

How to Lose Fat and Gain Muscle Simultaneously

Ready to transform your body? This guide will help you achieve your goals of **fat loss** and **muscle gain**. By combining the right diet and strength training strategies, you can efficiently achieve your desired body composition. Let's embark on this journey together!

I'll guide you through the process, step by step.

Erika

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NAKANAKA

Disclaimer:

The information provided in this eBook is intended for general knowledge and informational purposes only, and does not constitute medical advice. It is important to consult with a healthcare professional before starting any new diet or exercise program, especially if you have any underlying health conditions. The information contained in this eBook is based on the author's knowledge and experience. While every effort has been made to ensure accuracy, there may be errors or omissions. The author and publisher disclaim any liability for any loss or damage resulting from the use of the information contained herein.

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Why choose this eBook?

The fitness industry is saturated with countless workout programs and apps, each may be promising quick fixes and miraculous results.

However, true and lasting transformation requires a deeper understanding of the underlying principles of fitness.

My eBook aims to provide you with more than just a workout routine; I want to equip you with the knowledge and tools to make informed decisions about your fitness journey.

By understanding the science behind fitness, you'll be empowered to achieve lasting results.

Choose my eBook to unlock your full potential.

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NAkanaka Mom Fitness
Workout & Diet Tracker

Introduction

One of the most common questions I receive from clients is, 'Can I lose fat and build muscle simultaneously?' The answer is a resounding yes! While it requires consistency and dedication, it's absolutely achievable. By following a structured plan, you can effectively recompose your body.

Before we dive into the specifics, let's discuss the importance of muscle gain. Building muscle not only enhances physical strength but also boosts emotional well-being. Physically, increased muscle mass can improve everyday tasks and relieve back pain. Personally, I've experienced significant relief from back pain through strength training. Emotionally, gaining strength can boost confidence and overall happiness. For these reasons, many people prioritize muscle gain as part of their fitness goals.

While fat is essential for overall health, excess body fat can be detrimental. This guide focuses on strategies to reduce excess body fat while maintaining a healthy level.



I tried this plan for 3 months and here is my result! It worked!

I'm 5'4" tall and initially weighed 119.5 lbs. Through consistent effort, I've managed to lose fat and gain muscle. I've increased my muscle mass from 49.8 lbs to 51.6 lbs, a gain of 1.8 lbs. Simultaneously, I've reduced my body fat from 28.9 lbs to 23.6 lbs, a loss of 5.3 lbs. This translates to a decrease in body fat percentage from 24.1% to 20%.

I consider this a successful body recomposition. Let's break down the steps I took to achieve these results.

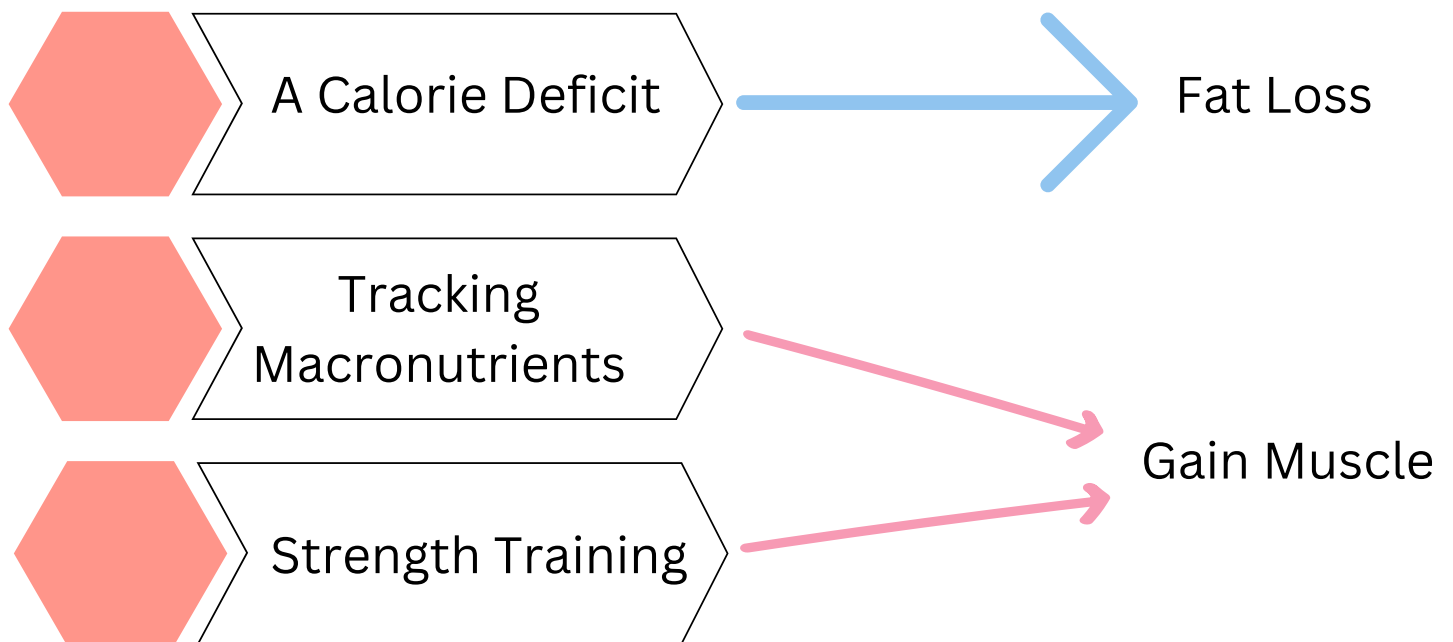
It's essential to understand that fat loss and muscle gain can occur simultaneously with the right strategies.

For body recomposition, there are three things you **MUST** do. They are "creating a calorie deficit", "tracking your macronutrient needs", and "providing strength training".

The concept of a calorie deficit is fundamental to the process of fat loss.

Understanding macronutrients is vital for anyone aiming to achieve a calorie deficit while promoting muscle gain.


Strength training plays a crucial role in achieving the dual objectives of fat loss and muscle gain. When individuals engage in resistance training, they stimulate their muscle fibers, leading to an increase in muscle mass.



Creating a Calorie Deficit



A calorie deficit happens when you consume fewer calories than your body needs. This imbalance forces your body to tap into its fat stores for energy, resulting in fat loss. Grasping this concept is essential for anyone aiming to shed excess body fat.



To begin, let's dive deeper into creating a calorie deficit. This involves reducing your calorie intake while ensuring you consume adequate protein, carbohydrates, and fats to support muscle growth and repair. We'll discuss macronutrients in more detail later. It's crucial to avoid extreme calorie restriction or crash diets, as these can lead to muscle loss and a slower metabolism. Instead, focus on a sustainable approach that involves finding the right calorie intake for your specific needs. We'll explore how to determine your ideal calorie intake in the next steps.

Remember, the goal is to create a sustainable lifestyle change, not a temporary fix. By adopting a balanced and realistic approach to calorie intake, you can achieve your fat loss goals while preserving muscle mass.

Let's start by figuring out your daily calorie needs. This will help you determine the right calorie deficit for your fat loss.

How to find out your numbers

- ✓ Find out your **basal metabolic rate (BMR)** = the number of calories your body needs to maintain basic functions at rest, meaning the minimum calories you need to live.
- ✓ Find out your **total daily energy expenditure (TDEE)** = the number of calories your body needs to maintain basic functions with daily physical activities. Total daily energy expenditure is also referred to as maintenance calories, where you can maintain your weight. This is the number that is influenced by your level of physical activity.
- ✓ Finally, create a **calorie deficit** of a few hundred calories from your total daily energy expenditure (TDEE). A calorie deficit is the number of fewer calories you are getting than your total daily energy expenditure (TDEE).

The number of calorie deficit depends on, basically, how fast you want to lose weight. You can calculate the number of calorie deficits by adding 10% to 20% of your total daily energy expenditure (TDEE). One piece of advice here is not to exceed 20% of your total daily energy expenditure for your calorie deficit to avoid losing weight in an unhealthy way. Furthermore, **do not go under your basal metabolic rate (BMR)**.

Examples: Sharing MY numbers for better understanding

- ✓ Example 1: Want to lose weight at maximum speed in a healthy way

Basal metabolic rate (BMR) = 1,192 kcal

Total daily energy expenditure (TDEE) = 1,639 kcal

A calorie deficit = 328 kcal (20% of 1,639 kcal)

Calorie needs (to lose weight) = 1,311 kcal (1,639 kcal – 328 kcal)

- ✓ Example 2: Want to lose weight slowly (this is recommended for individuals who are about to start calorie/macronutrients tracking)

Basal metabolic rate (BMR) = 1,192 kcal

Total daily energy expenditure (TDEE) = 1,639 kcal

A calorie deficit = 164 kcal (10% of 1,639 kcal)

Calorie needs (to lose weight) = 1,475 kcal (1,639 kcal – 164 kcal)

You can easily calculate your Basal Metabolic Rate (BMR) and Total Daily Energy Expenditure (TDEE) using online tools or fitness apps. To create a calorie deficit, you can either reduce your calorie intake or increase your calorie expenditure. We've already discussed reducing calorie intake; now let's explore how to increase calorie expenditure.

