



## GINA ALIOTTI'S FITNESS NETWORK BALANCE PLAN JUNE 2011

Meal	MON, TUES, WED, FRIDAY & SATURDAY
Meal #1	1/4 cup oatmeal 5 egg whites 15 almonds
Meal #2	2 rice cakes with 1 tbsp natural nut butter 1 scoop protein shake 1 small apple or 1/2 cup berries
Meal #3	1/2 C. brown rice OR quinoa 4 oz Lean protein of your choice Green veggies and or salad with no oil
Meal #4	1.25 scoop protein shake 1/4 c. oatmeal OR Gina's famous Protein muffins or pancake
Meal #5	4 oz lean protein of your choice Salad with 1 tbsp olive oil and vinegar
Meal #6	5 egg white/veggie omelet or 1 scoop protein shake

MODERATE REFUEL 1X/WEEK (SATURDAY)



Meal	THURSDAY
Meal #1	1/2 cup oatmeal 4 Egg whites
Meal #2	1/4 c. oatmeal 1/4 c. pumpkin puree 1 scoop protein shake
Meal #3	1/2 c. brown rice OR quinoa 4 oz lean protein of your choice Veggies and or salad with No oil
Meal #4	1.25 scoop protein shake 1/4 c. oatmeal OR Gina's famous Protein muffins or pancake
Meal #5	3 oz lean protein of your choice 1/4 c. beans (black, kidney, garbanzo, etc.) Salad with no oil
Meal #6	1 scoop protein shake 1 tsp chia or flaxseed green veggies (if you feel hungry)



Meal	SUNDAY
Meal #1	Almond coconut Pancakes
Meal #2	5 egg white omelet 1/2 c. berries
Meal #3	5 oz lean protein of your choice Green salad with 1 tbsp Olive oil
Meal #4	1.25 scoop protein shake 1 rice cake with 1 tbsp almond butter
Meal #5	5 oz Shrimp 2 tbsp avocado Salad and or Veggies (optional)
Meal #6	1 scoop protein shake OR 5 egg whites green veggies (if you feel hungry)



**TRAINING PROGRAM**

CARDIO	<p align="center"><b>5X /WEEK @ 40-45 MINUTES</b>  <b>(First thing in the a.m., empty stomach, preferred)</b></p> <p align="center"><b>1x/week- 20 bike sprints on stationary bike... 30 second sprint, 1 minute recovery, repeat 20X</b></p>
SUPPLEMENTS	<p align="center">Omega 3's split throughout the day 15g/day          Daily Multi Vitamin – follow as stated on label          Calcium-1000mg          Vitamin D-1500iu's/day          ZMA-as stated on label before bedtime (OPTIONAL)          Digestive Enzymes (OPTIONAL)-as stated on bottle before meal 3,5,6          Probiotic- follow as stated on label          Glutamine-15 g/day</p>

**TRAINING PROGRAM**

<b>TRAINING</b>	
MONDAY	UPPER BODY CIRCUIT
TUESDAY	LOWER BODY CIRCUIT
WEDNESDAY	OFF
THURSDAY	<p>WORKOUT OF YOUR CHOICE</p> <p>ONE OF THE CIRCUITS LISTED OR CIRCUIT /WORKOUT OF YOUR CHOICE</p>
FRIDAY	SHOULDERS/GLUTES/ABS
SATURDAY	<b>PICK A CLASS , HEAD OUT DOORS OR DO ONE OF THE CIRCUITS</b>
SUNDAY	<b>OFF DAY! Rest &amp; Recover ☺</b>





## **LOWER BODY CIRCUIT**

**DO THE FOLLOWING ROUTINE WITH ONE SET OF EACH EXERCISE:**

50 THRUSTERS WITH MEDICINE BALL OR BAR (SQUAT, PRESS)

**100 JUMP ROPES**

50 THRUSTERS WITH MEDICINE BALL OR BAR (SQUAT, PRESS)

**100 JUMP ROPES**

HOLDING BAR ON SHOULDERS, ALTERNATING LUNGES-15 ON EACH SIDE

**100 JUMP ROPES**

3-MINUTE REST

HOLDING HAND WEIGHT (WEIGHT OF YOUR CHOICE) OFF THE BENCH LUNGES –  
15 ON EACH SIDE

**3-MINUTE STATIONARY BIKE**

HOLDING HAND WEIGHT (WEIGHT OF YOUR CHOICE) OFF THE BENCH LUNGES –  
15 ON EACH SIDE

**3-MINUTE STATIONARY BIKE**

25 STEP UPS ON BENCH ON EACH SIDE

**3-MINUTE STATIONARY BIKE**

**3-MINUTE REST**

STRAIGHT LEG DEAD LIFTS-HOLDING DUMBBELLS OR STRAIGHT BAR—15 REPS  
**20 SQUAT PLYOS (FEET TOGETHER, JUMP UP AND LAND WITH FEET APART AND  
DEEP SQUAT) 20X**

STRAIGHT LEG DEAD LIFTS-HOLDING DUMBBELLS OR STRAIGHT BAR—15 REPS  
**20 SQUAT PLYOS (FEET TOGETHER, JUMP UP AND LAND WITH FEET APART AND  
DEEP SQUAT) 20X**

WALKING LUNGES HOLDING WEIGHT OF YOUR CHOICE, 25 EACH SIDE

**3 MINUTES ON STATIONARY BIKE OR JUMP ROPE, YOUR CHOICE**

**SHOULD TAKE YOU BETWEEN 40-50 MINUTES**



## **UPPER BODY CIRCUIT**

**DO THE FOLLOWING ROUTINE WITH ONE 1 SET OF 20 REPS (UNLESS NOTED) FOR EACH EXERCISE:**

FRONT RAISES WITH DUMBBELLS (SINGLE OR TOGETHER)  
SIDE LATERAL RAISES WITH DUMBBELLS (SINGLE)  
SHOULDER PRESS WITH DUMBBELL OR BAR OR MACHINE  
REAR DELT FLIES WITH HAND WEIGHTS SINGLE & TOGETHER

### **3-MINUTE REST**

TRICEP KICK BACKS WITH DUMBBELLS  
**FLOOR CRUNCHES (15 CENTER, 15 OBLIQUE-EACH SIDE)**  
TRICEP OVERHEAD PRESS WITH DUMBBELLS  
**FLOOR CRUNCHES (15 CENTER, 15 OBLIQUE-EACH SIDE)**  
ONE ARM ROWS WITH HAND WEIGHTS  
**FLOOR BICYCLE CRUNCHES (50 REPS)**

### **3-MINUTE REST**

REGULAR PUSH UPS  
DUMBBELL BICEP CURLS (SINGLE OR TOGETHER)  
PUSH UPS (FOR ADDED CHALLENGE--OFF UPSIDE DOWN BOSU BALL)  
2-MINUTE PLANK HOLD

3 SETS OF 15 DUMBBELL SWINGS

### **2-MINUTE PLANK HOLD**

**DONE!!**