

My Workout Guide

Karina Rutledge

Hey Guys

So, first off, I want to thank you all for being so supportive. I did not expect to receive so much love on my fitness transformation. I want to say that I'm in no way a professional bodybuilder or a trainer, I just have a love for weightlifting and have done a lot of research and have watched my fair share of YouTube videos. I'm 21 and a full-time student at San Diego State University in California. I'm actually graduating in May with a bachelor's degree in Criminal Justice so I'm so stoked about that!

Thank you for being patient with me while I typed everything up! I had all of this information written down in a notebook, but this will definitely be a lot easier to read and understand. Everyone's body is different so what worked for me might not work for you, but it doesn't hurt to try it out! I really hope this helps!

The only thing I ask is for you to follow me on Instagram: @karinarutledge.

Please, please DM me on Instagram any questions or comments on my fitness journal, your goals, exercises, and even food! I realize that many of you may have questions so I will be trying my best to reply to all of you. I have received a ton of DMs on Twitter and I am also trying to reply to all of those too. I sometimes post workout videos/pictures on my Instagram story, so keep an eye out for that. I would absolutely LOVE if you DMed me "before" pictures so we can see your progress a few months down the line. Keep me updated with your fitness journey!!

I worked extremely hard on this so please do not post this link or this journal online or any social media platform. Please do not send to friends, instead have them DM me. I would love to share this with them.

Any scientific research was not done by me; I was just able to find a lot of good information out on the internet. I will be sure to have my work cited at the very end so you can see for yourself. The most important thing I could tell you is: DO NOT BE AFRAID TO LIFT HEAVY!

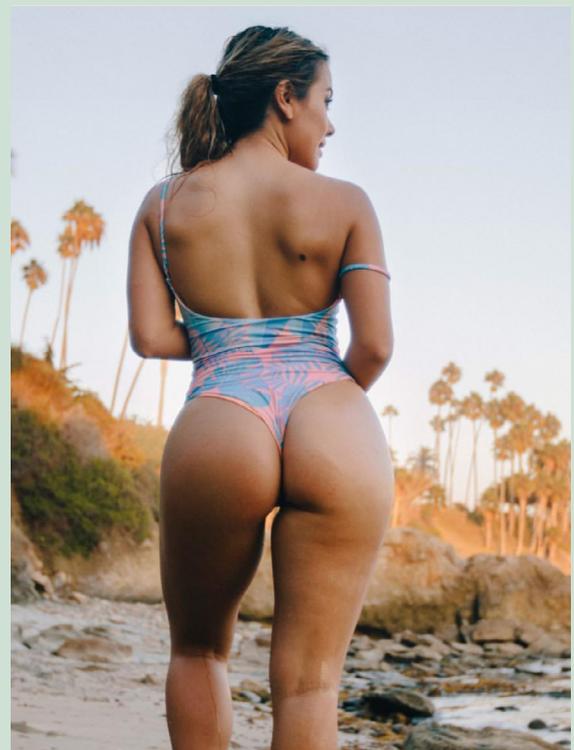
Love,

Karina Rutledge

Before - 97lbs



After - 127lbs



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My Training Schedule

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
LEGS	BACK + BICEP GLUTE PUMP	LEGS	SHOULDERS GLUTE PUMP	LEGS	BACK + BICEP GLUTE PUMP	REST DAY

Day 1: Legs (glute-focused)
Stretchers, activators, pumpers

Day 2: Back + Biceps Glute pump (activators)

Day 3: Legs (glute-focused)
Activators, pumpers

Day 4: Shoulders Glute pump (activators)

Day 5: Legs (hamstring focused)
Stretchers, activators, pumpers

Day 6: Back + Biceps Glute pump (activators)

Day 7: REST DAY!!! Relax

So I'm sure most of you are thinking "What?! Why are you training your legs everyday? You're not supposed to do that!" That's what I thought too, but according to scientific research done by Bret Contreras, and many other fitness trainers, if you strategically choose what exercises to do and consider their recovery time, it's beneficial to train legs/glutes everyday! This is what's going to make the biggest difference! (You guys should all read Bret Contreras' articles about glute training, I'll have it linked below) I have 3 high volume glute training days and 3 low intensity and banded glute training days a week. The higher rep, lower weight training days only help pump blood into the damaged muscle [How to Design an Optimal Glute Training Program](#)

Before you go any further please go and read this article as well!!! It's so important and it's what I based my entire training schedule on.

