

Love Your Selfie

4 WEEK CHALLENGE

- Welcome Goddess - Its time to shine.

I'm SO stoked that you're here and taking this amazing step on your journey to love that bod. Whether you're just busy AF being a fellow boss babe or wrangling tiny monsters all day, this program is for you! I know the struggle to find time for yourself can be rough. That's why I've written this program, so that you can take your power back and feel more confident.

Each week there are also questions chosen to make you think and dive deep. I'm a huge self-love advocate and passionately feel that every woman truly is a goddess, you are not an exception to that belief sister! Just like with the work outs, you only get out of this what you put in to it. If you just want the physical, have at it. If you want to transform yourself, stick with it and answer the questions. Be honest with yourself.

No fancy gym equipment is required, just a few small things that you can easily store and that you can continue to use after your 28 days are over. Maybe even go through the program again!

My goal for you is to develop healthy diet and exercise patterns, or further expand upon the ones you already have, and grow that self-love into a beacon of light! I know how hard it is to keep up with the Kardashians, booty goals...AM I RIGHT?! We all have to start somewhere and a big ass air high five to you for showing up! The program is designed to get harder along the way, push through the sore muscles and show your self-doubt the door. You've got this, and you have my full support along the way. If you have any questions, I'm here for you, email me!

About me



I'm Brit Sully

Cool Wife | Fit Mom | Boss Babe

Hype (wo)man

I'm so glad to be on this journey with you because fitness has always been a passion of mine. I'm no expert or some health guru with all of the answers. I'm a normal working mom just like you. I do know what works for me and know that it can work for you too! As women, we have a vast amount of others images at our finger tips, new fad diets coming out what seems like daily, and agreements with ourselves about what we should look like.

Somewhere between board meetings and dirty diapers, we get a little lost. We lose our self care practices and abandon self love out of the idea that its selfish or a cry for attention.

I'm here to tell you that your inner goddess is waiting for you to let her out and own your power. Its not selfish to care for yourself and love your selfie, literally or figuratively. I want you to use this time to dig deep, pay attention to your body and what it needs. But also, listen your mind and when its negative tell it to shut the fuck up!





*There is a powerful force inside of you
waiting to be unleashed*

Before you Start

- 1 Buy your equipment
- 2 Download an interval timer app
- 3 Take before pictures! They're great for tracking your progress and to motivate you along the way. Go ahead, love your selfie!
- 4 I am here for you every step of the way. If you need anything, like a personal hype (wo)man, just email me!



Reference Page

Set numbers - A1 A2 A3 - These are exercises that go together, one after the other, in one set (superset). For example: A1 A2 A3 done in succession for one complete set before rest.

Reps - The number of times to complete an exercise. For example: A1 10x A2 10x A3 10x equals 10 reps each for one superset.

Sets - The number of times to complete each round of exercises. For example: A1 10x 4 sets.

Time - The amount of time to do each exercise if a rep count is not given.

