



AB FITNESS CENTER'S 7 DAY FITNESS KICKSTART



BY ANTHONY BEVILACQUA

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ABOUT THE AUTHOR

Hello fellow fitness friends! I am Anthony Bevilacqua, an accomplished author and fitness enthusiast. Ever since I embarked on my fitness journey at the young age of 14, I have fostered an unwavering passion for physical well-being. With over 20 years of experience in the field, I have dedicated my life to helping others achieve their fitness goals.

As the proud owner of two personal training facilities in Long Island, New York, I have had the privilege of transforming countless lives. My expertise extends beyond in-person coaching, as I hold a degree in nutrition and have successfully guided individuals remotely and in person for over 20 years.

My approach to training and nutrition is direct and without gimmicks. I specialize in helping individuals blow past plateaus, enabling them to achieve remarkable transformations. My clients can vouch for the effectiveness of my no-nonsense methodology, which empowers them to reshape their bodies while maintaining a balanced and fulfilling lifestyle.

My personal journey in the realm of fitness includes notable achievements in both powerlifting and bodybuilding, earning me numerous accolades and titles. I also have a thriving presence on YouTube, where I share my insights and experiences, and my podcast, "NYMR- Learn How to Lose Weight & Build More Muscle," has amassed an impressive audience of almost 2 million downloads.

To further support individuals on their transformative journeys, I have developed several highly successful programs. Among them are the "12 Week Arm Experiment," "The Strong Program," the "Hyper-Trophy Program", "The Cheat Meal Protocol" and the "Glutelicious Program" tailored specifically for women.

My mission is to empower individuals to conquer their fitness goals while embracing the joy and vitality that come with a healthy lifestyle. Join me on this incredible journey, and together, we'll pave the way to a stronger, fitter, and more fulfilled version of yourself.

Thank you for picking up a copy my book, and look forward to inspiring and empowering you through these pages. Additionally, if you find my book insightful and valuable in your own fitness journey, I kindly ask that you leave a review wherever you purchased it, as your feedback is immensely appreciated.

Thank you
Anthony Bevilacqua

INTRODUCTION

Welcome to AB Fitness's 7 Day Fitness kickstart! We are thrilled to have you on board for this exciting 7-day adventure that's going to kickstart your path towards increased strength, fat loss, and a more youthful appearance.

I'm Anthony Bevilacqua, and I'm the founder of AB Fitness Center. With over 20 years of experience in the fitness industry, I've had the privilege of helping countless women just like you achieve their fitness goals and transform their lives.

The next 7 days are all about YOU. It's about taking that first step towards becoming the healthiest, strongest, and most vibrant version of yourself. I believe that fitness is not just about how you look; it's about how you feel, both physically and mentally. And I'm here to guide you every step of the way.

Here's what to expect during your 7-day kickstart program:

- Part 1 - Introduction: You're here, and we're excited to have you! We'll introduce you to the program, and invite you to join our community.
- Part 2 - Workout Plan: Next, we dive into action with a workout designed to kickstart your strength journey. You'll receive detailed exercise routines, complete with descriptions
- Part 3 - Nutrition Basics: We'll explore the world of nutrition, with a focus on macros (protein, carbs, and fats). You'll learn how to calculate your daily macro targets and receive a sample meal plan.
- Part 4 - Daily Step Challenge: Discover the importance of daily activity and set your daily step goal. We'll provide tips to help you increase your daily steps and track your progress.
- Part 5 - Healthy Recipes: Nutrition plays a crucial role in your fitness journey, and we'll share delicious and nutritious recipes to inspire your meal planning.
- Part 6 - Progress Tracking: Learn why tracking your progress is essential and receive a downloadable tracking sheet to monitor your changes.
- Part 7 - Celebration and Next Steps: You made it through the first 6 days! We'll celebrate your achievements, recap what you've learned, and share a special offer to continue your fitness journey with us.

Have you been able to join our FREE Facebook Transformation Group yet?

In that group, we give away recipes, weekly challenges, tips, and tricks to help you get results right now!

Join the Group Here: <https://www.facebook.com/groups/freefitnesslongisland>

So, are you ready to embark on this transformational journey with us?

Remember, you've taken the first step towards a healthier, stronger, and more vibrant you, and I'm honored to be your guide on this path.

PART 2

YOUR WORKOUT PLAN

Welcome to the heart of your 7 Day Kickstart program! These workouts are designed to empower you with strength, energy, and vitality. Whether you're new to strength training or looking to refresh your routine, our carefully crafted workouts will help you achieve your fitness goals.

Our approach is simple yet effective: We combine the power of strength training with the precision of nutrition and the benefits of daily movement to create a holistic fitness experience. As far as equipment goes you will need a basic barbell set up and some dumbbells.

Strength is more than just physical; it's about resilience, confidence, and the ability to embrace life's challenges with vigor. By committing to these workouts, you're investing in your health, well-being, and becoming the best version of yourself.

Each workout is thoughtfully designed to challenge your body, stimulate muscle growth, and ignite your metabolism. They can be adapted to various fitness levels, ensuring that everyone can benefit from this program.

Why Strength Training Matters for You

We want to share with you why strength training is incredibly important for your health and well-being. Here are the main reasons why incorporating strength training into your fitness routine will be a game-changer:

Stay Strong as You Age: As we get older, we tend to lose muscle mass. Strength training helps you keep those muscles strong, ensuring you can stay active and independent as you age gracefully.

Boost Your Metabolism: Building muscle increases your metabolism, making it easier to manage your weight and body composition. You'll burn more calories even when you're not working out.

Support Your Bones: Strength training is like a friendly hug for your bones. It helps maintain bone density, reducing the risk of fractures and osteoporosis, particularly important for women.

Everyday Tasks Made Easier: Strength training enhances your functional fitness, making everyday tasks like carrying groceries, climbing stairs, and playing with grandkids easier and more enjoyable.