You can increase your daily activity levels by incorporating simple activities like household chores, gardening, or playtime with children.

Another effective way to boost your calorie expenditure is by incorporating cardio and high-intensity interval training (HIIT) into your workout routine. For cardio, select activities that you genuinely enjoy, such as running, cycling, swimming, jumping rope, dancing, rowing, or even walking.

Remember, don't underestimate the power of walking, as it's a low-impact exercise that can help you burn extra calories. As you progress, gradually increase the intensity and frequency of your cardio workouts to continue challenging your body and maximizing your results. Consider experimenting with different activities to keep your workouts interesting and prevent boredom.



HIIT is a popular workout method that involves alternating between short bursts of intense exercise and periods of rest or low-intensity exercise. This type of training is known for its efficiency and ability to burn calories in a short amount of time, anywhere, with minimal equipment. For HIIT, you can also gradually increase intensity and frequency, but just do not overdo it. HIIT is a great way to burn extra calories, but it can also fatigue your body, so you need to rest your body enough from HIIT.

How to do HIIT

Steps:

1. **Choose your exercises:** Select a combination of exercises that target different muscle groups and get your heart rate up. Examples include burpees, squat jumps, mountain climbers, and high knees.
2. **Set your intervals:** Decide on the length of your work and rest intervals. A common ratio is 1:1, where you work at a high intensity for 30 seconds and then rest for 30 seconds. You can adjust the intervals based on your fitness level and goals.
3. **Warm up:** Before starting your HIIT workout, make sure to warm up your muscles with some dynamic stretches and light cardio exercises.
4. **Perform the workout:** Alternate between the high-intensity exercises and rest or low-intensity exercises for the desired number of rounds. Push yourself during the high-intensity intervals, but listen to your body and modify the exercises if needed.
5. **Cool down:** After completing your HIIT workout, cool down with some static stretches to help prevent muscle soreness and promote recovery.

HIIT Examples 1:

Fitness Level: Beginner

Equipment: Dumbbells

Time: 1 minute of rest between each exercise and each set

Workout 1:

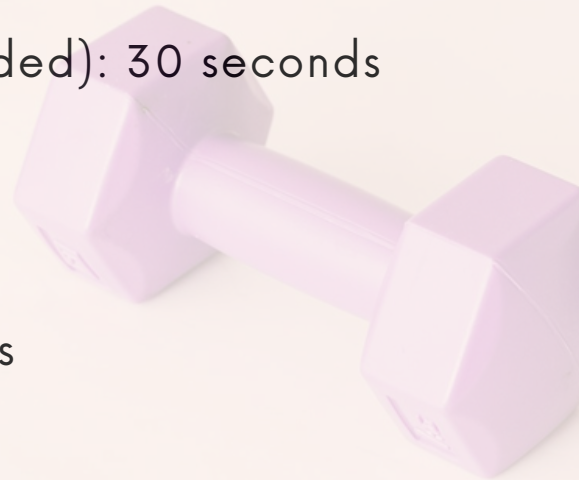
- Bodyweight squats: 15 reps
- Bodyweight frontal lunges: 10 reps per leg
- Push-ups (modified if needed): 10 reps
- High knees: 30 seconds
- Plank (modified if needed): 30 seconds

Workout 2:

- Jumping jacks: 30 seconds
- Dumbbell single arm rows: 12 reps per arm
- Bicycle crunches: 30 seconds
- Butt kicks: 30 reps per leg
- Mountain climbers (modified if needed): 30 seconds

Workout 3:

- Dumbbell bicep curls: 15 reps
- Dumbbell triceps extensions: 15 reps
- Dumbbell shoulder presses: 15 reps
- Squats: 20 reps
- Calf raises: 20 reps



HIIT Examples

Fitness Level: Intermediate

Equipment: Dumbbells

Time: 30 seconds of rest between each exercise and each set

Workouts 1:

- Dumbbell reverse lunges: 15 reps per leg
- Dumbbell squats: 20 reps
- Dumbbell single arm rows: 12 reps per arm
- Push-ups: 15 reps
- High knees: 45 seconds

Workout 2:

- Dumbbell burpees: 10 reps
- Dumbbell swings: 20 reps
- Mountain climbers: 45 seconds
- Dumbbell chest presses: 15 reps
- Plank: 45 seconds

Workout 3:

- Dumbbell deadlifts: 12 reps
- Dumbbell overhead presses: 15 reps
- Dumbbell lateral shoulder raises: 15 reps
- Jumping jacks: 45 seconds
- Russian twists: 20 reps



How many calories do I need to burn to lose 1kg (2.2lbs) of fat?

To lose 1 kilogram (2.2lbs) of body fat, you'll need to create a calorie deficit of around 7,700 calories. This estimate can vary based on individual factors, but it offers a good starting point. Instead of extreme dieting, aim for a sustainable calorie deficit over time to achieve your fat loss goals.

By knowing this number, you can briefly calculate how long it takes to lose 1 kg (2.2lbs) of fat.

Here is a simple calculation. Let's say that your daily calorie deficit is 200kcal.

$$7700\text{kcal}/200\text{kcal} = 38.5\text{days}$$

Based on this calculation, it would take approximately 39 days to lose 1 kg of fat. However, it's important to remember that this is a rough estimate, as individual factors such as metabolism and activity levels can influence the fat loss process. While the exact number may vary, this calculation provides a helpful starting point to motivate you on your fitness journey.

Tracking Macronutrients



Macronutrients, which include **protein**, **fats**, and **carbohydrates** are essential for maintaining a healthy diet and achieving your fitness goals. Tracking your macronutrient intake can help you ensure that you are meeting your nutritional needs and making progress towards your fitness goal. If you are new to tracking and counting your macronutrient needs and feel overwhelmed, do not worry! I am going to guide you step-by-step.

Proteins are vital for the repair and growth of tissues, making them particularly significant for **muscle gain**.

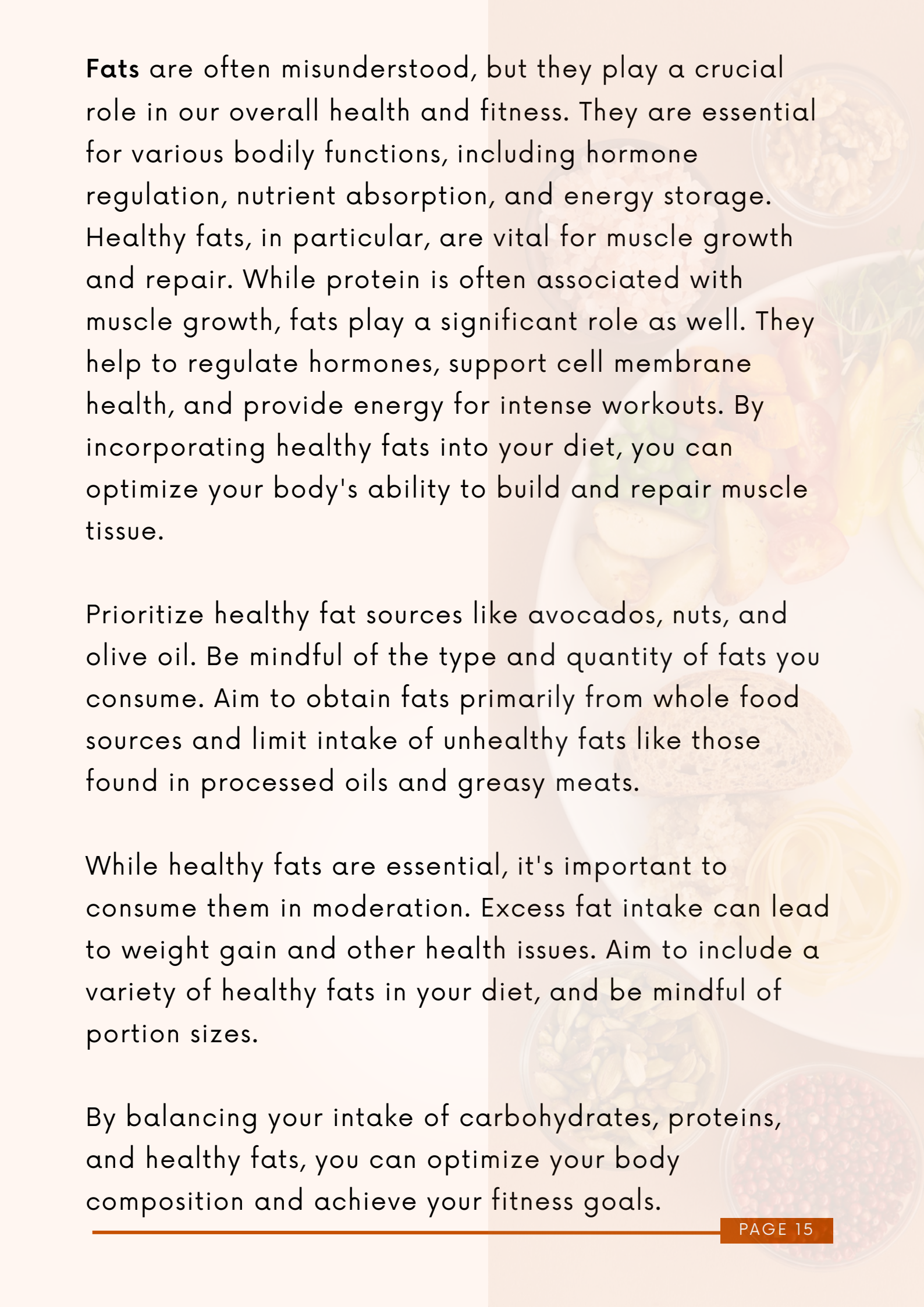
I can even say “protein is your best friend in fat loss and muscle gain journey”.

