

BUILDING A WORKOUT PLAN THAT WORKS FOR *you*

Developing a plan that fits *your* life
and *your* body.

By Annie Boyd

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Introduction

Dear friend,

First, I want to thank you for downloading this guide that I have been working on! I wrote this guide for anyone, really, but specifically for anyone who feels overwhelmed or lost on their fitness journey. It has taken me a few years to really understand what mentality and routine works best for me, and I wish I had had something basic like this to get me started on a fitness journey that was built specifically around *my* physical ability and with *my* personal goals and lifestyle in mind.

Not too long ago, I committed to workout plans that were created by people whose jobs were—quite literally—to be fit. They were trainers who sold intensive workout and diet plans and who were contracted with fitness apparel and workout supplement brands. Their plans were made to work for them and people like them. I, the rising college freshman who was fit but not even *close* to having the body, stamina, or ability of a professional athlete, did not have the time to commit to their plans, and my school's cafeteria did not exactly allow me to follow a strictly clean diet. I had to refocus my goals and stop trying to look like these professional marketers who were selling fitness to followers and subscribers.

I want to reiterate that fitness is not a "one-size-fits-all" concept. We are all uniquely different, and building a workout plan is something that requires commitment and willingness to explore new things. For me, it required some self-analysis. I made a list of my own personal goals and started making basic workout routines that would help me achieve those goals, and those plans changed as time passed. On my goals list, my top goal was to "be healthy." I left this pretty vague because it can have so many meanings (healthy mentality, lifestyle, diet, relationships, etc.). I wrote this on my list simply to remind myself that my fitness routine alone was not enough to make me feel good but merely one factor of my personal wellness.

This guide is simply a skeleton for building your own plan. I have included pages for your workout schedule, and you may decide you do not want to use all of them. That is MORE than okay. Use what you'd like and discard what you won't use. I have included a small example of some of my own routines if you want to see what I have incorporated. If you have any suggestions or questions at all, please feel free to message me on Instagram or email me at scholarinstyle@outlook.com! I'd love to chat with you!

Sincerely,
Annie Boyd

MY GOALS

YOUR ONLY LIMIT IS YOUR MIND.

MY WORKOUT SCHEDULE

Plan the days of your rotation below, designating which area(s) of your body you want to work on each day! Again, you may not use all of these areas, and that is more than okay!

| | Target Area of Body | Desired Time Commitment |
|-------|---------------------|-------------------------|
| Day 1 | | |
| Day 2 | | |
| Day 3 | | |
| Day 4 | | |
| Day 5 | | |
| Day 6 | | |
| Day 7 | | |

Creating Workout Routines

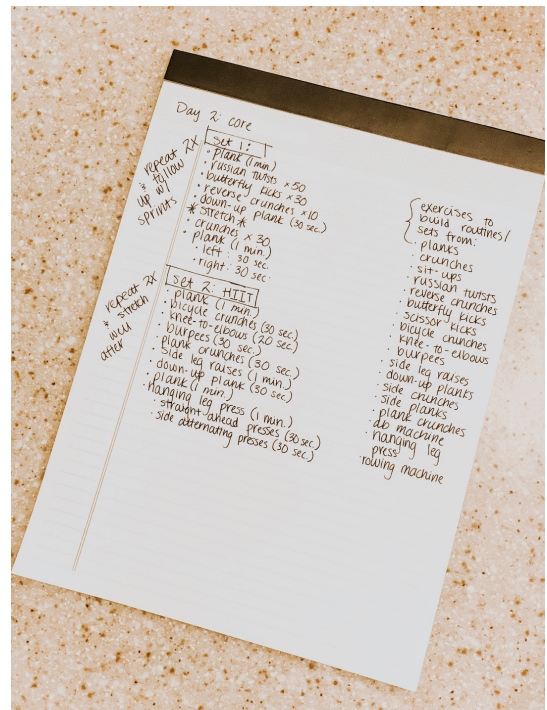
In the next few pages, you will want to decide on specific exercise routines for each day of your rotation. This section is for you to list exercises and create sets to choose from on each day.

For example, your 'legs' day may be a different set from the last time you came to that day in your rotation. I typically create two or three different sets for each day in the rotation so that when I come to that day, I have options. I decide how many times to repeat that set based on how intense it is and how much time it will take.

Usually, I try to make sets that vary as drastically as possible. For example, one set of my legs routine may be more cardio intensive with lots of running and exertion. Another may be focused more on building muscle than increasing my heart rate. I like variation!

This section is a great one to just put pen to paper with ideas and narrow down your options. Here is an example of what this process looks like for me:

It's messy, but it makes sense to me, and that is all that matters! Figure out what exercises you like and that are effective for you, and start creating sets!



Exercises to Get You Started

Here are some lists of exercises to get you started in case you need some ideas. If you need demonstrations for some of these exercises, Youtube and Pinterest are great resources for finding visual examples.

Upper Body:

- rowing machine
- dumbbell rowing
- push-ups
- knee push-ups
- tricep dips
- lateral shoulder dumbbell raises
- overhead dumbbell press
- dumbbell squat and press
- rowing machine
- tricep dumbbell kickbacks
- overhead dumbbell extension
- dumbbell punch
- triceps extension
- bicep curl
- barbell curl
- decline pushups

Core:

- crunches
- side crunches
- sit-ups
- planks
- side planks
- down-up planks
- Russian twists
- reverse crunches
- flutter kicks
- scissor kicks
- bicycle crunches
- knee-to-elbows
- leg raises
- side leg raises
- hanging leg press
- rowing machine
- V-ups
- mountain climbers
- plank shoulder taps

Cardio:

- lunge jumps
- running stairs
- running
- jogging
- walking
- elliptical
- cycling
- burpees
- jumping jacks
- high knees
- butt kicks
- box jumps
- mountain climbers
- squat jumps
- side-to-side lunges

cont.

Legs & Glutes:

- lunges
- side lunges
- lunge jumps
- squats (barbell, dumbbells, or without)
- jump squats
- sumo dumbbell squats
- donkey kicks (resistance banded or without)
- glute bridge
- kickbacks (resistance banded or without)
- calf raises
- leg raises
- side leg raises
- wall sits
- fire hydrants
- dead lift
- split squat
- single leg deadlift
- leg extensions
- flutter kicks

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Thank you for using my downloadable guide! I truly hope that it has been helpful for you. If you have any questions or suggestions, feel free to contact me on Instagram (@annielarkboyd) or through email (scholarinstyle@outlook.com).

Enjoy your fitness journey!

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."

— Romans 12:1