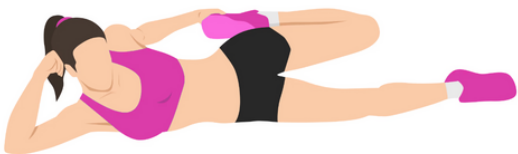
SETS	REPS	REST TIME
2	30s	30s

## 3. ADDUCTOR STRETCH



SETS	REPS	REST TIME
2	30s	30s

## 4. QUADRICEPS STRETCH



SETS	REPS	REST TIME
2	30s	30s



# GLUTE ACTIVATION

These glute activation exercises should be performed prior to every glute/booty training day.

DAY 1: QUADS / GLUTES

DAY 3: HAMS / GLUTES

DAY 5: SHOULDERS / GLUTES

3 SETS

 Rest: 60s



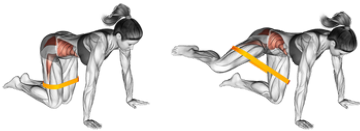
**BANDED LEG KICKBACK**  
REPS: 10-12



COMPLETED



**BENT LEG SIDE KICK**  
REPS: 10-12



COMPLETED



**LATERAL WALK**  
REPS: 10-12



COMPLETED





# CORE CIRCUIT

To finish off your workouts, incorporate this Core Circuit to strengthen your abs and obliques at the end of every workout

3 SETS

 Rest: 60s



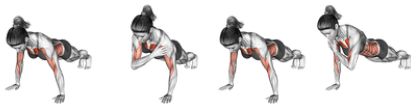
**CRUNCHES**  
REPS: 30s



COMPLETED



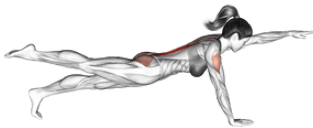
**SHOULDER TAPS**  
REPS: 35s



COMPLETED



**BIRD DOG**  
REPS: 40s



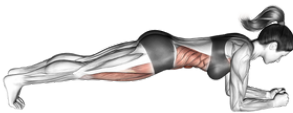
COMPLETED

1 SET

 Rest: 60s



**PLANK**  
REPS: 60s



COMPLETED



A woman with long dark hair is standing in a gym, taking a mirror selfie with her smartphone. She is wearing a bright pink sports bra and matching pink shorts with a blue drawstring. She is also wearing pink and black high-top sneakers. The gym background includes various pieces of equipment like dumbbells, a bench, and a step platform. Two abstract paintings are on the wall behind her. The entire image has a pinkish-purple tint.

**WEEK 1**

**TOTAL BODY TRANSFORMATION**

*Sabrina Hall*



# QUADS & GLUTES

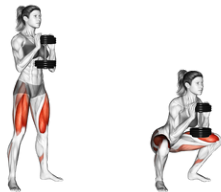
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**GOBLET SQUAT**  
REPS: 10-12



COMPLETED

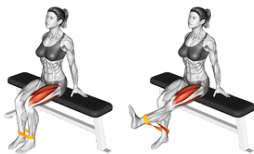


3 SETS

 Rest: 60s



**BANDED LEG EXTENSIONS**  
REPS: 10-12



COMPLETED

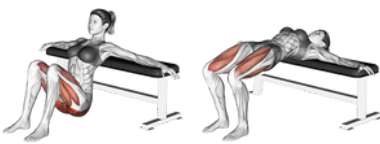


3 SETS

 Rest: 90s



**HIP THRUSTS**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 60s



**DUMBBELL SPLIT SQUAT**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 60s



**DUMBBELL GLUTE BRIDGE**  
REPS: 10-12



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# UPPER BODY & CORE

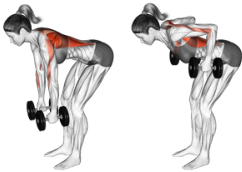
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**DUMBBELL ROW**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 90s



**KNEE PUSH-UP**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 90s



**SHOULDER PRESS**  
REPS: 10-12



COMPLETED

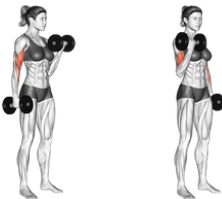


3 SETS

 Rest: 60s



**BICEP CURLS**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**TRICEP KICKBACK**  
REPS: 12-15



COMPLETED



Perform [Core Circuit](#) after workout



# HAMS & GLUTES

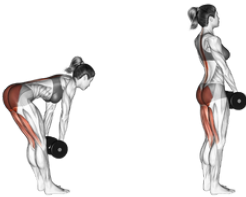
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**ROMANIAN DEADLIFT**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 60s



