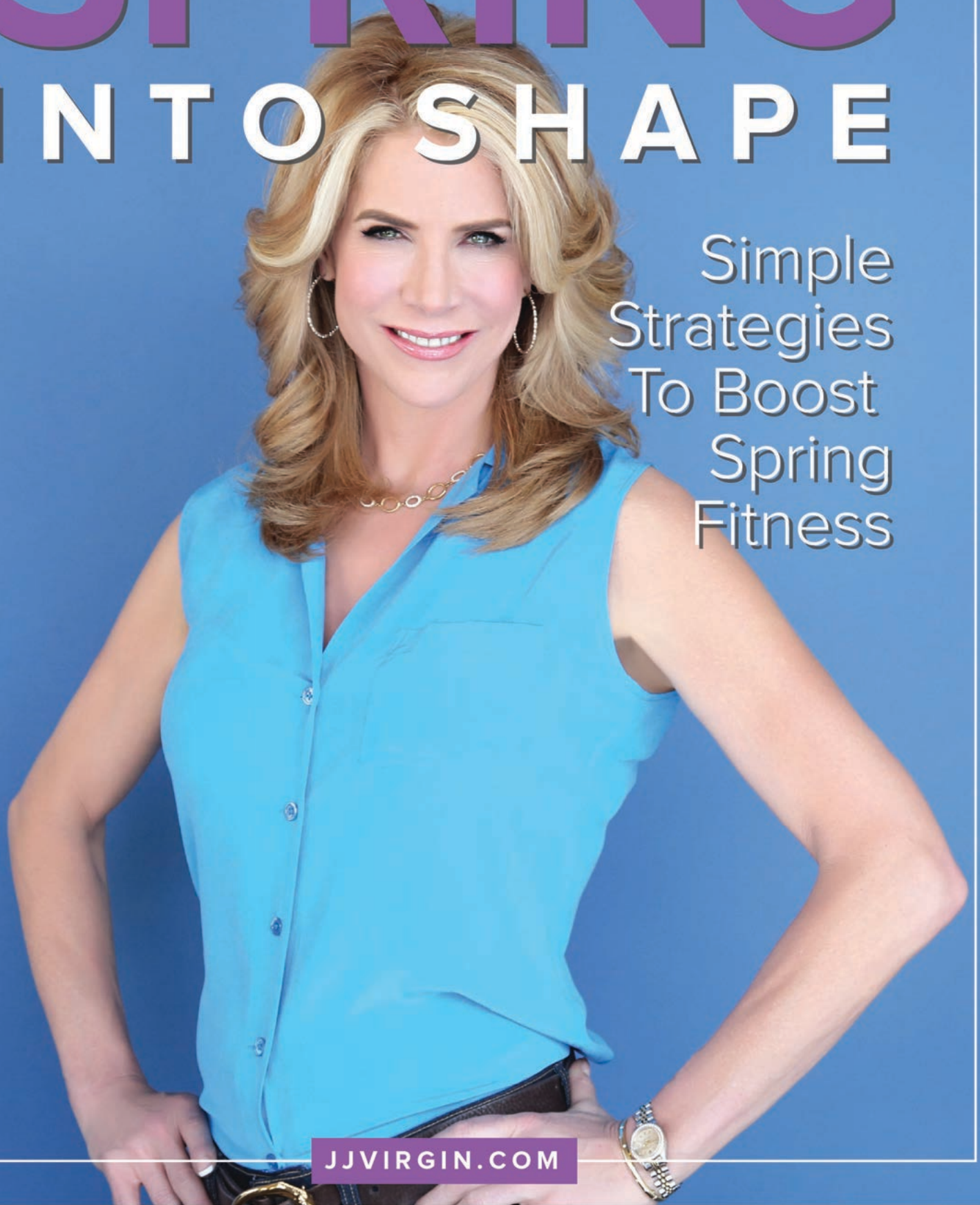


JJ VIRGIN'S

# SPRING INTO SHAPE

Simple  
Strategies  
To Boost  
Spring  
Fitness



[JJVIRGIN.COM](http://JJVIRGIN.COM)

# SIMPLE STRATEGIES TO BOOST SPRING FITNESS

Sometimes people assume I spend hours at the gym. "Where do you find the time?" they ask, fully aware I run two businesses, raise two teenage boys, and regularly get a solid eight hours' sleep.