One of the reasons is because adequate protein intake supports recovery following exercise and helps maintain muscle mass during weight loss.

The other reason is because a higher protein consumption may lead to increased satiety, which can be beneficial for those looking to lose fat while still supporting muscle growth. “Making you full” is an important key especially when you are in a calorie deficit.

I wish I knew the importance of “protein” when I started my fitness journey. I was mainly eating salad in the beginning which did help not only weight loss but also muscle loss. If you are in a calorie deficit and not taking adequate amount of protein, you will most likely lose muscle at the same time.

I remember I was starving a whole day because salad never made me full. Putting source of protein to your diet makes you full and that “satisfaction” is a important key for long run fitness journey.



Fats are often misunderstood, but they play a crucial role in our overall health and fitness. They are essential for various bodily functions, including hormone regulation, nutrient absorption, and energy storage. Healthy fats, in particular, are vital for muscle growth and repair. While protein is often associated with muscle growth, fats play a significant role as well. They help to regulate hormones, support cell membrane health, and provide energy for intense workouts. By incorporating healthy fats into your diet, you can optimize your body's ability to build and repair muscle tissue.

Prioritize healthy fat sources like avocados, nuts, and olive oil. Be mindful of the type and quantity of fats you consume. Aim to obtain fats primarily from whole food sources and limit intake of unhealthy fats like those found in processed oils and greasy meats.

While healthy fats are essential, it's important to consume them in moderation. Excess fat intake can lead to weight gain and other health issues. Aim to include a variety of healthy fats in your diet, and be mindful of portion sizes.

By balancing your intake of carbohydrates, proteins, and healthy fats, you can optimize your body composition and achieve your fitness goals.

Carbohydrates, often viewed as the primary energy source, are crucial for fueling workouts and maintaining overall energy levels.

Because of the increase in popularity of low-carb diets, keto diets, etc., carbohydrates are considered “enemy” by lots of people. However, you do need carbs for your energy to move! (except for individuals with restricted diets due to their medical conditions).

A diet with sufficient carbohydrates helps in optimizing performance while also sparing protein from being used for energy, thus allowing it to focus on muscle repair and growth.

To effectively balance fat loss and muscle gain, it is advisable to consume complex carbohydrates, such as whole grains, fruits, and vegetables, while being mindful of portion sizes.

To achieve your fitness goals, focus on incorporating complex carbohydrates like whole grains, fruits, and vegetables into your diet.

Remember, moderation is key. By rotating your carbohydrate sources and finding what works best for you, you can enjoy a varied and nutritious diet. Personally, I'm a big fan of baked sweet potatoes!

Examples: Sharing MY numbers for better understanding

Once you've grasped the importance of balancing macronutrients, let's dive deeper into the numbers.

To create a calorie deficit, it's crucial to consider not only your overall calorie intake but also the specific breakdown of macronutrients (protein, carbohydrates, and fats). While the total calorie deficit is important, ensuring a balanced intake of each macronutrient is equally crucial for optimal health and fitness.

A common macronutrient distribution for weight loss or muscle gain is:

- Protein: 10-35% of total calories
- Fats: 20-35% of total calories
- Carbohydrates: 45-65% of total calories

Remember, these are general guidelines, and individual needs may vary. To determine your specific macronutrient needs, consider factors such as your activity level, body composition goals, and overall health.

When calculating your macronutrient needs for weight loss, remember to subtract your desired calorie deficit from your total daily energy expenditure (TDEE). This will give you the number of calories you should consume daily to achieve your fat loss goal while maintaining a balanced macronutrient profile.

For example, my calorie needs to lose weight slowly in a healthy way is 1,475kcal. This means:

- Protein: 10-35% of 1,475 kcal = 148 kcal-516 kcal
- Fats: 20-35% of 1,475 kcal = 295 kcal-516 kcal
- Carbohydrates: 45-65% of 1,475 kcal = 663 kcal-959 kcal

Now let's convert those calories from each macronutrient to grams using my numbers.

- Protein: 148 kcal-516 kcal = 37 gram-129 gram (calories divided by 4)
- Fats: 295 kcal-516 kcal = 33 gram-58 gram (calories divided by 9)
- Carbohydrates: 663 kcal-959 kcal = 166 gram-239 gram (calories divided by 4)

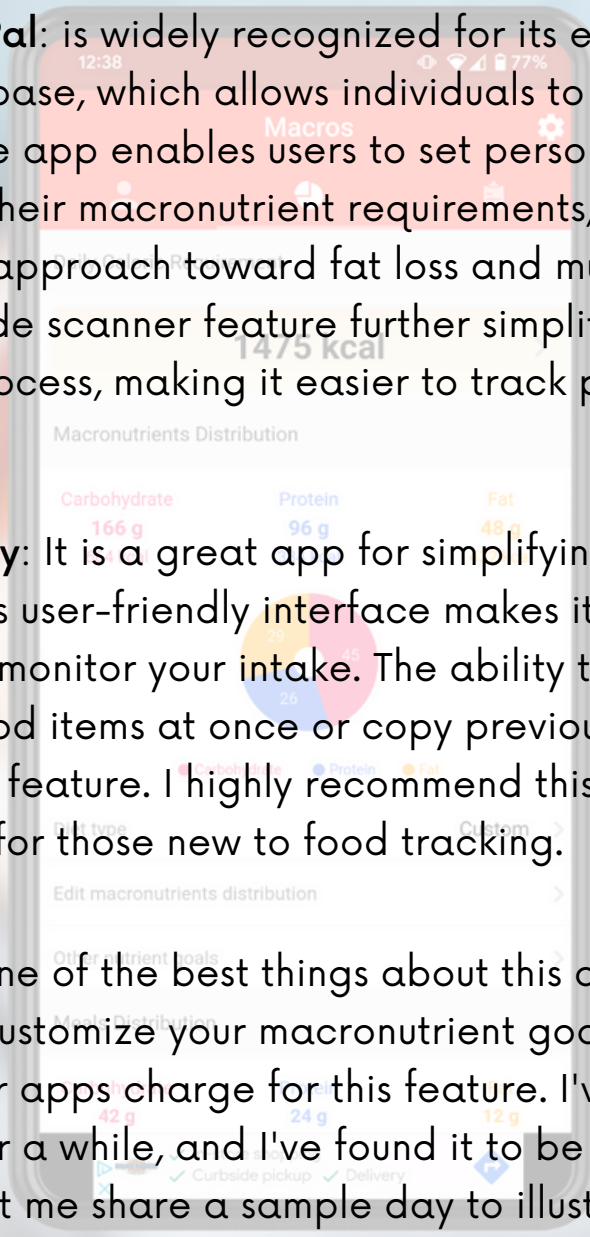
Depending on your fitness goal, fitness level, age, sex and many different facts, you can adjust your numbers.

You just learned how to figure out the numbers of your macronutrient needs. What is the next step? Next step is to track your macronutrient needs.

Fortunately, there are tons of macronutrients tracking apps out there. You can just find your favorite one. Let me introduce a few apps including my favorite one which I have been using (for free!)

