



For questions, visit: brokesinglemomfitness.com or email: info@brokesinglemomfitness.com



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Medical Disclaimer:

Always consult your physician before beginning any exercise program. Information in this guide is not intended to diagnose or treat any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with any exercises prescribed in this guide, stop immediately and consult your healthcare provider.

How to incorporate BSMF's Routines:

Follow the attached routines as part of a four-to-five-day exercise schedule. The lower body requires an average of three to seven days of recovery for maximum development, depending on the intensity of the exercise regime you follow. For this routine, it is recommended that you train your legs once per week to ensure maximum recovery, which equals maximum muscle recruitment. See **Appendix A** for a few options on how to setup your weekly training schedule with the incorporation of this Broke Single Mom Fitness routine.

Supersets:

Exercises in this training guide with the joined arrows symbol → beside them are to be done back-to-back no rest in between (AKA a superset). One round of back-to-back exercises equals one set. Rest after each completed set.

**Rest between sets:**

Recommended: 60-120 seconds between sets

As this routine is designed to develop your legs – in other words, build muscle – being properly recovered between sets is important. A principle to building muscle is being able to lift heavy and train hard throughout a workout. Rest periods that are too short, lead to decreased strength and power, which means you won't be able to lift as much or push as hard.

Don't sit or lie down during a rest period!



Being inert directly following an exercise makes it more difficult for your body to flush out lactic acid build-up caused by each exercise. Instead, stand up and shake out your muscles a bit between sets. The more lactic acid you flush out from light movement, the harder you can train each set.

Rep rules:

Do reps to failure. One of the most common mistakes trainees make is simply stopping at the recommended number of reps written in a routine without being fatigued by the final rep. For muscle to develop, they must be fatigued. Fatigue creates microtears in the muscle that spark muscle. For example, if an exercise calls for 12-15 reps, that means somewhere between 12 and 15 reps you should be unable to perform another rep. That's what reps to failure (in this context) means. If you're not fatigued by the last rep of each set, you must increase the intensity of the exercise. The simplest way to do this is to add weight (when it's a weighted exercise) or to do more reps. **When the proper adjustments are made, you should NOT be able to perform one rep beyond what is recommended in the routine. If so, try one of the aforementioned strategies, e.g., increase weight.**

Terminology:

DB = Dumbbell(s)

BB = Barbell

Bb = Body bar

Have Questions?

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Leg Day - Week ONE

Exercise	Reps/Duration	# of Sets
Light Full-Body Warm-Up (e.g., treadmill jog, jump rope)	3-5 minutes	1
Alternating Front Lunges	12 each leg	3
Side-to-Side Lunges	12 each leg	3
Alternating Rear Lunges	12 each leg	3
Basic Squats	12-15	3
Dumbbell or Barbell Deadlifts	10-12	3
Wall or Machine Calf Raises	15-25	3
Cool Down (3-5 minutes) + Stretch (10-15 minutes)	13-20 minutes	1

BROKE SINGLE MOM FITNESS LEG BUILDER

Leg Day - Week TWO

Exercise	Reps/Duration	# of Sets
Light Full-Body Warm-Up (e.g., treadmill jog, jump rope)	3-5 minutes	1
Step-ups	12-15	3
Walking Lunges	Across a room or section of a room	3
Single-leg DB or BB Deadlifts	10-12	3
Barbell or Stability Ball Glute Bridges	10-12	3
Cool Down (3-5 minutes) + Stretch (10-15 minutes)	13-20 minutes	1





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Leg Day - Week THREE

Exercise	Reps/Duration	# of Sets
Light Full-Body Warm-Up (e.g., treadmill jog, jump rope)	3-5 minutes	1
Goblet Squat	12 each leg	3
 Stability Ball Roll-ins	12 each leg	3
 Calf Raises	12 each leg	3
Side Hip Raises	12-15 each side	3
 Side Step-Ups + Leg Raise	12-15	3
 Wall or Machine Calf Raises	15-25	3
Cool Down (3-5 minutes) + Stretch (10-15 minutes)	13-20 minutes	1

Leg Day - Week FOUR

Exercise	Reps/Duration	# of Sets
Light Full-Body Warm-Up (e.g., treadmill jog, jump rope)	3-5 minutes	1
Alternating Front Lunges w/ DB or BB	12 each leg	3
Side-to-Side Lunges w/ DB or BB	12 each leg	3
Alternating Rear Lunges w/ DB or BB	12 each leg	3
Barbell or Bodybar Squats	12-15	4
 Dumbbell or Barbell Deadlifts	10-12	4
Wall or Machine Calf Raises	15-25	4
Cool Down (3-5 minutes) + Stretch (10-15 minutes)	13-20 minutes	1

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APPENDIX A



Weekly Training Schedule Options:

Burn *Three-to-Six-Day Routine*

Monday	BSMF Leg Day
Tuesday	OFF or other workout (ex: resistance training)
Wednesday	BSMF Shred Training Day One
Thursday	OFF or other workout (ex: flexibility/yoga)
Friday	BSMF Shred Training Day Two
Saturday	OFF or other workout (ex: group class)
Sunday	OFF

