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F @ \$ # THE FRESHMAN 15

QUICK START GUIDE



**FUN FAT BURNING WORKOUTS AND
TASTY NUTRITIOUS MEALS SO YOU
CAN GET STARTED IMMEDIATELY!**

FTF15 QUICK START GUIDE

Jill Jacobs

Welcome to the FTF15 college weight loss and body toning program just for women!

I am so excited to have you be apart of this program! I will personally help you every step of the way to reach your fitness goals. Unlike other programs that require lots of reading and planning upfront, I want you to get started NOW. You can read and figure out the rest of this program later, after you have worked out and had a healthy meal. So for now, plan on taking about 10 minutes to read thought this guide to get a basic understanding about what this program is all about and how you can get started changing your body for the better TODAY.

Thats right, after you finish reading I want you to change into your workout clothes and follow the introductory workout on page 6. In fact, your first 3 workouts are in this guide. This will give you an entire week to take your time and go through the Workout Guide, Nutrition Guide, and start watching the first of the Video Training series before you have to actually understand how this program works. For now though, its really important that we just get started on our new and exciting journey!

To start, this program is all about change. You want your body to change and transform for the better. To do this you obviously have to remove some habits that may be preventing you from getting what you want in life and replace them with a few that support your goals.

With anything that involves change, it is best to get started slowly. Most diets and exercise programs fail within the first 2 or 3 weeks simply because we start off too strong. Soon, we burn out and lose all motivation and quickly fall back into our old routine. A very simple way to overcome this is to start off slow at first and actually enjoy the process. As we become more emotionally attached to our workouts, our new eating style and our goals it becomes much easier to push ourselves harder.

I know, we all want to look sexy tomorrow, but if by rushing we end up quitting before we get what we want, then there really is no point in pushing too hard too early. The truth of the matter is that slow and steady increases in your workout intensity and dietary improvements will yield fruitful and lasting success both faster and much easier than hardcore dieting and crazy overwhelming exercise sessions.

Ok, so lets get started!

Your Personal Commitment

Like anything, what you get out of this program will depend on what you put into it. The nutrition and workout program you have invested in works. Many women I have worked with over the last 8 years have lost their love handles and stomach fat and seen their thighs, butt, arms and calves all transform into the tone sexy look they have always wanted.

However, you actually have to commit to the program and live in it everyday for at least 90 days. It turns out that 90 days is long enough to instill a level of permanent habit change into our lives. By permanent I mean that you simply do the task unconsciously without even thinking about it. For example, you probably don't have to force yourself to shower or brush your teeth everyday. You probably don't even think about it - you just do it.

The goal of this program is to form the habits of healthy eating and properly cycled exercise so that you are drawn to them and actually do them without too much effort or resistance. This type of habitual development takes about 90 days.

So I need to you to personally commit to this program and do whatever it takes to stick with it for 90 days. You will get the results you want. It will not be a quick fix or something you will have to fight extremely hard to maintain. You will have developed an entirely new way to live your healthy life.

Changing For Good

Remember, change is all about harnessing emotions and using them to motivate and drive yourself towards something you want. Rational thought - the boring reasons why you should be healthy - are not good enough reasons to keep you motivated and committed in the long run.

For example, say your doctor has told you to lose 20 pounds because your blood pressure is too high. This is obviously a very good reason to exercise, however, millions of people are told this every year and yet 60% of the US population still fails to exercise. Why?

In my opinion, I think they do not tie enough emotion to their weight loss goal. Eating cake and sitting on the couch are relaxing. Quite simply, these actions feel good so we do them. The only way to override this urge is to develop a goal with an outcome that will feel better emotionally than eating poorly and not exercising.

For example, if someone told you that "if you lose 20 pounds you will look amazing, you will have way more energy and actually be able to think better and attractive successful men will beg to take you out on dates", perhaps you might feel more emotionally drawn to exercise properly.

So let's get pumped up about our new journey! Here is a simple yet very powerful way to tie very strong emotion to any goal you might have in life. We will repeat this exercise in more detail later, but I want you to feel what it is like to get revved up before a workout.

I want you to sit quietly by yourself and close your eyes. Picture yourself exactly how you would like to look. What does each part of your body look and feel like? What type of thoughts are going through your head? What are you wearing? How do you feel inside? Step into this new body and really experience what this transformation would do for you.

Now, I want you to get a piece of paper and write down 20 reasons why becoming this new person would be good for you. Do not stop until you have 20 reasons. You should feel more motivated already. Having a list of 20 positive reasons linked to any goal automatically activates your internal drive and motivates you towards what you want.