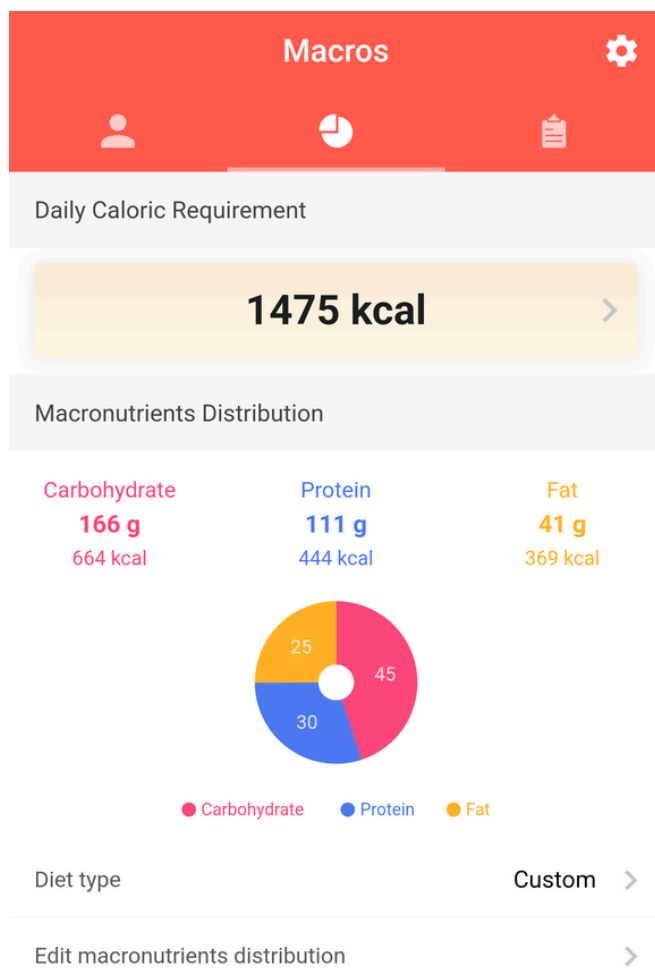
Using macronutrients tracking apps

Popular options include MyFitnessPal, MyNetDiary and my favorite one is called Macros.

- 
- ✓ **MyFitnessPal:** is widely recognized for its extensive food database, which allows individuals to log meals quickly. The app enables users to set personalized goals based on their macronutrient requirements, ensuring a balanced approach toward fat loss and muscle gain. The barcode scanner feature further simplifies the logging process, making it easier to track processed food items.
 - ✓ **MyNetDiary:** It is a great app for simplifying food tracking. Its user-friendly interface makes it easy to log meals and monitor your intake. The ability to add multiple food items at once or copy previous meals is a convenient feature. I highly recommend this app, especially for those new to food tracking.
 - ✓ **Macros:** One of the best things about this app is the ability to customize your macronutrient goals for free. Many other apps charge for this feature. I've been using this app for a while, and I've found it to be very user-friendly. Let me share a sample day to illustrate how the app works.

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Examples: Macros (app)

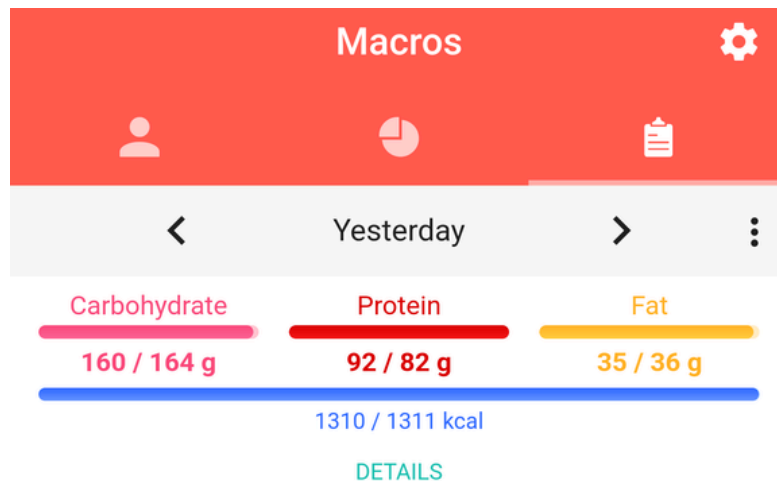


My adjusted numbers are the followings: (based on 1,475kcal)

- Protein: 30%
 - Fat: 25%
 - Carbohydrate: 45%
-
- Protein: 444kcal = 111g
 - Fat = 369kcal = 41g
 - Carbohydrates = 664kcal = 166g

You can then eventually adjust your numbers by listening to your body and seeing your progress within the range provided.

When adjusting your calorie and macronutrient intake, remember to prioritize protein. Aim for 1.2-1.5 grams of protein per kilogram of body weight to support muscle growth. However, be mindful of your protein sources as excessive intake, particularly from certain types of protein, may lead to digestive issues. Additionally, pay attention to your fat intake. While a certain level of fat is essential, too low of an intake can negatively impact hormone balance and skin health. I got some dry skin and hair when my fat intake was too low. Experiment to find the optimal fat intake for your individual needs.



Here's a breakdown of one of my daily meals. I consumed 160 grams of carbohydrates (out of 164g), 92 grams of protein (out of 82g), and 35 grams of fat (out of 36g). While my protein intake exceeded my daily target of 82 grams, I felt fine due to my intense strength training session that day.

Breakfast			
Blueberries - Raw		42	
Generic, 0.5 cup		C: 10.5 P: 0.6 F: 0.3	
Grain free cereal (honey)		120	
Three Wishes, 35 g		C: 18 P: 8 F: 2	
Low fat plain Greek yogurt		120	
Lucerne, 170 g		C: 7 P: 16 F: 3	
Honey		25	
Natural Honey, 1 Tablespoon		C: 4 P: 1 F: 1	
+ Add food			
40	26	6	307
Carbohydrate	Protein	Fat	Calories

I had blueberries, grain free cereal, low fat plain Greek yogurt and honey for breakfast.

Lunch		
Cucumber	16	
General, 100 grams	C: 3.6 P: 0.7 F: 0.1	
Avocado Mini	100	
Wholly, 1 mini cup (57g)	C: 5 P: 1 F: 8	
Ezekiel 4:9 Bread	160	
Good For Life, 2 slice	C: 30 P: 8 F: 1	
Seafood burger	90	
Trader joes, 1 Burger	C: 1 P: 13 F: 4	
+ Add food		
40	23	13
		366

I had a seafood burger with cucumber, avocado mini and Ezekiel bread for lunch.

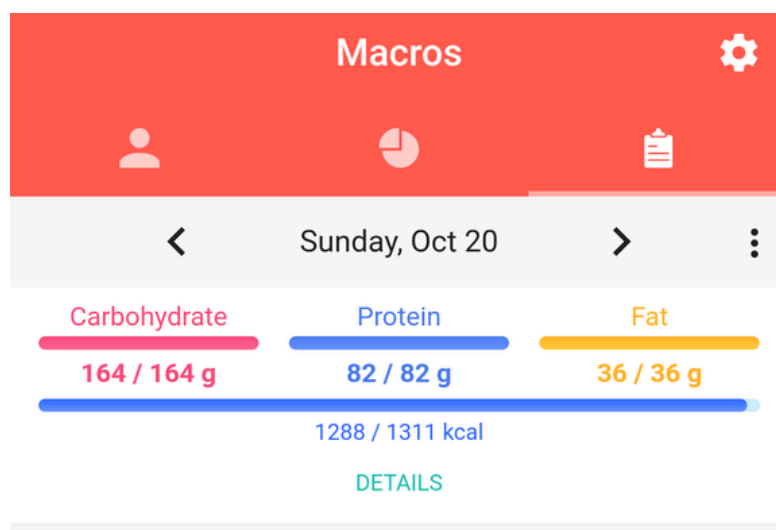
Dinner		
Lentil pasta	235	
Trader joes, 70 g	C: 39.5 P: 17.3 F: 0	
Napa cabbage	12	
1, 100 g	C: 2.4 P: 1.2 F: 0.2	
Salmon	169	
Salmon, 100 g	C: 0 P: 19.7 F: 9.9	
+ Add food		
42	38	10
Carbohydrate	Protein	Fat
		416
		Calories

I had lentil pasta, napa cabbage, and salmon for dinner. I often eat lentil pasta, but it definitely has a different and unique texture compared to regular pasta, and some individuals might not like it. I like it, and it has two times more protein content, so I use lentil pasta for my meal very often.

Dinner		
Napa cabbage 1, 100 g	12	C: 2.4 P: 1.2 F: 0.2
Salmon Salmon, 100 g	169	C: 0 P: 19.7 F: 9.9
Pasta linguini traders joes 56 g	213	C: 44 P: 7 F: 1
+ Add food		
46 Carbohydrate	28 Protein	11 Fat
394 Calories		

Dinner		
Lentil pasta Trader joes, 70 g	235	C: 39.5 P: 17.3 F: 0
Napa cabbage 1, 100 g	12	C: 2.4 P: 1.2 F: 0.2
Salmon Salmon, 100 g	169	C: 0 P: 19.7 F: 9.9
+ Add food		
42 Carbohydrate	38 Protein	10 Fat
416 Calories		

You might prefer regular pasta, and it looks like this with regular pasta. You can still have plenty of protein sources with regular pasta, as you can see from the pictures.



It seems that replacing lentil pasta with regular pasta helped me better match my macronutrient goals.

Food tracking apps can sometimes have slight inaccuracies, especially when it comes to complex foods with fiber, sugar alcohols, or alcohol content. These factors can lead to minor discrepancies in the calculated calorie and macronutrient values.

