



# 15 MIN FULL BODY BURN

5 MOVES × 3 ROUNDS



*Stronger Every Day. More Confident Every Step.*

40 SECONDS WORK

20 SECONDS REST

5 EXERCISES = 1 ROUND (5 MINUTES)

REPEAT FOR 3 ROUNDS TOTAL

## EXAMPLE ROUND FLOW

- Squat to Reach – 40s
- Rest – 20s
- Push-ups – 40s
- Rest – 20s
- Reverse Lunges – 40s
- Rest – 20s
- Plank Shoulder Taps – 40s
- Rest – 20s
- High Knees – 40s
- Rest – 20s

→ REPEAT 3 TIMES = 15 MINUTES TOTAL

## THE 5 MOVEMENTS

- 1 SQUAT TO REACH**
- 2 PUSH-UPS**
- 3 REVERSE LUNGES (ALTERNATING)**
- 4 PLANK SHOULDER TAPS**
- 5 HIGH KNEES (OR MARCH)**

## HOW TO MAKE THIS ACTUALLY WORK (MOST PEOPLE MISS THIS)

- 1 INTENSITY MATTERS MORE THAN TIME**  
You should be at 7–9/10 effort by the end of each round. If you're cruising, it's too easy.
- 2 TRACK SOMETHING**
  - Reps per round OR
  - How long you can maintain pace
- 3 PROGRESS WEEKLY**
  - Week 1: Learn movements
  - Week 2: Increase speed or reps
  - Week 3: Reduce rest to 15 sec
  - Week 4: Add light weights

## SMART WEEKLY USE

DO THIS 3–5X PER WEEK

PAIR WITH:

1–2 LONGER WALKS (FAT LOSS + RECOVERY)

BASIC STRENGTH DAYS IF POSSIBLE

## 3-MINUTE COOLDOWN (DON'T SKIP THIS)

STANDING HAMSTRING STRETCH  
  
30 SEC

QUAD STRETCH  
  
30 SEC EACH SIDE

CHEST OPENER  
  
30 SEC

DEEP BREATHING  
  
60 SEC

## REAL TALK

THIS WILL HELP WITH FAT LOSS ONLY IF YOUR NUTRITION IS DIALED IN.



A 15-MINUTE WORKOUT BURNS MAYBE 100–200 CALORIES—YOUR DIET DRIVES RESULTS.

*Small steps. Big results. You've got this!*

BE CONSISTENT. STAY FOCUSED. YOU ARE YOUR BIGGEST INVESTMENT.



# 15 MIN FULL BODY BURN

5 MOVES × 3 ROUNDS

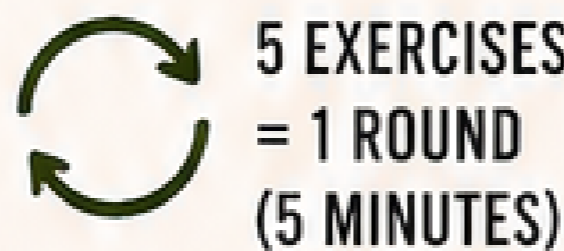
## FORMAT:



40 SECONDS WORK



20 SECONDS REST



5 EXERCISES = 1 ROUND (5 MINUTES)



REPEAT FOR 3 ROUNDS TOTAL



Stronger Every Day. More Confident Every Step.

Balanced. Efficient. Effective.

### 1 SQUAT TO REACH

**Targets:**  
Legs, glutes, core



- ♥ Sit back into a squat
- ♥ Drive up and reach overhead
- ♥ Keep chest up, heels grounded

**BEGINNER:**  
Bodyweight squat only

**ADVANCED:**  
Add a jump at the top

### 2 PUSH-UPS

**Targets:**  
Chest, shoulders, triceps



- ♥ Keep body straight (no sagging hips)
- ♥ Lower under control, push up strong

**BEGINNER:**  
Incline (hands on chair/desk)

**ADVANCED:**  
Decline or tempo (3 sec down)

### 3 REVERSE LUNGES (ALTERNATING)

**Targets:**  
Glutes, quads, balance



- ♥ Step back instead of forward (easier on knees)
- ♥ Lightly tap knee, drive through front heel