So now you have your new fitness goal - what you want to look like - and 20 reasons why this is important to you. Later on through the Video Training Series we will add a level of visual motivation and more specific fitness goals, but for now we just want to plant the seed of desire with this quick and simple motivational exercise.

The fundamentals of how to develop lasting change, how to effectively motivate yourself and hold yourself accountable, and how to exercise and eat so you look amazing will all be covered. In this program you will soon learn how to set fitness goals and reach them every single time you try. You will be amazed at how consistent you are at getting what you want.

How This Program Works

I designed this program to be extremely easy to follow and very quickly learn the essentials to eating and exercising properly and motivating ourselves to get results. More importantly, hundreds of women have expressed the need for an element of personal accountability in their workout plan. This is understandable, as some days it is very difficult to motivate ourselves to go in without someone holding us accountable for our actions. I have developed five tools that combine to form a very powerful program for personal change:

The 5 Tools for Fitness Success

- 1.) Daily Workout Log
- 2.) Workout Guide
- 3.) Nutrition Guide
- 4.) Weekly Video Training Modules
- 5.) Daily Personal Accountability Emails

1. The Daily Workout Log - This will help you change faster than you ever thought possible

Have you ever heard of the expression “failing to plan is planning to fail”? Well it may sound a bit cliché, but it really is true. If you want a sexy slim body you need to work all your muscles on a regular basis. More importantly, if you want to constantly grow stronger, more tone and get slim you need to push yourself a little bit harder each and every workout.

The only way to make sure you are working all your muscles AND pushing yourself is to keep a workout log. A simple pen and piece of paper is all you need. In fact, I have made it very simple for you to keep track of all your workouts. Just flip to page 6 of this guide and you can print out a workout card for every single workout in this 2 week program. Take it with you to the gym and you are ready to go. Keeping a workout log will make sure you don't forget an exercise and more importantly it will help motivate you to get into the gym and complete your workouts.

Now that we know about logging our progress, let's talk about what you will actually be doing in the gym.

2. The Workout Guide - A simple proven set of fun exercise in a program designed just for us women

This workout plan is the heart of the F@\$\$ the Freshman 15 program. Remember I actually developed this program with college women, most with absolutely no previous experience in the gym other than running. You can do this program. It will be a ton of fun and if you work at you can have amazing results. But in order to get the body you want you have to actually get in the gym, even if you are busy and don't feel like it.

Trust me, I am going to show you how to go to the gym even if you hate it or are just too busy or too tired. Here are the five simple steps you can take to get in the gym and get the results you want and deserve.

STEP 1: Schedule Your Workouts and STICK TO THEM

First, why don't you take a look at your existing daily schedule. Now, let's schedule in times for your workouts. There is ALWAYS time to workout, because exercise will keep you healthier, happier, and will actually increase your ability to concentrate when it comes time to do your schoolwork.

Look at it this way: **You don't have time to not workout**

You will have 3 lifting sessions and 2 cardio sessions each week. You will alternate between lifting and cardio sessions - for instance a popular schedule is :

Lift on Monday, Wednesday, Friday; Cardio on Tuesday and Thursday

But you can start your “week” of workouts on whatever day works best for you!

Taking getting to the gym, changing, stretching and warm-up into account, allow about 75 minutes per lifting session and 45 minutes per cardio session for a total of about 5 hours.

This program uses less than 3% of the number of hours in a week, and you don't have to run everyday or starve yourself in the process.

Finally, work around your meal schedule and try to time your workouts about 1.5 - 2 hours after you eat. It can be any meal...whatever works for you.

Ok so now after you figure out what days work for you, write your gym schedule down for the next two weeks...and HONOR these workout days. If you show up everyday you are already doing better than 90% of those who try to exercise.

Remember: The ONLY difference between you and a sexy body is 2 or 3 simple habits...that's it. All you have to do is get in the habit of exercising and you will be halfway to your goal.

STEP 2: Print out your workout log

Remember the workout log I was talking about? Well I have laid out every workout for the two weeks. Why don't you print them out and keep them with you when you go to workout. Remember to take something to write with so you can keep track of your progress.

STEP 3: GET IN THE GYM!!!