Snacks		
Frozen yogurts, chocolate Generic, 1 cup		221 C: 37.6 P: 5.2 F: 6.3
+ Add food		
38 Carbohydrate	5 Protein	6 Fat
		221 Calories

Snack is something that helps to balance your macronutrient needs. Based on the numbers, what macronutrient does your body need to fulfill your requirements? If you need more carbohydrates throughout the day, fruits will be good options for your snack. If you need more protein, protein drinks, Greek yogurt, and boiled eggs are good options for your snack. If you want to add more fat to your intake, you could add your favorite nut butter to your fruit. Snack is a tool to adjust your numbers throughout the day, and everyone likes snacking, right!? It is a key to finding a snack you can both enjoy and fulfill your macronutrient needs.

You might need a scale to track your macronutrient needs. Of course you can utilize packaged meals so that you know exactly how many calories and macronutrients you are getting from your meal. But if you are cooking, you need a scale to weigh each food item you are consuming. Estimation sometimes misleads to overcalories and could interfere with your fat loss progress. I recommend you use a scale, especially if you are new and cooking your meal. However, please do not stress out too much. After tracking your macronutrients, you will get a sense of macronutrients and it will be easy to track your macronutrient needs without a scale.

Planning is a great and important strategy in terms of tracking your macronutrients. For example, you can cook in bulk by preparing larger batches of meals or ingredients to save time and ensure consistency in portion sizes. To control your portion size, you can divide cooked meals into individual servings to avoid overeating. You may also want to label your containers with the date, meal name, and portion size for easy tracking.

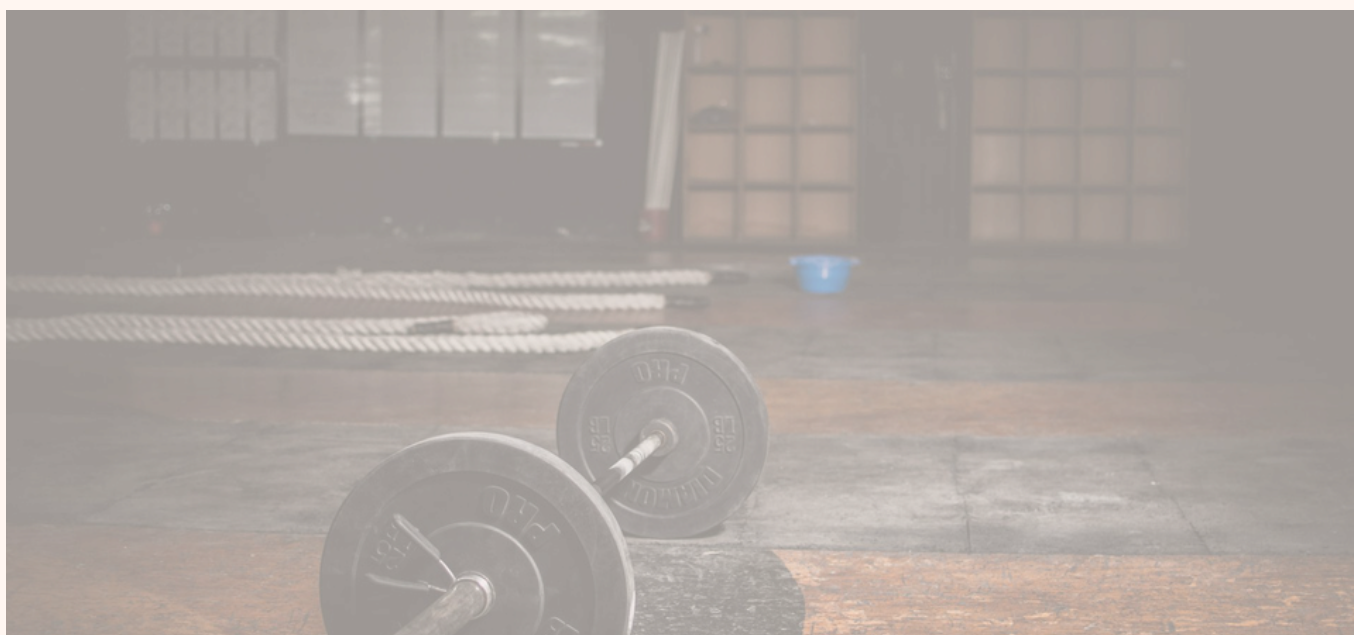
I personally log all food items the day before to plan my meals. If you enjoy eating the same foods regularly, you might find it helpful to plan your meals in advance. One strategy I often use is to log all meals except for snacks. I decide on my snacks based on how I'm feeling and my daily macronutrient goals.

Play with your numbers. Experimentation is key to discovering your optimal macronutrient balance. Play around with different food combinations and quantities to see how your body responds. For example, you might find that certain types of carbohydrates provide more sustained energy than others. Chicken might make you feel bloated while salmon does not.

Everyone is different, and everyone has a different reaction. I am providing tips, keys, and rules, but you are the one who actually learns new tips, keys, and rules. That is actually a fun part and beauty of this macronutrient tracking.

Remember, the goal is to find a sustainable approach that works for you. By listening to your body, adjusting your plan as needed, and enjoying the process, you can achieve your fitness goals.

Strength Training



Strength training is a critical component of any fitness regimen aimed at promoting muscle gain. I just want you to know that hypertrophy (muscle gain) doesn't happen overnight, but you WILL notice a difference in your body and how you feel once you start strength training. I'm confident that you'll love the results. I'll share workouts to help you build muscle as you lose fat. I hope you'll embrace the benefits of strength training and enjoy this fitness journey.

The Role of Strength Training in Muscle Development

Strength training is a critical component of any fitness regimen aimed at promoting muscle gain. At its core, strength training involves exercises that are designed to improve the strength and endurance of skeletal muscles. This process stimulates muscle hypertrophy, which is the increase in muscle size, making it essential for anyone looking to enhance their physical appearance or athletic performance. The significance of strength training lies in its ability to induce muscle damage and growth through mechanisms such as **mechanical tension** and **metabolic stress**.

Mechanical tension is produced when muscles are engaged against resistance, leading to micro-tears in the muscle fibers. This damage triggers the body's repair processes, which ultimately result in stronger and larger muscles. Additionally, **metabolic stress**, characterized by the accumulation of metabolites during exercise, is another crucial factor in muscle development.

The combination of mechanical tension and metabolic stress creates an optimal environment for muscle adaptation, making strength training a powerful tool for individuals seeking to gain muscle mass.

Creating an Effective Strength Training Program

Designing a strength training program that effectively promotes muscle gain requires careful consideration of several critical elements, including **frequency, intensity, volume, and progression**. These components must work in synergy to ensure that the body is adequately stimulated to increase muscle size and strength.

First and foremost, determining the **frequency** of workouts is essential. For optimal muscle hypertrophy, engaging in strength training 3 to 5 times per week is generally recommended. This frequency allows for sufficient stimulus to the muscles, while also permitting adequate recovery time. Each muscle group should ideally be trained at least twice a week to maximize growth and strength gains.

Equally important is the incorporation of **rest and recovery** within the program. Allowing muscles to recover prevents overtraining and reduces the risk of injury. Generally, resting between 48 to 72 hours before reworking the same muscle group can stimulate optimal growth. A well-structured workout plan should also include a balance of compound and isolation exercises tailored to target specific muscle groups, enabling individuals to embark on their strength training journey effectively.

One of the most common mistakes in strength training is overtraining, often due to poor frequency and rest planning. I made the same mistake, believing that more frequent workouts would lead to faster muscle growth. I continued to train even when my muscles were sore and my body felt fatigued. It's crucial to prioritize rest and recovery. This advice applies to everyone, including myself.

It's a common misconception that muscle growth happens only during exercise. In reality, the majority of muscle growth takes place during rest periods as your body repairs and rebuilds muscle tissue. While you're lifting weights, you're actually tearing muscle fibers. It's during rest that your body repairs these tears and builds bigger, stronger muscles.

I understand that life can get hectic, making it difficult to maintain a consistent workout routine. That's why I'll be providing a customizable workout plan (later in this eBook) to help you stay on track, even with a hectic schedule. You can adjust it to fit your specific needs and preferences.

Most importantly, it does not have to be perfect. You can always change/adjust if needed.

Next, **intensity** plays a crucial role in a successful training program. It is vital to select weights that challenge the muscles, typically around 65% to 85% of one's one-repetition maximum (1RM). 1RM is the maximum amount of weight you can lift for one repetition of a particular exercise. It's a common metric used to measure strength and track progress. There are a few ways to find out your 1RM for a particular exercise. I recommend you to try 5-Rep Maximum (5RM) Test. Here is steps how to perform 5RM test:

1. Warm-up: Start with a light weight and gradually increase it to prepare your muscles.
2. Choose a Starting Weight: Select a weight that you can comfortably lift for 5 repetitions.
3. Perform 5 Reps: Lift the weight for 5 repetitions with proper form.
4. Rest: Take 3-5 minutes to rest.
5. Increase Weight: If you completed 5 reps easily, increase the weight and repeat. If it was challenging, you've likely found your 5RM.
6. You can use a 5RM calculator to estimate your 1RM.