Shed Pounds and Look Fantastic: It's not just about losing weight; it's about losing body fat and gaining a lean, toned physique. Strength training helps you achieve that.

Prevent Injuries: A stronger body is less prone to injuries. Strength training improves your posture, balance, and joint stability, reducing the chances of common age-related injuries.

Elevate Your Mood: Exercise releases feel-good hormones that boost your mood, reduce stress, and increase your overall mental well-being. It's like therapy for your body and mind.

Boost Self-Confidence: Achieving your strength and fitness goals can skyrocket your self-esteem. When you lift heavier weights or conquer challenging workouts, you'll feel a sense of accomplishment like never before.

Transform for the Long Run: Regular strength training can add years to your life and life to your years. You'll enjoy a more active, vibrant life as you age.

We believe in your potential and your ability to achieve amazing results through strength training. It's not just about looking better; it's about feeling better and living a healthier, more fulfilling life.

The Workouts

You will be performing 3 workouts in 7 days.
Take one day off in between

Workout 1: Upper Body Strength Training

Exercise 1: Bench Press (Barbell or Dumbbell)

- Sets: 3
- Reps: 8-10
- Rest: 2 minutes between sets
- Instructions: Lie on a bench and perform bench presses with a barbell or dumbbells, targeting your chest, shoulders, and triceps.



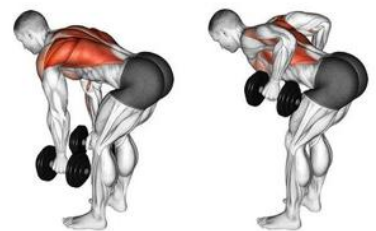
Exercise 2: Pull-Ups or Lat Pulldowns

- Sets: 3
- Reps: 8-10
- Rest: 2 minutes between sets
- Instructions: Use a pull-up bar or lat pulldown machine to work your back and biceps.



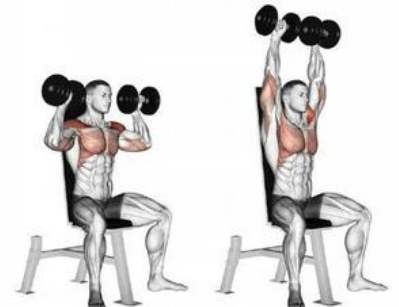
Exercise 3: Dumbbell Rows

- Sets: 3
- Reps: 8-10 (each arm)
- Rest: 2 minutes between sets
- Instructions: Bend at the hips and knees, hold a dumbbell in one hand, and perform rows to target your upper back and biceps.



Exercise 4: Dumbbell Shoulder Press

- Sets: 3
- Reps: 8-10
- Rest: 2 minutes between sets
- Instructions: Sit or stand and press dumbbells overhead to target your shoulders and triceps.



Workout 2: Lower Body Strength Training

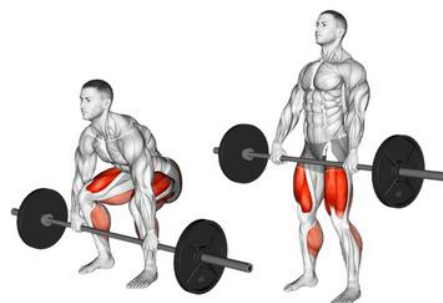
Workout: Exercise 1: Squats (Barbell or Dumbbell)

- Sets: 3
- Reps: 8-10
- Rest: 2 minutes between sets
- Instructions: Perform squats with a barbell on your upper back or dumbbells by your sides, targeting your legs and glutes.



Exercise 2: Deadlifts (Barbell or Dumbbell)

- Sets: 3
- Reps: 6-8
- Rest: 2 minutes between sets
- Instructions: Lift a barbell from the ground or use dumbbells, focusing on your hamstrings, lower back, and glutes.



Exercise 3: Goblet Squats (Dumbbells)

- Sets: 3
- Reps: 8-10
- Rest: 2 minutes between sets
- Instructions: Hold a dumbbell in both hands close to your chest and squat down as low as you can and squat back up. Keeping the pressure in your heels at all times.



Exercise 4: Lunges (Dumbbell or Bodyweight)

- Sets: 3
- Reps: 10-12 (each leg)
- Rest: 90 seconds between sets
- Instructions: Perform lunges with dumbbells in hand or use bodyweight, targeting your legs and glutes.



Workout 3: Full-Body Strength Training

Workout: Exercise 1: Push-Ups or Push-Up Variations

- Sets: 3
- Reps: 8-10
- Rest: 2 minutes between sets
- Instructions: Perform push-ups to target your chest, shoulders, and triceps. Modify as needed.



Exercise 2: Pull-Ups or Lat Pulldowns

- Sets: 3
- Reps: 8-10
- Rest: 2 minutes between sets
- Instructions: Use a pull-up bar or lat pulldown machine to work your back and biceps.



Exercise 3: Squats (Barbell or Dumbbell)

- Sets: 3
- Reps: 8-10
- Rest: 2 minutes between sets
- Instructions: Perform squats with a barbell on your upper back or dumbbells by your sides, targeting your legs and glutes.



Exercise 4: Dumbbell 1 Arm Row (Dumbbell)

- Sets: 3
- Reps: 8-15
- Rest: 2 minutes between sets
- Instructions: Start with your weaker arm first. Grab the dumbbell and use the other hand to brace yourself on the bench. With 1 arm on the bench, row the dumbbell up to your hips, squeeze your back (keeping your elbows in tight to the body) and return the dumbbell back down.



PART 3

HIGH-PROTEIN NUTRITION FOR SUCCESS

Fueling Your Strength Journey with Protein

Welcome to Part 3 of your Kickstart journey! We're delving into the world of nutrition, focusing on macro counting to help you achieve your fitness goals. Proper protein intake is a vital component of your strength journey, and it's time to learn how to fuel your body effectively.