[Optimal Training Frequency Glutes Part II](#)

Check out [Body Building](#) for tons of exercises!

Notice there's no mention of cardio. That's because I don't do cardio, and I haven't in a little over a year. I also don't do any exercises for abs, all of the compound movements I do strengthen my core.

Also, the mind/muscle connection is soooooo important! So make sure you're squeezing those glutes (think the ugly butt squeeze) and thinking about your glutes throughout the entire exercise. The same goes for your back! I like to focus on my back instead of my biceps when doing those kind of exercises. You actually think about your back and squeezing your back muscles so your biceps don't take over!

This picture is basically saying in order for you to grow certain exercises, based on recovery time, they should only be done on certain days!! I've come up with a training routine that makes sure my body has enough time to heal and recover. I have linked below an article that would be a good read for you!

[8 Lessons from Glute Girls](#)

Functional Muscle Size



Image c/o Stijn van Willigen

Types of Exercises



Image c/o Stijn van Willigen

Stretchers

These are mostly compound movements; they require 3-4 days' recovery time.

Full squat
¾ squat
Front squat
Off-bench side lying hip abduction
Bulgarian split squat
Landmine squat
Lunge
Walking lunges
Curtsy lunge
Romanian deadlift
American deadlift
Sumo deadlift

Activators

These exercises require 2-3 days' recovery time

Standing cable hip abduction
Hip thrust
Glute bridge
Cable pull through
Back extension
Cable kick-back
High step-up
Banded elevated cable deadlift
Push down with assisted pull up machine

Pumpers

These exercises require 1-2 days recovery time, I perform all of these with bands. I'll have linked below which bands I use!! These exercises are great for glute activation at the beginning of your workout and a glute pump at the end of your workout!

Banded side walk
Banded lying leg raise
Banded side clam
Banded seated hip abduction
Banded elevated glute bridge
Frog pumps
Banded hip thrust
Single leg hip thrust
Banded kneeling squat
Banded squat bouncer
Banded donkey kicks
Banded fire hydrants

Muscle Activation

Based on an article written by Bret Contreras which can be found here:

[Inside the Muscles: Best Glute and Calf Exercises](#)

Here are the mean and peak activation for different exercises! I've just put down a few of my favorites, go check out the article for more information on other exercises.

The top percentage is mean activation and the bottom percentage is the peak activation.

Full squat

Glutes - 24.4% / 58.0%
Quads - 96.0% / 194.0%
Abductors - 37.2% / 79.2%
Hamstrings - 36.4% / 77.9%

Front squat

Glutes - 30.8% / 71.3%
Quads - 74.3% / 152.0%
Abductors - 35.0% / 67.1%
Hamstrings - 37.6% / 90.4%

Sumo squat

Glutes - 25.1% / 63.3%
Quads - 77.2% / 120.0%
Abductors - 32.3% / 71.9%
Hamstrings - 41.8% / 107.0%

Deadlift

Glutes - 2.6% / 72.9%
Quads - 50.6% / 75.8%
Abductors - 27.8% / 56.1%
Hamstrings - 105.0% / 179.0%

Sumo deadlift

Glutes - 58.1% / 119.0%
Quads - 60.6% / 107.0%
Abductors - 29.3% / 81.1%
Hamstrings - 85.1% / 153.0%

Romanian deadlift

Glutes - 28.2% / 49.0%
Quads - 35.4% / 74.6%
Abductors - 37.3% / 163.0%
Hamstrings - 78.9% / 145.0%

Single leg Romanian deadlift

Glutes - 31.5% / 63.2%
Quads - 56.4% / 83.6%
Abductors - 31.0% / 85.4%
Hamstrings - 71.4% / 150.0%

Good morning

Glutes - 30.7% / 45.7%
Quads - 35.5% / 71.1%
Abductors - 25.0% / 49.9%
Hamstrings - 67.1% / 123.0%