**BEGINNER:**  
Hold onto support

**ADVANCED:**  
Add knee drive or dumbbells

### 4 PLANK SHOULDER TAPS

**Targets:**  
Core, stability



- ♥ Wide feet for balance
- ♥ Minimize hip movement

**BEGINNER:**  
Hold a plank

**ADVANCED:**  
Slow taps + pause

### 5 HIGH KNEES (OR MARCH)

**Targets:**  
Cardio, core



- ♥ Drive knees up, pump arms
- ♥ Stay light on your feet

**BEGINNER:**  
March in place

**ADVANCED:**  
Go all-out sprint pace

15 MINUTES. 5 MOVES. 3 ROUNDS. YOU GOT THIS!  
Show up for you. Your future self will thank you.



Lili Human  
FITNESS COACH

# SIMPLE Fat-Loss MEAL PLAN

REPEATABLE WEEK STRUCTURE

Simple meals. Strong habits. Sustainable results.



## Core Rules (NON-NEGOTIABLE)



1.

Eat 3 meals  
+ 1 snack  
daily



2.

Protein at  
every meal



3.

Fill half  
your plate  
with veggies



4.

Drink  
2-3L  
water/day



5.

Keep it  
boring enough  
to stick to

You do not  
need a perfect  
diet — you need  
a repeatable one.

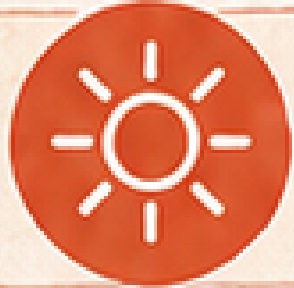


♥ Built for busy moms who want fat loss without burnout.



# MONDAY-FRIDAY Structured Days

♡ Pick one from each section and repeat what works.