Harnessing the Power of Protein

Protein is the superhero of foods when it comes to transforming your body. It's essential for muscle repair, growth, and maintaining lean muscle mass—critical elements for boosting your metabolism and achieving your strength goals.

Calculating Your Daily Protein Needs

To ensure you're getting an optimal amount of protein, consider the following guidelines:

- Protein Intake: Aim for approximately 1-1.25 grams of protein per pound of body weight. This higher protein intake will help maximize muscle recovery and growth.

Calculate your Calorie Intake

We need to do some quick math here so follow along.

We first need your body weight. Don't have your body weight, no problem, dust off your weight scale and go weigh yourself (don't worry I will wait here). Ok finished? Perfect take your bodyweight and multiply it by your goal below:

Extreme Weight Gain x 22

Moderate Weight Gain x18

Maintenance x14

Moderate Weight Loss x12

Extreme Weight Loss x 10

Rapid Weight Loss x 8

Ex:

200lbs x Extreme Weight Loss (10)= 2000 calories per day to lose weight at an extreme level

Now take those calories and the protein intake and form your eating plan. Below I have given you a sample plan you can follow. Adjust the amounts according to your calories.

Sample Meal Plan

Here's a sample meal plan rich in protein:

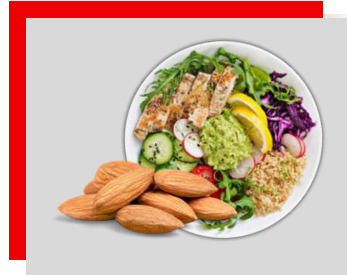
Breakfast:

- Scrambled eggs with spinach, tomatoes, and feta cheese
- Whole-grain toast
- A side of Greek yogurt



Lunch:

- Grilled chicken breast with a quinoa and vegetable salad
- A handful of almonds for added protein and healthy fats



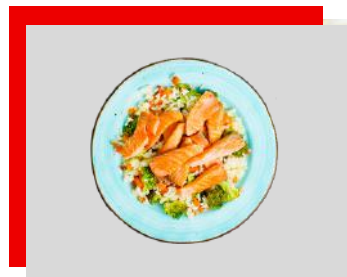
Snack:

- Sliced cucumber and bell pepper with Hummus and 2 scoops of AB Whey Protein Powder



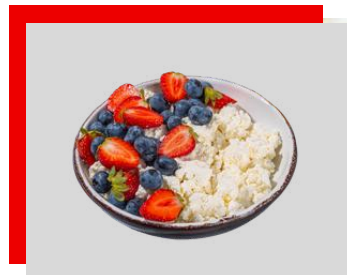
Dinner:

- Baked salmon with a lemon-dill sauce
- Brown rice cooked with mixed vegetables
- Steamed broccoli on the side



Snack (if needed):

- Fat Free Cottage cheese with fresh berries



Tips for Maximizing Your Meal Plan

- **Protein Variety:** Include a variety of protein sources in your meals, such as lean meats, poultry, fish, eggs, dairy, protein powder, and plant-based options like tofu and tempeh.
- **Protein Timing:** Distribute your protein intake evenly throughout the day to support muscle repair and growth.
- **Hydration:** Stay well-hydrated by drinking water throughout the day, which is essential for protein utilization.
- **Healthy Fats:** Incorporate healthy fats like avocados, nuts, and olive oil alongside your protein sources to enhance flavor and nutrition.
- **Meal Preparation:** Plan your meals ahead of time to ensure you have protein-rich options readily available.

Remember that high-protein nutrition is a key component of your transformation. The right protein intake can enhance your workout performance, promote muscle recovery, and contribute to overall well-being.

Share Your Journey

Don't hesitate to share your experiences, questions, or favorite protein-packed recipes in our Facebook group. Nutritional support and inspiration from fellow participants can make a significant difference in your success.

If you want a more personalized eating plan and an accountability coach to help you implement this head over to www.abfitnesstrainer.com and fill out the form at the bottom of the page to apply for a spot in our personal training program!

PART 4

STEP INTO ACTION

The Power of Daily Step Counting

Welcome to Part 4 of your Kickstart journey! Let's discuss the importance of daily step counting and staying active outside of your structured workouts. Achieving your fitness goals isn't just about what happens in the gym; it's also about what you do throughout your day.

The Benefits of Daily Movement

Regular physical activity, even outside of your strength training sessions, offers numerous advantages:

- **Increased Calorie Burn:** Walking and other low-intensity activities help you burn extra calories, supporting fat loss.
- **Improved Cardiovascular Health:** Daily movement contributes to a healthier heart and better circulation.
- **Enhanced Mood:** Physical activity releases endorphins, which can boost your mood and reduce stress.
- **Joint Health:** Gentle movements like walking can promote joint mobility and reduce the risk of stiffness.
- **Easy to track and more reliable:** Easy to track steps and more sustainable long term!

Setting Your Daily Step Goal

To make daily step counting effective, you need a goal. Here's how to set one:

- **Start Small:** If you're relatively sedentary, begin with a modest goal, like 5,000 steps per day.
- **Gradual Increase:** As you become more comfortable, aim to add 500-1,000 steps each week.
- **Target 10,000 Steps:** A common goal is 10,000 steps per day, which is roughly equivalent to 5 miles.

Tips for Increasing Daily Steps

- **Walk More:** Look for opportunities to walk, whether it's during your breaks, while talking on the phone, or on short errands.
- **Take the Stairs:** Opt for stairs instead of elevators or escalators whenever possible.
- **Lunchtime Stroll:** Use part of your lunch break to go for a brisk walk.
- **Park Farther Away:** Park your car farther from your destination to add extra steps.
- **Active Hobbies:** Explore active hobbies like gardening, dancing, or swimming.

Tracking Your Steps

You can track your daily steps using a pedometer, a fitness tracker, or a smartphone app. Many devices and apps offer built-in step counters, making it easy to monitor your progress.