Hip thrust MY FAVORITE EXERCISE OF ALL TIME

(Add band for even more glute activation)

Glutes - 60.3% / 138.0%
Quads - 88.5% / 165.0%
Abductors - 26.0% / 50.4%
Hamstrings - 75.1% / 152.0%

Glute bridge – another favorite!!! (Add band for even more glute activation)

Glutes - 65.3% / 142.0%
Quads - 53.1% / 90.3%
Abductors - 17.5% / 30.4%
Hamstrings - 77.7% / 130.0%

Bulgarian split squat

Glutes - 42.2% / 79.0%
Quads - 84.8% / 131.0%
Abductors - 45.4% / 69.6%
Hamstrings - 55.8% / 98.6%

High step up

Glutes - 25.6% / 137.0%
Quads - 39.7% / 85.4%
Abductors - 29.6% / 104.0%
Hamstrings - 20.6% / 54.1%

Back extension

Glutes - 46.1% / 89.8%
Quads - 3.3% / 5.1%
Abductors - 12.5% / 17.6%
Hamstrings - 92.5% / 137.0%

Cable pull through – SUCH A FAVORITE OF MINE

Glutes - 61.0% / 129.0%
Quads - 23.9% / 46.0%
Abductors - 21.6% / 78.2%
Hamstrings - 31.9% / 70.0%

Reverse hyper

Glutes - 56.7% / 103.0%
Quads - 9.2% / 28.6%
Abductors - 15.3% / 34.6%
Hamstrings - 70.3% / 110.0%

Highest Activation for Each Muscle

Glutes

Mean: hip thrust, cable pull through, glute bridge
Peak: hip thrust, glute bridge

Quads

Mean: Half squat, parallel squat, quarter squat
Peak: Full squat, parallel squat

Abductors

Mean: Single leg gliding leg curl, hack lift, Russian leg curl
Peak: Romanian deadlift, single leg gliding leg curl, high step-up

Hamstrings

Mean: Deadlift, rack pull, hanging single leg straight leg bridge
Peak: rack pull, deadlift, weighted bird dog

I took this straight from Bret Contreras' article! This is SO important! *"Upon examination, many individuals will look at the EMG chart and say to themselves, 'What? Lunges make my glutes so sore. What gives?' Or, 'What? Good mornings cripple my hamstrings. What's the deal?'"*

Exercises that really stretch a certain muscle while providing maximum tension during that stretch tend to produce the most soreness. Exercises that place consistent tension on a certain muscle, especially at the terminal position of the movement, tend to produce the most occlusion, hypoxia, or "pump."

Often "stretch" position exercises fall behind "contraction" position exercises in mean EMG activity. Which type of exercise is better for hypertrophy? Both. Soreness is a great indicator of muscular damage which leads to the release of various hormones and growth factors. The pump is a great indicator of occlusion which also leads to the release of various hormones and growth factors.

One without the other will likely yield suboptimal results."

Obviously hip thrusts have much higher glute activation than walking lunges, but those lunges are what's going to make you sore in the morning!

Another excerpt from Contreras' article: *"Exercises with anteroposterior (front-to-back) loading such as barbell glute bridges, hip thrusts, and pull-throughs appear to work the glutes the best as they provide maximum tension in the end-range contracted position where the gluteus maximus is at its optimum length-tension relationship...Heavy calf raises appear to trump lighter, explosive calf raises as well as lighter calf raises with long pauses."*

Honestly I think your best bet is to just read his article that I linked in the previous page! It has a lot of great information!

Workout Toolkit

I added links below of all of the resistance bands, pre-workout, BCAA's (during workout), and whey protein (after workout) that I use!