For example, if you can lift 30 pounds per dumbbell in a shoulder press, training with 65-85% of that weight (19.5-25.5 pounds) will effectively stimulate muscle growth and strength gains.

If calculating percentages is too complex, simply start with a weight you can lift for 8 repetitions in a single set. Once you can easily do 10 reps, it's time to increase the weight by 2.5-5 pounds. For instance, if you're doing dumbbell shoulder presses with 20-pound weights for 3 sets of 8 reps, and you can comfortably do 10 reps on the last set, consider increasing the weight to 22.5 or 25 pounds.

Volume in strength training refers to the total amount of work performed during a workout. It's typically calculated by multiplying the number of sets, repetitions, and weight lifted for each exercise.

The ideal volume for optimal muscle growth can vary depending on factors like experience level, training age, and individual response. However, a general guideline is to aim for a weekly training volume of 10-20 sets per muscle group.

For instance, if you train legs twice a week and aim for 10-20 weekly sets, you could do 5-10 sets per session. To achieve this, you might perform 4 sets of 8 repetitions for squats and 4 sets of 8 repetitions for Romanian deadlifts in one workout.

Progressive overload is the cornerstone of effective strength training for muscle growth. By consistently applying the principle of progressive overload, you can optimize your strength training routine and achieve significant muscle growth. This can be achieved through various methods.

- **Increasing Weight:** Gradually add weight to your exercises as you get stronger. Use a weight that challenges you but allows you to maintain good form
- **Increasing Repetitions:** Once you can comfortably complete a set, increase the number of repetitions. This can help build muscle endurance and size.
- **Decreasing Rest Time:** Reducing the rest periods between sets can increase the metabolic stress on your muscles, promoting growth.
- **Increasing Sets:** As you get stronger, you can add more sets to your workouts to further stimulate muscle growth.
- **Change the exercise:** Try different variations of exercises to challenge your muscles in new ways.

Furthermore, ideally you want to aim the following numbers of reps, sets and rest for optimal muscle growth:

- Repetition range: 8-12 repetitions per set
- Set range: 3-4 sets per exercise
- Rest between sets: 60-90 seconds

Again, this rep range and set range allows for optimal muscle stimulation and protein synthesis, leading to muscle growth.

You can use these numbers as a starting point and adjust them based on your specific needs, such as your fitness level, exercise routine, and how your body responds to training.

In summary:

Frequency & Recovery	Train 3-5 times a week	Rest trained muscle for 48-72 hour	Rest for your muscle and mind
Intensity	Aim for 65%-85% of your 1RM	Find out your 1RM from 5RM test	Simply start with a weight you can lift for 8 reps
Volume	10 to 20 sets per muscle group per week	number of sets X repetitions X weight lifted	8-12 repetitions per set
Progression	Increase weight	Increase reps/sets	Decrease rest time

Exercises: (Dumbbells/Kettlebell Only)

I'll provide detailed descriptions and visual demonstrations of each exercise included in the workout plan.

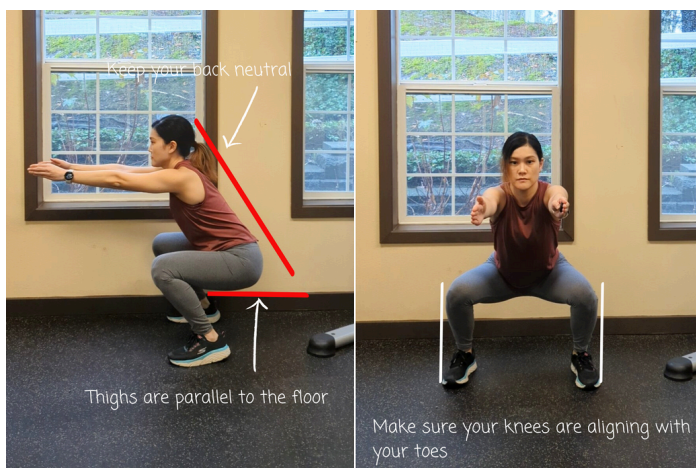
Legs:

Squat: Squats are one of the best compound workouts. A compound workout involves using several joints at once. Despite the fact that it targets your quadriceps and glutes, this exercise truly works your entire body. You can always start with a bodyweight squat to master your movement and then progress your squat with weights.



Goblet squat

1. Hold your weight in front of your chest, elbows closed and pointing down. Stand with your feet pointing forward or slightly outward and your legs a little wider than your hips
2. Lower your body by moving back your hips and bending your knees outward aligning with your knees in a controlled movement as if sitting on a chair. You can squat down until your thighs are almost parallel to the floor.
3. Push back against the floor by extending your legs, knees and hips with a controlled movement.



When you are squatting down, make sure you do not round your back. Keep it neutral, meaning not rounding or hyperextending your back.

When you are squatting down, make sure your knees are aligned with your toes but do not cave your knees in.

Split squat: This exercise challenges your balance and cannot handle heavy loads like squat. Quadriceps work harder with shorter lunge and glutes work harder with longer lunge. By leaning your torso forward, you can engage your glutes muscle more. To increase the intensity of the exercise, you can hold dumbbells at your sides



Split squat:

1. Stand with legs in hip-width apart.
2. Take a step forward with one leg as you bend the other leg knee in a controlled movement. Let your weight to fall on your forward leg. Drive your hip down until the front foot knee is touching or almost touching the floor and your front thigh is almost parallel to the floor. Keep your back straight and keep your balance.
3. Raise your body back as pushing your weight through the ball of your front foot (between the toe and the arch of foot) and pull the leg back to the original position.



Bulgarian split squat: Quadriceps focused

1. Stand with one leg on the floor and the other leg on the bench/chair.
 2. Put your leg closer to the bench/chair and then put the other leg on the bench/chair. Then squat down.
- Keep your torso upright so that you can engage quadriceps more. And make sure your toes pass your toes

Lunge: There are frontal lunge, reverse lunge and curtsy lunge. Frontal lunge is a knee dominant lunge which places more tension on your quadriceps. Reverse lunge is a hip dominant lunge which places more tension on your glutes. Curtsy lunge is a hip dominant lunge which places tension on your glutes. To increase the intensity of the exercise, you can hold dumbbells at your sides



Frontal lunge:

1. Stand with legs in hip-width apart.
2. Take a step forward with one leg as you bend the other leg knee in a controlled movement. Let your weight to fall on your forward leg. Drive your hip down until the front foot knee is touching or almost touching the floor and your front thigh is almost parallel to the floor. Keep your back straight and keep your balance.
3. Raise your body back as pushing your weight through the ball of your front foot (between the toe and the arch of foot) and pull the leg back to the original position.

Reverse lunge:

1. Stand with legs in hip-width apart.
2. Take a step backward with one leg as you bend the front leg knee in a controlled movement. Drive your hip down until the rear foot knee is touching or almost touching the floor and your front thigh is almost parallel to the floor. Keep your back straight and keep your balance.
3. Raise your body back as majority of your weight is on you front leg heel. Pull the leg back to the original position.

- Make sure not to kick the floor back to the original position but pull the leg back with your supported leg strength instead. Avoid bouncing your body to perform this exercise. This exercise challenges your balance and cannot handle heavy loads like **squat**. Quadriceps work harder with shorter lunge and glutes work harder with longer lunge. By leaning your torso forward, you can engage your glutes muscle more.



Curtsy lunge:

1. Stand with your legs in shoulder width.
 2. Take a step backward with one leg and cross the other leg as you bend the front leg knee in a controlled movement. Drive your hip down until the rear foot knee is touching or almost touching the floor and your front thigh is almost parallel to the floor. Keep your back straight and keep your balance.
 3. Raise your body back as majority of your weight is on your front leg heel. Pull the leg back to the original position.
- When you drive your leg back to the original position, let your driven leg slightly touch the floor and then take a step backward for the next rep. In this way, you can focus on putting the majority of your weight on your front leg.

Romanian deadlift (RDL): It's a strength training exercise that primarily targets the hamstrings and glutes. The core movement of the Romanian deadlift (RDL) is the hip hinge. Starting from a standing position, you lower the weight below your knees. This movement, from the bottom to the top, engages your hamstrings, particularly when you feel the stretch at the bottom of the movement. You can use dumbbells or kettlebells to perform this exercise.



RDL:

1. Grab the weights and stand with your feet about shoulder width apart for the starting position.
 2. Lower the weights by performing hip hinge in a controlled movement until the weights get below your knees.
- Do not squat; main movement is hip hinge. Extend your torso by powering your hips forwards.
 - Make sure you keep your back neutral; not rounded or overextended. This is very important to avoid any risk of injury.