Even if I did have copious free time, I wouldn't dare spend it at the latest fitness class. In San Diego where I am now living, we have nice weather pretty much year-round, but spring becomes especially inviting. The last thing I want to do in gorgeous April weather is get cooped up at the gym!

The good news is that you need neither extra hours nor a budget to get lean, muscular, and healthy. You want to work out **smarter**, not harder.



## Start With Movement

If you're a complete exercise newbie, you should start with 60 total minutes of movement daily. Real exercise counts, but so does walking the dog, gardening, or cleaning.

Enjoy the nicer weather and park far away from the grocery store door, take the stairs instead of the elevator, or walk rather than drive to your nearest Starbucks to meet your bestie for green tea. Everything counts towards that hour quota.

## Increase Intensity with Burst Training

Burst training, or high-intensity interval training (HIIT), is the best way to (literally) step up your workout. If you want to blast fat and build muscle in just minutes a day, burst training's your ticket.

Here's the deal. To get those benefits, you need to go all out. You should be breathless, and it might become unpleasant. To do that, you'll complete 30-60 seconds of all-out, full-throttle bursts, followed by active recovery for twice as long. Do this all at once or break it up into multiple bouts.



My favorite way to do burst training includes sprinting or bursting up a hotel stairwell. This becomes a killer workout when I'm at a weekend conference and can't hit the hotel gym. In the warmer weather, I'll hit the hill at my nearby park to soak up some rays while I burst. Win-win!

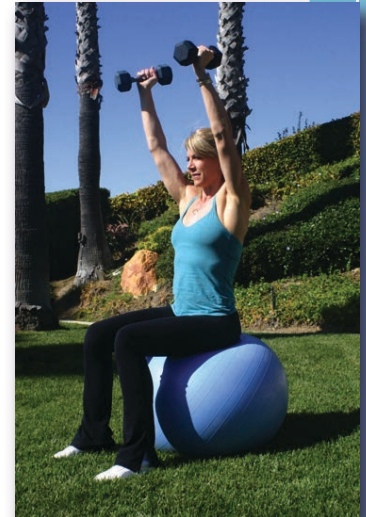
## Work in Weight Resistance

Adding weight resistance is like putting on metabolic Spanx that holds everything together so you look lean, toned, and fabulous.

Guys, you will not become the Hulk after lifting heavy a few times a week. Gals, you will not become She-Ra lifting heavy dumbbells, so please put down those wimpy pink weights and stop being afraid of the weight room!

