

THE ADJAH WORKOUT

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/ Sun
1 PLUS 90 MINUTES OF CARDIO FOR THE WEEK	LTGKTB Video (First 31 minutes ONLY)	LTGKTB Quick Burn Video Link	FBCD Video (ONLY Warm-Up 1:47-14:40 & ABS (43:32- 57:42)	LTGKTB Quick Burn Video Link	LTGKTB (First 31 minutes ONLY)	REST
2 PLUS 90 MINUTES OF CARDIO FOR THE WEEK	FBCD (ONLY Warm-Up 1;47- 14:40) & ABS 43:32-57:42	Lean Booty & Abs Video Link	Lean Back & Arms and Triceps & Biceps Video Links	Lean Booty & ABS Video Link	FBCD Video (ONLY Warm-Up 1:47-14:40 & ABS (43:32- 57:42)	REST
3 PLUS 90 MINUTES OF CARDIO FOR THE WEEK	Plyometric Pump (Warm-Up First 10 minutes only) & LTGKTB HELL SET (31:00-37:32)	Lean Back & Arms and Triceps & Biceps Video Link	FBCD (warm-up ONLY) 1:47- 14:40 & abs 43-32-51:42	Lean Back & Arms and Triceps & Biceps Video Link	LTGKTB Quick Burn Video Link	REST
4 PLUS 90 MINUTES OF CARDIO FOR THE WEEK	LTGKTB (First 31 minutes ONLY)	FBCD (ONLY Workout from 15:51- 42:51	Lean Back & Arms and Triceps & Biceps	Plyometric Pump (ONLY Workout from 10:00- 30:00)	LTGKTB Quick Burn Video Link	REST
5 PLUS 90 MINUTES OF CARDIO FOR THE WEEK	LTGKTB Quick Burn Video Link	Lean Back & Arms Video Link	LTGKTB (First 31 minutes ONLY)	LTGKTB Quick Burn Video Link	LTGKTB (First 31 minutes ONLY)	REST

LTGKTB: Lose The Gutt/ Keep The Butt /FBCD: Full Body Curve Down/PP: Plyometric Pump

NOTE: For video links you must register for the challenge at trainwithanowa@gmail.com

Examples of Cardio: Swimming, Boxing, Running, Kickboxing, Aerobics

Examples of Abdominal Exercises: Lower Leg Raises, Planks (30 secs -1min), Oblique Twist, Reverse Crunches, Scissor Kicks, Bicycle Crunch



Welcome to The Lose the Gutt Keep the Butt.
30 Day Challenge

Show us your progress & Tag Us!
#LTGKTBQueen, #LTGKTBChallenge

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Things to Keep in Mind

- 12 Glasses – A Gallon of water a day
- No White bleached or starched pasta/ bread/ rice/ Instead go for whole grain
- No heavy complex carbohydrates (pasta, rice, bread, potato) after 6pm because it takes longer to digest.
- NO FRIED FOODS PERIOD! Instead opt for baked, sautéed or steamed
- NO SWEETS OR CANDY
- NO Sugary drinks of soda, artificial drinks have a ton of refined sugar. Instead opt for vitamin, seltzer, sparkling water, or juice.
- Eat leafy grains (spinach, kale, etc) at 2-3 times a day with meal.
- 1 carb a day (no white bread, pasta, rice, etc) All carbs should be consumed before 3pm
- Try juicing for lunch or Breakfast 2-3 times a week.
- Incorporate Green or Ginger Tea for breakfast and dinner to boost immune system, cleanse system and aid in easy digestion.

Curvy Fit Grocery List

Note: For the first week of the challenge we strongly recommend detoxifying your body. This can easily be achieved with water (most important), green teas, and green smoothies.

We also recommend 1 healthy carb per day (Complex Carbohydrates)

WATER IS A MUST! STOCK ABOUT 6-7 GALLONS OF WATER PER WEEK (COSTCO, BJS, TARGET)

CARBS: (YOU HAVE THE CHOICE OF 1 PER DAY)
<i>Your carbohydrate should be consumed immediately after you work out when you are burning the most calories.</i>
<ul style="list-style-type: none"> • EZEKIAL BREAD (Favorite: Raisin) • 4PDS OF SWEET POTATO • Quinoa (Red, Black or White) • BROWN RICE (Favorite: "ORGANIC BROWN BASMATI RICE") 1 cup per serving • Raw Oats (Favorite: Kashi Go Lean)

Meats/Protein
For the first week, Anowa strongly recommends eliminating all meat except for FISH: preferably 4oz of Salmon or Albacore Tuna. If you are allergic to seafood, then Beans are a great substitute.
<ul style="list-style-type: none"> • -BEANS (Favorite: Black Eyed Peas, Soybeans, Lentils and Edamame)
<ul style="list-style-type: none"> • -AFTER THE FIRST WEEK, 4oz of lean turkey or chicken can be incorporated into your diet. Vegan Option: Textured Vegetable Protein • Veggie or Soy Burgers

Vegan sources of Protein: Quinoa, Tofu, Leafy Greens, Chick Peas, Mushrooms, Lentils, Broccoli, Buckwheat, Hemp Seeds, Avocado, Green Peas, Tempeh, Soy Beans, Beans.

FRUIT: (This can serve as a great snack or ingredient in your green smoothie) Choose 2-3 fruits (YOU HAVE THE OPTION OF SELECTING A FRUIT OF YOUR CHOICE)
<ul style="list-style-type: none"> • Bananas (A Must) • Green Apples • Blueberries or Berries (We recommend freezing them for smoothies or as is) • Clementines • Oranges • Grapes • Avocados (a must if you can't eat bananas)
BE MINDFUL THAT TOO MUCH FRUIT IS NOT GOOD BECAUSE OF SUGAR CONTENT

ABSOLUTELY NO DAIRY