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Whitney simmons workout plan pdf

My name is Jessica Ashwood (@fitnessnfoodwjess). I'm 27 years old, and I'm a kindergarten teacher in Virginia. I joined an incentive-based weight loss challenge to jumpstart my journey and ended up losing 54 pounds to date. I've struggled with my weight almost as long as I can remember. I spent much of my adolescent and teen years overweight. I remember being at a friend's house at about 10 years old, and my friend wanted us to weigh ourselves for fun. I weighed considerably more than her. But I didn't think anything of it until she said, You weigh a lot. During my high school years, my weight fluctuated up and down. I felt better about myself when my weight was lower; When it was on the higher side, my self-esteem was gone. I couldn't help but feel that way. I also never feel in control of my weight. In college I started trying to work out and eat healthier, but the healthy habits never stuck for long, and I would jump back into my old ways of eating and standing still. After getting married in 2016 and starting my first job as a lecturer after college, I started gaining weight at a rapid pace. This content is imported from Instagram. You may find the same content in a different format, or you may find more information on their website. So in January, when I was 25, I decided to take control of my health. My choice to rethink my lifestyle wasn't just about self-esteem either. I felt tired the whole time. I was depressed and used alcohol and food to calm myself down. I just felt worthless. I avoided looking in the mirror. I avoided taking my picture taken. To motivate myself, I started a six-month DietBet challenge, which is an incentive-based weight loss app and social network. Basically, you bet a certain amount of money that you lose a percentage of your body weight in a specific time frame. When you reach your goal? You make money. If you don't? You're losing it. I hate wasting or losing money, so this helped me myself for success when I first started. The challenge I came up with gave me six months to lose 10 percent of my body weight. This content is imported from Instagram. You may find the same content in a different format, or you may find more information on their website. When I first started the challenge, I was just trying to eat stereotypical healthy - I'm talking about salads, chicken, rice, broccoli, rhizomes, etc. I did lose weight but found that my diet choices felt too restrictive. This content is imported from {embed-name}. You may find the same content in a different format, or you may find more information on their website. Macro counting is a kind of variation on counting where you keep track of your protein, fat and carbohydrate grams. When I started tracking macros, I started making sure I gave my body what it needed to thrive. It helped me make sure I put out every calorie, so to speak, allowing me to stay in a calorie deficit without without Hunger. I used ifym.com to find out my macros. I only used the free information and didn't pay a penny. I also used the MyFitnessPal app to track my food. I weighed my food with an \$8 food bowl I bought on Amazon to make sure I got the right portion sizes. After macro tracking for three to four months, I no longer needed to weigh all my food, as I could end up eyeball portions. Now I focus on eating lots of protein and vegetables and have everything else in moderation. And I don't avoid any * foods. I love all kinds: pizza, pasta, ice cream, you name it. I don't believe you should give up the food you love to lose weight. This content is imported from Instagram. You may find the same content in a different format, or you may find more information on their website. Breakfast: I have half a chocolate drink of Powerful in my iced coffee while I train. Then, when I go to school, I usually have protein, rotisserie chicken, or turkey meatballs, as well as broccoli and avocado. Or, sometimes I have blueberry or chocolate chia Kodiak Cakes and broccoli on the side. Lunch: Pasta baking (wholegrain rotini, ground turkey, marinara, broccoli and mozzarella cheese); or rotisserie chicken (Costco's is my favorite), broccoli, and sweet potato. Snacks: Cheese sticks, Greek yogurt, hard-boiled eggs, boiled vegetables, raw vegetables (such as mini peppers, carrots or celery), any fruit, or protein bars on occasion. Dinner: I have what I want for dinner, but in a different way than I was used to. For example, if my husband and I want to have pizza, I will have a slice of pizza or two small pieces with vegetables on the side. Other dinners include a taco bowl with