

Katie Austin

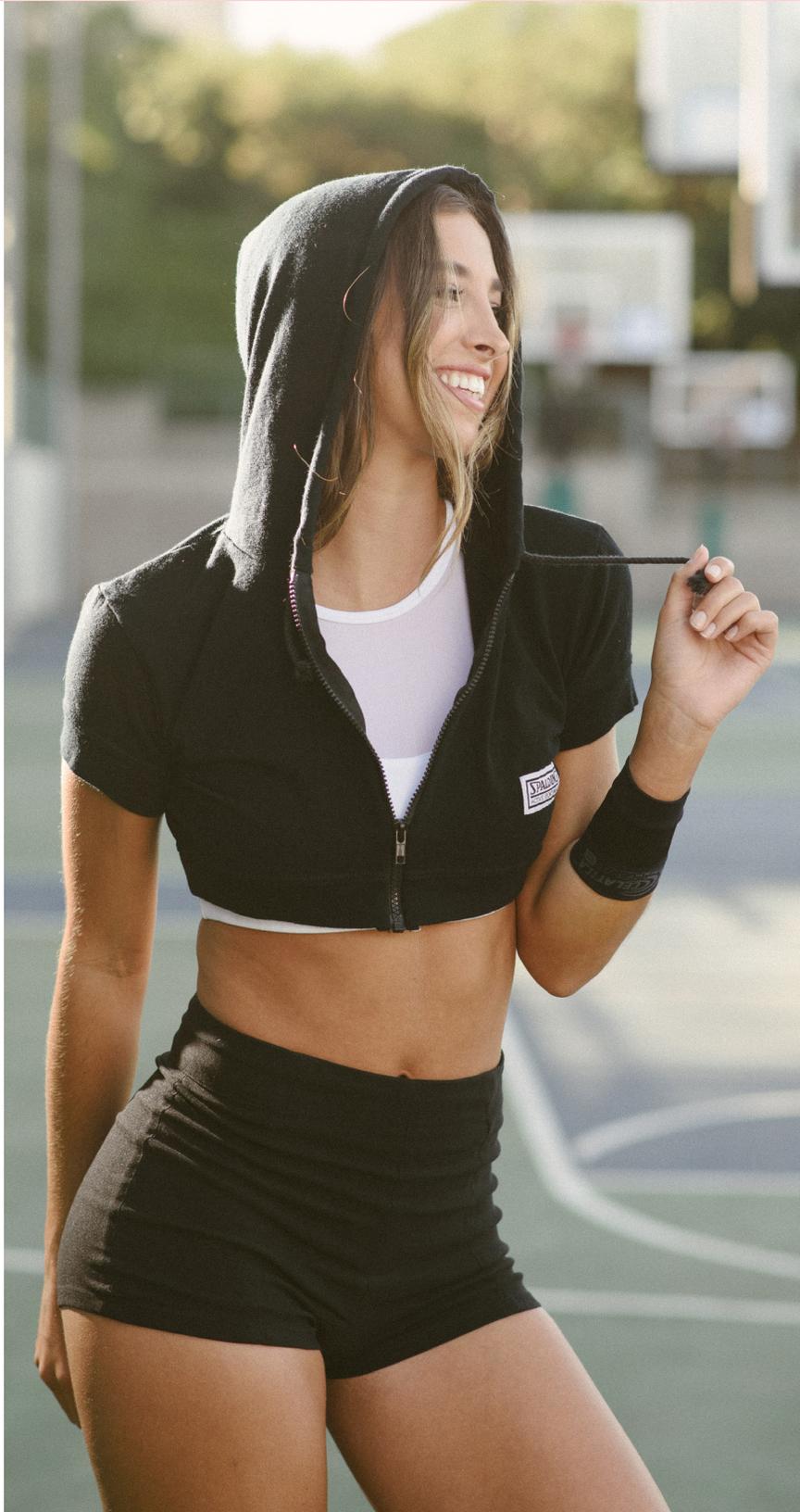
DAILY FIT GUIDE



8 WEEK PROGRAM

Contents

ABOUT ME	3
INTRODUCTION	4
DAILY CALENDER	5
STRETCH GUIDE	6
WEEK 1	8
WEEK 2	14
WEEK 3	20
WEEK 4	25
WEEK 5	31
WEEK 6	36
WEEK 7	42
WEEK 8	48
EXERCISE INDEX	54



About Me



Katie Austin is a fitness enthusiast, author, blogger, model, and an inspiration to millennial girls all over the world. As the daughter of fitness icon Denise Austin, health and exercise have always been a part of Katie's life and it shows in her drive to spread her message of self-love and positive body image.

Katie graduated from the University of Southern California in May 2016, with a degree in Communications and an emphasis in health. At USC, she was a Division I Lacrosse player, host of her own fitness show at the college station, and a Cum Laude student. She is a certified fitness trainer and health coach.

