

BOOTY & BODY

TONER

FREE EBOOK



DARIHANNANOVA.COM

HELLO GORGEOUS!

**THANK YOU FOR SUBSCRIBING UP TO MY
WEBSITE!
I HOPE YOU ENJOY THIS FREE EBOOK AND
LEARN A LOT FROM IT!**

**PLEASE SEND ME YOUR RESULTS AND SHARE
THIS WITH ANY OF YOUR FRIENDS WHO MAY BE
A LITTLE LOST AT THE GYM AND NEED SOME
GUIDANCE!**

XOXO

1

TO FOLLOW THIS CHALLENGE YOU WILL NEED THE FOLLOWING EQUIPMENT

Resistance bands, ankle cuffs and a gym membership.
 You can click here to purchase my brand of ankle cuffs and resistance bands : <https://darihana-nova-fitness.myshopify.com>

2

I RECOMMEND YOU DOWNLOAD AN INTERVAL TIMER ON YOUR PHONE FOR HIIT DAYS!

I use an app called 'SIIT', it's free and easy to use!

3

PLEASE DOWNLOAD A PHOTO COLLAGE APP to compare your before and after photos.

4

FOLLOW THE "DARIHANA NOVA FITNESS" VIMEO ACCOUNT AS THIS IS WHERE ALL VIDEO DEMONSTRATIONS OF EACH EXERCISE CAN BE FOUND.

You will easily be able to find the workouts by clicking the link below your workout. Click here to follow it:
<https://vimeo.com/darihananovafitness>

5

I WOULD LOVE TO FOLLOW YOUR JOURNEY SO PLEASE TAG ME ON INSTAGRAM #DARIHANANOVAFITNESS #TEAMDNF #DNFGIRLS

#dnf8WUFBG @darihananova @darihananovafitness and follow out Facebook support group here: <https://>

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I AM HERE TO SUPPORT AND GUIDE YOU THROUGHOUT THIS JOURNEY SO IF YOU HAVE ANY QUESTIONS YOU CAN EMAIL

CLIENTS@DARIHANANOVA.COM , but please make sure you read this guide thoroughly since the answers to your questions will likely already be here.



FAQS

SERVING SIZE

Tells you the number of ounces, grams, or milliliters in each serving and the number of servings per container. Pay close attention to this.

HIGHLIGHTED NUTRIENTS

Provides the amount of the nutrient in each serving. Includes FATS, CHOLESTEROL, SODIUM, CARBOHYDRATES, FIBER, SUGARS AND

Nutrition Facts			
Serving Size 5 oz. (120g)			
Servings Per Container 4			
Amount Per Serving			
Calories	33		
Calories from Fat	0		
Total Fat 0g	% Daily Value*		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 25mg	0%		
Total Carbohydrate 16g	1%		
Dietary Fiber 0g	5%		
Sugars 1g	0%		
Protein 2g			
Vitamin A 180%	Vitamin C 15%		
Calcium 5%	Iron 2%		
Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400 mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CALORIES

Shows the number of calories in one serving and how many of those calories come from fat.

VITAMINS & MINERALS

Shows the percentage of the recommended daily value of vitamins and minerals in each

Food labels can be found everywhere. Most processed/packaged foods contain them and you should always try your best to read them. If any food you opt for does not have a nutrition label you can always look up the information on a variety of places. The brand's website, apps like LifeSum or Myfitnesspal and the internet will be your best friends to get this important information.

C A R B O H Y D R A T E S

Carbohydrates are comprised of small chains of sugar which the digestive body breaks down into glucose to use as the body's primary source of energy. Carbs are essential to give you **ENERGY**. Once you digest carbohydrates your body will convert them into glycogen. Glycogen is what your muscles use as a form of energy to perform. So what happens when you don't eat enough carbs? **Less glycogen** = less **energy** to exercise. Eat too many carbs? **Excess glycogen** = gets turned into **stored fat**. Carbs are essential and will yield great results when you eat them according to your body's needs! It is important to have a high carb meal prior to exercise to give your muscles the energy needed to perform their **BEST!**

C O M P L E X C A R B O H Y D R A T E S S O U R C E S

(S L O W D I G E S T I N G)