**DUMBBELL GLUTE BRIDGE**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 90s



**SUMO SQUAT**  
REPS: 10-12



COMPLETED

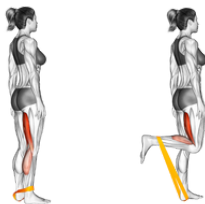


3 SETS

 Rest: 60s



**BANDED LEG CURL**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 60s



**BANDED HIP ABDUCTION**  
REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# ABS & CARDIO CIRCUIT

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**BURPEES**

REPS: 30s



COMPLETED



**JUMPING JACKS**

REPS: 30s



COMPLETED



**PLANK SIDE**

REPS: 30s



COMPLETED



3 SETS

 Rest: 60s



**HIGH KNEE SQUAT**

REPS: 30s



COMPLETED



**JUMPING SQUAT**

REPS: 30s



COMPLETED



**MOUNTAIN CLIMBERS**

REPS: 30s



COMPLETED



Perform Core Circuit after workout





A woman with long dark hair is standing in a gym, taking a mirror selfie with her smartphone. She is wearing a bright pink sports bra and matching pink shorts with a blue drawstring. She is also wearing pink and black high-top sneakers. The gym background includes various pieces of equipment like dumbbells, a bench, and a step platform. Two abstract paintings are on the wall behind her. The entire image has a pink color overlay.

**WEEK 2**

TOTAL BODY TRANSFORMATION

*Sabrina Hall*



# QUADS & GLUTES

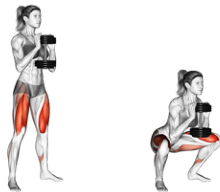
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**GOBLET SQUAT**  
REPS: 10-12



COMPLETED

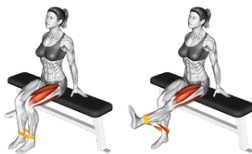


3 SETS

 Rest: 60s



**BANDED LEG EXTENSIONS**  
REPS: 12-15



COMPLETED

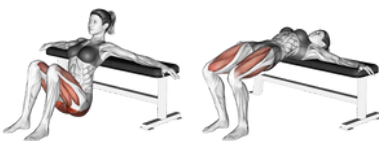


3 SETS

 Rest: 90s



**HIP THRUSTS**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 60s



**BANDED LEG KICKBACK**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**LATERAL WALK**  
REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# UPPER BODY & CORE

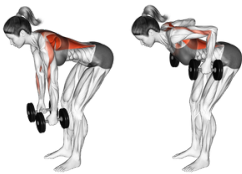
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**DUMBBELL ROW**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 90s



**KNEE PUSH-UP**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 90s



**SHOULDER PRESS**  
REPS: 10-12



COMPLETED

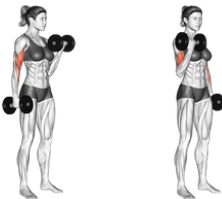


3 SETS

 Rest: 60s



**BICEP CURLS**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**TRICEP KICKBACK**  
REPS: 12-15



COMPLETED



Perform [Core Circuit](#) after workout





# HAMS & GLUTES

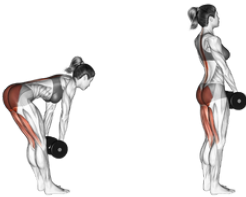
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**ROMANIAN DEADLIFT**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 60s



**DUMBBELL GLUTE BRIDGE**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 90s



**SUMO SQUAT**  
REPS: 10-12



COMPLETED

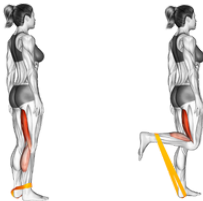


3 SETS

 Rest: 60s



**BANDED LEG CURL**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**BANDED HIP ABDUCTION**  
REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# ABS & CARDIO CIRCUIT

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**BURPEES**

REPS: 30s



COMPLETED



**JUMPING JACKS**

REPS: 30s



COMPLETED



**PLANK SIDE**

REPS: 30s



COMPLETED



3 SETS

 Rest: 60s



**HIGH KNEE SQUAT**

REPS: 30s



COMPLETED



**JUMPING SQUAT**

REPS: 30s



COMPLETED



**MOUNTAIN CLIMBERS**

REPS: 30s



COMPLETED



Perform [Core Circuit](#) after workout





A woman with long dark hair is standing in a gym, taking a mirror selfie with her smartphone. She is wearing a bright pink sports bra and matching pink shorts with a blue drawstring. She is also wearing pink and black high-top sneakers. The gym background includes various pieces of equipment like dumbbells, a bench, and a step platform. Two abstract paintings are on the wall behind her. The entire image has a pink color overlay.