Whey Protein

I use two scoops on leg day and one scoop on the other days

MusclePharm Combat Protein Powder - Essential blend of Whey, Isolate, Casein and Egg Protein with BCAA's and Glutamine for Recovery, Chocolate Milk, 4 Pound, 52 Servings [Muscle Pharm](#)
★★★★☆ 3,122 customer reviews | 200 answered questions



MP
COMBAT
PROTEIN POWDER
THE ATHLETES COMPLETE PROTEIN
CHOCOLATE MILK
5 PROTEIN SOURCES
GLUTAMINE

About the product

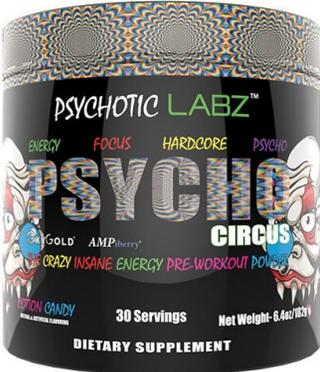
- 25Gg OF PROTEIN containing 5 PROTEIN SOURCES that are fast and slow digesting to fuel muscles and performance for hours! With added BCAAs, GLUTAMINE, & DIGESTIVE ENZYMES
- AWARD WINNING TASTE that mixes easily and goes great with water, milk, almond milk, fruits, and vegetables.
- BANNED-SUBSTANCE TESTED and certified by Informed-Choice. Athletes who see the Informed-Choice logo on a product can be assured it has undergone rigorous checks and testing to ensure that it is not contaminated with banned substances and to verify its use.

More ▾

Pre-Workout

I use half a scoop right before my workout

Psychotic Labz Psycho Circus Supplement, Cotton Candy, 0.7 Pound [Psychotic Labz](#)
★★★★☆ 111 customer reviews | 11 answered questions



PSYCHOTIC LABZ™
ENERGY FOCUS HARDCORE PSYCHO
PSYCHO
CIRCUS
GOLD AMPberry
CRAZY INSANE ENERGY PRE-WORKOUT POWDER
COTTON CANDY
30 Servings Net Weight: 6.4oz/182g
DIETARY SUPPLEMENT

About the product

- Crazy Energy
- Insane Focus
- Hardcore Pre-Workout

BCAA's

Take this during my workout to help with my endurance

BPI Sports Best BCAA Powder, Fruit Punch, 10.58 Ounce BPI Sports
★★★★☆ 2,387 customer reviews | 172 answered questions



About the product

- Cutting-Edge Branched Chain Amino Acid (BCAA) Formula – BEST BCAA™ Utilizes Oligopeptide-Enzymatic Technology, Which May Act as a Better Transport Vehicle for Faster Absorption.
- Promotes Muscle Building and Strength – Leucine, Isoleucine and Valine Play an Essential Role in Muscle Building Because They Help Prevent Protein Catabolism. These BCAAs are Also Metabolized in Skeletal Muscle, Which Means Your Body is Able to Break Them Down Quickly for Energy, Helping You Perform Better During Your Workout.

[More](#)

Resistance band

I use the extra heavy one, mostly used for my hip thrusts and glute bridges

Opus Fitness Resistance Training Bands Exercise Set – For Strength Building, Injury Rehabilitation and Physical Therapy – Set of Five Bands With Carrying Case and Full Instructions
★★★★☆ 1 customer review

Currently unavailable.
We don't know when or if this item will be back in stock.

- **STRENGTHEN YOUR MUSCLES WITHOUT STRAINING YOUR JOINTS:** These workout bands put far less pressure on your joints when compared to other exercises. This makes them ideal for injury or surgery rehabilitation. They increase the strength of your muscles without straining your body.
- **WITH FIVE DIFFERENT RESISTANCE LEVELS:** You'll get five different bands, ranging from X-Light to X-Heavy. If you're completely new to exercising or you're recovering from injury, you can slowly work up to find the right level for you. If you're an accomplished athlete, you also won't be disappointed.
- **LIGHTWEIGHT AND PORTABLE:** With these resistance bands, you can strengthen your muscles or have a physical therapy session without the hassle and expense of finding a gym or therapist. They are incredibly light, and come neatly packed in a handy travel bag.
- **INCLUDES BOTH FITNESS TRAINING AND PHYSICAL THERAPY WORKOUTS:** If you've never used resistance bands before, we're there to guide you all the way. Whether you're trying to increase your fitness or recover from injury, you'll find clear, simple instructions for effective workouts inside.
- **100% MONEY BACK GUARANTEE:** Your satisfaction is our top priority. If for any reason you are not fully satisfied with your product within 30 days of your purchase, we will refund your money, no questions asked! Try them today, absolutely risk free.