Abbreviations

DB - dumbbell or ankle weight

DS - drop set

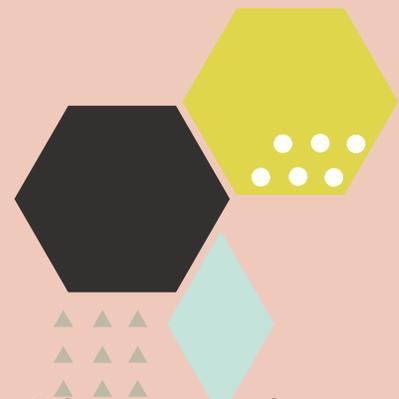
RB - resistance band

EB - exercise ball

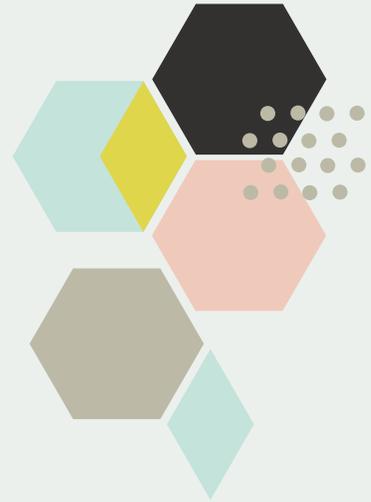
EL - each leg

EA - each arm

EW - each way



*The body achieves what the mind
believes*



This program has been developed specifically to be able to do it from the comfort of your home, but you are more than welcome to take it to the gym! The weight of the dumb bell is up to you and dependent upon the results that you want. As a general rule, lighter weight higher reps equal a nice sculpt whereas higher weight lower reps equal mass. This program contains a higher rep count all around so the choice in weight is up to you, just remember to not over-do it and stay within the realm of your body's ability. The last thing you want is to hurt your back or pull a muscle! You will also need resistance bands and a jump rope unless you have cardio equipment at home. I personally use a fitness bike that I bought on Amazon pretty cheap!

What you'll need:

Ankle and Wrist Weights

{Or dumbbells}

Resistance Bands

Jump Rope

{Or cardio equipment, if you have it}

Exercise Ball



Cardio

HIIT – High Intensity Interval Training

HIIT training is a fabulous tool for burning fat! Ever heard the phrase “maximal effort, minimal time”? HIIT is your answer sister! HIIT increases your need for oxygen, creating a shortage and afterburn effect. It elevates the heart rate quickly and keeps your heart rate up allowing the body to burn fat in less time. Studies show that implementing HIIT into your exercise routine burns more calories and increases the body’s fat burning potential not only during exercise but for the rest of the day!

LISS – Low Intensity Steady State

LISS training is a wonderful tool in training the body to use fat for fuel more efficiently. Low intensity is considered to be 50-60% of your maximal heart rate at a steady pace. It’s a great way to warm the body up before an intense work out by loosening up the muscles, ligaments, and tendons.

Fasted Cardio

Fasted cardio is done when our bodies are in a fasted state. For example, completing cardio in the morning before consuming any foods. Fasted cardio is great for fat loss! Studies show that we are actually capable of burning up to 20% more fat from implementing fasted cardio versus completing your cardio after you have consumed a meal.

I prefer fasted cardio because I simply don’t enjoy working out with a belly full of food. The choice is yours!

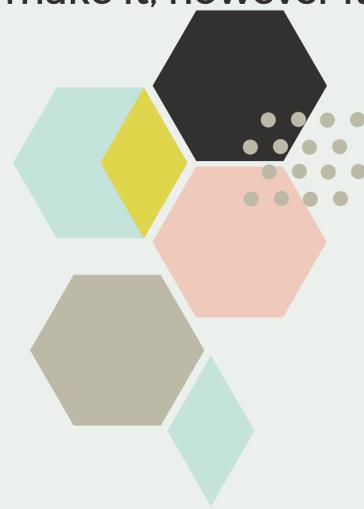
Stretch and Recover

Rest days are crucial! I know you're used to go, go, go but sometimes you just have to slow it on down sister. Rest days allow for your muscles and tissues to recover in preparation for the next week. What you do on your rest days is dependent upon how advanced you are in your journey. For me I love to attend yoga classes on my rest days! Yoga is a great way to stretch and relieve tension you may build during the week through stress, intense exercise, or sitting at a desk all day.

If you're just starting out in your fitness journey, your rest day should probably be a real rest day with no activity. If this wonderful world isn't new to you, an "active" rest day may be best for you and is what I do!

Rest days throughout the program are Sundays but this program is yours and needs to fit your busy schedule! If another day works best for you to rest, then take that day! The best part about this program is the ability to shape the schedule around yours. This program is a guide for you, goddess. How ever you want this to work in your life is up to you!

As someone who loves yoga, and teaches on occassion, I know the importance of getting loose! Stretching is a crucial part of the love your selfie process. I recommend that you stretch DAILY, even if it's an off day. Sitting on the couch watching your favorite show? Get down on the floor and get your stretch on sister! This process is a lot easier than your mind may try to make it, however it fits in to your life is up to you.



Warm up

Warm up exercises will get that heart rate going and warm up your muscles and ligaments in preparation for lifting!

Alternating lunge

High knees

Arm circles – forward and backward

Deep squat with hands locked behind head

Sway squat

Cool Down

Slow it down and stretch it out! Try to relax and release any tension where you feel yourself carrying it or tensing up.

