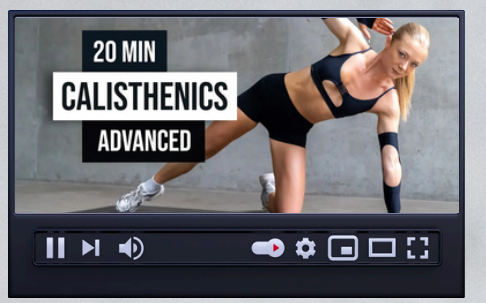
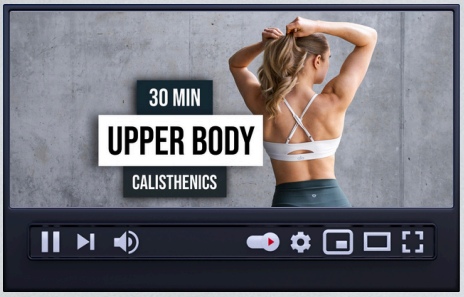

7 day
calisthenics
by growingannanas

the PLAN

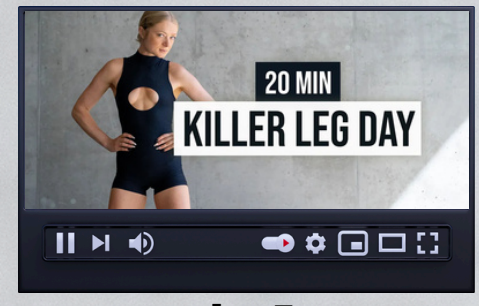
click on each picture to go to the video!



day 1



day 2



day 3



day 4



day 5



day 6



day 7

the full video, with full excercise plan on my YouTube Channel **growingannanas**

YouTube



workout TRACKER

week 1	week 2	week 3	week 4
○ day 1	○ day 1	○ day 1	○ day 1
○ day 2	○ day 2	○ day 2	○ day 2
○ day 3	○ day 3	○ day 3	○ day 3
○ day 4	○ day 4	○ day 4	○ day 4
○ day 5	○ day 5	○ day 5	○ day 5
○ day 6	○ day 6	○ day 6	○ day 6
○ day 7	○ day 7	○ day 7	○ day 7

remember, consistency > perfection!



bonus challenge

step TRACKER

combine the workouts with 8 - 10k steps a day as an optional challenge!

week 1	week 2	week 3	week 4
◯ day 1	◯ day 1	◯ day 1	◯ day 1
◯ day 2	◯ day 2	◯ day 2	◯ day 2
◯ day 3	◯ day 3	◯ day 3	◯ day 3
◯ day 4	◯ day 4	◯ day 4	◯ day 4
◯ day 5	◯ day 5	◯ day 5	◯ day 5
◯ day 6	◯ day 6	◯ day 6	◯ day 6
◯ day 7	◯ day 7	◯ day 7	◯ day 7



nutrition TIPS

for building muscle and losing fat:

- **eat regularly** - don't skip meals all day, as that can lead to bingeing at night
- **carbs, protein and healthy fats** - these are your FRIENDS, not something to avoid! make sure you have these in every meal.
- **stay on track to hit your daily protein goal.** if that's a challenge for you, add protein powder (whey or plant based) to your meals, like yogurt bowl, a protein coffee, etc.
- **choose nutrient-dense foods** - base most of your meals around foods like eggs, fish, chicken, tofu, beans, greek yogurt, whole grains, potatoes, fruits, vegetables, nuts and seeds.
- **fuel your workouts** - carbohydrates can give you energy for training, so try foods like bananas, oats, rice, potatoes or whole-grain bread around your workouts.



nutrition TIPS

for gut health:

- **eat a variety of plants** - different plant foods provide different types of fiber and nutrients.
- **include fermented foods** - foods like yogurt, kefir, sauerkraut, kimchi and other fermented foods can be part of a gut-friendly diet.
- **include sources of fibre from seeds**: chia seeds, flax seeds, psyllium husks are all amazing.
- **stay hydrated** - drink 2-3L of water a day + electrolytes
- **eat mindfully** - slow down, chew your food well and give yourself time to eat, your digestion starts before the food even reaches your stomach.

it doesn't have to be complicated - remember to eat roughly 80% whole, non-processed foods and allow for 20% process foods. live life and enjoy with BALANCE.

supplements

remember, supplements are an **addition**, they cannot replace a diet that doesnt fuel your body - RATHER, supplements can help you level up, and give you that extra 1 %.

my top supplements for the girls who workout



magnesium



creatine



collagen



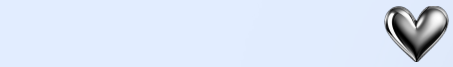
electrolytes



vitamin D

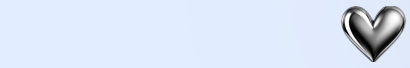


omega 3



how to stay on TRACK

1. **consistency is the key -** you don't have to be perfect, just keep showing up and make the challenge work for you.
2. **set your schedule** - choose when you'll work out and add it to your calendar. treat it like an appointment with yourself.
3. **follow the plan** - try to stick to the recommended workout days, but don't stress if you need to switch things around.
4. **track your progress** - check off each workout as you complete it. seeing your progress build can be a great motivation!
5. **listen to your body** - some days you'll feel stronger than others. take extra rest or modify exercises when needed.
6. **keep going - missed a day?** don't give up. simply get back on track with your next workout and keep moving forward! 💪



3 daily reminders

- focus on form before reps → quality always beats quantity!
- it's on **you**, to get **you**, where **you** want to be ❤️
- don't compare your progress to anyone else's!


now your turn
share your results with me
@growingannanas