

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:
 - Around the waist
 - Circumference of the hips
 - Around each thigh
 - 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