**WEEK 3**

**TOTAL BODY TRANSFORMATION**

*Sabrina Hall*



# QUADS & GLUTES

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**SUMO SQUAT**  
REPS: 10-12



COMPLETED

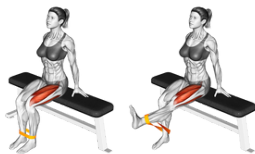


3 SETS

 Rest: 60s



**BANDED LEG EXTENSIONS**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 90s



**FROP HIP THRUST**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 60s



**BENT LEG SIDE KICK**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**LATERAL WALK**  
REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# UPPER BODY & CORE

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**PUSH-UP**  
REPS: 6-8



COMPLETED



3 SETS

 Rest: 90s



**SINGLE ARM ROW**  
REPS: 10-12



COMPLETED

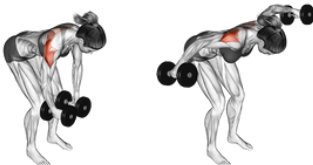


3 SETS

 Rest: 60s



**REAR DELT FLY**  
REPS: 12-15



COMPLETED

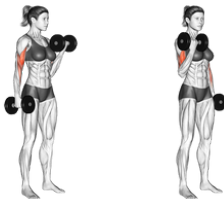


3 SETS

 Rest: 60s



**BICEP CURLS**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**TRICEP KICKBACK**  
REPS: 12-15



COMPLETED



Perform [Core Circuit](#) after workout



# HAMS & GLUTES

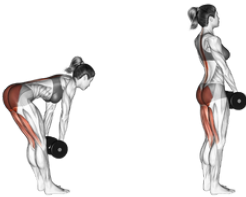
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**ROMANIAN DEADLIFT**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 60s



**DUMBBELL GLUTE BRIDGE**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 90s



**SUMO SQUAT**  
REPS: 12-15



COMPLETED

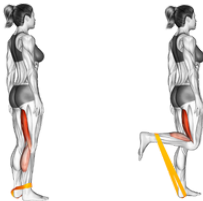


3 SETS

 Rest: 60s



**BANDED LEG CURL**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**BANDED HIP ABDUCTION**  
REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# ABS & CARDIO CIRCUIT

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**BURPEES**

REPS: 45s



COMPLETED



**JUMPING JACKS**

REPS: 45s



COMPLETED



**PLANK SIDE**

REPS: 45s



COMPLETED



3 SETS

 Rest: 60s



**HIGH KNEE SQUAT**

REPS: 45s



COMPLETED



**JUMPING SQUAT**

REPS: 45s



COMPLETED



**MOUNTAIN CLIMBERS**

REPS: 45s



COMPLETED



Perform [Core Circuit](#) after workout





# SHOULDERS & GLUTES

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s

COMPLETED



**DUMBBELL THRUSTERS**  
REPS: 10-12



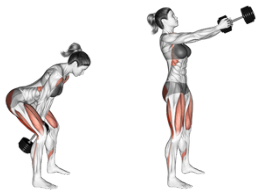
3 SETS

 Rest: 90s

COMPLETED



**DUMBBELL SWING**  
REPS: 10-12



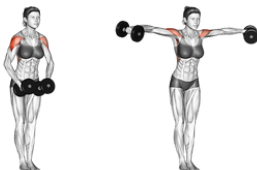
3 SETS

 Rest: 60s

COMPLETED



**DUMBBELL SIDE RAISES**  
REPS: 10-12



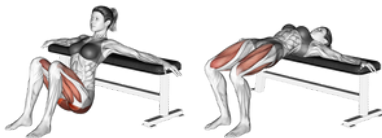
3 SETS

 Rest: 90s

COMPLETED



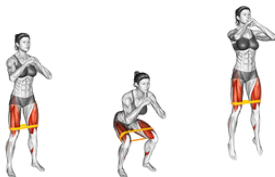
**HIP THRUST**  
REPS: 10-12



COMPLETED



**BULGARIAN SPLIT**  
REPS: 8-10



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



A full-body photograph of a woman with long, dark, wavy hair standing in a gym. She is wearing a bright pink sports bra and matching pink shorts with a blue drawstring. She is holding a smartphone in her right hand, taking a mirror selfie. The gym background includes various pieces of equipment like dumbbells, a bench, and a step platform. Two abstract paintings are on the wall behind her. The floor has a patterned mat with concentric circles. The entire image has a pinkish-purple tint.