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Hip circle

I use this for all of my pumper exercises

RIMSports Elite Hip Sling Resistance Bands By RIMSports - Best Abductor Resistance Band For Squats - Ideal Hip Band Circle For Lunges - Premium Hip Band For Hips & Glutes Exercises
★★★★★ 115 customer reviews | 7 answered questions

Price: \$39.99
Sale: **\$19.97** ✓prime
You Save: \$20.02 (50%)

Color: **Black**

Size:
[Select](#)

- **High-Level Resistance:** Our abductor resistance band is suitable for both men and women at any fitness level! These exercise bands present different degrees of resistance allowing you to work all muscles throughout your body. You can use this hip resistance band for your legs, ankles, hips, back, arms and shoulders, allowing you the perfect level of resistance! This will activate and strengthen glutes and hips pre-workout, both during and post workout.
- **Quality Material:** This hip resistance band can be used for any type of workout. Are you into cross training, yoga, pilates or even cross fit? Not only are these resistance bands great for working out in the gym but you can use these squat bands for at home physical therapy. The hip band circle will help with injury rehab. These circle workout bands are made of comfortable and soft material that is not tight and will not come apart like so many other hip band.
- **Unique Stretch Technology:** Our RIMSports exercise bands is the best hip band circle for squats. Our hip band sling is very durable, as the bands are snap, stretch and sweat resistant. Unlike many other fitness or physical therapy rehabilitation bands or physical therapy rehab bands, they can be stretched repeatedly and will hold together without concern. The elastic material makes them pliable and easy bend. Our circle band workout gear is an amazing warmup tool that helps you better your form.
- **Dynamic Workout:** This resistance band set is portable enough for you to get a great hip band exercise. These abductor sling will give you the right resistance. This circle workout bands are great for traveling or simply a great resistance bands workout at home. This hip band will keep your knees while you do air squats or weighted squats, and keep you in perfect form. This hip bands can be used in your dynamic warm up and the resistance band also works great for hip and glute activation.
- **Improved Form:** You'll love how our RIMSports Hip Band leverages the power of no-slip technology to help you quickly, easily and naturally perform squats, deadlifts with correct form and continue to get the most out of your workout. This resistance band will help you keep your knees pushed out over your toes while you perform deadlifts or squats. By placing the circle bands above your knees, it will provide the proper resistance for your muscles groups as you walk forward or backward.

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Workout Schedule

In this next section I will be putting my PR (personal record) along side each exercise. This does not mean, in any way, shape, or form, you should be lifting the same weight as me. I just wanted to add it in so you guys can all see around how much I am lifting. Please please start lighter, but still challenge yourself! Don't hurt yourself or risk bad form. You should be progressively overloading with each exercise, or in other words, add more weight in time. You should not be staying at the same weight forever! Challenge yourself keep adding more on once you get too comfortable with the current weight. I've included a general calendar view of my schedule that you can print out. It's not as detailed as what's written below though.

Day 1: Legs (glute-focused)

Stretchers, activators, pumpers

Take a few minutes to stretch!! Always activate your glutes, or wake up your glutes, before any leg day! Which is what we're going to be using the pumpers for.

Pumpers (I use the hip circle with each one of these exercises, you can also use any of the resistance bands)

Pumper/Activator

Banded hip thrust x15
Barbell hip thrust with 8 second hold at last rep x10 (185 lbs)
Repeat 6 times

Activator

Barbell banded glute bridge with 8 second hold at last rep 4x8 (185 lbs)

Stretcher

Sumo deadlift 4x8 (this means 4 sets of 8 reps) (135 lbs)
Banded American deadlift with toes elevated 4x12 (65 lbs)

Pumper

Banded hip abduction 4x25

Activator

Cable pull-through 6x12 hold 10 seconds

at last rep (75 lbs)

Banded elevated cable deadlift 6x12 hold 10 seconds at last rep (75 lbs)

Cable kick backs 4x8 each leg (20 lbs)

Stretcher

Side lying leg raises with plate 4x12 each leg (45 lbs)

Pumpers

Donkey kicks x15 each leg
Glute bridge x20
Frog bumps x20
Clams x15 each leg
Side walk x10 steps each leg
Repeat all 2 times

Don't forget to stretch or foam roll!