spiced ground turkey, brown rice, black beans, salsa, grated cheese, half an avocado, spinach, and a few crushed tortilla chip; beef stew; orzo cooked in chicken broth with roasted vegetables and ground turkey topped with a little mozzarella cheese; or spaghetti and meat sauce made with ground turkey and broccoli. Dessert: I try to keep my desserts to about 200 calories throughout the day. Sometimes I have two small pieces of candy at school and two at home, or I have a nice bowl of ice cream, whipped cream and chocolate syrup. This content is imported from Instagram. You may find the same content in a different format, or you may find more information on their website. I knew if I just came and was told what to do during a workout, it would be easier for me. I mainly have Spin class and Body Pump (which is a strength training class with weights). Body Pump gave me the confidence I needed with weights to get on the ground floor and work out solo. I worked about five times a week doing the StairMaster and then weights. I got pregnant with my son in July 2018, and after having a baby, I'm training at home now. I only train for 30 minutes, five to once a week. I hardly do cardio - but when I do, I use my stationary bike. I also strength training with my dumbbells, kettlebells and resistance bands. I've found great success with my 30-minute workouts. I'm in better shape now than I was even at my strongest, even before my (now 11-month-old) son. I do strength training workouts I find on Instagram and use free resources from popular fitness Instagrammers. Whitney Simmons and her workouts are my favorite! This content is imported from Instagram. You may find the same content in a different format, or you may find more information on their website. I also stopped giving up at the slightest disappointment. When I weighed myself and the scales told me I was attacking, I kept pushing forward. When I went overboard with my food, I immediately went back on track instead of falling into the trap of the all-or-nothing mentality. Food finally feels effortless. I've always eaten everything in sight and then feel guilty. It was a constant case for me. Now, I really enjoy what I eat and I give myself permission to eat the food I love in moderation. I still lose weight, but in a sustainable way I am not depriving myself. This content is imported from Instagram. You may find the same content in a different format, or you may find more information on their website. I hated training, but now it's my therapy. I never regretted training. I try to do a short workout before my baby wakes up almost every morning. It makes my day so much better! Once you have fitness and health as a lifestyle, you stop rushing the process because you have the whole this is your whole life mentality. It's true, this is the only life I get. I want to live a life that makes me feel happy and fulfilled. Over the years my weight has fluctuated between 156 and 178 pounds. In 11 months, I've lost 54 pounds. But it's not about the scale number; it's about how I feel, how I look compared to when I started. This content is imported from Instagram. You may find the same content in a different format, or you may find more information on their website. This content is created and maintained by a third party and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io. The Whitney Simmons diet varies depending on her current fitness goals. She is a great advocate of intermittent fasting and has seen major changes in her physique with this way of eating. Whitney isn't too strict in counting macros, but does it occasionally to make sure she's on track. Who is Whitney Simmons? Whitney Simmons is a social media celebrity and fitness influencer. She is currently an International Ambassador of Gymshark and posts progress photos on her Instagram account. Whitney also regularly uploads useful training and more than 1 million of its subscribers. Whitney got into pursuit after she was cut from her college cheerleading team. They fitness to get herself out of this difficult place and it makes her very relatable to many of her fans. Whitney continues to expand her personal brand and even sells clothes on her website - such as hoodies, tank tops and t-shirts. Whitney Simmons Stats Height: 5' 5 (165.1 cm) Weight: 105-115 lbs (47.6 - 52.2 kg) Year of Birth: 1993 Whitney Simmons Diet likes to experiment with many different meal plans. She tries different eating trends, depending