Hamstring stretch – Standing forward bend

Glute stretch – Pigeon pose

World greatest stretch

Shoulder stretch – Thread the needle pose

Ab stretch – Half wheel pose

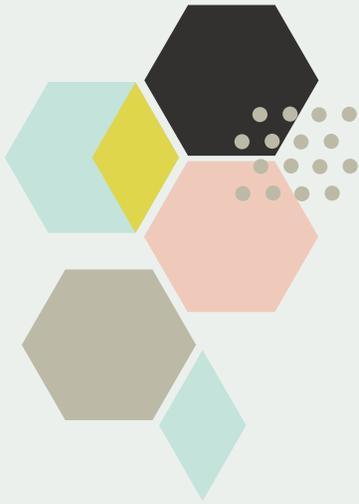
Calf stretch – Downward facing dog (move around here! Peddle out the feet, sway the hips)

Hip flexor stretches – Crescent lunge or lizard pose

Neck stretch – Standing forward bend



Nutrition



Your diet is what you eat, not a fad to follow.

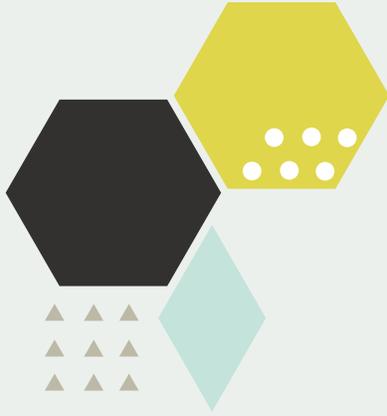
This is an INCREDIBLY important subject to me. If you want to achieve your goddess goals, being active and nourishing your temple in a smart manner must go hand in hand! There will be no fad diets and 30 days to whatever meal plans. Your diet is what you eat, say it with me "My diet is what I eat!". That means I will not be suggesting you go on the latest fad diet for this program. The quickest way to erase your results is to starve yourself and binge once the program is over. The purpose of this program is to jumpstart your path to the goddess body you've always dreamt of! Which means establishing healthy diet and exercise patterns to carry on with in life after the program is over.

As a mom and entrepreneur, I know that sticking to a meal plan can be difficult. There isn't a lot of time to meal prep if you work late, have tiny humans running around needing you, or heaven forbid there's an emergency with work and you're the only person to fix it.

So...for this next 30 days I want you to decide RIGHT NOW what you want to get out of this program. Do you want to get leaner or put on mass? Do you simply want to establish healthier routines in diet and/or exercise? Do you want to take your life back and build your self-love? The answer to any one of these dictates what and how much fuel your body will need. If you eat shit food, you will have shit results. If you starve, you could end up with a whole host of issues which include gaining back any fat you've lost and then some.

If you nourish your body, don't over indulge, and stick to your routine you should see results and that's what we're all here for!

It is not required of you to track or weigh your meals however, this is a great way to put into perspective what your diet is actually like versus what you think it looks like in your mind. If you choose to log meals, be honest with yourself! If you have a cocktail, log it. Honestly is key in taking care of these temples of ours!



Nutrition Tips

- 1** DRINK ALL OF THE WATER
- 2** Avoid gluten and dairy as much as possible
- 3** 1-2 servings of fruit per day
- 4** Eat yo' veggies y'all!
- 5** Take your vitamins and/or supplements. If you need help deciding on what to use or what you need, email me! I'm always down to help a fellow goddess out with her temple goals!
- 6** Allow yourself a cheat day! It's all about balance baby. I fully enforce the 80/20 rule in our house because what fun is all work with no play?!





I'm here for you

I know some of this can be intimidating, especially when you have no idea what the hell a lat raise is or where to get a goblet you can squat. If this isn't your first rodeo and you're ready to fly han solo, keep on keepin' on! If not, that's awesome too! What matters most is that you're here, taking your power back, and letting that inner goddess know she's loved.

If you have questions or don't know what something is, google it! Or email me and I'll send you instructions or a quick demo video. I will always take any excuse to stop, drop, and fitness!

