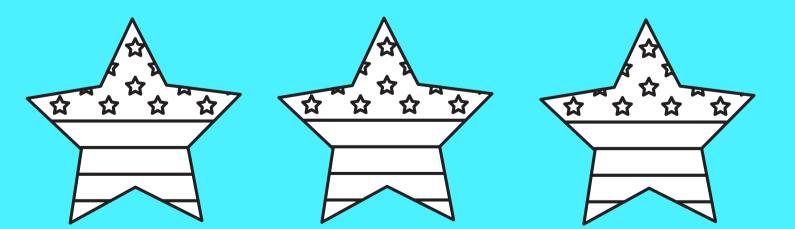


# LEAN BY LABOR DAY

3 WEEKS OF FITNESS CHALLENGES, NUTRITION SUPPORT & FUN!



AUGUST 17TH - SEPTEMBER 7TH



# **LET'S GET STARTED!**

#### STEP 1:

#### Print out the challenge calendar



#### **STEP 2**:

#### Schedule your workouts



## STEP 3:

Plan out your meals

#### STEP 4:

Get to work!



# **WORKOUT GOALS**

# AT LEAST 1 PSF WORKOUT/DAY FOR AT LEAST 18 Days (8/17-9/7)

Follow our accountability & keep up your intensity!

#### **TAKE A VARIETY OF CLASSES**

Mix in core, sculpt, kickbox, barre & more!

# STAY CONSISTENT BY NOT GIVING UP & ADDING TO THE GROUP BY MOTIVATING OTHERS!

Post photos and tag @virtualpsf

# FOR FASTER RESULTS, COMPLETE EACH DAY'S Bonus exercise!

Find them at https://bit.ly/lean-bonus-exercises

# **NUTRITION GOALS**

## **WATCH YOUR PORTION SIZES**

Quantity matters... thoughtfully nourish yourself

## **EAT A VARIETY OF FOODS!**

Don't get stuck in a rut - enjoy your meals & follow our awesome tips

# PLAN AHEAD & MEAL PREP USING OUR Guidelines & Recipes

Find our weekly meal plans at powersculptfitness.com/blog

FOLLOW US ON SOCIAL MEDIA FOR DAILY TIPS, TRICKS & BONUS RECIPES Instagram @virtualpsf and @psfbeyondthestudio

# **ACCOUNTABILITY GOALS**

## **RECORD YOUR WORKOUTS**

Comment on any Virtual PSF workout video you take & record on your calendar (don't forget to post your calendar!)

#### **KEEP TRACK OF YOUR FOOD INTAKE**

Avoid mindless consumption & take control

# CELEBRATE ANY VICTORY & DON'T LET Setbacks derail you!

Stay focused on your big end goals

## PARTICIPATE WITHIN YOUR DM CHAT GROUP & SHARE ON INSTAGRAM Post pics and tag @virtualpsf