Katie was recognized by Seventeen Magazine as one of the top ten fitness Instagrams to follow. She has been featured as a fitness and nutrition expert on numerous television shows, including The Today Show, Hollywood Today Live, The Doctors, and Home & Family.

Intro

I'm SO excited to begin this journey with you. The next 8 weeks will not only help you transform your body, but also help you from the inside out to become the happiest and healthiest you. This program will lead you through workouts daily. It's made to fit perfectly to your lifestyle, as it's practical, fun, and easy to follow along. Before you begin this program, I want you to make note of your lifestyle right now — whether that is how you feel on the inside, appearance on the outside, etc. I want you to document this to see your amazing progress at the end of the program. Not only will we become fitter and healthier, but we will become more confident and loving of ourselves.

I want you to keep a journal throughout the 8 weeks to notice your changes. When you feel and see changes, it motivates you just that much more. (Journal doesn't have to be a formal diary, you can keep track in your phone!) So make sure you track your progress! I want you to make these workouts a routine. Make it part of your everyday lifestyle, so it's something you get used to doing, as it will then just become habit.

JUST START!

Don't be intimidated or discouraged. We all begin somewhere. It can be dreadful at first to look at how far you have to go, but I promise once you just get up and begin, it'll become easier every day. The variety of workouts I give you will keep you and your body motivated and interested to get after it everyday. Your daily workout will take anywhere from between 20 minutes-45 minutes, and can range from cardio, to toning, to low intensity exercises, to a combination of all. It can be focused on one target body spot, or the whole body. This way, you're staying balanced!

SET A GOAL

Make sure you set a goal (or a few!) before you begin. Setting a goal is the best way to approach tough challenges and stay on track. Each of us have an idea of where we want to be, and setting a goal is the first step to reaching that destination. Now, let's commit to it!

REMEMBER, BEFORE YOU START, TAKE A PROGRESS PHOTO!

This is YOUR story. I'm just joining you on your journey to get fit and have fun with it! I will be cheering for you every step of the way. You got this. This is YOUR body. Love it. Exercise because it makes your body stronger. Exercise for YOU!

WARM UP/STRETCH

It is crucial that you take the time to warm up and cool down your body. Warming up will increase blood flow to your muscles, improve the quality of your workout, and prevent injury. Please try to warm up and cool down for about 5 minutes before and after your workout. For my warm up, I love to go on a 2 minute jog with some static stretching, or 50 jumping jacks and dynamic stretching.

After this intro, I give you a **STRETCH GUIDE** of example stretches to do for your warm up and cool down. For the picture exercises in your daily workouts, I do not give you a certain amount of reps to do, I give you only a time you are supposed to do the exercises for. Because of this, make sure you are really pushing yourself during this time (usually anywhere between 20-40 seconds) and don't give up a few seconds early. You are only going to get out of this as much as you put in. **For all picture workouts, take a 10 second break between exercises.** When you see X3, it means to repeat the workout **THREE** times through. If you are ever feeling faint, dizzy, or sick, please take a break, walk it out and hydrate yourself. Never push yourself if you're feeling sick or in pain.

If you are confused on an exercise, refer to the **EXERCISE INDEX** at the end of the guide, where I go through and explain the picture moves. Every workout within this guide is using your bodyweight. All you need to bring to the table is your beautiful self and a positive attitude! I cannot wait to start this journey with you! **MAKE SURE TO TAKE PROGRESS PHOTOS DURING THE 8 WEEKS AND TAG ME IN THE PIX BECAUSE I WANT TO SEE YOUR AMAZING SUCCESS!**

@katie.austin #getfitwithkatie #katie8

Daily Calendar

TAILOR THESE NEXT 8 WEEKS TO YOUR GOALS

Before you start the program, write down what you want to get out of the next 8 weeks. In this calendar, make sure you're tracking your progress. If you have any special events coming up, big weekends, etc., make sure to write them in the dates below so you can look ahead! You can edit in PDF form on your computer and save it! Write in dates yourself, but I have the workout calendar all set up for you! Make sure to start Day 1 on a Monday.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1							
2							
3							
4							
5							
6							
7							
8							

WEEK 1 | DAY 1

CARDIO AND TOTAL BODY TONING

1

COMPLETE THE STAMINA STEP UP CARDIO VIDEO



QUICK TIP

Make sure you're stretching a lot and drinking tons of water after your first few days of this program!

2

REPEAT THIS TOTAL BODY TONING SET X3

CALF RAISES

30 sec



SIDE LUNGES

20 sec, each leg



TRICEP PULSES

30 sec



SIDE CRUNCHES

20 sec, each leg



WEEK 1 | DAY 2

LEG AND BOOTY TONING

1 COMPLETE THE LEAN LEGS & BOOTY WORKOUT VIDEO



2 REPEAT THIS LEG AND BOOTY TONING SET X3

INNER THIGH TONER

30 sec, each leg



FIRE HYDRANTS

30 sec, each leg



HIP BRIDGE WITH LEG LIFTED

30 sec, each leg



LEG LIFTS

30 sec, each leg