I am a Goddess

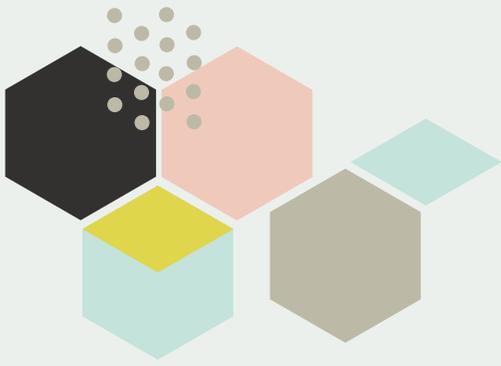
Reflection

What do you love about yourself?

The first rule of the self love club is there are NO RULES!!

There is ZERO shame in showing yourself a little love! That's the whole purpose of the Love Your Selfie program. When you're feeling down or having an off day, use this space to come back to to remind yourself that you are a Goddess! You are a force to be reckoned with! This body is your temple and you define what sexy is and what beautiful is.





week 1

Remember: You are a Goddess. You are SO much more than the number on that scale.
Eat well, avoid junk food, and get your werk out on.

Monday – Lower Body Weighted

- A1 DB Squat 12 Rep 3 Set
- A2 DB Lunge 12 Rep EL 3 Set
- B1 DB Glute Bridge 12 Rep 3 Set
- B2 DB Goblet Squat 12 Rep 3 Set
- C1 DB Romanian Deadlift 12 Rep 3 Set
- C2 Unweighted Curtsey Lunge 12 Rep EL 3 Set

Tuesday – HIIT Cardio and Resistance Training

Cardio - 15 minutes, 30 seconds on, 30 seconds off

Resistance Training

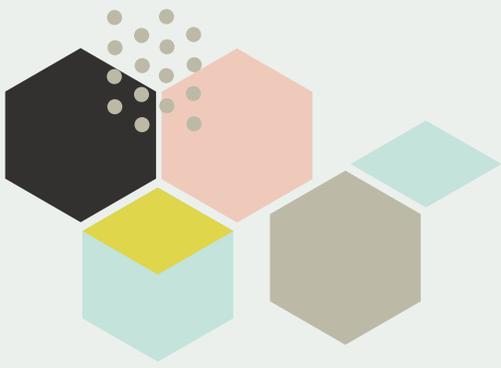
- A1 Kick Back 12 Rep 3 Set
- A2 Kick Back Pulse 12 Rep 3 Set
- B1 Donkey Kick Back 12 Rep 3 Set
- B2 Donkey Kick Back Pulse 12 Rep 3 Set
- C1 Lateral Leg Lift 12 Rep 3 Set
- C2 Lateral Leg Lift Pulse 12 Rep 3 Set

Wednesday - Rest day or Active rest

Thursday - Upper Body Weighted

- A1 Arnold Press 12 Rep 3 Set
- A2 Front Delt Raise 12 Rep 3 Set
- B1 Reverse Fly 12 Rep 3 Set
- B2 Lat Raise 12 Rep 3 Set
- C1 Bent Over Row 12 Rep 3 Set
- C2 Push ups 12 Rep 3 Set





week 1

Friday – Low Intensity Cardio and Resistance Training

Cardio – 30 minutes

Resistance Training – 20 seconds on, 10 seconds transition time, 90 seconds rest between sets.

- A1 Jump Squat 20 Seconds 3 Set
- A2 Walking Lunge 20 Seconds 3 Set
- A3 Squat 20 Seconds 3 Set
- A4 Squat Pulse 20 Seconds 3 Set
- A5 Hip Thruster 20 Seconds 3 Set
- A6 Bicycle Crunch 20 Seconds 3 Set
- A7 Kick Back 20 Seconds 3 Set
- A8 Kick Back Pulse 20 Seconds 3 Set