## UPPER BODY PUSHING

### Overhead Press



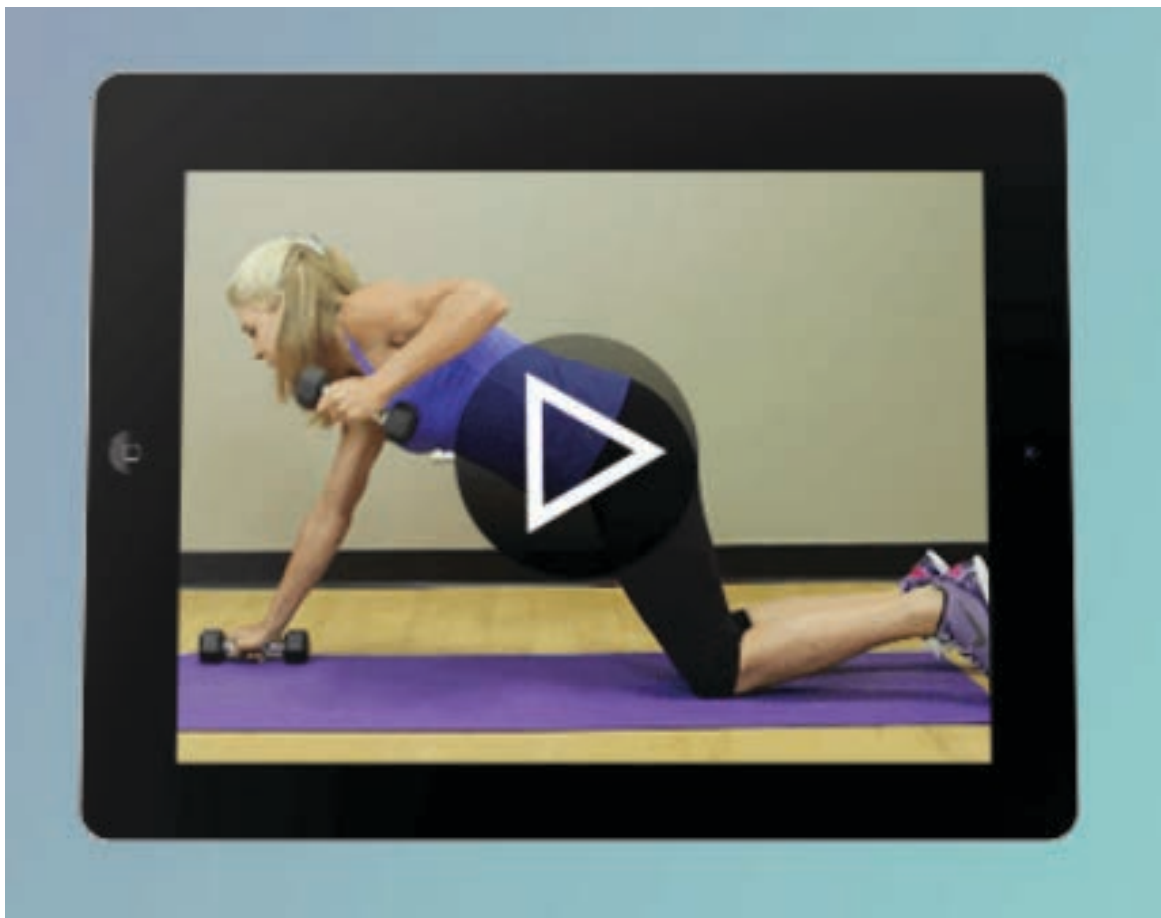
The concepts with weight resistance are simple:

- Hit each body group at least two times a week
- Allow 48 hours of recovery for each body group
- Work in sets of 8-12 reps for optimal muscle growth
- Divide workouts into four groups:
  - upper body pushing
  - upper body pulling
  - hips and thighs
  - power core
- Do 3-5 exercises per body group
- Do the heaviest weight you can handle in good form
- Allow 60-second rest breaks between sets
- Warm up prior to resistance training
- Stretch in between sets or after workout
- Do free weight, body weight, or cable exercises that use multiple joints

## Pulling Everything Together

Burst training combined with weight resistance is my favorite workout for efficiency and effectiveness. You can get lean and toned in less time than it takes to find a gym parking spot on a spring Saturday afternoon.

With my **Fast Blasts**, I provide an intense, full-body workout in just 8 minutes, in the comfort of your home, with minimal equipment. Grab a **FREE ONE HERE.**



# SAMPLE BURST WORKOUT

Note: sample is done at a track with stairs. I have done this for 8 minutes total of bursting, and this is an advanced workout. You can cut out the stairs OR the running portion or cut each in half to start. Be sure to warm up and stretch before sprinting!



Warm-up for 3 minutes – walk

Run for 60 seconds

Walk for 2 minutes

Sprint for 30 seconds

Walk for 1 minute

Sprint for 30 seconds

Walk for 1 minute

Run the stairs for 1 minute

Walk down the stairs for 2 minutes

Take the stairs two at a time for 1 minute

Come down the stairs for 2 minutes

Run the stairs for 1 minute

Walk down the stairs for 2 minutes

Take the stairs two at a time for 1 minute

Come down the stairs for 2 minutes

Run for 1 minute

Walk for 2 minutes

Sprint for 30 seconds

Walk for 1 minute

Sprint for 30 seconds

Cool down for 3 minutes

# WHAT DOES THIS LOOK LIKE FOR ME?

## BEGINNER

- Start with daily movement until doing at least 30 minutes a day (Keep going to get to 60.)
- Add Burst Training 4 minutes x3 days a week for 1-2 weeks
- Add Resistance Training 2 days a week. All 4 Body Parts, 2-3 exercises each body part.