Here is the basic structure of every workout:

- 1.) Begin each workout with a light run at a very easy pace to get your core body temperature up.
- 2.) Next move onto the mobility warm-up to lubricate your joints and get your muscles ready to work. A video of this warmup can be found at:

<http://quickstart.ftthefreshman15.com/warmup>

- 3.) Move through the exercises allowing for a 2 - 3 minute rest between each of them. A complete list of the exercises for each day can be found at <http://quickstart.ftthefreshman15.com>

DAY 1 **Cardio: 10 min.** **Mobility Warm-up: 10 min.**

EXERCISE	SETS/REPS	TEMPO	RECORD
Box Squat	2 sets of 8	slow	
Straight-leg Deadlift with dumbbells	2 sets of 8	slow	
DB Presses	2 sets of 8	medium	
Bent over rows with dumbbells	2 sets of 8	medium	
Dumbbell Flies	2 sets of 8	medium	
Kneeling row dumbbell raises	2 sets of 8	medium	
Double Hammer Curls	2 sets of 8	medium	
Tricep extension on cables	2 sets of 8	medium	
Wide grip Pulldowns	2 sets of 8	medium	
Arnold Press	2 sets of 8	medium	
Swiss Ball Situps (brace feet against the wall for stability)	2 sets of 20	medium	
45 Deg Back Raises (pause at top)	2 sets 8 - 10	slow	

**DAY 2** **Cardio: 10 min.** **Mobility Warm-up: 10 min.**

EXERCISE	SETS/REPS	TEMPO	RECORD
Dumbbell (DB) Bench Press	2 sets of 10	slow	
Deadlift (Use a little bar or DBs)	2 sets of 10	slow	
Incline DB Bench Press	2 sets of 10 (each leg)	medium	
Single Arm Rows	2 sets of 10	medium	
Free Weight Pec Dec	2 sets of 10	medium	
Chest Supported Side Raises	2 sets of 10	medium	
Incline DB Curls	2 sets of 10	medium	
Tricep Extension on Cables	2 sets of 10	medium	
Wide Grip Pulldown	2 sets of 10	medium	
Arnold Press	2/(8-10)	medium	
Incline Sit ups	2 sets 10 - 15	medium	
Glute ham raises	2 sets of 10	medium	

DAY 3 **Cardio: 10 min.** **Mobility Warm-up: 10 min.**

EXERCISE	SETS/REPS	TEMPO	RECORD
Boce Ball Lunges	1 set of 10 (back foot on ball); 1 set of 10 (front foot on ball). Repeat both legs	medium	
Seated DB Cleans	2 sets of 10	slow	
Bench Press	2 sets of 10/ 1 set of 8	medium	
Box Squat	2 sets of 10/ 1 set of 8	medium	
Bench Push Ups	2 sets of as many as possible	medium	
DB Upright Row	2 sets of 10	medium	
DB Crossover Curls	2 sets of 10	medium	
DB Kickbacks	2 sets of 10	medium	
Wide Grip Pulldown	2 sets of 10	medium	
Seated Military Press	2 sets of 10/ 1 set of 8	medium	
Russian Twists	2 sets 10 - 15	slow	
Good Mornings (no more than 5 - 10 lb plate to start with)	2 sets of 10	slow	

DAY 4 **Cardio: 10 min.** **Mobility Warm-up: 10 min.**

EXERCISE	SETS/REPS	TEMPO	RECORD
Box Squat	2 sets 10/ 1 set 8	S	
Straight Leg Deadlift	2 sets 10/ 1 set 8	S	
DB Presses	2 sets of 10	M	
Standing DB Bent over Rows	2 sets of 10	M	
DB Flies	2 sets of 10	M	
Lunging DB Rows	2 sets of 10	M	
Double Hammer Curls	2 sets of 10	M	
Tricep Push Downs	3 sets of 10	M	
Wide Grip Pulldown	2 sets 10/ 1 set 8	M	
Arnold Press	2 sets of 10	M	
Swiss Ball Situps	2 sets of 20	M	
45 Deg Back Raises	2 sets of 10	M	

DAY 5 **Cardio: 10 min.** **Mobility Warm-up: 10 min.**

EXERCISE	SETS/REPS	TEMPO	RECORD
DB Bench Press	3 sets of 10	M	
Straight Leg Deadlift	3 sets of 10	M	
DB Stepups	2 sets 10 per leg	M	
Bent Over DB Rows	2 sets of 10	M	
Incline DB Bench Press	2 sets of 10	M	
Single Arms Rows on Bench	2 sets of 10	M	
Free Weight Pec Dec	2 sets of 10	M	
Chest Supported Side Raises	2 sets of 10	M	
Incline DB Curls	2 sets of 10	M	
Tricep Cable Pull-downs	3 sets of 8	M	
Incline Sit ups	2 sets 12	S	
Glute Ham Raises	2 sets of 10	S	