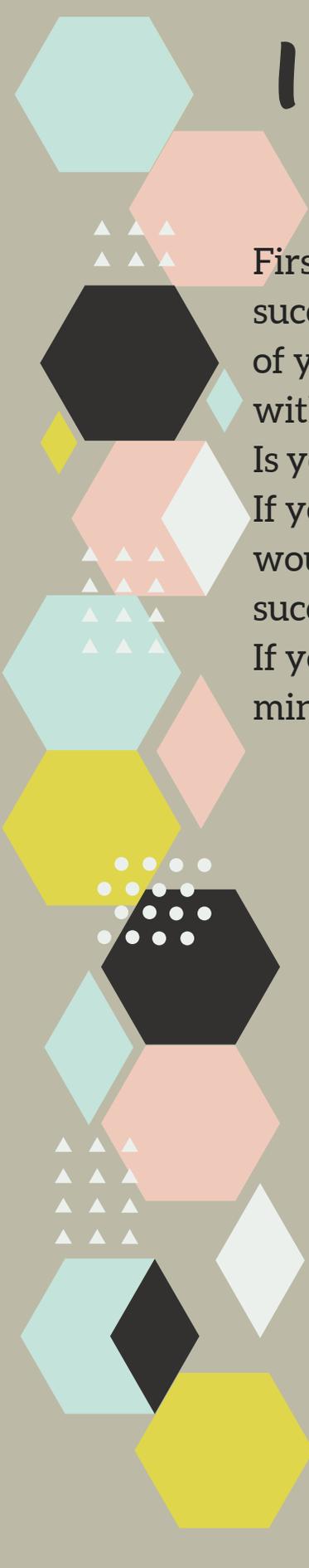
Saturday – Stability

No resistance bands or weights needed. 10 second transition 90 seconds rest

- A1 Shoulder Tap 20 Seconds 4 Sets
- A2 Plank 20 Seconds 4 Sets
- A3 Alternating Arm Raise 20 Seconds 4 Sets
- A4 Plank Rock 20 Seconds 4 Sets
- A5 Squat Pulse 20 Seconds 4 Sets
- A6 Mountain Climber 20 Seconds 4 Sets

Sunday – Rest Day or Active Rest.





I make the rules

What does success look like to you?

First, I want you to find a quiet space and put other's ideas of success out of your mind. If you were to picture the ideal image of yourself, what would you look like? Be realistic and be honest with your selfie!

Is your idea of success physical or mental?

If your measure of success is physical, what about your body would do you want to change for you to feel like you've been successful?

If your measure of success is mental, what about your mindset needs to change?

week 2

I know you're probably sore but you've made it this far!

#Cantstopwontstop am I right?! Soak in the bath and let's get it!



Monday – Lower Body Weighted

- A1 AW squat to heel tap 15 Rep 3 Set
- A2 DB sway squat 15 Rep each leg 3 Set
- A3 AW Squat jump side to side, rotate 15 Rep 3 Set
- B1 DB or AW Hamstring curls 15 Rep 3 Set
- B2 Single leg DB Deadlift 15 Rep 3 Set
- B3 DB RB Deadlift Pulses 15 Rep each leg 3 Set

Tuesday – HIIT Cardio and Resistance Training

Cardio - 15 minutes total, 40 seconds on 20 seconds off.

Resistance Training

- A1 AW squat side kick 15 Rep 3 Set
- A2 AW reverse lunge to raised knee 15 Rep EL 3 Set
- B1 AW mountain climber 15 Rep 3 Set
- B2 AW fire hydrants 15 Rep EL 3 Set
- C1 AW bicycles 15 Rep 3 Set
- C2 AW reverse crunch 15 Rep 3 Set

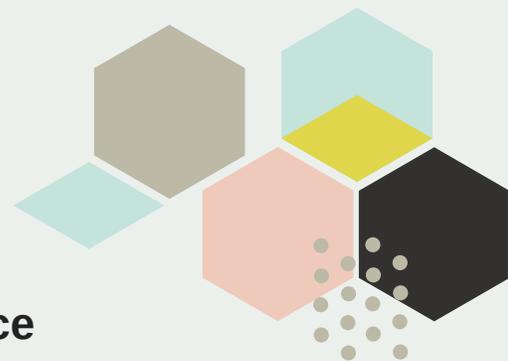
Wednesday – Rest Day or Active Rest

Thursday - Upper Body Weighted

- A1 AW Toe tap, shoulder tap, ½ burpee 15 Rep 3 Set
- A2 DB Front Delt Raise 15 Rep 3 Set
- B1 DB renegade row 15 Rep 3 Set
- B2 DB Arnold press 15 Rep 3 Set
- C1 DB T Raise 15 Rep 3 Set
- C2 DB Single arm row 15 Rep 3 Set



week 2



Friday – Low Intensity Steady State and Resistance

Cardio – 30 minutes of your choice

Resistance Training – 30 seconds on, 10 seconds transition time.