- Brown Rice
- Basmati Rice
- Barley
- Quinoa
- Parsnips
- Sweet Potato
- Buckwheat
- Rye Wraps
- Oats (Rolled or Steel cut)
- Rice Flakes
- Rye Bread
- Ezekiel Bread

- Beans and legumes S I M P L E C A R B O H Y D R A T E S S O U R C E S

(F A S T D I G E S T I N G)

- All fruit
- Honey
- Table sugar
- Coconut sugar

FATS

Fats are an essential part of a healthy diet. They improve brain development, overall cell functioning, protect the body's organs and help you absorb vitamins. Fats help with brain development and normal hormone function. For women, we need to keep a stable fat intake because our body fat composition determines our monthly cycle, fertility, skin issues and overall hormones. They are **IMPORTANT**, and you won't get "fat" if you eat them accordingly.

HEALTHY FAT SOURCES

- AVOCADO
- AVOCADO OIL
- NUTS
- NUT BUTTERS
- OLIVES
- SUNFLOWER OIL
- CANOLA OIL
- FLAX SEED OIL
- FLAX SEEDS
- PLANT BASED BUTTERS

AVOID:

FULL FAT DAIRY PRODUCTS LIKE BUTTER, MAYONNAISE, CREAM CHEESE AND SO ON I WOULD HIGHLY RECOMMEND TO STAY AWAY FROM!



PROTEIN

Protein is essential for repairing and regenerating body tissues and cells, a healthy functioning immune system and manufacturing hormones. Protein is essential for muscle tissue growth and repair. Under "stress" (exercise) your muscles tear and thus you need to intake high protein meals after your workouts to help with new tissue growth and to repair the "damaged" muscles. I recommend eating a meal high in protein 15-30 minutes after a workout.

PROTEIN SOURCES

- TURKEY BACON
- SALMON
- CHICKEN BREAST
- LEAN GROUND TURKEY
- LEAN GROUND CHICKEN BREAST
- SHRIMP
- TILAPIA
- EGG WHITES
- TEMPEH
- TOFU
- SEITAN
- NUTS/NUT BUTTERS
- EDAMAME
- BEANS/LENTILS
- HEMP SEEDS
- CHIA SEEDS

THERE ARE MANY OTHER OPTIONS OUT THERE, THE LESS PROCESSED THE PROTEIN SOURCE IS THE BETTER!

Eat raw nuts instead of nut butter. Nut butters contain more fat and sugar than raw nuts.

Eat hard-boiled eggs instead of fried eggs. Who needs extra grease in the morning? Drop some eggs in boiling water, and cook them up for a protein packed breakfast.

Choose toast instead of a bagel. A single bagel can be the caloric equivalent of five slice of toast, so fight that craving and enjoy a slice or two of whole-wheat bread instead.

Order black coffee instead of a latte. If that caffeine fix is calling, order a simple black coffee. A soy-mocha-extra-shot-frappuccino extravaganza isn't worth the calories (or cash).

Choose lean meats instead of fatty ones. For a boost of protein without the fat, choose lean meats like turkey and chicken over pork and beef.

Spread avocado on bread instead of butter. Add a dash of sea salt and some sliced tomato for a snack.

Choose salsa instead of cream-based dips. Dip chips into this fiery, flavorful alternative to cheesy spreads to get extra nutrients for fewer calories.

Sprinkle cinnamon instead of sugar. Here's a spicy suggestion: Use cinnamon instead of sugar packets to heighten the flavor of coffee without adding extra calories. Try it in oatmeal too!

Use mustard instead of mayo. For tomorrow's turkey sandwich, skip the fat-filled mayo and spread some tasty (and naturally fat-free) mustard on the bread.

Eat oatmeal instead of sugary cereal. Options like Cap'n Crunch and Frosted Flakes are filled with sugar, while oatmeal boasts heart-healthy benefits.

Choose whole-wheat pasta. Unlike regular pasta, whole-wheat pasta has a nutty flavor that's filled with antioxidants and fiber.

Choose brown rice over white. White rice is stripped of many essential nutrients (like fiber).

Order red wine or beer instead of a margarita. You'll drink about half as many calories.