Share Your Step Counting Journey

After exploring the importance of daily step counting, share your experiences, challenges, or creative ways to increase your daily steps in our community group. Your insights can inspire and motivate others to stay active outside of their workouts.

Stay dedicated to your journey, and onto Part 5, we'll focus on progress tracking, helping you monitor your strength and fitness improvements.

PART 5

TRACK YOUR PROGRESS

Monitoring Your Strength and Fitness Improvements

Welcome to Part 5 of your Kickstart journey! We're diving into tracking your progress. This step is crucial for understanding how far you've come and staying motivated on your strength and fitness journey.

The Importance of Progress Tracking

Tracking your progress serves several vital purposes:

- **Motivation:** Seeing improvements can be incredibly motivating, encouraging you to keep going.
- **Accountability:** It holds you accountable to your goals and helps identify areas where you may need adjustments.
- **Goal Adjustment:** Tracking allows you to assess whether you need to adjust your goals based on your progress.

How to Track Your Progress

Here are some effective ways to monitor your strength and fitness improvements:

- **Strength Measurements:** Keep a record of the weights you lift for various exercises. Note any increases in weight or repetitions. (We have an app for this for our clients in gym!)
- **Body Measurements:** Track changes in your body measurements, such as waist circumference, hip circumference, and body fat percentage. These changes can indicate fat loss and muscle gain.
- **Fitness Tests:** Periodically assess your overall fitness by performing exercises like push-ups, planks, and timed runs. Monitor your performance over time. (The last week of every month in our personal training program we host "Challenge Week" where we do all these fitness test!)
- **Photos:** Take progress photos at regular intervals (e.g., every four weeks) to visually see changes in your physique.
- **Energy Levels:** Pay attention to your energy levels and overall well-being. Increased energy and feeling stronger are positive indicators of progress.

Setting Milestones and Celebrating Achievements

To stay motivated, set small, achievable milestones along your journey. Celebrate each milestone, whether it's lifting a heavier weight, running a faster mile, or losing a few pounds. These celebrations will help you stay focused and enthusiastic about your fitness goals.

LEADING INDICATORS VS. LAGGING INDICATORS

What does this mean? What are these indicators and what does it have to do with getting into shape? I am going to teach you what you need to focus on daily to have success in fitness.

Well very simple most people when it comes to their fitness they focus on the lagging indicators and not enough on the leading indicators.

When it comes to transforming your body we need to pay attention more to the leading indicators.

What are lagging indicators when it comes to my health and fitness?

The lagging fitness indicators are:

- The Scale
- Your clothes
- Pictures

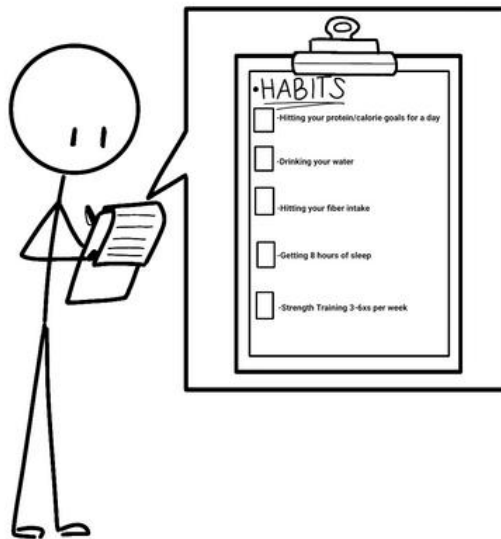
What are the leading indicators that we should focus on?

- Hitting your protein/calorie goals for the day
- Drinking your water
- Hitting your fiber intake
- Getting 8 hours of sleep
- Strength Training 3-6xs per week

FOCUS on these above everyday and in a few weeks you will see massive changes.

It takes 66 days to build a habit but it depends some studies say it may take even longer, for ex:

- Logging your calories daily may take you a few weeks to make a habit
- Strength training 5x a week can take up to 7 months to make a habit



So how long does it take to build a habit?...forever!

And the best way to learn is to take action. This is exactly what I am going to have you do. I am going to have you take action and LEARN the habits needed to get and sustain the body of your dreams.

So many books out there just give you the outline but none of them do a good job of teaching you what you need to do everyday to get you there.

Luckily for you, my over 20+ years in the fitness industry and coaching thousands of people has led me to the point of understanding what is needed to get and sustain your results.

All you have to do is take action everyday and continue doing that forever! That's right forever! Even if you have a bad day or week the key is remaining consistent, get right back on the horse and start over again.

I always recommend the mantra of aiming to get 1% better everyday. We all can't be perfect. I have my bad days where I just don't want to log, or I am tired of dieting. But If I keep at it for long enough those bad days will be minimal.

Share Your Progress Journey

After exploring the importance of progress tracking, don't hesitate to share your experiences, achievements, or questions in our community group. Your journey can inspire others and create a supportive environment for everyone's progress.

Now lets move onto some easy healthy recipes

PART 6

HEALTHY RECIPES

Welcome to our treasure trove of easy and wholesome recipes designed to nourish your body and tantalize your taste buds. At AB Fitness, we understand that a healthy and balanced diet is a crucial component of your fitness journey.

Whether you're a seasoned chef or a kitchen novice, you'll find recipes that suit your skill level and taste preferences. From energizing breakfast options to satisfying main courses and guilt-free desserts, our recipes are here to inspire and guide you on your culinary adventure.

I am giving 5 sample meals for each meal of the day.

Each recipe has been thoughtfully crafted to provide essential nutrients, support your fitness goals, and, most importantly, taste incredible. We've taken the guesswork out of healthy eating, so you can focus on enjoying your meals without compromising on your well-being.

So, roll up your sleeves, preheat the oven, and get ready to embark on a flavorful and nourishing adventure.

Bon appétit!