## BUSY

- 60 minutes daily movement
- **Fast Blast Workouts** 3 times a week

## BASIC PROGRAM

- 60 minutes of daily movement
- Monday – Wednesday – Friday: Burst Training
- Tuesday – Thursday – Saturday: Resistance Training\*

\*Can substitute in 1-2 Power Yoga Classes or Pilates if desired

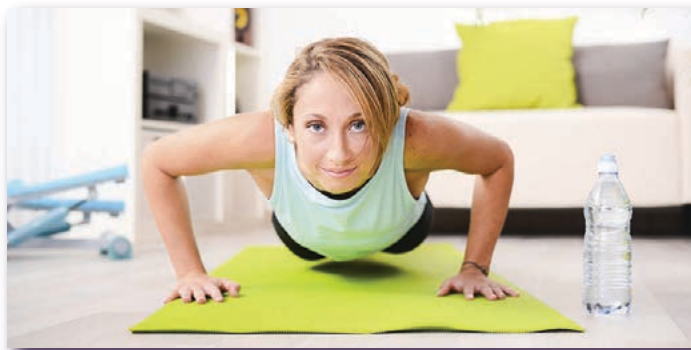
## OPTIONAL

- Sunday – Restorative Yoga



## I WANT MORE!

- 60 minutes Move More
- Monday – Wednesday – Friday: Burst + Hips & Thighs/Power Core
- Tuesday – Thursday – Saturday: Upper Body Pushing & Pulling
- Optional Sunday: Long easy hike and/or Restorative Yoga Class



# WEEKLY TRACKER

DAY Day of week	MOVE MORE Total Steps or _____	BURSTS Total Time of 30-60 sec Bursts	PUMP IT UP			
			Push	Pull	H&T	PC
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

# SET YOURSELF UP FOR SUCCESS

## TIPS

- Wear supportive shoes and comfortable clothing.
- Have the room temperature comfortable at around 70 degrees.
- Have water nearby and sip throughout; a good rule is about 2 ounces every 15 minutes.
- Have your ball, free-weights, stretch-out strap, bands, towel, and mat available.
- Have your favorite tunes nearby and ready to go.
- Turn off the phone!

Warm up for 3-5 minutes before beginning to raise core body temperature by marching in place, dancing, taking a warm shower, etc... Warming up the muscles increases the blood flow to them, thereby increasing the amount of oxygen available to the muscles to work.

## Using a Pedometer

A pedometer should become your new favorite thing to put on! We have all heard the advice on incorporating more activity into your day by parking in the far corner of the parking lot... but who really does that?



I find myself short on time, just like everyone else, and I park up front so I can get in and out quickly. A pedometer is a great gadget that has the potential to motivate people to actually increase their daily activity by counting the steps they take throughout the day. This is a great, simple way to reinforce your goals every day. You only have one goal to focus on with your pedometer: collecting 6K a day.



## Burst Trainer by X-iser

*Get a free gift from JJ & X-iser when you purchase*



# OPTIMIZE RECOVERY

My **Paleo-Inspired All-In-One Shakes** make the perfect post-workout meal. You can enjoy the creamy texture, delicious taste, and optimized amino acid profile of whey protein without its downsides.

Enjoy milkshake texture and taste in this Paleo-friendly protein formula that comes packed with my exclusive blends of probiotics, fiber, fruits, and vegetables, along with an impressive 20 grams of protein and only one gram of sugar.

Using a proprietary process, beef protein sourced from cows raised in Sweden on a totally GMO-free diet is broken down into tiny, easily absorbed peptides.

Available in delicious chocolate or vanilla, my Paleo-Inspired All-In-One Shakes optimize post-workout repair and recovery while providing delicious-tasting nourishment.

## RECOVERY SHAKE



2 scoops **JJ Virgin's Paleo-Inspired All-in-One Shake**

1 scoop **JJ Virgin's Extra Fiber**

10 oz unsweetened coconut or almond milk

½ cup frozen berries

Handful of kale or spinach

Blend until smooth. Add ice if you like your shakes thicker.

# Spring RECIPES

## CHAI WALDORF SALAD

*By Virgin Diet Community Member Frederick Williams*

1 scoop of **JJ Virgin's All-In-One Chai Shake**

4 ounces unsweetened coconut milk

1 teaspoon freshly ground flaxseed meal

1/2 teaspoon cinnamon

1/8 teaspoon nutmeg

1/2 organic apple, cored and cut into 1/2-inch pieces

1/4 cup celery, cut into 1/2-inch pieces

1/4 cup chopped pecans or walnuts (reserve 1 teaspoon for garnish)

Mix together apple, celery, and nuts.