## 1. BREAKFAST (PICK ONE)

**A**

2-3 eggs,  
1 slice whole  
grain toast,  
spinach or  
veggies



**B**

Greek yogurt  
(plain), handful  
of berries,  
1 tbsp nuts



**C**

Protein  
shake,  
banana



## 2. LUNCH (SIMPLE + FILLING)

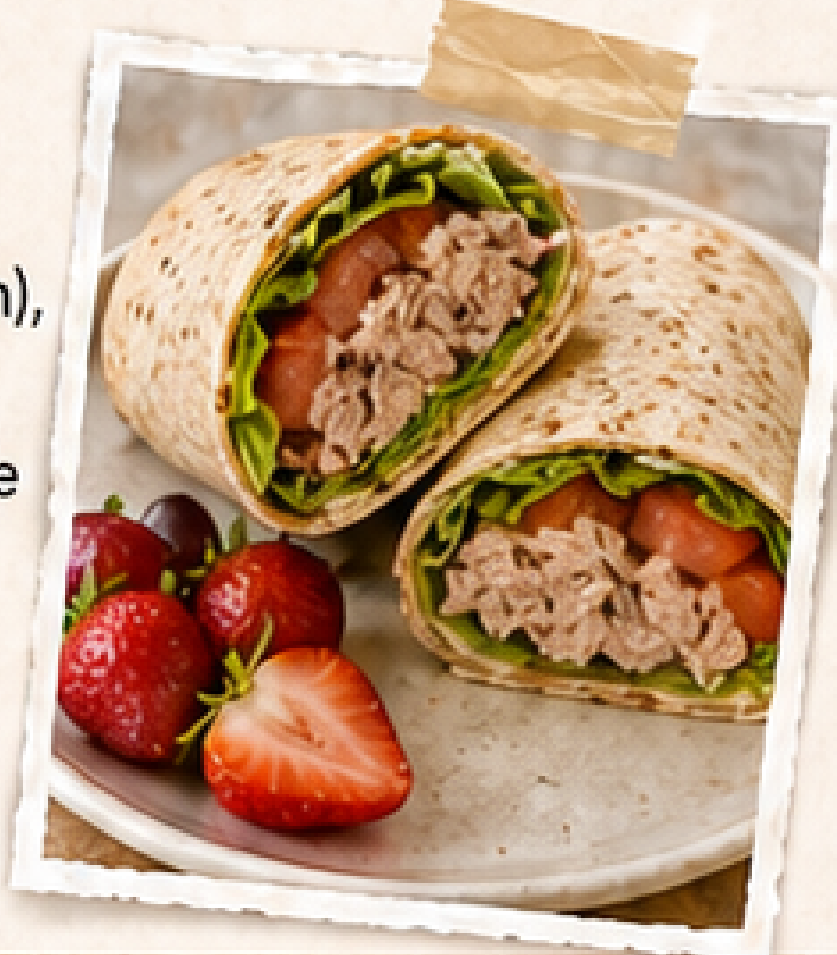
**A**

Grilled chicken,  
rice (1 cup),  
mixed  
vegetables



**B**

Tuna wrap  
(whole grain),  
lettuce,  
tomato, side  
of fruit



**C**

Leftovers  
from  
dinner



## 3. SNACK (KEEP IT LIGHT)



Apple +  
handful of  
almonds



Greek  
yogurt



Protein bar  
(watch  
sugar)



Simple meals beat complicated plans.



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FITNESS COACH

# DINNER Made Easy

Balanced plate, every night.



## DINNER TEMPLATE (DON'T OVERTHINK IT)



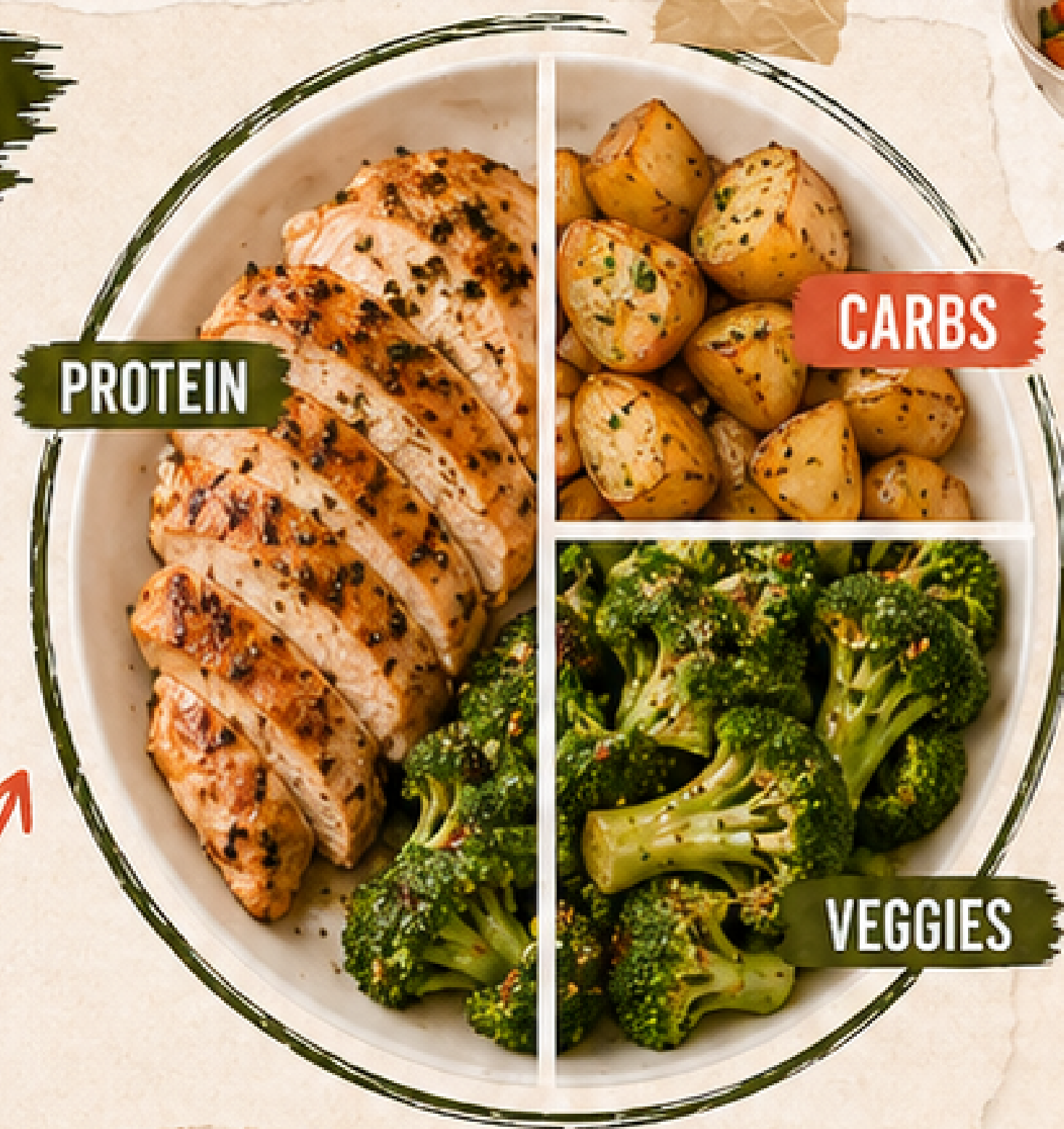
**PROTEIN**  
chicken, turkey,  
fish, or lean beef