**WEEK 4**

**TOTAL BODY TRANSFORMATION**

*Sabrina Hall*



# QUADS & GLUTES

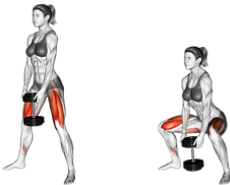
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**SUMO SQUAT**  
REPS: 12-15



COMPLETED

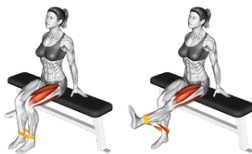


3 SETS

 Rest: 60s



**BANDED LEG EXTENSIONS**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 90s



**FROP HIP THRUST**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**BENT LEG SIDE KICK**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**LATERAL WALK**  
REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# UPPER BODY & CORE

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**PUSH-UP**  
REPS: 8-10



COMPLETED



3 SETS

 Rest: 90s



**SINGLE ARM ROW**  
REPS: 12-15



COMPLETED

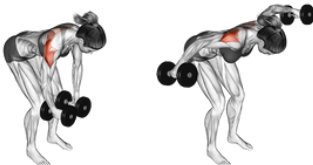


3 SETS

 Rest: 60s



**REAR DELT FLY**  
REPS: 15-20



COMPLETED

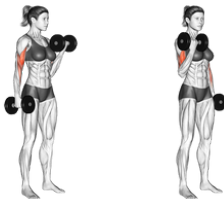


3 SETS

 Rest: 60s



**BICEP CURLS**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**TRICEP KICKBACK**  
REPS: 12-15



COMPLETED



Perform [Core Circuit](#) after workout



# HAMS & GLUTES

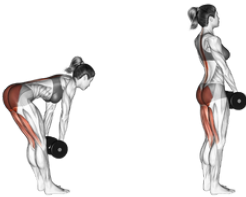
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**ROMANIAN DEADLIFT**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**DUMBBELL GLUTE BRIDGE**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 90s



**SUMO SQUAT**  
REPS: 12-15



COMPLETED

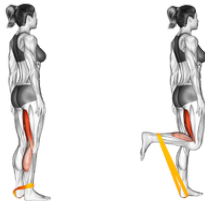


3 SETS

 Rest: 60s



**BANDED LEG CURL**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**BANDED HIP ABDUCTION**  
REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# ABS & CARDIO CIRCUIT

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**BURPEES**

REPS: 45s



COMPLETED



**JUMPING JACKS**

REPS: 45s



COMPLETED



**PLANK SIDE**

REPS: 45s



COMPLETED



3 SETS

 Rest: 60s



**HIGH KNEE SQUAT**

REPS: 45s



COMPLETED



**JUMPING SQUAT**

REPS: 45s



COMPLETED



**MOUNTAIN CLIMBERS**

REPS: 45s



COMPLETED



Perform [Core Circuit](#) after workout





# SHOULDERS & GLUTES

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**DUMBBELL THRUSTERS**  
REPS: 10-12



COMPLETED

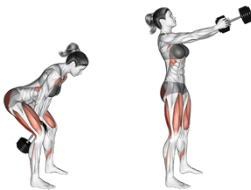


3 SETS

 Rest: 90s



**DUMBBELL SWING**  
REPS: 10-12



COMPLETED

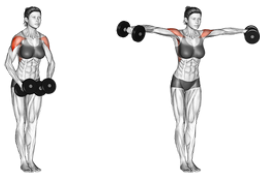


3 SETS

 Rest: 60s



**DUMBBELL SIDE RAISES**  
REPS: 12-15



COMPLETED

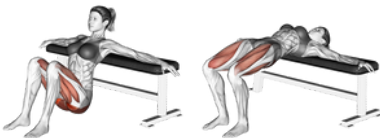


3 SETS

 Rest: 90s



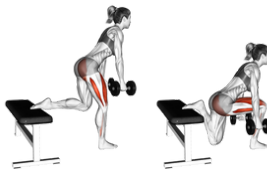
**HIP THRUST**  
REPS: 10-12



COMPLETED



**BULGARIAN SPLIT SQUAT**  
REPS: 10-12



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



A woman with long dark hair is standing in a gym, taking a mirror selfie with her smartphone. She is wearing a bright pink sports bra and matching pink shorts with a blue drawstring. She is also wearing pink and black high-top sneakers. The gym background includes various pieces of equipment like dumbbells, a bench, and a step platform. Two abstract paintings are on the wall behind her. The entire image has a pink color overlay.