5 Minute Breakfast Meals

These breakfasts are designed to help you get to your body transformation goals and help you to do it quickly, easily, and cheaply. All of these meals take less than 5 minutes to complete. These meals can be customized to fit your portions for the day. So for those of you on the go, these meals will help make eating healthy easier!

Breakfast Meal 1

- 2 Scoops AB Fitness Whey
- 1 Banana
- 2 Protein Portions, 1 Carb Portion



Breakfast Meal 2

- 1 Quest Bar
- 1 Cup Berries
- 1 Protein Portion, 2 Carb Portions



Breakfast Meal 3

- ½ Carton Liquid Egg Whites (scrambled with pam spray)
- 1 Handful of Spinach
- 2 Slices Light Bread
- 1 Protein Portion/ 1 Carb Portion/ 1 Veggie Portion



Breakfast Meal 4

- 2 Oikos Triple Zero Greek Yogurts
- 1 Fruit
- 1 Protein Portion/ 1 Carb Portion



Breakfast Meal 5

- 2 Scoops AB Fitness Whey (mixed with water)
- 1 Cup Cereal of your choosing
- (Pour mixed protein over cereal and eat like normal cereal)
- 2 Protein Portions/ 1 Carb Portion

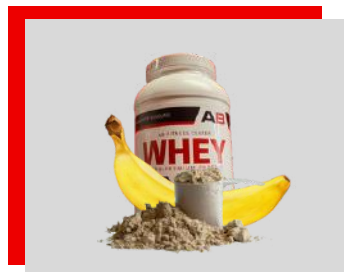


5 Minute Lunch Meals

These lunch ideas are designed to help you get to your body transformation goals and help you to do it quickly, easily, and cheaply. All of these meals take less than 5 minutes to complete. These meals can be customized to fit your portions for the day. Remember you don't need to eat a fancy meal every time you sit down. Think simple and easy! So for those of you on the go, these meals will help make eating healthy easier!

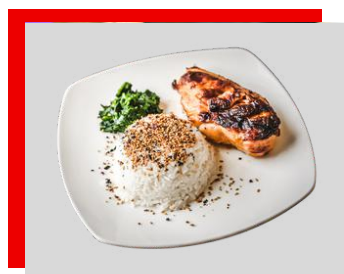
Lunch Meal 1

- 2 Scoops AB Fitness Whey
- 1 Banana
- 2 Protein Portions, 1 Carb Portion



Lunch Meal 2

- 6 Slices Turkey Cold Cuts
- 4 Slices Jarlsberg Lite Swiss Cheese
- 2 Slices Light Bread
- 1 Fruit
- 2 Protein Portion, 2 Carb Portions



Lunch Meal 3

- 4oz Grilled Chicken Breast
- 1 Cup Minute Rice
- 1 Protein Portion/ 1 Carb Portion



Lunch Meal 4

- 1 Can Tuna Fish mixed with Seasonings or Mustard
- 1 Mini Bag of Salad
- Fat Free Italian Dressing
- 1 Protein Portion/ 1 Veggie Portion



Lunch Meal 5

- 1 Pouch of Salmon
- 1 Cup of Ready to Serve Minute Rice
- 1 Protein Portion/ 1 Carb Portion

5 Minute Dinner Options

These dinners are designed to help you get to your body transformation goals and help you to do it quickly, easily, and cheaply. All of these meals take less than 5 minutes to complete. These meals can be customized to fit your portions for the day. So for those of you on the go, these meals will help make eating healthy easier!

Dinner Meal 1 Option

- 8oz of boneless chicken breast (weigh once cooked)
add seasonings (light adobo, salt, pepper, etc)
- ½ cup Cooked of White or Brown Rice
- 2 Protein Portions, 1 Carb Portion

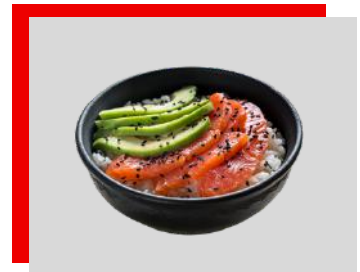


Dinner Meal 2 Option

- 4oz 93% Lean Ground Turkey
- 1 Medium Sweet Potato
- 1 Protein Portion, 2 Carb Portions

Dinner Meal 3 Option

- ½ Carton Liquid Eggwhites (scrambled with pam spray)
- 1 Handful of Spinach
- ½ cup white rice
- (can add 1 tablespoon of soy sauce- track this)
- 1 Protein Portion/ 1 Carb Portion/ 1 Veggie Portion



Dinner Meal 4 Option

- 4oz of Salmon
- ½ cup Quinoa or Rice
- Half avocado
- 1 Protein Portion/ 1 Carb Portion/1 Fat portion

Dinner Meal 5 Option

- 5oz 96% Ground Beef from Trader Joes
- ½ cup White Rice
- 1 Serving Shredded Cheese
- 2 Protein Portions/ 1 Carb Portion/1 Fat Portion



5 Minute Shake Recipes

Want a tasty way to improve your shakes...Follow these!

Iced Coffee Protein Shake

- 2 cups Ice
- 8oz Black Coffee
- 2 Scoops Vanilla AB Fitness Whey Protein

2 Protein Portions

Sweet Berries Smoothie

- 2 cups Frozen Berries
- 2 Scoops Vanilla or Strawberry AB Fitness Whey Protein
- 1 Banana
- 8oz Almond milk

2 Protein Portions/ 2 Carb Portions

Double Chocolate Chip Protein Frappe

- 2 Scoops Chocolate AB Fitness Whey Protein
- 8oz Almond Milk
- 2 Splenda
- 1/3 Cup Chocolate Chips
- 1 Banana
- 1 Cup Of Ice
- 1 Teaspoon Vanilla Extract

2 Protein Portions/ 1 Carb Portion

Banana Bread Protein Shake

- 1 Banana; peeled
- 1 Cup Almond Breeze Original
- 1/2 Cup Oatmeal (uncooked)
- 1 Oikos Triple Zero Vanilla Greek Yogurt
- 1 teaspoon Vanilla Extract
- 1/8 teaspoon ground cinnamon
- Pinch of ground nutmeg
- Pinch of salt
- 2 Scoops Vanilla AB Fitness Whey Protein

3 Protein Portions/ 1 Carb Portion

PART 7

CELEBRATE AND WHAT'S NEXT

Congratulations on completing your 7 Day Kickstart journey! Today, we celebrate your achievements and reflect on the incredible progress you've made in just one week. It's time to look back at this past week and consider the next steps in your fitness adventure.