A1 Banded in and outs 30 Seconds 3 Set

A2 Walking Lunge 30 Seconds 3 Set

A3 Kneel to squat pulse (x5) 30 Seconds 3 Set

A4 Squat 30 Seconds 3 Set

A5 Hip Thruster w/ abduction (x3) 30 Seconds 3 Set

A6 RB clams 30 Seconds 3 Set

A7 RB lateral raise 30 Seconds 3 Set

A8 Single leg glute bridge 30 Seconds 3 Set

Saturday – Stability

30 seconds on, 10 seconds transition time. No resistance bands or weights are needed however, if you wish to use them go right ahead goddess! 90 seconds rest between each set.

A1 Jump squat w/rotation 30 Seconds 4 Sets

A2 ½ burpee w/pulse (x2) 30 Seconds 4 Sets

A3 Push ups 30 Seconds 4 Sets

A4 Glute raise (soles together) 30 Seconds 4 Sets

A5 Frog jump 30 Seconds 4 Sets

A6 Mountain Climber 30 Seconds 4 Sets

Sunday - Rest day or Active rest

Week two down and you made those workouts your bitch! Rest up, goddess.

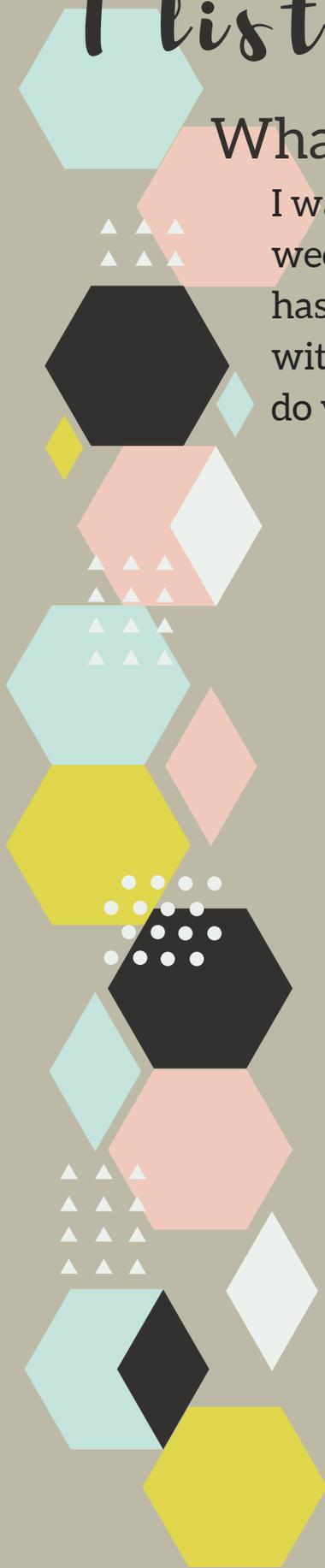
Your sexy bod needs to recover

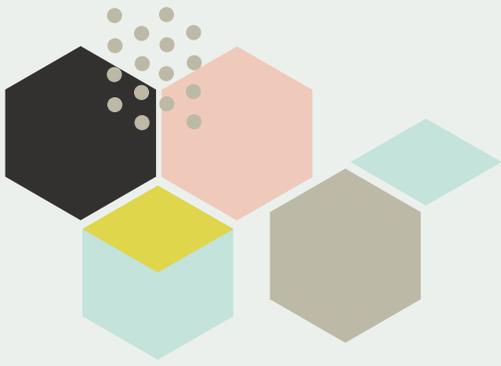


I listen to my intuition

What is your inner Goddess telling you?

I want you to write down what you notice about yourself this week. What is your body telling you? What have you noticed has improved as far as your mentality? Are you more positive with your self when looking in the mirror? If not, why? What do you need to change in order to improve your self-love?





week 3

Look at you Goddess! You're absolutely glowing and brimming with self-love, I can almost feel it! I'm so stinkin' proud of you. I want you to try to look at social media a little less this week and tune in to your bod, lean into yourself and listen. Lets get it, sexy won't bring itself back!