**WEEK 5**

**TOTAL BODY TRANSFORMATION**

*Sabrina Hall*



# QUADS & GLUTES

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**SUMO SQUAT**

REPS: 12-15



COMPLETED



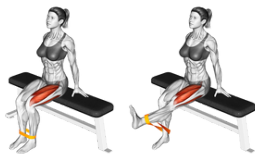
3 SETS

 Rest: 60s



**BANDED LEG EXTENSIONS**

REPS: 12-15



COMPLETED



3 SETS

 Rest: 90s



**FROP HIP THRUST**

REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**BENT LEG SIDE KICK**

REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**LATERAL WALK**

REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# UPPER BODY & CORE

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**PUSH-UP**  
REPS: 8-10



COMPLETED



3 SETS

 Rest: 90s



**SINGLE ARM ROW**  
REPS: 12-15



COMPLETED

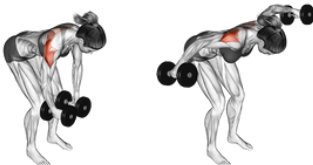


3 SETS

 Rest: 60s



**REAR DELT FLY**  
REPS: 15-20



COMPLETED

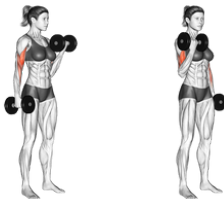


3 SETS

 Rest: 60s



**BICEP CURLS**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**TRICEP KICKBACK**  
REPS: 12-15



COMPLETED



Perform [Core Circuit](#) after workout



# HAMS & GLUTES

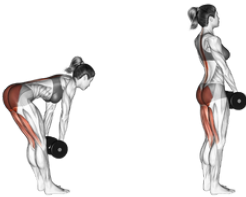
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**ROMANIAN DEADLIFT**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**DUMBBELL GLUTE BRIDGE**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 90s



**SUMO SQUAT**  
REPS: 12-15



COMPLETED

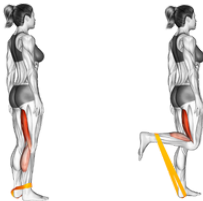


3 SETS

 Rest: 60s



**BANDED LEG CURL**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**BANDED HIP ABDUCTION**  
REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# ABS & CARDIO CIRCUIT

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**BURPEES**

REPS: 45s



COMPLETED



**JUMPING JACKS**

REPS: 45s



COMPLETED



**PLANK SIDE**

REPS: 45s



COMPLETED



**HIGH KNEE SQUAT**

REPS: 45s



COMPLETED



**JUMPING SQUAT**

REPS: 45s



COMPLETED



**MOUNTAIN CLIMBERS**

REPS: 45s



COMPLETED



Perform [Core Circuit](#) after workout





# SHOULDERS & GLUTES

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**DUMBBELL THRUSTERS**  
REPS: 10-12



COMPLETED

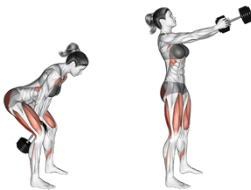


3 SETS

 Rest: 90s



**DUMBBELL SWING**  
REPS: 10-12



COMPLETED

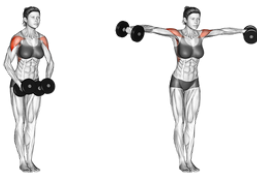


3 SETS

 Rest: 60s



**DUMBBELL SIDE RAISES**  
REPS: 12-15



COMPLETED

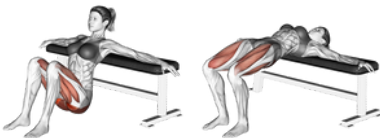


3 SETS

 Rest: 90s



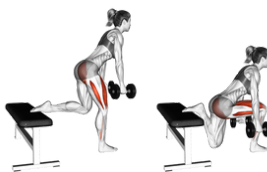
**HIP THRUST**  
REPS: 10-12



COMPLETED



**BULGARIAN SPLIT SQUAT**  
REPS: 10-12



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



A woman with long dark hair is standing in a gym, taking a mirror selfie with her smartphone. She is wearing a bright pink sports bra and matching pink shorts with a blue drawstring. She is also wearing pink and black high-top sneakers. The gym background includes various pieces of equipment like dumbbells, a bench, and a step platform. Two abstract paintings are on the wall behind her. The entire image has a pink color overlay.