Reflecting on Your Achievements

Take a moment to reflect on what you've accomplished:

- **Strength Gains:** You've engaged in structured strength training routines, challenging your muscles and boosting your overall strength.
- **Nutritional Awareness:** You've learned the importance of macros, high-protein nutrition, and meal planning for your fitness goals.
- **Daily Movement:** You've embraced daily step counting, incorporating more activity into your life outside of workouts.
- **Progress Tracking:** You've monitored your progress, celebrating small victories along the way.

The Road Ahead

As your one-week journey comes to a close, it's essential to consider what comes next. Here are some steps to guide you forward:

- **Set New Goals:** Consider your fitness aspirations and set new, attainable goals to keep your momentum going.
- **Maintain Consistency:** Continue with regular strength training, balanced nutrition, and daily movement to maintain and build upon your progress.
- **Stay Inspired:** Seek inspiration and motivation from fitness communities, books, podcasts, or professionals to keep your passion for fitness alive.
- **Consult a Professional:** If you're ready to take your fitness to the next level, consider working with us at AB Fitness to create a personalized plan.
- **Share Your Journey:** Continue to engage with your fitness community and share your experiences, challenges, and achievements. Support others on their journeys, too.

A Message of Gratitude

We want to express our gratitude for choosing to embark on this journey with us. Your dedication and commitment to your health and well-being inspires us, and we're thrilled to have been part of your fitness transformation.

Share Your Achievements

In the spirit of celebration, don't hesitate to share your reflections, achievements, or future fitness goals in our community group. Your journey can inspire and motivate others as they start their own adventure.

BONUSES

Since you made it this far I want to offer you some bonuses

More Trainings:

If you like to learn more about fat loss or muscle gain you can find in depth trainings over on my youtube channel

Subscribe to my youtube: https://www.youtube.com/abfitnesstrainer?sub_confirmation=1

Free Facebook Group:

If you want to take this convo online and share some of your experiences. I have a Facebook group that I am very active in. I would love for you to join and partake in the conversations there as well: <https://www.facebook.com/groups/freefitnesslongisland>

NYMR- Muscle Building and Fat Burning Podcast:

Are you a podcast person? Well I have been podcasting for years about everything fitness! Subscribe and listen here: <https://www.newyorkmuscleradio.com/>

Follow all my socials:

I would love for you to connect with me on Social Media. Make sure you tag and send me updated photos as well!

Facebook: <https://www.facebook.com/ABFitness87>

Instagram: <https://www.instagram.com/abfitness/>

Linkedin: <https://www.linkedin.com/in/anthony-bevilacqua-52021b198>

ONLINE TRAINING OR IN-PERSON TRAINING AVAILABLE

If you would like help with Remote Coaching visit: www.ABFitnessTrainer.com and apply!

Have a question for me? Message me on Instagram: @abfitness

We have two locations located in Long Island

Location 1

514A East Meadow Ave

East Meadow NY 11554

Location 2

4150C Merrick Road

Massapequa NY 11758

To find out more about personal training visit: www.ABFitnessCenter.com

CONGRATULATIONS WHAT'S NEXT!

Thank you again for picking up Our 7 Day Kickstart Program!

What happens from this point... Two Things

1. I would recommend picking up a copy of our best selling "16 Week Diet Coach BluePrint" in order to take your body to the next level. This Blueprint will help you to understand the habits necessary to lose and keep weight off forever.



The 16 Week Diet Coach for Transformational Results

<https://www.amazon.com/dp/B09BP2R78G>

2. I would like to offer anyone who picked this book up A Free 15 Min No Sale Fitness Chat. We can deep dive into your specific calls and draw up a blueprint to help you get to the next level!

To Book your call Today Visit: www.FreeFitnessChat.com



Talk to you on the other side!

ONE MORE THING

By reading this book you've just unlocked the ultimate secret to getting in shape. But here's the deal: don't hog all the fun and newly found body transformation for yourself!

Is there someone else in your life who needs to hear this advice?

If you have gotten anything from this book, took down notes or gotten any golden nugget. Please pay it forward and sharing this book and the advice inside of it with that friend of yours who's been glued to the couch.

As you know this book is filled with actionable items designed to teach you how to sustain the results long term which can quickly change their life!

Maybe this is something that can really motivate them to finally get unglued from the couch and get to work. Help them get rolling with their own wins!

So if you enjoyed this and found all the information helpful would you mind sending a copy to a friend?

Thank you again!

WHY SHOULD YOU TAKE THIS ADVICE?

"As a 50 year old woman in perimenopausal stage, my body was changing quickly, especially my mid-section but everything I was trying just wasn't working. I also lacked energy and just knew it was time for me to do something that would meet my goals. I found Anthony online and I sent them a message and decided to give it a try. It is the best decision I made. I started with a consultation that was personalized to my needs and goals. A plan was created for me and I have been so pleased with my results. I have noticed a huge difference in my problem areas, my diet has become healthier and I am so much more energized. The trainers are experienced and know when to push you and when to modify exercises when needed. I love the personalized attention and the check-ins from the owner Anthony. That means a lot to me because it shows they truly care. I cannot rave about AB Fitness enough"

★★★★★ Carmen G

"I love the coaching from AB Fitness. You are welcomed like you are family. They keep up with you on your nutrition and help to keep you accountable. Anthony creates great content and awesome workouts that are changed monthly. The staff are so friendly and inspiring. They were able to teach me that I could do things that I thought I would not be able to do. Just positive vibes all around. You feel like you are in the company of really good people who are dedicated to your health and well being."

