

PowerPlant Nutrition

Simple Workouts

**FOR AT HOME
OR IN THE GYM**

e-book by Nickie Harris

**GET YOUR WORKOUT
NO MATTER WHERE
YOU ARE!**



First... Copyright + Disclaimers

Before beginning any new exercise program it is recommended that you seek medical advice from your personal physician.

This content of this eBook was created by an ACSM Certified Personal Trainer. Each workout and exercise was carefully thought out. However, the content of this eBook are recommendations for at-home fitness. It is not meant to be an exhaustive catalog of exercise or a substitute for the medical advice of a licensed physician. The reader should consult with their doctor in any matters relating to his/her health.

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Table Of Contents

Welcome! Page 1

Total Body Circuits Page 2

Cardio Ladder Workout Page 4

Upper Body Circuit + Abs Page 5

Leg and Booty Circuit + HIIT .. Page 6

About Nickie Page 7



Welcome!

Thank you for downloading my eBook! I was inspired to write this eBook as I was planning for holiday travel when I wouldn't have access to the gym. Working out is one of my favorite daily rituals, and I wanted to make sure I had a plan of action to keep me sane and fit while traveling.

Even though I'm a trainer and someone who loves to workout, I still forget what a great workout you can get in just 20-30 minutes with minimal equipment! This eBook is a great guide for any time you need some workout motivation and guidance. Beginners and the more experienced will both be able to get the most value for their time with these quick workouts.

All you need to do is show up for yourself during the whole workouts and move like you mean it. There's no one to impress but yourself, and your opinion of yourself is what matters most anyways. Give these workouts all you got and you'll feel better than you did before you started.

I hope you enjoy the workouts you find here. It's my goal to help others achieve the feeling of power and clarity that I've come to associate with working out. And don't be shy - share your workout on Instagram! Be sure to tag me, @powerplantnutrition, so I can see what you're up to.

Thank you again for downloading my eBook - and without further ado let's get started with the workouts!



Total Body Circuits

Equipment: 2 dumbbells, a mat
20-30 minutes

After your warmup (suggested below), pick one of these circuits to repeat 3-4 times all the way through for one total body workout. These two workouts pair well to do on back to back days because they target different muscle groups. Choose dumbbell weights that makes you feel like you probably couldn't do any more after finishing the set.

Warmup: repeat x3

:30s high knees

:30s alternating reverse lunges

:30s jumping jacks

:30s plank

Workout 1: Legs, shoulders, biceps, abs

1. Dumbbell squats, 12 reps

2. Alternating reverse lunge, 20 reps

3. Shoulder Press, 15 reps

4. High Plank with alternating row, 12 reps

5. Bicep Curls, 12 reps regular, 12 reps hammer

6. Leg raises with dumbbells overhead, 12 reps

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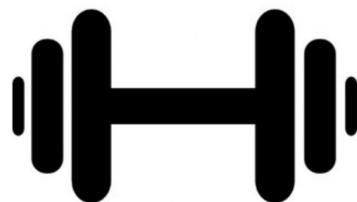
Total Body Circuits

Equipment: 2 dumbbells, a mat
20-30 minutes

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Workout 2: Legs, triceps, back, chest, abs

- 1. Dumbbell deadlift, 12 reps**
- 2. Squat to press, 10 reps**
- 3. Overhead tricep extension, 15 reps**
- 4. Standing reverse fly, 12 reps**
- 5. Lying chest fly, 12 reps**
- 6. Plank :60 seconds (or another time that is challenging)**



Cardio Ladder Workout

15-20 minutes

Perform warmup then move through the ladder workout 2 times all the way through.

Warmup

:30s high knees

:30s alternating reverse lunges

:30s jumping jacks

:30s plank

Ladder workout: Move down the ladder by performing each exercise for the written number of reps. Rest for 2-3 minutes then repeat from the beginning.