**WEEK 6**

**TOTAL BODY TRANSFORMATION**

*Sabrina Hall*



# QUADS & GLUTES

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s

COMPLETED



**BULGARIAN SPLIT SQUAT**  
REPS: 10-12



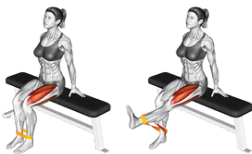
3 SETS

 Rest: 60s

COMPLETED



**BANDED LEG EXTENSIONS**  
REPS: 12-15



3 SETS

 Rest: 90s

COMPLETED



**FROP HIP THRUST**  
REPS: 12-15



3 SETS

 Rest: 60s

COMPLETED



**BENT LEG SIDE KICK**  
REPS: 12-15



3 SETS

 Rest: 60s

COMPLETED



**GLUTE BRIDGE ABDUCTION**  
REPS: 12-15



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# UPPER BODY & CORE

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**PUSH-UP**  
REPS: 8-10



COMPLETED



3 SETS

 Rest: 90s



**SINGLE ARM ROW**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**REAR DELT FLY**  
REPS: 15-20



COMPLETED

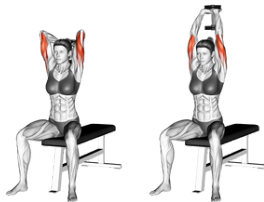


3 SETS

 Rest: 60s



**TRICEP EXTENSION**  
REPS: 12-15



COMPLETED

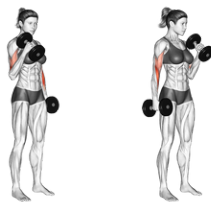


3 SETS

 Rest: 60s



**HAMMER CURL**  
REPS: 12-15



COMPLETED



Perform [Core Circuit](#) after workout





# HAMS & GLUTES

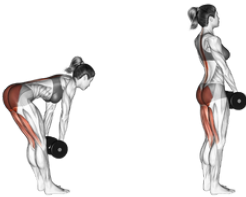
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**ROMANIAN DEADLIFT**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**DUMBBELL GLUTE BRIDGE**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 90s



**SUMO SQUAT**  
REPS: 12-15



COMPLETED

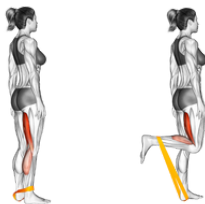


3 SETS

 Rest: 60s



**BANDED LEG CURL**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**BANDED HIP ABDUCTION**  
REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# ABS & CARDIO CIRCUIT

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**BURPEES**

REPS: 45s



COMPLETED



**JUMPING JACKS**

REPS: 45s



COMPLETED



**PLANK SIDE**

REPS: 45s



COMPLETED



**HIGH KNEE SQUAT**

REPS: 45s



COMPLETED



**BANDED JUMPING SQUAT**

REPS: 45s



COMPLETED



**MOUNTAIN CLIMBERS**

REPS: 45s



COMPLETED



Perform [Core Circuit](#) after workout





# SHOULDERS & GLUTES

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s

COMPLETED



**DUMBBELL THRUSTERS**  
REPS: 10-12



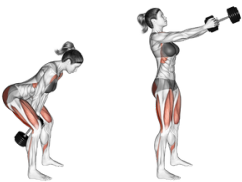
3 SETS

 Rest: 90s

COMPLETED



**DUMBBELL SWING**  
REPS: 10-12



COMPLETED



**BANDED LEG KICKBACK**  
REPS: 10-12



3 SETS

 Rest: 60s

COMPLETED



**DUMBBELL SIDE RAISES**  
REPS: 12-15



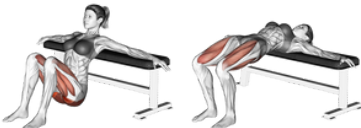
3 SETS

 Rest: 90s

COMPLETED



**HIP THRUST**  
REPS: 10-12



COMPLETED



**BULGARIAN SPLIT SQUAT**  
REPS: 10-12



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



A woman with long dark hair is standing in a gym, taking a mirror selfie with her smartphone. She is wearing a bright pink sports bra and matching pink shorts with a blue drawstring. She is also wearing pink and black high-top sneakers. The gym background includes various pieces of equipment like dumbbells, a bench, and a step platform. Two abstract paintings are on the wall behind her. The entire image has a pink color overlay.