★★★★★ June K

"AB fitness is an amazing coaching program with great staff. I lost 70lbs thanks to them! The workouts are amazing, but more importantly their nutrition plans are out of this world. They answered any questions I had and helped me fully understand exactly what I needed to eat/how much to eat, to help me reach my goals. They keep you constantly accountable, especially on the days you need it. Definitely worth every penny!"

★★★★★ Brianna A

"I'm so glad to have found Anthony and his team at AB Fitness. Before finding them, I was doing a lot of random workouts and cardio. I lost some weight but my body wasn't where I wanted it to be. I decided to look for a nutritionist/trainer to help me reach my goals. Thankfully, I found them.

Anthony is very helpful and knowledgeable. He will educate you in everything you need to know to get healthier and fitter. I find his educational videos very valuable in this journey. He also helps me with accountability and nutrition. What I like about them is that they're very accessible. They're only one message away and they make sure you get what you need.

They will make you feel comfortable from the start. As trainers they are very knowledgeable and competent. They answer all your questions and guide you throughout your workouts. They will challenge and equip you with confidence. I never knew what my body was capable of after having multiple sessions with them.

In less than 4 months, I've seen my body change. I got toner and stronger. I feel more energetic and I feel less body aches and pains (from my scoliosis). My quality of life has improved and I couldn't recommend them highly enough. If you want to see real results and you want to adopt a sustainable lifestyle that caters to your fitness needs, come to AB Fitness."

★★★★★ Phoebe T

"Before finding Anthony and AB FITNESS, I was looking for a Fitness program that would suit my lifestyle. I knew several people who had worked with them and were extremely happy with their results. What I liked about AB FITNESS was that it wasn't just an exercise program; they provided a meal plan to help me meet my goals, which is different from anything else I've tried in the past. Their workouts push past your comfort zone and each time you do one you feel even stronger than you were before. I really enjoy that they hold you accountable to your training and tracking your macros. They are always available to answer any questions I have regarding how many calories I should be consuming or if I have any questions in general. It's a very friendly and comfortable setting no intimidation, just motivation by the trainers. I am so glad I found this program and I would recommend it to anyone else who is looking to lose weight and gain strength. Anthony always post very informative YouTube videos, which are extremely helpful that help to answer any questions you may have, or may not have even known you had"

★★★★★ Pilar V

"I started working out with Anthony and his team at AB Fitness 2 months ago and I truly love it. They keep me going every day. I love the nutrition program and the workouts are awesome. I definitely see a change in my mindset and my body. It's not all about looking good but feeling good being healthy and keeping yourself accountable for the choices we make on a daily basis. I definitely recommend working with AB Fitness"

★★★★★ Caterina B

"As a 59-year-old female, I knew the only way to lose the unwanted post-menopausal weight gain and tone my body was to add weight training to my exercise routine. I wanted to learn from a trainer/nutritionist what I should be doing and proper form and technique. When researching trainers I decided to check out Anthony and AB Fitness and am so glad I did! I have been with AB Fitness for two months. They are great! They are knowledgeable, fun and motivational. I am doing exercises and lifting weights. I never thought I could do this early in my experience. Anthony and Laura always keep in touch with messages and helpful videos. My energy level has increased, I have lost weight and fit in my clothes better. Can't wait to see what I can accomplish! Thanks AB Fitness!!

★★★★★ Ellen W

"The BEST TRAINER AND NUTRITIONIST!! The owner Anthony is incredibly passionate and knowledgeable about helping his clients. They are always working with you, giving you feedback and tips. The nutritional information is top notch and It's a great program for people of all experience levels. I highly recommend it!!

★★★★★ Gabriela P

I am "Ab"solutely loving my experience with Anthony and Abfitness. I have been motivated from the moment I joined. I feel a difference in my full body strength and I am less tired. I am challenged each and every workout. They push me to be the best I can be and always make sure I am using proper form and have the right weights. Each month I look forward to the new workouts that are added. The nutrition component is top notch really helps you to understand how your body actually uses food. I highly recommend AB Fitness"

★★★★★ Kristin S

"So thankful that I found Anthony and AB fitness. Before I found them I was wasting away on a MLM ploy diet. They gave me back my ability to enjoy food and taught me that I could lift weights. I'm now deadlifting weights I never thought I would. They are amazing and so motivating, yet fun. I no longer dread exercising. And I finally feel confident with my food choices again."

★★★★★ Alisa J

"Anthony and his team have provided me with the best tools, knowledge, and information in my journey. Anthony is super motivational and personable and never sugar coats what needs to be done to stay on track! His YouTube videos and social media are what I look forward to on the daily. He really brings the community feel and structures the plans based on my needs as an individual! Thank you Anthony and team for being the best resource for health and fitness!"

★★★★★ Riley P

"Anthony and AB fitness motivated me to start focusing on my health once again even though I have a busy schedule. They truly treated clients like a family. They hold you I have learned a great deal regarding nutrition that I wasn't aware of. This knowledge regarding consuming proteins ,carbs and fats has helped me lose weight and keep it off over 1 year. I am also eating properly and feeling full after my meals.