Snack on air-popped popcorn instead of chips. Craving something salty? Air pop some popcorn, and add a dash of salt—three whole cups is only about 100 calories. That's way more satisfying than six greasy chips.

Top pancakes with fresh fruit instead of syrup. There's nothing like a good stack of pancakes every now and then. Cut calories by skipping the maple syrup.

Drink sparkling water instead of soda. Try a fun flavor like lemon-lime or even vanilla if you don't like straight soda water

EXERCISE ROUTINE



REFERENCE TABLE

SET How many times you will complete an exercise.

SET NUMBERS Set numbers and letters represent the exercises that go together in one set. For example, B1, B2, and B3 should be completing before resting.

SUPERSET Doing two or more exercises one after the other with minimal to no rest in between.

DROPSET It is essentially a technique where you perform an exercise and then **drop** (reduce) the weight and continue for more reps until you reach failure.

REPS The amount of times you complete each specific exercise.

CIRCUIT A series of exercises performed in rotation with minimal rest.

HASHTAG Each workout video is demonstrated on the DNF Vimeo Workout Library. Simply use the search bar and enter the exercise hashtag listed to view the video. You can access the videos here: <https://vimeo.com/darihananovafitness>

ABBREVIATIONS

DB Dumbbell

RB Resistance Band

KB Kettlebell

X Amount of times a set is repeated.

DS It is essentially a technique where you perform an exercise and then **drop** (reduce) the weight and continue for more reps until you reach failure. EACH DROP SET IS CONSIDERED ONE SET!

AMRAP As many reps as possible - use light weight when performing this method.

E/L Each leg

E/A Each arm

WEIGHT SELECTION

WEIGHT SELECTION

I cannot give you a weight outline for this program for one reason; everyone is at a different level in their fitness journey and every person has different strength levels.

So, how do you choose your weight? When you choose your weight, I want you to consider two things;

- Is this weight challenging for the reps and exercise given?
- Am I still performing good quality reps using this weight?

The key is to choose a weight that challenges you, but still allows you to perform the given exercise with good form.

I suggest to slightly increase your weight each week. If you feel like you are getting stronger and the weight is no longer challenging you, then increase the weight you're using.

You **have** to be able to push and challenge yourself.



EXERCISE CALENDAR

WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHECK IN #1 RESTDAY	HAMSTRINGS & GLUTES	BACK/ BICEPS	HAMSTRINGS/ CALVES/ GLUTES	RESTDAY	QUADS/ GLUTES	SHOULDERS/ TRICEPS/ BICEPS

WHATS NEEDED



CLICK HERE TO PURCHASE MY BRAND [HTTPS://DARIHANA-NOVA-FITNESS.MYSHOPIFY.COM](https://darihana-nova-fitness.myshopify.com)

HAMSTRINGS/GLUTES

VIDEO EXERCISE DEMONSTRATIONS: <https://vimeo.com/album/5562273>

PASSWORD: MIND&BODY

ACTIVATION CIRCUIT

30 seconds on, 10 seconds transition time to move in between exercises

SET	WARM UP	SETS	REPS/TIME	HASHTAG
A1	BANDED FIRE HYDRANTS	3	AMRAP 30 SECONDS E/L	#dnfbandedfirehydrants
A2	BANDED KICKBACKS	3	AMRAP 30 SECONDS E/L	#dnfbandedkickbacks
A3	BANDED GLUTE BRIDGE	3	AMRAP 30 SECONDS E/L	#dnfbandedglutebridge

WORKOUT LINK: [HTTPS://VIMEO.COM/ALBUM/5562264](https://vimeo.com/album/5562264)