Hip thrusts: Hip thrusts are a powerful exercise for targeting and developing your glutes. This movement offers several advantages that make it a valuable addition to your workout routine. It is relatively easy to learn, making them accessible to people of all fitness levels. The movement pattern is straightforward, and you can quickly progress to heavier weights as you gain strength. Unlike exercises like squats and deadlifts, it can be performed with heavy loads while minimizing the risk of injury. The movement pattern is more joint-friendly, allowing you to target your glutes effectively without excessive stress on your lower back. It provide constant tension on your glutes, particularly at the top of the movement. This optimal contraction helps to maximize muscle growth and strength.



1. Sit with your back on the bench. Place the bottom of your shoulder blades on the bench with a leg in shoulder-width apart.
 2. Drive your hip upward by pushing through your heels to extend your torso and let it to be parallel to the floor in a controlled movement. Adjust the position of your feet to make your shins to be almost vertical to the floor. Pushing your knees outward as you extend your torso help to create better glute activation. Keep your head facing forward for a proper alignment
 3. Extend your hip fully for the highest glute activation by squeezing your glutes and hold it for a moment at the top. Get your shoulders, hips and knees at the same level in a line. Do not overextend your hips.
 4. Drop your hip in a controlled movement
- If you push through the balls of your feet instead of the heels, quadriceps work harder instead of gluteus maximus. To make gluteus maximus work effectively, you may raise your toes off to focus on your heels.
 - With a longer stance, your hamstrings work out more compared to a shorter stance. In other words, with a shorter stance, your quadriceps work out more. To get the maximum glute activation. Let's keep your knees around 90 degrees.



If you want to challenge more, you can also try single leg hip thrust.

Sit with your back on the bench. Place the bottom of your shoulder blades on the bench with one leg on the ground and the other leg in the air (or slightly on the ground)

Do the same as a standard hip thrust but just with one leg.

Back:

Bent over row: The bent over row is a highly effective exercise for targeting and the muscles in your back. Incorporating the bent over row into your workout routine can help you develop a stronger and more defined back.



1. Grab dumbbells and lean forward.
2. Starting from the hand with a dumbbell at the lower level, pull the dumbbell up toward your waist.
3. Lower a dumbbell in a controlled movement.

The grip and width of your grip can significantly impact the muscles targeted during a bent-over row

Bent over row: overhand vs underhand

- **Overhand Grip:** This is the most common grip, where your palms face down. It primarily targets the upper back muscles, including the rhomboids and traps.
- **Underhand Grip:** With your palms facing up, this grip places more emphasis on the lats and biceps. However, it can also put more stress on your elbows, so it's important to listen to your body and adjust accordingly

Bent over row: wider grip vs narrow grip

- **Wide Grip:** A wider grip targets the outer lats and rear delts more.
- **Narrow Grip:** A narrower grip focuses more on the inner lats and biceps.

By experimenting with different grip widths and positions, you can target specific muscle groups and vary your workouts. For example:

- **Wide Overhand Grip:** Targets the upper back and rear delts.
- **Narrow Overhand Grip:** Focuses on the middle back and rhomboids.
- **Wide Underhand Grip:** Emphasizes the outer lats and biceps.
- **Narrow Underhand Grip:** Targets the inner lats and biceps.

Deadlift: The deadlift is a fantastic exercise for developing your posterior chain. While it's one of my favorites, it's technically demanding and requires practice to master proper form. To avoid injury, start with lighter weights and prioritize technique. Once you've mastered the deadlift, it's an incredibly rewarding exercise. Let's start from kettlebell deadlift.



1. Stand with your legs slightly apart and put a kettlebell between your legs. Hold the handle of the kettlebell.
2. If you feel more comfortable grabbing the handle by bending your knees or squatting down, you can do so. But just remember that the main movement of this exercise is hip hinge.
3. Lift the kettlebell by straightening your legs.
4. When the kettlebell reaches around your knees, extend your torso by powering your hips forward with your arms straight down.
5. Squeeze your glutes at upright position.
6. Drive your hips backward as you hinge forward and lower the weight with controlled movement.
7. Tips: Do not squat; main movement is hip hinge.
8. Extend your torso by powering your hips forwards with your arms straight down.

Kettlebell swing: Kettlebell swing is a great exercise for your posterior chain. This exercise can be used to raise your heart rate in between sets or as a warm-up for any exercise, including exercises involving hip hinge motions like the deadlift, good morning, squat, and many more.



1. Stand with the legs in shoulder width. Grab a kettlebell with both arms and keep your chest open. Knees are slightly bent.
2. Swing the kettlebell from back (let kettlebell go through between your legs) to front (at chest level) generated by hip hinge movement meaning use the power of your hip but not the arms. Squeeze your glutes when you reach at the top.
3. Swing back the kettlebell to your back and repeat the movement.

Single arm kettlebell swing



1. Stand with the legs in shoulder width. Grab a kettlebell with single arms and keep your chest open. Knees are slightly bent.
2. Swing the kettlebell from back (let kettlebell go through between your legs) to front (at chest level) generated by hip hinge movement meaning use the power of your hip but not the arms. Squeeze your glutes when you reach at the top.
3. Swing back the kettlebell to your back and repeat the movement. Change your arm to the other one after completing with one arm.

With the original kettlebell swing, you swing the kettlebell up to chest level. With the American kettlebell swing, you swing the kettlebell directly overhead. With the American kettlebell swing, do not elevate your shoulders when raising the kettlebell. Because of the greater range of motion with the American kettlebell swing, it puts more stress on your unstable shoulder joints at the top of the movement. To avoid the risk of injury, pick a lighter weight for the American kettlebell swing.

Side lying pullover: It is a variation of the traditional shoulder press. It's a great exercise for targeting all three heads of the deltoid muscle: the anterior (front), lateral (side), and posterior (rear) deltoids.



1. Grab a dumbbell and lie flat on your side on a bench.
2. Lower the dumbbell behind the head with elbows slightly bent until you feel stretch in back of your shoulder.
3. Bring the dumbbell back.

Shoulders:

Arnold press: It is a variation of the traditional shoulder press. It's a great exercise for targeting all three heads of the deltoid muscle: the anterior (front), lateral (side), and posterior (rear) deltoids.



1. Hold the dumbbells overhand with your elbows bent and facing forward at the shoulders level.
2. As you rotate your wrists 180 degrees to position the dumbbells with your elbows bent and facing forward. Extend your arms upward vertically in a controlled movement.
3. Lower the dumbbells and rotate your wrists 180 degree to the original position in a controlled movement.

Shoulder press: The shoulder press is a compound exercise that primarily targets the deltoid muscles.



1. Hold the dumbbells overhand at the shoulder level. Keep your back straight.
2. As you keep your palms facing forward, extend your arms upward vertically in a controlled movement. Keep your forearms parallel throughout the exercise. Keep your chest open and do not raise your shoulders as you raise the dumbbells.
3. Lower the dumbbell to the original position in a controlled movement. Do not overextend.

Lateral/frontal shoulder raise: These exercises particularly train front and lateral part of your shoulders.

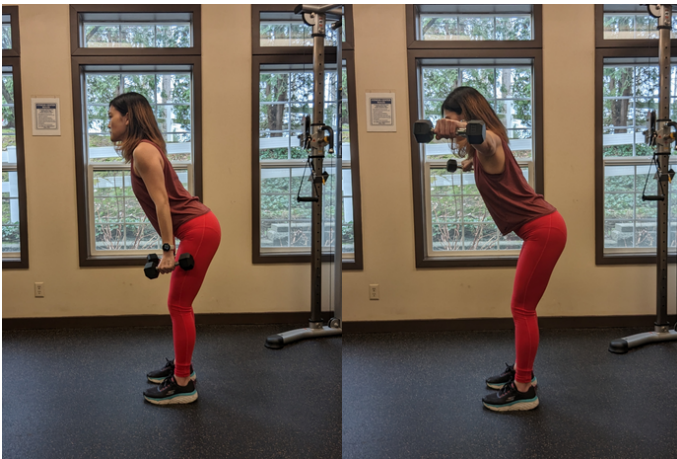


1. Hold the dumbbells overhand and stand with your legs in shoulder width apart as you keep your back straight. Position the dumbbells on your sides
2. Raise your arms up to horizontal with your elbows slightly bent in a controlled movement.
3. Lower the dumbbells to the original position in a controlled movement.



1. Hold the dumbbells overhand and stand with your legs in shoulder-width apart as you keep your back straight.
2. Raise your arms to the front up to your eye level.
3. Lower your arms to the original position in a controlled movement

Reverse fly: This exercise is for your posterior deltoids. While you can train your posterior deltoids, this exercise also challenges your upper part of your back muscle.



1. Hold the dumbbells overhand and stand with your legs in shoulder-width apart, knees slightly bent and lean forward. Hang the dumbbells down in front of you.
2. Raise your arms up to horizontal with your elbows slightly bent in a controlled movement.
3. Lower the dumbbells to the original position in a controlled movement.