Day 2: Back + Biceps

Glute pump (activators)

Warm up and stretch! Use 2.5 lbs weights to do "arm circles" to warm up

One arm dumbbell row
Wide grip lat pull down 4x12
Narrow grip lat pull down 4x12
Straight arm cable pulldown 4x12
Seated cable rows 4x12
Assisted pull up 4x12

Glute pumps (use hip circle or resistance band)

Side walk x10 steps each leg
Glute bridge x20
Seated hip abductors x25
Clams x12 each leg
Kick-back x12 each leg

Repeat all 3 times

Day 3: Legs (glute-focused)

Activators, pumps

Take a few minutes to stretch! Always activate your glutes, or wake up your glutes, before any leg day! Which is what we're going to be using the pumps for.

Pumpers (I use the hip circle with each one of these exercises, you can also use any of the resistance bands)

Donkey kicks x15 each leg
Glute bridge x20
Frog bumps x20
Clams x15 each leg
Side walk x10 steps each leg

Repeat all 2 times

Pumper/Activator

Banded hip thrust x15
Barbell hip thrust with 8 second hold at last rep x10 (185 lbs)

Repeat 6 times

Activator

Barbell banded glute bridge with 8 second hold at last rep 4x8 (185 lbs)

Pumper

Banded hip abduction 4x25

Activator

Cable pull-through 6x12 hold 10 seconds at last rep (75 lbs)

Cable kick backs 4x8 each leg (20 lbs)

Push down with assisted pull-up machine 4x10 each leg

Back extension with plate 4x8 (45 lbs)

Pumpers

Donkey kicks x15 each leg
Glute bridge x20
Frog bumps x20
Clams x15 each leg
Side walk x10 steps each leg

Repeat all 2 times

Don't forget to stretch or foam roll!

Day 4: Shoulders

Glute pump (activators)

Warm up and stretch! Use 2.5 lbs weights to do "arm circles" to warm up. Resistance band warm up front raises (band around forearms and pull arms apart as much as possible and go up and down)

Seated military dumbbell shoulder presses 4x12

90-degree lateral raises (together and out) 4x12

Seated Arnold dumbbell shoulder presses 3x12

Alternating dumbbell front raises 4x12

Alternating dumbbell upright row 4x12

Lateral raise 4x12

Glute pumps (use hip circle or resistance band)

Side walk x10 steps each leg
Glute bridge x20
Seated hip abductors x25
Clams x12 each leg
Kick-back x12 each leg

Repeat all 3 times

Day 5: Legs (glute AND hamstring focused)

Stretchers, activators, pumps

Take a few minutes to stretch! Always activate your glutes, or wake up your glutes, before any

leg day! Which is what we're going to be using the pumpers for. I use the hip circle with each one of these exercises, you can also use any of the resistance bands)

Pumper/Activator

Banded hip thrust x15
Barbell hip thrust with 8 second hold at last rep x10 (185 lbs)
Repeat 6 times

Activator

Barbell banded glute bridge with 8 second hold at last rep 4x8 (185 lbs)

Stretcher

Romanian deadlift 4x8 (this means 4 sets of 8 reps) (135 lbs)
Banded American deadlift with toes elevated 4x12 (65 lbs)

Pumper

Banded hip abduction 4x25

Activator

Cable pull-through 6x12 hold 10 seconds at last rep (75 lbs)
Banded elevated cable deadlift 6x12 hold 10 seconds at last rep (75 lbs)

Stretcher

Side lying leg raises with plate 4x12 each leg (45 lbs)
Seated leg curl 4x12

Pumpers

Donkey kicks x15 each leg
Glute bridge x20
Frog bumps x20
Clams x15 each leg
Side walk x10 steps each leg
Repeat all 2 times

Don't forget to stretch or foam roll!