Love the Weekend *Three-to-Four-Day Routine*

Monday	BSMF Shred Training Day One
Tuesday	BSMF Leg Day
Wednesday	OFF or other workout (ex: resistance training)
Thursday	BSMF Shred Training Day Three
Friday	OFF
Saturday	OFF
Sunday	OFF

Busy & Motivated *Three-to-Five-Day Routine*

Monday	BSMF Shred Training Day One
Tuesday	OFF or other workout (ex: resistance training)
Wednesday	OFF
Thursday	BSMF Shred Training Day Two
Friday	BSMF Leg Day
Saturday	OFF or other workout (ex: resistance training)
Sunday	OFF

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BONUS CONTENT

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S I N G L E M O M F I T N E S S

Nutrition

Proper nutrition is essential for maximum results. Nutrition determines the vast majority of your success in any fitness goal. Below are macronutrient guidelines. Prior to incorporating a macronutrient ratio, you must determine your caloric needs. To determine your daily caloric requirements, you need to know your activity level, body fat percentage, and weight. Your composition, combined with your activity level, determine how many calories you burn per day. Finally, you'll find out how many calories you'll need to support muscle growth, maintenance or fat loss. The best method for determining this is the [Katch-McCardle Method](#).

MACRONUTRIENT	PERCENT OF DAILY CALORIES
Fat loss	35-40% Carbs 30-40% Protein 20% Fat
Muscle gain	50-55% Carbs 30% Protein 15-20% Fat
Maintenance of current body composition/aka, <i>Baseline diet</i>	50% Carbs 30% Protein 15-20% Fat

You don't have to log calories forever!

Once you get a hang of eating a specific way for the phase of training you're in, it's not necessary to log calories every day. In this case, get back to logging if you notice that you're falling off track; logging every now and then to get back in a steady caloric and macronutrient pattern. Meeting your nutritional requirements within 100 calories or a percent or two of your macronutrient ratio is good enough for results; no one is perfect. Every time you change your goal (ex: summer slim down), you should reevaluate your caloric needs.

Scroll down for more nutritional information.

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S I N G L E M O M F I T N E S S

Nutrition

EXAMPLE DAY OF MEALS

1600-1800 CALORIES/DAY

Meal #1

Food Item	Quantity
shredded wheat cereal	1.5 cups
skim milk	1.5 cups
strawberries	1/2 cup

Meal #2

Food Item	Quantity
oatmeal, quaker oats	1/2 cup
egg whites (scrambled)	4
egg, whole (scrambled)	1
grapefruit	1/2 large

Meal #3

Food Item	Quantity
brown rice	3/4 cup
chicken breast	3 oz
green beans	6 oz

Meal #4

Food Item	Quantity
salmon	6 oz
broccoli	1 cup
yams	4 oz

Meal #5

Food Item	Quantity
chicken breast	3 oz
light italian dressing	3 tbsp
Large mixed green salad	2.0 cups

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SINGLE MOM FITNESS

Nutrition

SAMPLE: 1600 calorie diet (40-40-20 macronutrient ratio – 40% carbs, 40% protein, 20% fat)

Meal #1

Food Item	Quantity	Calories	Pro (g)	Carbs (g)	Fat (g)
oatmeal, quaker oats	2/3 cup	200	10	36	4
Whey protein powder	1.5 scoops	135	26.2	3	2.5
orange	1 med	60	0	15	0
Meal #1 Subtotals:		395	36.2	54	6.5

Meal #2

Food Item	Quantity	Calories	Pro (g)	Carbs (g)	Fat (g)
oatmeal, quaker oats	2/3 cup	200	10	36	4
egg whites (scrambled)	4	68	14	1.8	0
egg, whole	1	75	6.3	0.6	5
Meal #2 subtotals:		343	30.3	38.4	9

Meal #3

Food Item	Quantity	Calories	Pro (g)	Carbs (g)	Fat (g)
brown rice	3/4 cup	154	3	30	0
chicken breast	3 oz	143	26.5	0	3.8
green beans	6 oz	50	2	12	0
meal #3 subtotals:		347	31.5	42	3.8

Meal #4

Food Item	Quantity	Calories	Pro (g)	Carbs (g)	Fat (g)
salmon	4 oz	206	28.8	0	5.8
broccoli	1 cup	46	4.6	8.6	0.4
meal #4 subtotals:		252	33.4	8.6	6.2

Meal #5

Food Item	Quantity	Calories	Pro (g)	Carbs (g)	Fat (g)
chicken breast	3 oz	143	26.5	0	3.8
light italian dressing	3 tbsp	12	0	3	0
Large mixed green salad	2.0 cups	40	0	10	0
flaxseed oil (supplement)	1/2 tbsp	65	0	0	7
meal #5 subtotals:		260	26.5	13	10.8

Per Meal Averages:

Calories

319.4

Protein (g)

31.6

Carbs (g)

31.2

Fat (g)

7.3

Grand Totals:

Calories	Pro (g)	Carbs (g)	Fat (g)
1597	157.9	156	36.3
	Pro (cal)	Carbs (cal)	Fat (cal)
	631.6	624	326.7
	Pro (% cal)	Carbs (% cal)	Fat (% cal)
	40.0%	40.0%	20.0%