**WEEK 7**

**TOTAL BODY TRANSFORMATION**

*Sabrina Hall*



# QUADS & GLUTES

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s

COMPLETED



**BULGARIAN SPLIT SQUAT**  
REPS: 10-12



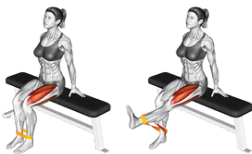
3 SETS

 Rest: 60s

COMPLETED



**BANDED LEG EXTENSIONS**  
REPS: 12-15



3 SETS

 Rest: 90s

COMPLETED



**FROP HIP THRUST**  
REPS: 12-15



3 SETS

 Rest: 60s

COMPLETED



**BENT LEG SIDE KICK**  
REPS: 12-15



3 SETS

 Rest: 60s

COMPLETED



**GLUTE BRIDGE ABDUCTION**  
REPS: 12-15



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# UPPER BODY & CORE

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**PUSH-UP**  
REPS: 8-10



COMPLETED



3 SETS

 Rest: 90s



**SINGLE ARM ROW**  
REPS: 12-15



COMPLETED

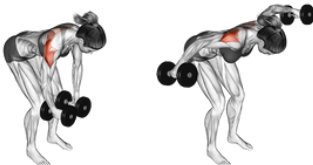


3 SETS

 Rest: 60s



**REAR DELT FLY**  
REPS: 15-20



COMPLETED

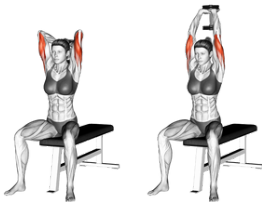


3 SETS

 Rest: 60s



**TRICEP EXTENSION**  
REPS: 12-15



COMPLETED

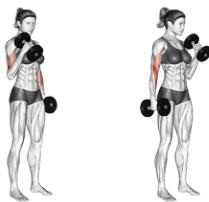


3 SETS

 Rest: 60s



**HAMMER CURL**  
REPS: 12-15



COMPLETED



Perform [Core Circuit](#) after workout





# HAMS & GLUTES

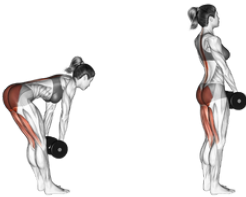
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**ROMANIAN DEADLIFT**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**DUMBBELL GLUTE BRIDGE**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 90s



**SUMO SQUAT**  
REPS: 12-15



COMPLETED

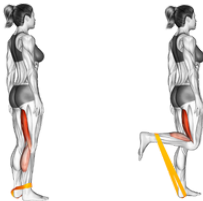


3 SETS

 Rest: 60s



**BANDED LEG CURL**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**BANDED HIP ABDUCTION**  
REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# ABS & CARDIO CIRCUIT

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**BURPEES**

REPS: 45s



COMPLETED



**JUMPING JACKS**

REPS: 45s



COMPLETED



**PLANK SIDE**

REPS: 45s



COMPLETED



**HIGH KNEE SQUAT**

REPS: 45s



COMPLETED



**BANDED JUMPING SQUAT**

REPS: 45s



COMPLETED



**MOUNTAIN CLIMBERS**

REPS: 45s



COMPLETED



**FLUTTER KICKS**

REPS: 40s



COMPLETED



Perform [Core Circuit](#) after workout





# SHOULDERS & GLUTES

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**DUMBBELL THRUSTERS**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 90s



**DUMBBELL SWING**  
REPS: 10-12



COMPLETED



**BANDED LEG KICKBACK**  
REPS: 10-12



COMPLETED

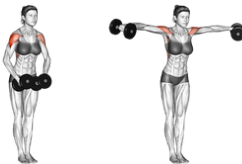


3 SETS

 Rest: 60s



**DUMBBELL SIDE RAISES**  
REPS: 12-15



COMPLETED

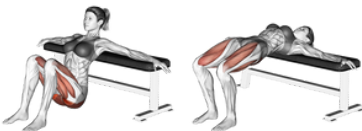


3 SETS

 Rest: 90s



**HIP THRUST**  
REPS: 10-12



COMPLETED



**BULGARIAN SPLIT SQUAT**  
REPS: 10-12



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



A woman with long dark hair is standing in a gym, taking a mirror selfie with her smartphone. She is wearing a bright pink sports bra and matching pink shorts with a blue drawstring. She is also wearing pink and black high-top sneakers. The gym background includes various pieces of equipment like dumbbells, a bench, and a step platform. Two abstract paintings are on the wall behind her. The entire image has a pink color overlay.