50 mountain climbers

45 second squat hold

40 reverse lunge to high knee hop (20 on left leg, 20 on right leg)

35 leg raises with a pulse at the top

30 Squat jumps

25 Russian Twists

20 Star jumps

15 toe touch crunches

10 broad jumps

5 pushups & 5 tricep pushups (on knees if needed)

Upper Body Circuit + Abs

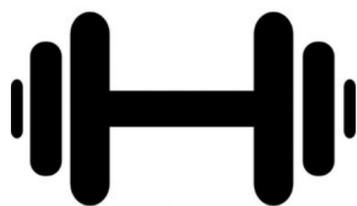
25-30 minutes

Equipment: 2 dumbbells, a mat

Warmup: warm up for 5-10 minutes. A good warmup can be found on page 2, or you can come up with your own!

Upper body circuit + abs: Move through each exercise in the circuit. Rest for 2-3 minutes after completing the whole circuit. Repeat entire circuit and rest period 3 times.

- 1. Plank Rows, 10 with L arm and 10 with R arm**
- 2. Alternating arm dumbbell front raise, 20 total**
- 3. Dumbbell tricep kickback, 15**
- 4. Kneeling alternating hammer curls, 20 total**
- 5. Russian twist with dumbbells, 30 total**
- 6. Flutter kicks for :30s or 50 reps total**
- 7. Low plank + tiny hip dips to alternating sides, 30 total**



Fit tip: You can mix and match the ab and HIIT exercises (#5-#7) from this circuit and the lower body circuit to create 2 new workouts - Upper + HIIT and Lower + Abs!

Leg and Booty Circuit + HIIT

25-30 minutes

Equipment: 2 dumbbells, a mat

Warmup: warm up for 5-10 minutes. A good warmup can be found on page 2, or you can come up with your own!

Lower body circuit + HIIT: Move through each exercise in the circuit. Rest for 2-3 minutes after completing the whole circuit. Repeat entire circuit and rest period 3 times.

- 1. Dumbbell deadlift (single leg for advanced), 15**
- 2. Walking lunge with dumbbells, 20 total**
- 3. Goblet squat, 15**
- 4. Bridge pose pulses, 30 total pulses (from lying down, place dumbbells just above your pelvis where it dips in a bit)**
- 5. Alternating wide and narrow squat jumps, 20 total or :30s**
- 6. Mountain climbers, 50 total or :30s**
- 7. 4 high knees to burpee, 10 total or :30s**

About Nickie

I am an ACSM Personal Trainer and Precision Nutrition Health Coach specializing in plant based nutrition.

As a coach and trainer, I operate under the mantra that it's about creating a healthy lifestyle, not following a diet.

I've learned that reaching your goals is not nearly as hard as you think it will be, but it will take twice as long as you expect. That's why consistency is key. In the gym, I am a stickler for form and I'll never ask you to do something I wouldn't do. My clients like me because I have the perfect mixture of empathy with exercises that'll make your ass sore the next day. I strive to help my clients find the same clarity and purpose from their workout that I find from mine. I do that by providing the laughs, the challenge, and the fit tips. You make it work by bringing your body and your can-do attitude.

My workout journey started as just a way to lose weight, but I never could seem to find enough time for it. I had a negative body image and pretty bad relationship with food, and I didn't really know my body yet. In an effort to make some lasting changes, I tried out yoga, then running, then kickboxing. I had some success, but still I knew there was more out there for me!

Thanks to a lot of good influences, I slowly got in to lifting weights during college. I also became vegan during this time after having been vegetarian most of my life. Over time, eating vegan and working out made my body and mind stronger and healthier, and I lost weight in the process! Today, working out and being vegan provide clarity, purpose, and fun in my life, especially when it comes to sharing my healthy lifestyle with others.

When I'm not working out or training, you can find me scouting out the vegan restaurants, making awesome workout playlists, thrift shopping for treasures, or petting my cat Smokey while she tries to bite me.

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www.power-plant-nutrition.com