on her current fitness goals. For a while, Whitney was practicing intermittent fasting and absolutely loved it. This is what a dinner day looks like for Whitney Simmons. Meal one: A packet of maple and brown sugar oatmeal, a banana and ground cinnamon. Meal two: Acai bowl with unsweetened almond milk, blueberries, banana, strawberries, muesli and vanilla protein powder. Meal three: A bun with wholemeal berry bread, roasted red pepper hummus, sun-dried tomatoes, cucumber, cheese, sea salt and lemon juice. Meal four: A burrito salad bowl with lettuce, black beans, corn, fresh salsa, and beef-less beef. Meal five: Vegetarian roasted red pepper penne, with fried baby spinach and cooked green beans on the side. For the first three years of her fitness journey, Whitney calculated her macros to stay on track. Now she does it occasionally, but at this point she knows what her body needs to maintain. Healthy snacks Finding a way to curb your appetite is key to maintaining a lean physique. Many people assume that you don't eat snacks during a diet, but that's not true at all. There are plenty of healthy treats that you eat that will satisfy your cravings between meals. Here are some of Whitney's favorite healthy snacks. You pick up most of these at your local farmers market - just like they did! ApplesHummus CucumbersAladPeachesTockberriesOatmealFresh salsaPotatoes and olive oil CornDried cherries Whitney Simmons Workout Routine Whitney likes to combine a variety of different moves in her workout routines. For leg days, she likes to start with a standard compound motion, before moving on to single-leg exercises. Whitney also likes a toned upper body, so she drops the weight and increases the repetitions for those movements. Whitney Simmons Leg Workout For Her Leg Days, Whitney Loves to Do Some Glute Activation Exercises First. If you have a hard time feeling your glutes working on leg exercises, this is a great warm-up routine. Grab a resistance band and go through several glute movements Exercise One: Barbell double break sumo squat 4 x 15Exercise Two: Kettlebell single break sumo squat 4 x 15Exercise Three: Barbell hip thrust 3 x 15Exercise Four: Barbell walking lunge 3 x 10Exercise Five: Seated hamstring curl machine 3 x 15 Whitney Simmons Glute Workout focuses on building up the buttock and hamstring muscles. Having developed hamstrings is the key to building your glutes because they can better help lift the butt and appear fuller. This routine begins a compound movement, before proceeding to exercise with one leg. Exercise 1: 1 3/4 barbell squat 5 x 5Exercise Two: Single leg RDL 4 x 8-10Exercise Three: Sumo straight leg deadlift 4 x 8-10Exercise Four: T-1 bar squat 4 x 8-10Exercise Five: Single leg RDL to Bulgarian split squat 4 x 8-10 Whitney Simmons Chest Workout Whitney believes that many women neglect the training breast because they think it will make their breasts smaller. The truth is, your chest may look fuller when you train this area. Make sure you exercise chest once a week, just like you would with other body parts. Exercise One: Single arm cable crossover 3 x 10Exercise Two: Barbell drop chest press 4 x 8-10Exercise Three: Drop push-up 3 x 10 (superset)Exercise Four Medicine ball chest pass 3 x 20 (superset)Exercise Five: Single arm raised push-up 3 x 5 (each arm) Whitney Simmons Shoulder Workout Workout The first medicine ball chest pass 3 x 20 (superset)Exercise Five: Single arm raised push-up 3 x 5 (each arm) Whitney Simmons Shoulder Workout The first medicine in this routine is a standard overhead press using dumbbells. Whitney likes to use a wide grip on this movement to target more of the side delts. You do this exercise sitting or standing, depending on your preference. And always make sure to warm up before lifting heavy weight. Exercise One: Standing dumbbells 4 x 8Exercise Two: Single arm cable row (bent over) 4 x 10Exercise Three: Standing cable face pull (rear delts) 4 x 10Exercise Four: Dumbbell Bent Arm Front Heed 4 x 10Exercise Five: Standing Dumbbell Lateral Raise (Burnout) 4 x 10 Whitney Simmons Back Workout This workout is all about the back muscles. It took Whitney a few years to develop her well-sculpted back. If you want a shredded back, try these exercises on your next back day. And if you have problems with pull-ups use a band for help. Exercise one: Bent over dumbbell row 4 x 8-10Exercise Two: Kneeling single arm lat pulldown 4 x 8-10Exercise Three: Bent over cable row 4 x 8-10Exercise Four: Half kneeling close grip cable row 4 x 8-8-1 0Exercise Five: Standing Cable Face Pull 4 x 8-10Exercise Six: Standing Dumbbell Alternative Curl 4 x 8-10 Similar Physique Amanda Cerny Jen Selter Hunter Chilton Vicky Justiz Search Terms Whitney Simmons Diet Whitney Simmons Workout Plan Steven Cao Diet and Workout Plan

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