Monday – Lower Body Weighted

- A1 DB Squat Hop 18 Rep 3 Set
- A2 DB Split Squat 18 Rep EL 3 Set
- A3 DB Glute Bridge 18 Rep 3 Set
- B1 DB Sumo Squat 18 Rep 3 Set
- B2 DB Curtsey Lunge 18 Rep EL 3 Set
- B3 DB Squat Pulse 18 Rep 3 Set
- 40 seconds on, 20 seconds off*
- C1 Unweighted Glute Bridge 6 Set
- C2 EB Wall Sit 6 Sets

Tuesday – HIIT Cardio and Resistance Training

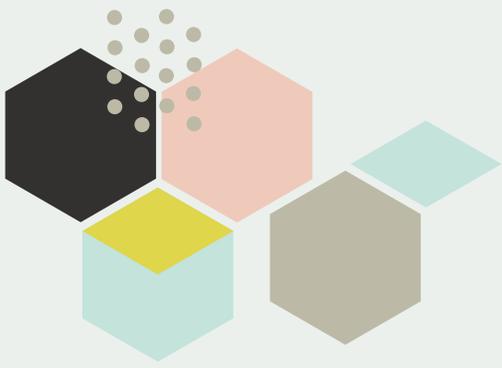
Cardio - 20 minutes, 30 seconds on, 30 seconds off

Resistance Training

- A1 Kick back
- A2 Lateral Raise
- A3 Banded Clams
- A4 Frog Jump
- A5 Banded abductors
- A6 Curtsey Lunge
- A7 Side Step
- A8 Plank step out

Wednesday - Rest day or Active rest





week 3

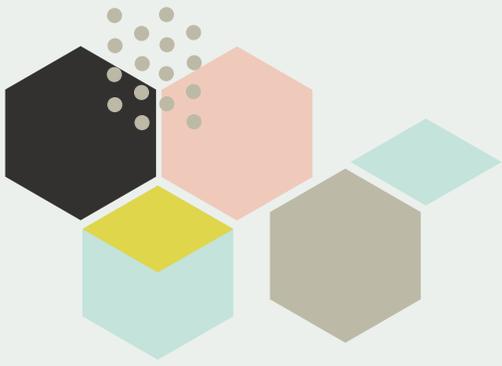
Thursday - Upper Body Weighted

- A1 DB Arnold Press 18 Rep 3 Set
- A2 DB T Raise 18 Rep EL 3 Set
- A3 DB Front Delt Raise 18 Rep 3 Set
- B1 DB Reverse Fly 18 Rep 3 Set
- B2 DB Curl to shoulder press 18 Rep EL 3 Set
- B3 DB Renegade row 18 Rep 3 Set
- 40 seconds on, 20 seconds off
- C1 Plank toe tap, shoulder tap, 1/2 burpee 6 sets

Friday - Low Intensity Steady State and Resistance

- Cardio - 45 Minutes
- Resistance - you will need ankle weights, complete one leg then do the other for one set. 3 sets total
- A1 Kick back
- A2 Kick back pulse
- A3 Lateral raise
- A4 Lateral raise pulse
- A5 Fire Hydrant
- A6 Fire Hydrant Pulse
- A7 Squat with lateral raise
- A8 Squat Pulse





week 3

Saturday - Stability

Cardio - 30 seconds on, 10 seconds transition time, 3 sets

A1 High knees

A2 Plank shoulder raise

A3 High knees

A4 Mountain climbers

A5 High knees

A6 Squat jump

Stability

A1 shoulder taps

A2 side plank right

A3 side plank left

A4 EB squat hold

A5 EB leg curl

A6 EB wall squat

A7 EB pike up

Sunday - Rest Day or Active Rest

You are such a badass and an unstoppable force. This isn't easy, and you deserve to know that you are powerful and strong. You've made it to the last week!





I am a force to be reckoned with

What does accountability look like to you?