**WEEK 8**

**TOTAL BODY TRANSFORMATION**

*Sabrina Hall*



# QUADS & GLUTES

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



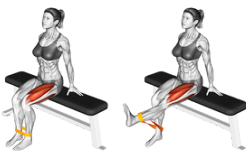
**BULGARIAN SPLIT SQUAT**  
REPS: 10-12



COMPLETED



**BANDED LEG EXTENSIONS**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 90s



**FROP HIP THRUST**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**BENT LEG SIDE KICK**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 90s



**GLUTE BRIDGE ABDUCTION**  
REPS: 12-15



COMPLETED



**LATERAL WALK**  
REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# UPPER BODY & CORE

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**PUSH-UP**

REPS: 8-10



COMPLETED



**SINGLE ARM ROW**

REPS: 12-15



COMPLETED



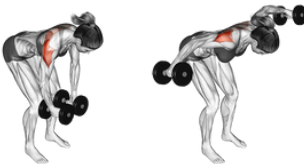
3 SETS

 Rest: 60s



**REAR DELT FLY**

REPS: 15-20



COMPLETED



3 SETS

 Rest: 60s



**TRICEP EXTENSION**

REPS: 12-15

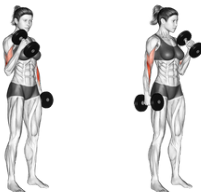


COMPLETED



**HAMMER CURL**

REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**SIDE CRUNCH**

REPS: 12-15



COMPLETED



Perform [Core Circuit](#) after workout



# HAMS & GLUTES

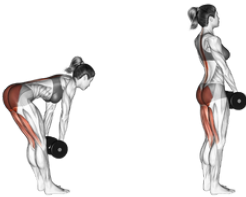
 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**ROMANIAN DEADLIFT**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**DUMBBELL GLUTE BRIDGE**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 90s



**SUMO SQUAT**  
REPS: 12-15



COMPLETED

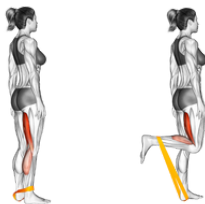


3 SETS

 Rest: 60s



**BANDED LEG CURL**  
REPS: 12-15



COMPLETED



3 SETS

 Rest: 60s



**BANDED HIP ABDUCTION**  
REPS: 12-15



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout



# ABS & CARDIO CIRCUIT

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**BURPEES**

REPS: 45s



COMPLETED



**JUMPING JACKS**

REPS: 45s



COMPLETED



**PLANK SIDE**

REPS: 45s



COMPLETED



**HIGH KNEE SQUAT**

REPS: 45s



COMPLETED



**BANDED JUMPING SQUAT**

REPS: 45s



COMPLETED



**MOUNTAIN CLIMBERS**

REPS: 45s



COMPLETED



**FLUTTER KICKS**

REPS: 40s



COMPLETED



Perform Core Circuit after workout





# SHOULDERS & GLUTES

 = GIVE YOUR 100%!

3 SETS

 Rest: 90s



**DUMBBELL THRUSTERS**  
REPS: 10-12



COMPLETED



3 SETS

 Rest: 90s



**DUMBBELL SWING**  
REPS: 10-12



COMPLETED



**BANDED LEG KICKBACK**  
REPS: 10-12



COMPLETED

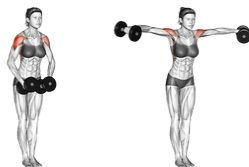


3 SETS

 Rest: 60s



**DUMBBELL SIDE RAISES**  
REPS: 12-15



COMPLETED

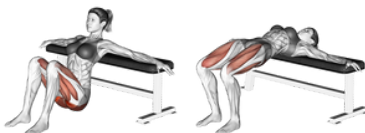


3 SETS

 Rest: 90s



**HIP THRUST**  
REPS: 10-12



COMPLETED



**BULGARIAN SPLIT SQUAT**  
REPS: 10-12



COMPLETED



Perform [Glute Activation](#) before workout and [Core Circuit](#) after workout





**CONCLUSION**  
CONGRATULATIONS!

*Sabrina Hall*



# Congrats Be Proud

Be proud of yourself for completing this 8-week program! You committed yourself to a better and healthier lifestyle, and you crushed it! Reflecting back, take a moment to be in gratitude for how far you've come. Maybe you started out with a specific goal, or maybe you just needed to reset your mind and body. Whatever your why was, you made it here. And you should be proud!

Ready to take your fitness journey to the next level? My customized workout plans available on the website are designed to fit your unique goals, lifestyle, and fitness level. With tailored exercises and expert guidance, you'll be set up for long-term success. Invest in yourself and continue your transformation!



[WWW.SABRINAHALLFIT.COM](http://WWW.SABRINAHALLFIT.COM)





*Sabrina Hall*