Welcome to your MetaBoost Workout Manual

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Hey there,

I’m super pumped for you to get started with MetaBoost! I want to give you this manual to help you navigate your new tools and make things easier for you.

Before you complete any workouts, make sure to take some initial body measurements to keep track of your progress! Measuring around the waist, the hips, circumference of each thigh, as well as the circumference of the biceps. You'll repeat this process of measurements following the end of your program.

Next, I recommend using Step 1 Metabolic Flush first from within the Metaboost program.

Once you complete Step 1, you'll progress to Step 2 Belly Blaster and MetaBody refreshed and ready to take on your meal plan and workouts!

Below, I give you the workout combinations to follow. Remember, these are just guidelines. Feel free to switch up the exercise combinations as you wish and add in any necessary modifications.

Each day, I give you a combination of workouts to follow that correlates with your 10 days of clean eating. Don’t worry, no equipment is needed unless you choose to use a mat or towel for extra cushioning. These workouts can also be done from anywhere!

Below is a brief description of each movement within the workout. See the MetaBody page for the videos complete with demos and workouts for further explanation.

P.S. Just to clear up any confusion...

- **Workout** = a unique set of movements/exercises
- **Round** = how many times you complete each “Workout” or set of exercises
- **Reps** = the number of times you complete each movement within a workout
Tips & Tricks

Required Materials:
- Yourself
- Water
- Watch/Timer/Stopwatch of your choice
- A mat or towel for extra cushioning

Beginner Options:
If these combinations are too challenging to start, there are several ways to reduce the difficulty of these movements. That’s completely okay! Any workout is better than no workout at all, remember that. Start slow and build your way up. You can try these tactics below one at a time to see what works best for your body. If you need to scale back even more, try a few of these suggestions at the same time. What’s important is to just keep moving and stay consistent!

- Increase rest time between workouts
- Increase rest time between each movement in the workout
- Reduce the number of rounds completed and slowly add additional rounds as you build up your strength and stamina
  - For example: Complete 1 round of Workout 1 + 1 round of Workout 5
  - OR Complete 2 rounds of Workout 1

For an extra challenge:
If you’re wanting to amp up your workouts, first things first, congrats!! You’re feeling strong and ready to tackle active 45,000 person email list as well as 3-5,000 daily visitors to our website even more. If that’s the case, you have several options. Try adding in the suggestions below one at a time as you feel fit.

- Reduce the rest period between workouts
- Reduce the rest period between rounds and movements
- Amp up your “all out” pace during each round
- Add additional rounds to each workout
  - i.e. Complete 3 rounds of Workout 1 + 3 rounds of Workout 5
- Add additional workouts or movements that complement the above workout combinations
  - Walk, jog, hike, yoga, swim, yard work, ski, bike, aerobics, etc.
- If you have purchased any of the other Svelte programs, feel free to mix and match and add in additional movements. (One minute abs, One and Done, Svelte Life Series, etc.)
Modifications:

● Be sure to check your “Exercise Modifications” page in your dashboard for modification ideas.

Measurements:

● Don't forget to take your measurements both before you start the program and upon completion to track your results! We suggest measuring the following:
  o Around the waist
  o Circumference of the hips
  o Around each thigh
  o Circumference of each bicep
Day 0 - Step 1 Metabolic Flush

Day 1 - Workout 5 + Workout 2

**Workout 5:**
Squat Hold - 30 seconds
Active Recovery: Shake out legs 10 seconds
Prayer Hands Press - 30 seconds
Active Recovery: Shake out arms 10 seconds
Table Position pushing the ground away -OR- Staggered SuperHero Stance pushing against a wall 30 seconds.

**Complete 2 rounds - Take 10 seconds before starting the next round**

*Rest for 2 Minutes before Workout 2*

**Workout 2:**
Back Side Reach (left and right sides) - 30 seconds each side
Active Recovery: shake out arms - 10 seconds
Streamline Stretch - 30 seconds
Active Recovery: shake out arms - 10 seconds
Streamline Stretch (left and right sides) - 30 seconds each side

**Complete 2 rounds - Take 10 seconds before starting the next round**

Day 2 - Workout 1 + Workout 3

**Workout 1:**
Bird Dog Hold / Opposite arm - opposite leg: hold 30 seconds on each side
Hip Press Hold: 30 seconds
Hip Press Arms Up: 30 Seconds
Active Recovery: release 10 seconds

**Complete 2 rounds - Take 10 seconds before starting the next round**

*Rest for 2 Minutes before Workout 3*

**Workout 3:**
Lunge Hold (left and right sides) - 30 seconds
Bicep Hold - 15 seconds
Active Recovery: Shake out arms and legs

**Complete 2 rounds - Take 10 seconds before starting the next round**
Day 3 - Workout 5 + Workout 6

Workout 5:
Squat Hold - 30 seconds
Active Recovery: Shake out legs 10 seconds
Prayer Hands Press - 30 seconds
Active Recovery: Shake out arms 10 seconds
Table Position pushing the ground away -OR- Staggered SuperHero Stance pushing against a wall 30 seconds.