Chest:

Chest press: Chest press is one of the best chest exercises for muscle growth (hypertrophy). Using dumbbells instead of barbell allows for slightly lower arm position and greater range of motion.



1. Lie flat on the bench with your feet on the ground with wider than the hip width apart.
2. Hold the dumbbells vertically above your chest with an overhand grip at chest level. Your forearms should be vertical to the ground.
3. Raise the dumbbells vertically toward the center
4. Keep your elbows away from your body when lowering the dumbbells.

Chest fly: This is an isolation-based exercise. Only one area, the chest and front deltoids, works out with this exercise. While it can isolate placing tension on your chest, you cannot work with a heavy load with this exercise. You have to be careful which weight you pick with this one to avoid any risk of injury to your shoulders and biceps.



1. Lie flat on the bench. Your feet should be flat on the floor with wider than the hip width apart.
2. Hold the dumbbells overhand at the sides of your body with slightly bend elbows.
3. Raise the dumbbells up above your chest without letting them touch. Keep your head in a neutral position.

Pullover: Dumbbell pullover is another great exercise for not only chest muscle but also for back and core muscle. This movement is particularly effective for improving upper body strength.



1. Lie flat on the bench with your head just over the edge. Your feet should be flat on the floor with wider than the hip width apart. Hold a dumbbell in the palms of both hands and surround the handle with your thumbs.
2. Lower the dumbbell behind the head with elbows slightly bent.
3. Bring the dumbbell back up vertically.

Biceps/Triceps:

Hammer curl: This is an isolated exercise for your biceps besides bicep curl. This exercise places less stress on your wrists compared to bicep curl



1. Hold the dumbbells overhand and let the palms face each other at the sides of your body by letting your arms hang straight down. with your feet in a hip-width apart.
2. Drive the dumbbells to your chest as you flex your elbows.
3. Lower the dumbbells to the original position in a controlled movement.

Triceps extension: This is an isolated exercise for your triceps. There are many ways to do triceps extension. It would be a good way to put one of them in your routine workout!



1. Hold a dumbbell in the palms of both hands and surround the handle with your thumbs. Hold the dumbbell behind your head as you flex your elbows.
2. Drive the dumbbell up by straightening your arm up.
3. Lower the dumbbells to the original position in a controlled movement.

In summary:

We've explored the strategies for simultaneous fat loss and muscle gain:

- **Creating a calorie deficit**
- **Tracking macronutrients**
- **Incorporating strength training**

To help you implement these strategies, I've attached a workout tracker with instructions and examples. Feel free to customize the tracker to fit your specific needs and goals.

Once you've achieved your initial fitness goals, the next phase of your journey involves refining your approach and maintaining your progress. This might involve adjusting your diet to maintain your current weight while prioritizing muscle building. Alternatively, you may choose to focus on fueling your body for specific athletic performance goals.

Remember, everyone's fitness journey is unique. What works for one person may not work for another. It's essential to listen to your body, adjust your approach as needed, and celebrate your achievements along the way.

NAKANAKA

About Me

Hi, this is Erika from Nakanaka Mom Fitness. Thank you so much for purchasing my eBook.

I am a dedicated mom of two boys, is a woman who truly embodies the spirit of balance and dedication. My days are filled with the joy of raising my children, while my passion for fitness drives me to inspire others to live healthier, happier lives. As a certified personal trainer, I want to expertise and share enthusiasm, helping them achieve their fitness goals.

Hope you enjoyed my eBook!



Thank you!

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NAKANAKA MOM FITNESS WORKOUT TRACKER (EXAMPLE FOR BEGINNERS)

Daily Targeted kcal : 1,475 kcal

DAY	MUSCLE GROUP	EXERCISES	WEIGHT	REPS/SETS	CALORIE DEFICIT
MON	FULL BODY	SQUAT HIP THRUST DEADLIFT KETTELEBELL SWING ARNOLD PRESS CHEST PRESS	45LBS 40LBS 15LBS 15LBS 10LBS 20LBS	12/3 12/3 12/3 12/3 12/3 12/3	164KCAL
TUES					145KCAL
WED					168KCAL
THU					135KCAL
FRI	FULL BODY	SPLIT SQUAT RDL BENT OVER ROW PULLOVER HAMMEMR CURL TRICEP EXTENSION	40LBS 35LBS 20LBS 20LBS 15LBS 15LBS	12/3 12/3 12/3 12/3 12/3 12/3	158KCAL
SAT		CARDIO: WALKING			100KCAL
SUN					120KCAL

When starting with full-body workouts, prioritize exercises that target major muscle groups, such as legs, glutes, and back.

You can rest trained muscle for 48-72 hours

As you get stronger, gradually increase the weight or resistance to continue challenging your muscles.

You can track your calorie deficit for a week to see how close you are to losing 1 kg of fat.

NOTE:

Total calorie deficit: 990kcal

Even though I indulged a bit on Saturday, I still managed to stay within my calorie deficit and I added extra cardio, like a walk.

NAKANAKA MOM FITNESS WORKOUT TRACKER (EXAMPLE FOR INTERMEDIATE/ADVANCED I)

Daily Targeted kcal : 1,475 kcal

DAY	MUSCLE GROUP	EXERCISES	WEIGHT	REPS/SETS	CALORIE DEFICIT
MON	CHEST SHOULDERS ARMS	DUMBBELL CHEST PRESS	20LBS	8/4	164KCAL
		DUMBBELL PULLOVER	15LBS	8/4	
		ARNOLD PRESS	15LBS	8/4	
		REVERSE FLY	10LBS	8/4	
		HAMMER CURL	15LBS	8/4	
		TRICEP EXTENSION	12LBS	8/4	
TUES					145KCAL
WED	LEGS BACK	SQUAT	65LBS	8/4	168KCAL
		RDL	50LBS	8/4	
		REVERSE LUNGE	40LBS	8/4	
		BENT OVER ROW	25LBS	8/4	
		DEADLIFT	50LBS	8/4	
THU					135KCAL
FRI	CHEST SHOULDERS ARMS	DUMBBELL CHEST PRESS	20LBS	8/4	158KCAL
		DUMBBELL CHEST FLY	10LBS	8/4	
		SHOULDER PRESS	20LBS	8/4	
		LATERAL FRONTAL SHOULDER RAISE	10LBS	8/4	
		HAMMER CURL	15LBS	8/4	
		TRICEP EXTENSION	12LBS	8/4	
SAT					100KCAL
SUN	LEGS BACK	SQUAT	65LBS	8/4	120KCAL
		BULGARIAN SPLIT SQUAT	20LBS	8/4	
		HIP THRUST	40LBS	8/4	
		DEADLIFT	50LBS	8/4	
		KETTLEBELL SWING	20LBS	8/4	

NOTE:

Total calorie deficit: 990kcal

NAKANAKA MOM FITNESS WORKOUT TRACKER (EXAMPLE FOR INTERMEDIATE/ADVANCED 2)

Daily Targeted kcal : 1,475 kcal

DAY	MUSCLE GROUP	EXERCISES	WEIGHT	REPS/SETS	CALORIE DEFICIT
MON	CHEST SHOULDERS TRICEPS	DUMBBELL CHEST PRESS	20LBS	8/4	164KCAL
		DUMBBELL CHEST FLY	10LBS	8/4	
		ARNOLD PRESS	20LBS	8/4	
		LATERAL/FRONTAL SHOUDLER RAISE	10LBS	8/4	
		TRICEP EXTENSION	15LBS	8/4	
TUES					145KCAL
WED	LEGS BACK BICEPS	SQUAT	65LBS	8/4	168KCAL
		REVERSE LUNGE	40LBS	8/4	
		BENT OVER ROW	20LBS	8/4	
		DEADLIFT	50LBS	8/4	
		HAMMER CURL	15LBS	8/4	
THU					135KCAL
FRI	CHEST SHOULDERS TRICEPS	DUMBBELL CHEST PRESS	20LBS	8/4	158KCAL
		DUMBBELL PULLOVER	10LBS	8/4	
		ARNOLD PRESS	20LBS	8/4	
		LATERAL/FRONTAL SHOUDLER RAISE	10LBS	8/4	
		TRICEP EXTENSION	15LBS	8/4	
SAT					100KCAL
SUN	LEGS BACK BIICEPS	SQUAT	65LBS	8/4	120KCAL
		SPLIT SQUAT	40LBS	8/4	
		BENT OVER ROW	20LBS	8/4	
		DEADLIFT	50LBS	8/4	
		HAMMER CURL	15LBS	8/4	

NOTE:

Total calorie deficit: 990kcal

NAKANAKA MOM FITNESS WORKOUT TRACKER

Daily Targeted kcal : kcal

DAY	MUSCLE GROUP	EXERCISES	WEIGHT	REPS/SETS	CALORIE DEFICIT
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MON

TUES

WED

THU

FRI

SAT

SUN

NOTE:

Total calorie deficit: kcal