PASSWORD: MIND&BODY

SET	EXERCISE	SETS & REPS	REST TIME	HASHTAG
A1	BB SUMO DEADLIFTS	4 SETS OF 15 REPS	30 SECONDS	#dnfbbsumodeadlifts
B1	DB STAGGERED ROMANIAN DEADLIFTS	4 SETS OF 12 REPS E/L	30 SECONDS	#dnfdbstaggeredstance deadlift
C1	LEG CURLS (MACHINE)	4 SETS OF 15 REPS HOLD AT TOP FOR 2 SECONDS.	30 SECONDS	#dnflegcurls
D1	BB HIP THRUSTS	4 SETS OF 20 REPS INCREASE WEIGHT EVERY SET.	30 SECONDS	#dnfbbhipthrusts
E1	BB GLUTE BRIDGES	4 SETS OF 15 REPS SQUEEZE GLUTES AT TOP FOR 2 SECONDS.	30 SECONDS	#dnfcablekickbacks
F1	CABLE KICKBACKS	4 SETS OF 15 REPS	30 SECONDS	#dnfcablekickbacks
G1	LATERAL BANDED WALKS	AMRAP E/L	30 SECONDS	#dnflayingdowndbcurls

BACK/BICEPS

VIDEO EXERCISE DEMONSTRATIONS: <https://vimeo.com/album/5562283>

PASSWORD: MIND&BODY

SET	EXERCISE	SETS & REPS	REST TIME	HASHTAG
A1	WIDE GRIP LAT PULLDOWNS	4 SETS OF 12 REPS	30 SECONDS BETWEEN SET	<u>#dnfwidegriplatpulls</u>
A2	STRAIGHT ARM LAT PULLDOWN	4 SETS OF 12 REPS	30 SECONDS BETWEEN SET	<u>#dnfstraightarmlatpulls</u>
B1	CABLE FACE PULLS	4 SETS OF 12 REPS	30 SECONDS BETWEEN SET	<u>#dnfcablefacepulls</u>
C1	BB ROWS	4 SETS OF 12 REPS	30 SECONDS BETWEEN SET	<u>#dnfbbrows</u>
D1	RENEGADE ROWS	4 SETS OF 10-12 REPS E/A	30 SECONDS BETWEEN SET	<u>#dnfrenegaderows</u>
D2	HAMMER CURLS	4 SETS OF 12 REPS E/A	30 SECONDS BETWEEN SET	<u>#dnfdbhammercurls</u>
D1	WEIGHED BACK EXTENSIONS	4 SETS OF 12 REPS	30 SECONDS BETWEEN SET	<u>#dnfweighedbackextensions</u>

HAMSTRINGS/CALVES/GLUTES

VIDEO EXERCISE DEMONSTRATIONS: <https://vimeo.com/album/5562290>

PASSWORD: MIND&BODY

ACTIVATION CIRCUIT

SET	WARM UP	SETS	REPS/TIME	HASHTAG
A1	BANDED FIRE HYDRANTS	3	AMRAP 30 SECONDS E/L	#dnfbandedfirehydrants
A2	BANDED KICKBACKS	3	AMRAP 30 SECONDS E/L	#dnfbandedkickbacks
A3	JUMPING SQUATS	3	AMRAP 30 SECONDS	#dnfjumpsquats

WORKOUT LINK : [HTTPS://VIMEO.COM/ALBUM/5562295](https://vimeo.com/album/5562295)

PASSWORD: MIND&BODY

EXERCISE	SETS & REPS	REST TIME	HASHTAG
STANDING CALF RAISES (STRAIGHT, OUT, IN)	4 SETS OF 21 REPS (7 STRAIGHT, 7 IN, 7 OUT)	45 SECONDS BETWEEN SET	#dnfsmithmachinecalfraises
BB STIFF LEG DEADLIFT	4 SETS OF 15 REPS	30 SECONDS BETWEEN SET	#dnfbbstiffdeadlift
BB GOODMORNINGS	3 SETS OF 13 E/L	30 SECONDS BETWEEN SET	#dnfbbgoodmornings
BACK EXTENSIONS WITH WEIGHT	4 SETS OF 12-15 REPS	30 SECONDS BETWEEN SET	#dnfweighedbackextensions
BB GLUTE BRIDGE	4 SETS OF 15-20 REPS	30 SECONDS BETWEEN SET	#dnfbbglutebridge
CABLE PULLTHROUGHS	4 SETS OF 15-20 REPS (SQUEEZE GLUTES AT TOP)	45 SECONDS BETWEEN SET	#dnfcableglutepullthroughs
BANDED FROG PUMPS	4 SETS OF 25 REPS (YOU CAN ADD WEIGHT)	45 SECONDS BETWEEN SET	#dnfbandedfrogpumps