Day 6: Back + Biceps

Glute pump (activators)

Warm up and stretch! Use 2.5 lbs weights to do "arm circles" to warm up

One arm dumbbell row
Wide grip lat pull down 4x12
Narrow grip lat pull down 4x12
Straight arm cable pulldown 4x12
Seated cable rows 4x12
Assisted pull up 4x12

Glute pumpers (use hip circle or resistance band)

Side walk x10 steps each leg
Glute bridge x20
Seated hip abductors x25
Clams x12 each leg
Kick-back x12 each leg
Repeat all 3 times

Day 7: Rest Day

RELAX!!!!!!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>LEGS</p> <p>Banded hip thrust x15 Barbell hip thrust with x10 Repeat 6 times</p> <p>Barbell banded glute 4x8</p> <p>Sumo deadlift 4x8 Banded American 4x12</p> <p>Banded hip abduction 4x25</p> <p>Cable pull-through 6x12</p> <p>Banded elevated cable deadlift 6x12</p> <p>Cable kick backs 4x8</p> <p>Side lying leg raises with plate 4x12</p> <p>Donkey kicks x15 Glute bridge x20 Frog bumps x20 Clams x15 each leg Side walk x10 steps Repeat all 2 times</p>	<p>BACK + BICEP GLUTE PUMP</p> <p>One arm dumbbell row Wide grip lat pull down 4x12 Narrow grip lat pull down 4x12 Straight arm cable pulldown 4x12 Seated cable rows 4x12 Assisted pull up 4x12</p>	<p>LEGS</p> <p>Donkey kicks x15 Glute bridge x20 Frog bumps x20 Clams x15 Side walk x10 steps Repeat all 2 times</p> <p>Banded hip thrust x15 Barbell hip thrust 4x10 Repeat 6 times</p> <p>Barbell banded glute bridge 4x8</p> <p>Banded hip abduction 4x25</p> <p>Cable pull-through 6x12</p> <p>Cable kick backs 4x8 each leg Push down with assisted pull-up machine 4x10 each leg Back extension with plate 4x8 (45 lbs)</p> <p>Donkey kicks x15 Glute bridge x20 Frog bumps x20 Clams x15 Side walk x10 steps Repeat all 2 times</p>	<p>SHOULDERS GLUTE PUMP</p> <p>Seated military dumbbell shoulder presses 4x12 90-degree lateral raises (together and out) 4x12 Seated Arnold dumbbell shoulder presses 3x12 Alternating dumbbell front raises 4x12 Alternating dumbbell upright row 4x12 Lateral raise 4x12</p> <p>Side walk x10 steps Glute bridge x20 Seated hip abductors x25 Clams x12 each leg Kick-back x12 each leg Repeat all 3 times</p>	<p>LEGS</p> <p>Banded hip thrust x15 Barbell hip thrust with 8 second hold at last rep x10 Repeat 6 times</p> <p>Barbell banded glute bridge 4x8</p> <p>Romanian deadlift 4x8 Banded American deadlift with toes elevated 4x12</p> <p>Banded hip abduction 4x25</p> <p>Cable pull-through 6x12</p> <p>Banded elevated cable deadlift 6x12</p> <p>Side lying leg raises with plate 4x12 Seated leg curl 4x12</p> <p>Donkey kicks x15 Glute bridge x20 Frog bumps x20 Clams x15 Side walk x10 steps Repeat all 2 times</p>	<p>BACK + BICEP GLUTE PUMP</p> <p>One arm dumbbell row Wide grip lat pull down 4x12 Narrow grip lat pull down 4x12 Straight arm cable pulldown 4x12 Seated cable rows 4x12 Assisted pull up 4x12</p> <p>Side walk x10 Glute bridge x20 Seated hip abductors x25 Clams x12 Kick-back x12 Repeat all 3 times</p>	<p>REST DAY</p>

Meal Prep Schedule

So at the beginning of each week I meal prep lunch and dinner and keep it in the fridge. Yes, that means eating the same thing for 7 days in a row. This is what worked for me! Every week I change what I eat so I'm going to list a few examples of my meal prepping! I'm currently bulking which means I'm eating in a calorie surplus. That means CARBS! Yay!