**CARBS**  
rice, potatoes,  
or quinoa



**VEGGIES**  
as much  
as you want



CARBS

VEGGIES

## EXAMPLE DINNER

Grilled chicken,  
roasted potatoes,  
broccoli



## WEEKNIGHT FORMULA

Cook once. Eat twice. Use leftovers for lunch.

Boring  
works when  
it gets  
results.



DINNER DOES NOT NEED TO BE FANCY TO BE EFFECTIVE.



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# WEEKENDS + Grocery List

Flexible, not chaos.

## 1. WEEKENDS (FLEXIBLE, NOT CHAOS)

- ✓ Follow the same structure for 2 meals
- ♥ Allow 1 relaxed meal (not a full cheat day)

Don't turn one meal into a full weekend slide.



## 2. SIMPLE GROCERY LIST



### PROTEIN

- Chicken breast
- Eggs
- Greek yogurt
- Canned tuna
- Protein powder



### CARBS

- Rice
- Potatoes
- Oats
- Whole grain bread/wraps



### FATS

- Almonds
- Olive oil



### VEGGIES/FRUIT

- Broccoli
- Spinach
- Mixed frozen veggies
- Apples
- Bananas
- Berries



Keep your kitchen stocked with foods you already know you'll eat.



SHOPPING SIMPLE MAKES EATING SIMPLE.



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FITNESS COACH

# KEEP IT Repeatable

THIS IS HOW THE PLAN WORKS IN REAL LIFE.



## 1. PORTION GUIDE (NO CALORIE COUNTING NEEDED)



PROTEIN  
= palm size



CARBS  
= cupped hand



FATS  
= thumb



VEGGIES  
= 1-2 fists

## 2. WHAT TO CUT BACK (BIG IMPACT)



LIQUID CALORIES  
(soda, juice, fancy coffee)



CONSTANT  
SNACKING



ULTRA-PROCESSED  
FOODS

## 3. REALITY CHECK

“You don't need a perfect diet – you need a repeatable one.”

If you follow this plan **80%** consistently, you'll lose weight.



## WHAT ACTUALLY MATTERS



PROTEIN FIRST  
Builds muscle.  
Keeps you full.  
Supports fat loss.



WATER DAILY  
Hydrates you.  
Boosts energy.  
Supports your goals.



STAY CONSISTENT  
Small daily habits  
lead to big  
transformation.



CONSISTENCY BEATS PERFECTION EVERY SINGLE TIME.