Complete 2 rounds - Take 10 seconds before starting the next round

*Rest for 2 Minutes before Workout 6*

Workout 6:
Crab Hold - 30 seconds
Active Recovery: Shake out legs 10 seconds
Sumo Sit - 30 seconds
Active Recovery: Shake out legs 10 seconds
Leg Crab Hold - 30 Seconds
Squat Hold - 30 seconds

Complete 2 rounds - Take 10 seconds before starting the next round

Day 4 Workout 2 + Workout 3

Workout 2:
Back Side Reach (left and right sides) - 30 seconds each side
Active Recovery: shake out arms 10 seconds
Streamline Stretch - 30 seconds
Active Recovery: shake out arms 10 seconds
Streamline Stretch (left and right sides) - 30 seconds each side

Complete 2 rounds - Take 10 seconds before starting the next round

*Rest for 2 Minutes before Workout 3*

Workout 3:
Lunge Hold (left and right sides) - 30 seconds
Bicep Hold - 15 seconds
Active Recovery: Shake out arms and legs

Complete 2 rounds - Take 10 seconds before starting the next round
**Day 5 Workout 4 + Workout 1**

**Workout 4:**
- Deltoid Hold - 30 seconds
- Active Recovery: shake out arms 10 seconds
- Tricep Hold - 30 seconds
- Tricep Hold Criss Cross (behind back): 15 seconds each side

**Complete 2 rounds - Take 10 seconds before starting the next round**

*Rest for 2 Minutes before Workout 1*

**Workout 1:**
- Bird Dog Hold / Opposite arm - opposite leg: hold 30 seconds on each side
- Hip Press Hold: 30 seconds
- Hip Press Arms Up: 30 Seconds
- Active Recovery: release 10 seconds

**Complete 2 rounds - Take 10 seconds before starting the next round**

**Day 6 Workout 5 + Workout 3**

**Workout 5:**
- Squat Hold - 30 seconds
- Active Recovery: Shake out legs 10 seconds
- Prayer Hands Press - 30 seconds
- Active Recovery: Shake out arms 10 seconds
- Table Position pushing the ground away -OR- Staggered SuperHero Stance pushing against a wall 30 seconds.

**Complete 2 rounds - Take 10 seconds before starting the next round**

*Rest for 2 Minutes before Workout 3*

**Workout 3:**
- Lunge Hold (left and right sides) - 30 seconds
- Bicep Hold - 15 seconds
- Active Recovery: Shake out arms and legs

**Complete 2 rounds - Take 10 seconds before starting the next round**

**Day 7 Workout 4 + Workout 6**

**Workout 4:**
- Deltoid Hold - 30 seconds
Active Recovery: shake out arms 10 seconds
Tricep Hold - 30 seconds
Tricep Hold Criss Cross (Behind Back): 15 seconds on each side

Complete 2 rounds - Take 10 seconds before starting the next round

*Rest for 2 Minutes before Workout 6*

Workout 6:
Crab Hold - 30 seconds
Active Recovery: Shake out legs 10 seconds
Sumo Sit - 30 seconds
Active Recovery: Shake out legs 10 seconds
Leg Crab Hold - 30 Seconds
Squat Hold - 30 seconds

Complete 2 rounds - Take 10 seconds before starting the next round

Day 8 Workout 2 + Workout 5

Workout 2:
Back Side Reach (left and right sides) - 30 seconds each side
Active Recovery: shake out arms 10 seconds
Streamline Stretch - 30 seconds
Active Recovery: shake out arms 10 seconds
Streamline Stretch (left and right sides) - 30 seconds each side

Complete 2 rounds - Take 10 seconds before starting the next round

*Rest for 2 Minutes before Workout 5*

Workout 5:
Squat Hold - 30 seconds
Active Recovery: Shake out legs 10 seconds
Prayer Hands Press - 30 seconds
Active Recovery: Shake out arms 10 seconds
Table Position pushing the ground away -OR- Staggered SuperHero Stance pushing against a wall 30 seconds.

Complete 2 rounds - Take 10 seconds before starting the next round

Day 9 Workout 6 + Workout 1
Workout 6:
Crab Hold - 30 seconds
Active Recovery: Shake out legs 10 seconds
Sumo Sit - 30 seconds
Active Recovery: Shake out legs 10 seconds
Leg Crab Hold - 30 Seconds
Squat Hold - 30 seconds
Complete 2 rounds - Take 10 seconds before starting the next round

*Rest for 2 Minutes before Workout 1*

Workout 1:
Bird Dog Hold / Opposite arm - opposite leg: hold 30 seconds on each side
Hip Press Hold: 30 seconds
Hip Press Arms Up: 30 Seconds
Active Recovery: release 10 seconds
Complete 2 rounds - Take 10 seconds before starting the next round

Day 10 Workout 2 + Workout 4

Workout 2:
Back Side Reach (left and right sides) - 30 seconds each side
Active Recovery: shake out arms 10 seconds
Streamline Stretch - 30 seconds
Active Recovery: shake out arms 10 seconds
Streamline Stretch (left and right sides) - 30 seconds each side
Complete 2 rounds - Take 10 seconds before starting the next round

*Rest for 2 Minutes before Workout 4*

Workout 4:
Deltoid Hold - 30 seconds
Active Recovery: shake out arms 10 seconds
Tricep Hold - 30 seconds
Tricep Hold Criss Cross (behind back): 15 seconds on each side
Complete 2 rounds - Take 10 seconds before starting the next round