



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

Meal	MON, TUES, WED, FRIDAY & SATURDAY
Meal #1	1/2 cup oatmeal 5 egg whites 1 tbsp chia seed
Meal #2	1 cup brown rice crisp cereal 1 scoop protein shake (used as milk) 1/4 cup berries (Monday & Saturday Only)
Meal #3	3 oz yam or sweet potato 4 oz Lean protein of your choice Green veggies and or salad with 1 tsp olive oil
Meal #4	1 scoop protein shake made with 4 oz coconut water 1/4 c. oatmeal 15 almonds
Meal #5	4 oz lean protein of your choice Salad with 1 tsp sesame oil and vinegar
Meal #6	5 egg white/veggie omelet

MODERATE REFUEL 1X/WEEK (SATURDAY)



Meal	THURSDAY
Meal #1	3/4 cup oatmeal 4 Egg whites
Meal #2	1/2 c. oatmeal 1 small apple 1 scoop protein shake
Meal #3	1 Ezekiel Tortilla 4 oz lean protein of your choice Veggies and or salad with No oil
Meal #4	1 scoop protein shake 1/2 c. oatmeal OR Gina's famous Protein muffins or pancakes
Meal #5	4 oz lean protein of your choice 1/4 c. brown rice
Meal #6	5 egg whites green veggies (if you feel hungry)



Meal	SUNDAY
Meal #1	1 rice cake with 1 tbsp Nuttzo 1 scoop protein shake
Meal #2	5 egg white omelet 1/2 avocado
Meal #3	5 oz lean protein of your choice 1/4 c. brown rice Green salad with 1 tbsp Olive oil
Meal #4	1.25 scoop protein shake made with 4 oz coconut water
Meal #5	5 oz Shrimp other 1/2 avocado Salad and or Veggies (optional)
Meal #6	5 egg whites 10 almonds green veggies (if you feel hungry)



**TRAINING PROGRAM**

CARDIO	<b>6X /WEEK @ 40-45 MINUTES</b> <b>(First thing in the a.m., empty stomach, preferred)</b>  <b>2x/week 25 minute evening walk or light jog</b>
SUPPLEMENTS	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

**TRAINING PROGRAM**

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



## **LOWER BODY CIRCUIT**

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

25 WALKING LUNGES  
1 MINUTE REST

REPEAT 3X

20 BENCH STEP UPS ON EACH SIDE  
1 MINUTE REST

REPEAT 3X

25 BODY WEIGHT SQUATS  
1 MINUTE REST

REPEAT 3X

30 SECOND HILL SPRINTS  
30 SECOND REST IN BETWEEN

REPEAT 5X

**3-MINUTE REST**

20 LEG PRESSES  
1 MINUTE REST

REPEAT 3X

15 REPS BUTT BLASTER  
1 MINUTE REST

REPEAT 3 X

20 LEG EXTENSIONS  
1 MINUTE REST

REPEAT 3X  
**DONE!!**





## **UPPER BODY CIRCUIT**

**DO THE FOLLOWING ROUTINE WITH ONE SETS OF 20 REPS (30 SECOND REST IN BETWEEN EXERCISES)**

FRONT RAISES WITH CABLE  
SIDE LATERAL RAISES WITH DUMBBELLS (SINGLE)  
SINGLE SHOULDER PRESS WITH DUMBBELLS  
SINGLE DUMBBELL REAR DELT FLIES

TRICEP SKULL CRUSHERS  
TRICEP BENCH DIPS  
TRICEP CABLE EXTENSIONS

ASSISTED PULL UPS  
SEATED CABLE ROWS  
CABLE BICEP CURLS

CRUNCHES OFF EXERCISE BALL  
PLANK HOLD (CHALLENGE BY PLACING FEET ON EXERCISE BALL)

5 MINUTE ROW MACHINE

**DONE!!**