**DAY 6** **Cardio: 10 min.** **Mobility Warm-up: 10 min.**

EXERCISE	SETS/REPS	TEMPO	RECORD
DB Bench Press	3 sets of 10	S	
Box Squat	3 sets of 10	S	
Bench Push Ups	Till Failure (2 sets)	M	
DB standing crossover curls	3 sets of 10	M	
DB Kickbacks	3 sets of 10	M	
Wide Grip Pull Downs	2 sets of 10	M	
Seated DB Military Press	2 sets of 10	M	
Russian Twists	2 sets of 12	S	
Good Mornings	2 sets of 10	M	

3. Your Nutrition Guide - Easy and simple eating habits to start losing weight

For the next two weeks, you will start implementing several changes into your current diet. Depending on your current eating habits, these changes may take some getting used to – but the benefits will be huge: a revved up metabolism, increased energy to get through your day, greater clarity of mind, and an already slimming waist-line.

Aside from giving your body and mind a kick-start towards your health and fitness goals, these first two weeks will also help transition you into the full F the Freshman 15 healthy eating program. Remember, if you go to fast or too hard in adjusting any habit, especially your eating, you will not be able to stick with it. Take your time and for each week follow these simple steps below. I know they look simple, but sticking with a few simple changes is much more effective than quickly giving up on a complicated “diet” plan.

WEEK 1:

1. If you don't already eat breakfast, **START** eating breakfast. You should eat something within 15 – 30 minutes of waking up! If you don't do this, your metabolism is slowed significantly for the rest of the day.
2. Start drinking at least **one cold glass of water** and **one piece of whole fruit** with each meal (Breakfast, lunch, and dinner)
3. Eat at least one serving of veggies with each meal (Breakfast, lunch, and dinner)
4. Don't eat anything within 3 hours of your scheduled Bed time (If you plan on going to bed at 1 am, don't eat anything after 10 pm.)

WEEK 2:

Continue making all of the healthy changes you made last week. Now that you have started focusing more on **WHAT** you eat, this week we will also start focusing on **WHEN** you eat.

1. Pick out a sports drink that you like. (No more than 75 calories per bottle). I particularly like G-2 and propel fitness water, but pick a brand and flavor that **YOU** enjoy! Start drinking this during your workout, in addition to your water.
2. Start packing a healthy snack to eat **IMMEDIATELY** after your workouts. Your snack should contain some healthy protein. Low fat yogurt is a great post-workout snack. Pair it with some veggies and you're golden!
3. Over the course of this week, start working towards an eating schedule that looks like this, and try to eat a serving of veggies every time you eat!

Not sure what is a healthy? Here are a bunch of healthy fun and easy snacks:

1. Carrots and celery with 1/4 c. hummus
2. Apple slices with 1 Tbs. honey and cinnamon sprinkled on top
3. Celery with 1 Tbs. peanut butter
4. 8 oz. low fat yogurt (greek style is the best), with berries mixed in
5. 8 oz. 2% Fage Greek yogurt with seedless red grapes (seriously SOOO good)
6. 1 banana, sliced long-ways with 1 Tbs. peanut butter in between the layers. Slice into bite-sized pieces and freeze in a zip-lock bag. This is a great snack between breakfast and lunch
7. 8 oz. skim chocolate milk and raw veggies
8. 1 slice wheat bread (toasted is really good) with 1 Tbs. peanut butter on top and 1 Tbs. raisins
9. Handful of your favorite nuts sprinkled atop fruit flavored yogurt
10. Unsweetened apple sauce (Motts has some really good flavors) and 1 slice of string cheese
11. Whole wheat crackers dipped into 1/4 cup of cottage cheese
12. 8 oz. low fat cottage cheese mixed with fruit of 4 oz. low fat cottage cheese mixed with low fat yogurt

**Don't like any of these? Just send me an email (jill@ftf15.com) and I'll give you pickier eaters more choices!

4. Video Training Modules - I will be your personal accountability and motivational guide

What good is a workout program if you don't actually stick with it? These video tutorials will give you the personal accountability that you need to stay on track. You can find the videos here:

<http://quickstart.ftfreshman15.com>

Check your email and the quick start website for a complete 2 week series of video training modules. Along with a complete index of ALL the exercises in this program I will also help guide you every step of the way to get that body you want and deserve.

5. Workout Emails

This isn't a cookie cutter program. I actively do it everyday and expect you to keep me informed about how your workout is going. Have a question? Email me. Not sure what exercise to do? Email me? Along with this guide, you will get your workouts emailed to you to help keep you on track.

You now have everything you need to get started so get in the gym and GOOD LUCK !