QUADS/GLUTES

VIDEO EXERCISE DEMONSTRATIONS: <https://vimeo.com/album/5562273>

PASSWORD: MIND&BODY

ACTIVATION CIRCUIT

30 seconds on, 10 seconds transition time to move in between exercises

SET	WARM UP	SETS	REPS/TIME	HASHTAG
A1	BANDED FIRE HYDRANTS	3	AMRAP 30 SECONDS E/L	#dnfbandedfirehydrants
A2	BANDED KICKBACKS	3	AMRAP 30 SECONDS E/L	#dnfbandedkickbacks
A3	BANDED GLUTE BRIDGE	3	AMRAP 30 SECONDS E/L	#dnfbandedglutebridge

WORKOUT LINK: [HTTPS://VIMEO.COM/ALBUM/5562310](https://vimeo.com/album/5562310)

PASSWORD: MIND&BODY

EXERCISE	SETS & REPS	REST TIME	HASHTAG
SEATED HIP ABDUCTIONS	3 SETS OF 21 (DS) (7 HIGH WEIGHT, 7 MEDIUM WEIGHT, 7 LIGHTWEIGHT)	30 SECONDS BETWEEN SET	#dnfabductions
LEG PRESS (NARROW)	4 SETS OF 15 REPS	30 SECONDS BETWEEN SET	#dnfnarrowstancelegpress
SINGLE LEG PRESS	3 SETS OF 15 REPS E/L	30 SECONDS BETWEEN SET	#dnfsinglelegpress
BB SQUAT (NARROW)	4 SETS OF 15 REPS	30 SECONDS BETWEEN SET	#dnfbbnarrowstancesquat
DB GOBLET SQUAT	4 SETS OF 15-20 REPS	30 SECONDS BETWEEN SET	#dnfbbhipthrusts
STEP UPS (SMITH MACHINE)	3 SETS OF 15-20 REPS E/L	30 SECONDS BETWEEN SET	#dnfsmithstepups
SUMO SQUATS (SMITH MACHINE)	4 SETS OF 15-20 REPS	30 SECONDS BETWEEN SET	#dnfsumostancesmith

SHOULDERS/TRICEP/BICEPS

VIDEO EXERCISE DEMONSTRATIONS: <https://vimeo.com/album/5562324>

PASSWORD: MIND&BODY

SET	EXERCISE	SETS & REPS	REST TIME	HASHTAG
A1	DB CURL INTO HAMMER GRIP FRONT PRESS (SUPERSET)	4 SETS OF 12 REPS (BOTH EXERCISES COUNT AS 1 REP)	30 SECONDS BETWEEN SET	<u>#dnfdbcurlintofrontpress</u>
B1	DB LATERAL RAISES	4 SETS OF 12 REPS E/A	30 SECONDS BETWEEN SET	<u>#dnfdblateralraises</u>
B2	FRONTAL RAISE	4 SETS OF 12 REPS E/A	30 SECONDS BETWEEN SET	<u>#dnffrontalraises</u>
C1	DB SHOULDER PRESS	4 SETS OF 12 REPS	30 SECONDS BETWEEN SET	<u>#dnfdbshoulderpress</u>
D1	DB ARNOLD PRESS	3 SETS OF 12 REPS E/A	30 SECONDS BETWEEN SET	<u>#dnfdbarnoldpress</u>
E2	REVERSE FLYS	4 SETS OF 12 REPS E/A	30 SECONDS BETWEEN SET	<u>#dnfchestflys</u>
F1	DB TRICEP KICKBACKS	4 SETS OF 12 REPS	30 SECONDS BETWEEN SET	<u>#dnfdbtricepkickbacks</u>

CONGRATS!
YOU HAVE COMPLETED YOUR
FREE WEEK TRIAL!

**NOW ITS TIME TO CHECK IN WITH ME THIS SUNDAY AND SEE YOUR
PROGRESS.**

PLEASE DO NOT FORGET TO EMAIL ME YOUR PROGRESS!

IF YOU'D LIKE TO PURCHASE A GUIDE CLICK HERE:

<https://www.darihananova.com>