Anthony and his staff are tremendous both in their knowledge of fitness and explaining proper ways to perform the different exercises, ensure no injuries and make it a totally positive experience. Being over 50 years old I was initially concerned that a remote program would hurt me or just be too hard for me. I was pleased to say I have never felt better after a year of training mostly 2 /3 times a week. Every week seems to be a different exercise targeting different areas and muscles. I honestly recommend AB fitness to anyone regardless of your age who would like to improve your health, become stronger and correct bad eating habits"

★★★★★ Mike A

"I learned about AB Fitness through numerous different people that highly recommended them. They were right! I have never been a gym person, always having issues with my weight. Anthony and the AB Fitness team knew exactly what to do with me. While shy at joining at first, I regret not doing it sooner. Anthony and his team truly care about you as a person and how to motivate you to do your absolute best. The results in the past few months I can only credit to AB Fitness. I have gone from a size XL shirt to a size Medium shirt, a 40" waist to a 32" waist. They are the best at what they do, there is no one else I would ever recommend anyone to go to."

★★★★★ James

"From day one, I knew that this was going to be my new "fitness family." I am always pumped up for my workouts and even my nutrition knowing that my body is becoming stronger and healthier day by day.

I was ready for both a physical and mental transformation after gaining 30 lbs. during 2020 due to Covid and inactivity and wouldn't look at myself in the mirror. I started in mid-June and already have lost 30 lbs., gained visual muscle definition in my upper body and slimmed down in my hips region. I can't wait to see how I continue to transform my body!

Each month they focus on a particular area of the body/technique; November is called Squatvember. If you would have told me that I would be squatting 155 lbs. 6 months into my strength training, I would have said hell no, but I did, and I owe it all to the BEST personal trainers! AB Fitness is more than a 5-star strength training program, it's a 5-star family! It's entirely worth the investment in myself!

They coach you on proper nutrition, and hold you accountable for your attendance and goals each month. If you had a previous injury, they will coach you around that injury. The meal plan allows for flexibility, which is perfect for a mother/career-focused woman like me. Reaching out to the team via text, you will receive the utmost support, encouragement, and no bs feedback. Anthony and his team whole-heartedly care about their clients ("fitness family") and treat you like family. Now, who doesn't want that?"

★★★★★ Annmarie R

"What can I say about Anthony and AB Fitness Center! The workouts were challenging but I always make progress! I feel so much stronger! Anthony gave me a meal plan that was so easy to follow. Following his plans I was able to drop over 10% body fat and lose my pregnancy weight! Thank you Anthony and AB Fitness for everything! I highly recommend them to everyone"

★★★★★ Carla L

"I started my journey with AB Fitness in May 2020 as both a nutritional client and strength training client, entirely virtual. Prior to signing on, I had used information from some of Anthony's videos online to help me lose 50 lbs in the eight months prior and, in the six months since I've signed on, I have lost a further 30 lbs. More importantly, I've shaved 10% off my body fat percentage since joining. The entire group at AB is outstanding, and I can't speak highly enough of them and how they have changed my life. Anthony has a gift for motivating people to change their lives for the better. Given my lack of success at gyms in the past, I've been trying to figure what it is about AB that makes them so successful. The answer is they genuinely care about educating you and giving you the tools you need to be successful; whether it is losing weight, building muscle, changing your body shape, or some combination of all three. They are truly supportive and genuinely care about being partners on your fitness journey.

Nutrition - Anthony has created a flexible, sustainable nutrition plan focused on balancing your macro intake (protein, fat, carbs) so that you feel fulfilled while keeping your basal metabolic rate working for you. The flexibility allows you to keep some of the things you crave, but they just have to fit into the daily caloric intake within the macro guidelines. It takes work and Anthony will help you get there.

Accountability - There is a weekly accountability assessment that is filled out online. AB will respond with feedback and tailor the plan as appropriate. It's important to note here that Anthony will do everything to provide you with the tools to succeed, and will be extremely supportive in doing so. NO one is perfect, and they understand that. This was an enormous relief to me.

Training - While I'm sure the gym is fantastic, I have done all my workouts virtually using dumbbells at home. In the age of covid, from out of state, I've still been able to see excellent results with AB without leaving my home.

If you are looking at improving your fitness, contacting AB Fitness will be one of the best decisions you ever make. They have added many years to my life and it is a safe bet they will add many years to others, hopefully yours."

★★★★★ David K

"If you want to get fit, get healthy, and have a family on top of it! AB Fitness is the absolute best! They always keep me motivated and accountable! Everything is tailored to my goals and needs! Highly recommend! I would never go to anyone else again! I am down 16 pounds since I started with them!"

★★★★★ Samantha H

"I have been working with Anthony and his team AB fitness for three months now. Not only have I lost 16 pounds but I have also lost several inches around my waist, hips and thighs. Before joining AB fitness I was walking 5 miles a day, doing P90X and eating healthy but I was only seeing minimal results on the scale.

I highly encourage you to work with the team of knowledgeable professionals at AB fitness. Positive results are guaranteed if you follow their guidance. A new you is waiting to be revealed. Take this opportunity to transform your body into the one you've always wanted."

★★★★★ Mercedes A

MORE TRANSFORMATIONS



"I've lost 35 lbs in 6 months. This is truly a lifestyle and completely maintainable for life"
-Dana W



"Sometimes I look in the mirror and can't believe that this is my body!!!"
-Danielle B

6 Week Transformation



"I've lost over 50lbs in 7 months at Over 50 Years old listening to everything AB Fitness told me to do! If I can do it you can!"

-Noelle V.



"I am honestly sooooo happy to be at this point with my body!"
-Faith M



"AB Fitness has been the best decision I ever made, Highly Recommend Joining!"
-Frank H



"It's so amazing how my body has transformed in the last few weeks!"

-Trish



"I think I could write a book about how AB Fitness has changed my life"
-Nancy



"I feel younger, more energetic and happy at 56!"
-Paula K



"I've managed to gain so much more definition and muscle than I ever have"
-Adam



"I do this for my kids, they are so proud of me"
-Amiee



"My whole life changed...thank you AB Fitness"
Brianna



**Results of Only 4 weeks Training
2x per week for 30 minutes**

"Don't let anybody tell you that you can't do it. You can its up to you. Decide to do it and follow through"
Kyle

If you want to see more transformations check them out here: www.ABFitnessTrainer.com/Results