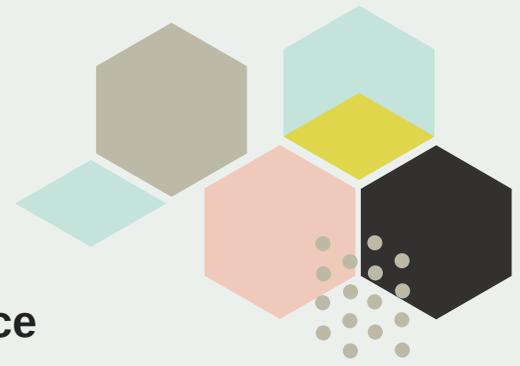
You've made it! Week four!! Air high five!

I for one am super proud of you. Once this week is over, don't stop there. You are a force to be reckoned with Goddess. Hold on to that self-love and keep watering it. Don't let your self care fall to the way side, honor it.

How will you stay motivated and dedicated to YOU?

How can I partner with you to help you stay accountable and committed to your goals? If you're ready to take loving your selfie to a whole other level, email me at saucycoach@yahoo.com

week 4



Friday – Low Intensity Steady State and Resistance

Cardio – 30 minutes of your choice

Resistance Training – 30 seconds on, 10 seconds transition time.

A1 Banded in and outs 30 Seconds 3 Set

A2 Walking Lunge 30 Seconds 3 Set

A3 Kneel to squat pulse (x5) 30 Seconds 3 Set

A4 Squat 30 Seconds 3 Set

A5 Hip Thruster w/ abduction (x3) 30 Seconds 3 Set

A6 RB clams 30 Seconds 3 Set

A7 RB lateral raise 30 Seconds 3 Set

A8 Single leg glute bridge 30 Seconds 3 Set

Saturday – Stability

30 seconds on, 10 seconds transition time. No resistance bands or weights are needed however, if you wish to use them go right ahead goddess! 90 seconds rest between each set.

A1 Jump squat w/rotation 30 Seconds 4 Sets

A2 ½ burpee w/pulse (x2) 30 Seconds 4 Sets

A3 Push ups 30 Seconds 4 Sets

A4 Glute raise (soles together) 30 Seconds 4 Sets

A5 Frog jump 30 Seconds 4 Sets

A6 Mountain Climber 30 Seconds 4 Sets

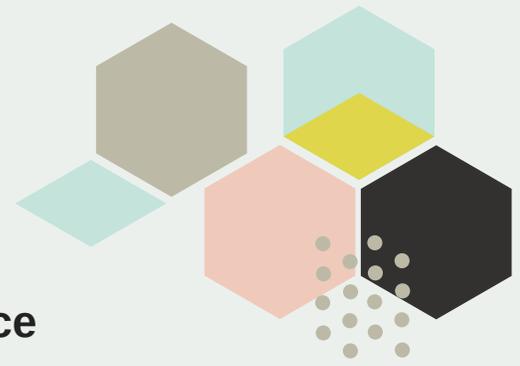
Sunday - Rest day or Active rest

Week two down and you made those workouts your bitch! Rest up, goddess.

Your sexy bod needs to recover



week 4



Friday – Low Intensity Steady State and Resistance

Cardio – 30 minutes of your choice

Resistance Training – 30 seconds on, 10 seconds transition time.

A1 Banded in and outs 30 Seconds 3 Set

A2 Walking Lunge 30 Seconds 3 Set

A3 Kneel to squat pulse (x5) 30 Seconds 3 Set

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A3 Push ups 30 Seconds 4 Sets

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A5 Frog jump 30 Seconds 4 Sets

A6 Mountain Climber 30 Seconds 4 Sets

Sunday - Rest day or Active rest

Week two down and you made those workouts your bitch! Rest up, goddess.

Your sexy bod needs to recover





Over the last 4 weeks, you have shown yourself a tiny bit of what you are capable of and established healthy habits that I hope will stay with you for life. I hope you have learned to love yourself more and to take care of your temple.

The program may be over but this most certainly is not the end for you Goddess!

When you have unbreakable self-love, you glow from the inside out. And you will attract people who appreciate your energy.

Continue to grow, continue to strive for your best, and don't be afraid to show your selfie a whole lotta love.

Love, Brit