I'm not strict on my diet at all, I don't weigh anything or count calories. If I want to go out to dinner with my friends, I will. I eat pizza and ice cream all the time (I love chocolate fudge ice cream, it's my favorite). I haven't changed how much I go out and drink or restricted drinking alcohol at all. I stick to unflavored vodka and usually order a vodka soda with two lemons! I still eat hot Cheetos and In N Out constantly. I am not strict about my diet but I do try to meal prep so at least I attempt to eat clean most of the time. You'll find tons of recipes online, just google "meal prepping". I stick with the same 2 meals every day and every week.

Every morning with my first meal I take fish oil, multi-vitamin, and a vitamin c pill. Here's a few weeks' worth of meals! I use extra virgin coconut oil for all my cooking. Feel free to add or take out any ingredients to your liking. I have only included meals with the ingredients, not the measurements, so just google the dishes to find the exact recipes.

I have also included a blank week schedule that you can print out and fill in yourself to make a more personalized version.

Here's what my personal daily meal schedule looks like:

Meal 1: 11 am

Meal 2: 2pm

Meal 3: 4pm

Meal 4: 5pm

Meal 5: 8pm

You can adjust it to whatever your schedule permits. I've included a blank day schedule for you to fill it out and plan out when to eat your meals!

There you have it guys! I really hope this helps you out!! I just want to say again, thank you so much for the support. You are all amazing! Remember to follow me on Instagram @karinarutledge and keep me updated on your fitness journey! I'll be answering all questions and comments in my Instagram DMs.

Week 1

Meal 1: Smoothie



- Spinach
- Frozen strawberries
- Frozen banana
- Peanut butter
- Oatmeal
- Unsweetened cocoa powder
- Unflavored Greek yogurt
- Vanilla unsweetened almond milk
- Stevia

Meal 2: Omelet with Slice of Toast

- Eggs
- Turkey bacon
- Onions
- Spinach
- Bell pepper
- Cilantro
- Cottage cheese
- Avocado
- Whole grain bread



Meal 3: Stuffed Bell Peppers with Brown Rice and Vegetables



- Bell peppers
- Ground turkey
- Black beans
- Jalapeno
- Diced tomatoes
- Cilantro
- Onions
- Frozen vegetables
- Brown rice

Meal 4: Post-Gym Protein Shake



Meal 5: Salmon with Red Roasted Potatoes and Vegetables

- Eggs
- Turkey bacon
- Onions
- Spinach
- Bell pepper
- Cilantro
- Cottage cheese
- Avocado
- Whole grain bread



Week 2

Meal 1: Smoothie



- Spinach
- Frozen strawberries
- Frozen banana
- Peanut butter
- Oatmeal
- Unsweetened cocoa powder
- Unflavored Greek yogurt
- Vanilla unsweetened almond milk
- Stevia

Meal 2: Omelet with Slice of Toast

- Eggs
- Turkey bacon
- Onions
- Spinach
- Bell pepper
- Cilantro
- Cottage cheese
- Avocado
- Whole grain bread



Meal 3: Pasta with Vegetables



- Whole wheat pasta
- Ground beef
- Sautéed spinach
- Sautéed diced tomatoes
- Cilantro
- Onions
- Garlic

Meal 4: Post-Gym Protein Shake



Meal 5: Chicken Fajita Bowls

Chicken breast
Brown rice
Red bell peppers
Cilantro
Garlic
Onion
Corn
Black beans



Week 3

Meal 1: Smoothie



- Spinach
- Frozen strawberries
- Frozen banana
- Peanut butter
- Oatmeal
- Unsweetened cocoa powder
- Unflavored Greek yogurt
- Vanilla unsweetened almond milk
- Stevia

Meal 2: Omelet with Slice of Toast

- Eggs
- Turkey bacon
- Onions
- Spinach
- Bell pepper
- Cilantro
- Cottage cheese
- Avocado
- Whole grain bread



Meal 3: Cheesy Broccoli, Chicken, and Rice Bowls



- Chicken breast
- Frozen broccoli
- Brown rice
- Shredded cheddar cheese
- Garlic

Meal 4: Post-Gym Protein Shake



Meal 5: Turkey Taco Bowls

Ground turkey
Brown rice
Lime
Taco seasoning
Black beans
Corn
Diced tomatoes
Jalapeno
Onions



Meal Plan

Week _____

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	

Water Intake



Notes _____

