



***Daily  
Workout  
Guide***

GET MOVING!

# *Hello!*



My name is Jennifer and I love keeping it raw and real within every aspect of my life. My true passion and calling is to show the world how easy it is to thrive on a healthy vegan lifestyle. I am excited to share my tips and techniques with you on how to easily attain the body you've always desired by staying consistent through daily movement. There was once a time in my life when I was out of shape and didn't feel confident or comfortable in my own body so I created an easy way to get active and fit without stepping foot into an expensive gym. You can follow these series of body weight exercises at home or outside in the park with your friends.

No equipment is required except for workout clothes and a mat if you prefer. If you don't know how to do an exercise, just simply Google a picture of it so you can learn how to do each move (that's how I learned). I want you to know that if you stick to this routine consistently, day in and day out, you **WILL** achieve results over time. Just be patient and do your very best each and every day.

## **I BELIEVE IN YOU!**



# MONDAY

WWW.RAWVEGANGINGER.COM

**1 minute free stretch**

**100 jumping jacks**

**50 crunches**

**10 tricep dips**

**20 squats**

**20 lunges (each leg)**

**50 Russian twists**

**20 inner thigh lifts (each leg)**

**10 donkey kicks (each leg)**

**15 second bridge**

**5 push ups**

**15 second plank**

**30 second downward dog**

**15 second cobra**

**10 second supine twist**

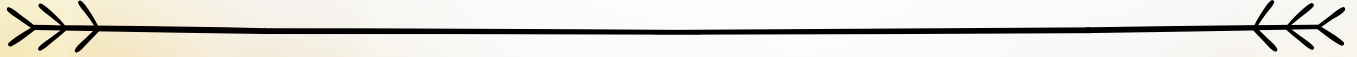
Intermediate level: repeat twice

Expert level: repeat twice and run, jog or walk 1 mile



# TUESDAY

WWW.RAWVEGANGINGER.COM



- 1 minute free stretch**
- 80 jumping jacks**
- 30 vertical leg crunches**
- 20 sit ups**
- 10 tricep dips**
- 20 squats**
- 10 side lunges (each leg)**
- 40 Russian twists**
- 10 donkey kicks (each leg)**
- 15 second bridge**
- 15 wall push ups**
- 50 bicycles**
- 30 second downward dog**
- 15 second cobra**
- 10 second supine twist**

Intermediate level: repeat twice

Expert level: repeat twice then run, jog or walk 1 mile



# WEDNESDAY

WWW.RAWVEGANGINGER.COM

**1 minute free stretch**

**90 jumping jacks**

**15 tricep dips**

**15 sit ups**

**25 bird dogs**

**30 squats**

**30 Russian twists**

**15 incline push ups**

**30 crunches**

**15 second bridge**

**15 wall push ups**

**50 bicycles**

**30 second downward dog**

**15 second cobra**

**10 second supine twist**

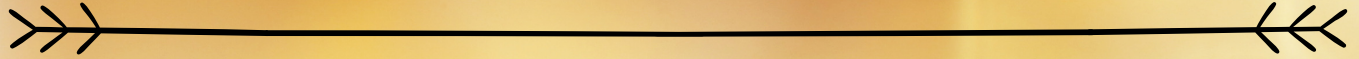
Intermediate level: repeat twice

Expert level: repeat twice then run, jog or walk 1 mile



# THURSDAY

WWW.RAWVEGANGINGER.COM



- 1 minute free stretch**
- 100 jumping jacks**
- 25 vertical leg crunches**
- 20 squats**
- 50 Russian twists**
- 20 wall push ups**
- 15 second side plank (each side)**
- 10 second bridge**
- 30 crunches**
- 10 sit ups**
- 5 jump squats**
- 25 high knees**
- 30 second downward dog**
- 15 second cobra**
- 10 second supine twist**

Intermediate level: repeat twice

Expert level: repeat twice then run, jog or walk 1 mile



# ***FRIDAY***

WWW.RAWVEGANGINGER.COM

**1 minute free stretch**

**50 jumping jacks**

**30 crunches**

**10 sit ups**

**10 tricep dips**

**20 side lunges (each leg)**

**15 incline push ups**

**10 second bridge**

**15 jack knife sit ups**

**30 butt kickers**

**5 jump squats**

**20 second superman**

**30 second downward dog**

**15 second cobra**

**10 second supine twist (each side)**

Intermediate level: repeat twice

Expert level: repeat twice then run, jog or walk 1 mile



# ***SATURDAY***

WWW.RAWVEGANGINGER.COM



**1 minute free stretch**

**50 jumping jacks**

**20 squats**

**80 Russian twists**

**5 kneeling push ups**

**20 bird dogs**

**20 inner thigh lifts (each leg)**

**10 second bridge**

**15 jack knife sit ups**

**15 crunches**

**30 but kickers**

**5 jump squats**

**30 second downward dog**

**15 second cobra**

**10 second supine twist (each side)**

Intermediate level: repeat twice

Expert level: repeat twice then run, jog or walk 1 mile





# SUNDAY

WWW.RAWVEGANGINGER.COM



**1 minute free stretch**

**40 jumping jacks**

**15 squats**

**5 jump squats**

**30 crunches**

**10 sit ups**

**10 tricep dips**

**20 side lunges (each leg)**

**15 incline push ups**

**40 Russian twists**

**10 second bridge**

**20 second plank**

**30 second downward dog**

**15 second cobra**

**10 second supine twist (each side)**

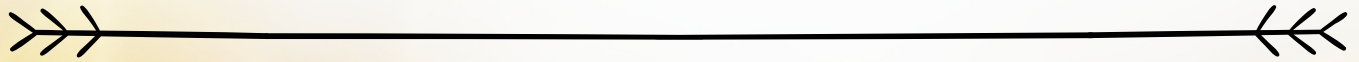
Intermediate level: repeat twice

Expert level: repeat twice then run, jog or walk 1 mile



# *Weight loss tips*

WWW.RAWVEGANGINGER.COM



Do not restrict your calories to lose weight.

You don't need to eat less, just eat the right foods.

Focus on eating plant based unprocessed whole foods.

Always have fresh fruits and vegetables on hand.

Ditch foods with ingredients that you cannot pronounce.

Drink plenty of water, especially before your meals.

Get enough sleep, rest, and relaxation to recover.

Stay consistent and move your body every single day.

Listen to positive content first thing in the morning.

Reward yourself with activities, not food or drink.

Believe in yourself and always do your best.

Find an accountability partner to keep yourself accountable.

Ask yourself this everyday...

"What am I doing today to get closer to achieving my goal?"

and don't ever forget...

## **YOU CAN DO THIS!**



keep it raw & real