Whisk together the first 5 ingredients in small bowl for a thick shake.

In a stemmed goblet or parfait glass, place alternating layers using 1/3 of the apple mix and 1/3 of the shake mixture each time. Top with nuts and enjoy.



## GRANNY SMITH AND KALE SALAD

by Pam Bilfeld

Serves 2

1 Granny Smith apple  
2 cups kale  
1/2 lime

Chop apple very finely.  
Chop kale very finely.  
Mix both together in a bowl.

Squeeze lime and massage juice into kale/apple mixture.

Perfect this way or can add sprouted pumpkin seeds on top.  
Refreshing & delicious!



## CHOCOLATE COCONUT POPSICLES

2 scoops **JJ Virgin's All-In-One Chocolate Shake**  
12 ounces unsweetened coconut milk

Shake in a shaker cup or blend in the NutriBullet.  
Pour into popsicle molds and freeze.

Make extras because kids and adults will love these!

## MOCK NUTELLA

Serves 1

Stir 1 tablespoon water into 2 tablespoons **JJ Virgin's All-In-One Chocolate Shake** until it looks like chocolate sauce. Mix in 1 tablespoon nut butter.

Enjoy on apple slices.



## ASIAN STYLE FLANK STEAK LETTUCE CUPS

*The Sugar Impact Diet Two-Week Cookbook*

Serves 4

- 1/3 cup coconut aminos
- 1/4 cup sesame oil
- 1 tablespoon lime zest
- 4 teaspoons minced fresh garlic, divided
- 4 teaspoons minced fresh ginger, divided
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1-1/2 lb grass-fed flank steak
- 1-1/2 tablespoons coconut oil
- 1 medium yellow onion, halved and thinly sliced
- 1 red bell pepper, cut into thin strips
- 1 large carrot, cut into matchsticks
- 1/2 lb. mixed mushrooms (shiitake, cremini, oyster, etc), thinly sliced
- 4 scallions, thinly sliced on the diagonal
- 1 cup cooked quinoa
- 4 large butter lettuce leaves



Mix coconut aminos, oil, lime zest, 2 teaspoons garlic, 2 teaspoons ginger, salt, and pepper in a large bowl or baking dish. Add flank steak and marinate for at least 30 minutes.

Preheat broiler.

Remove flank steak from marinade and place on a roasting pan. Discard excess marinade. Broil steak 3-4 minutes, flip, and broil for another 3-4 minutes for medium rare. Remove from oven, tent with foil, and let rest at least 10 minutes.

Meanwhile, heat coconut oil in a large skillet over medium heat. Add onion and sauté 3-5 minutes until beginning to soften. Add remaining 2 teaspoons (each) garlic and ginger and cook 1 minute, stirring often.

Add bell pepper, carrot, and mushrooms and continue cooking 5-8 minutes, stirring occasionally, until vegetables are crisp tender. Add scallions, and cook 1-2 minutes more. Season to taste with salt and pepper.

Cut flank steak across the grain into thin strips, then cut each strip in half again.

Place 1/4 cup of quinoa in the middle of lettuce leaf. Top with vegetable mixture and flank steak. Roll lettuce leaf around filling, tucking the sides in as you go.



## LEMON CREAM WITH SPRINKLES

- 1 serving **JJ Virgin's All-In-One Vanilla Shake Mix**
- 1 serving **JJ Virgin's Extra Fiber**
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 1 small container So Delicious Greek-style Cultured Coconut Milk plain, or substitute 8-10 ounces unsweetened coconut milk
- 4-5 ice cubes
- Shake of **JJ's Virgin Sprinkles**

In a blender, blend together all the ingredients until smooth. Serve with a shake of Sprinkles on top.

# SPRING INTO SHAPE & SAVE \$10 ON A SHAKE!

# SAVE \$10

**YES!  
I'M READY!**

USE CODE: **SPRING10**



THE FINE PRINT: Enter your Gift Certificate code **SPRING10** at checkout on any variety of JJ Virgin's All-In-One Shakes. Not valid on previously placed orders. Not valid on subscriptions or already discounted products/kits. Code valid for one-time use only. Shipping to US addresses only. Coupon expires 4/19/2016.

www.JJVirgin.com