

## **Here's an example of a Whitney Simmons full-body workout:**

Warm-up:

5-10 minutes of cardio (jogging, cycling, etc.)

Dynamic stretching (leg swings, arm circles, etc.)

Circuit 1:

Barbell squats (3 sets of 12 reps)

Romanian deadlifts (3 sets of 12 reps)

Dumbbell bench press (3 sets of 12 reps)

Circuit 2:

Cable pushdowns (3 sets of 12 reps)

Dumbbell curls (3 sets of 12 reps)

Cable rows (3 sets of 12 reps)

Circuit 3:

Box jumps (3 sets of 12 reps)

Plank (3 sets, hold for 30 seconds)

Cool-down:

5-10 minutes of cardio (jogging, cycling, etc.)

Static stretching (hamstring stretch, quad stretch, etc.)

## **Workout Routine:**

Whitney Simmons workout plan consists of a combination of weightlifting, cardio, and HIIT exercises. Her workout routine focuses on different muscle groups, allowing her to train her entire body throughout the week. Here is a breakdown of Whitney Simmons workout plan:

Monday: Leg day, which includes exercises like squats, lunges, and deadlifts.

Tuesday: Upper body day, which includes exercises like bench press, rows, and shoulder presses.

Wednesday: Rest day.

Thursday: Leg day, which includes exercises like leg press, calf raises, and leg extensions.

Friday: Back and biceps day, which includes exercises like pull-ups, bicep curls, and rows.

Saturday: Cardio and abs day, which includes exercises like running, cycling, and planks.

Sunday: Rest day.

## **Diet Plan:**

Whitney Simmons believes in a balanced diet that includes a mix of healthy fats, proteins, and carbs. She recommends eating five to six small meals a day to keep your metabolism revved up. Her diet plan includes foods like:

Lean proteins: chicken, turkey, fish, tofu, and beans.

Healthy fats: avocado, nuts, olive oil, and coconut oil.

Complex carbs: sweet potatoes, brown rice, quinoa, and whole-wheat bread.

Whitney Simmons also believes in treating yourself occasionally and not depriving yourself of the foods you love. She recommends indulging in your favorite foods in moderation to avoid binge-eating.

## **Tips for Staying Motivated:**

Staying motivated can be challenging, especially when you're just starting your fitness journey. Whitney Simmons shares her tips for staying motivated:

**Set realistic goals:** Set achievable fitness goals for yourself, such as running a 5k or losing 5 pounds in a month.

**Find a workout buddy:** Working out with a friend can make exercising more fun and help keep you accountable.

**Mix up your routine:** Doing the same workout every day can get boring. Try new exercises and mix up your routine to keep things interesting.

**Track your progress:** Keeping track of your progress can help motivate you to keep going. Use a fitness app or a journal to track your workouts and progress.