

SARAH'S
DAY



sweat it
to shred it

THE EIGHT WEEK ACTIVE
LIFESTYLE CHALLENGE

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YOU KNOW HOW YOU HAVE THAT ONE MIRROR AT HOME? THAT ONE MIRROR THAT DOESN'T LIE. MAYBE IT'S THE HARSH LIGHTING, ANGLE OR SIZE OF THE MIRROR, BUT LET'S BE HONEST HERE... WE'VE ALL GOT ONE.

Well, for me, that was my bathroom mirror. Every night, before I took a shower I would scrutinise my body in this dreaded mirror. The sharp heater lights blaring down on me, showing every lump and bump I had. The cellulite on the back of my thighs and booty were bad enough, but the day I discovered it on the front of my legs, arms and stomach was the day I decided that enough was enough. I didn't want to dread this time of the day anymore. I didn't want to have this relationship with my bathroom mirror. I dreamt of the day where I could feel confident wearing shorts out shopping, or my bikini to the beach. I just wanted to feel fit, healthy and happy in my own skin. I was ready to sweat, ready to shred and ready to change my life forever. I hope you're ready to change yours.

Adopting my fitness routine was the best thing I ever did for my body. I never thought I could look or train in the way I do now.

I'M SARAH STEVENSON AND I'M ABOUT TO SHRED YOU UP...

*get ready
to burn*

my fitness story

Hey guys!

I'M SARAH STEVENSON, OTHERWISE KNOWN AS SARAH'S DAY. I'M A SYDNEY BASED HEALTH AND FITNESS YOUTUBER PROMOTING A HOLISTIC, BALANCED LIFESTYLE. THE AIM OF MY LIFESTYLE AND PHILOSOPHY IS TO ENABLE YOU TO REACH YOUR HEALTH AND FITNESS GOALS WHILE MAINTAINING YOUR SOCIAL LIFE AND SENSE OF SPONTANEITY.

As a child I was always super active, taking part in loads of extra curricular activities including dancing, gymnastics and athletics, however, once high school came around my priorities began to change #iloveboys #imsocool. Afternoons spent running around the backyard and riding my bike turned into afternoons sitting at my desk smashing homework, watching T.V. (yep, my Gossip Girl obsession was real, but let's be honest... whose wasn't!?), or scrolling through the latest social media app.

My weekends became a cycle of partying, binge drinking and eating whatever junk food I could get my hands on. I had a personal addiction with corn chips, chicken nuggets and fries dipped in gravy... yeah I was that girl ordering a 24 pack of chicken nuggets at the closest drive through at midnight. I was constantly tired, lethargic and demotivated. Before I knew it I had put on 10 kilograms, couldn't walk up a staircase without breaking a sweat and my skin was an absolute mess! I actually just found one of my old diaries from 2009 where I refer to myself as a pizza face. Yep, my acne was peaking... and not in a good way.



I decided it was time for a change. I didn't want to feel this way anymore.

I spent six years experimenting with different fitness routines, philosophies and workouts to not only gain a better understanding into the fitness world, but more importantly, determine what worked best for my body and mind.



SCROLLING THROUGH INSTAGRAM, I BECAME SO OVERWHELMED AND CONFUSED DECIDING HOW I SHOULD TRAIN TO ACHIEVE THE BODY OF MY DREAMS.

Do I replicate that bohemian, blonde hippie girl with the Valencia filter who says she smashes a 10km run every day? Or do I wear booty shorts, high socks and use the hashtag #girlsthatsquat and lift heavy weights? Classic Instagram and it's juxtaposing fitness lifestyles. In true Sarah's Day style... I decided to do my own thing. Adopt and create my own training method to suit my body, goals, hobbies and lifestyle.

I decided to do my own thing

Not only has my fitness program and philosophy changed my perspective and mindset surrounding training, it has completely changed my physique. I was always self-conscious of my thighs and arms. I felt like there was nothing I could do. I told myself it was my genetics and I would never have a lean and toned body. Everyday I would wake up and stare at the cellulite on the back of my legs, stomach and thighs. Researching night after night what creams, diets and exercise I could do to get rid of it, I was absolutely exhausted. I felt so helpless and confused.



*goodbye
fat xx*

After years of trial and error, I developed a fitness routine that my body thrived off and finally started seeing results. One day I looked in the mirror and couldn't believe what I saw. No more cellulite. I actually felt lean, toned, fit and healthy for the first time in my entire life.

I have tailored my fitness routine to create a lean, toned and functional body! Each workout aims to get your heart pumping to burn the maximum amount of fat, whilst integrating specialised resistance and weighted exercises to sculpt your muscles, giving you that toned and fit look.

**I NOW WAKE UP EVERY MORNING EXCITED AND
MOTIVATED TO TRAIN. NO MORE DREADING THE
GYM, OR YOUR MORNING RUN. IT'S TIME TO MIX
IT UP, HAVE FUN AND START SEEING RESULTS!**



*to get ready
to smash it*

INTEGRATING THIS PROGRAM INTO YOUR LIFE WILL NOT ONLY TRANSFORM YOUR BODY AND FITNESS, BUT IT WILL COMPLETELY CHANGE THE WAY YOU VIEW EXERCISE. I WANT YOU TO ENJOY EXERCISE, CRAVE IT AND INTEGRATE IT INTO YOUR LIFE AS AUTHENTICALLY AS POSSIBLE.

Stay true to yourself, listen to your body and make adjustments wherever you feel necessary. Remember, this guide has been written to encourage flexibility. Don't force your body to endure a style of training it doesn't feel up to or passionate about. The most important aspect to this fitness program is simple: Get active and get moving.

These workouts are carefully structured to burn stubborn fat from the body, detoxify your system through intense sweaty circuits, promote optimal digestion through functional movements and sculpt the body by utilising specialised resistance exercises.

If you're ready to increase your fitness, burn that stubborn body fat and lean out your entire physique, then grab your runners, slick your hair in a ponytail and have faith in yourself. You got this.

**what can
you expect?**

before we get started...

IF YOU'RE READING THIS, I'M SURE YOU'VE ALREADY PEP TALKED YOURSELF AND YOU'RE FEELING DRIVEN AND MOTIVATED TO GET STARTED. HOWEVER, I NEED YOU TO PAUSE FOR ONE MOMENT.

BELIEVE ME, YOU'LL THANK ME FOR THIS PART.

This program has been created to give you visible results and transform your body. So before you rip in, let's just remember where you started.



THE FOLLOWING PAGE SHOULD BE PRINTED OFF AND COMPLETED THREE DIFFERENT TIMES. I REPEAT, 3 TIMES! GOT IT? OK GREAT!

You'll want to fill out the first page now, or right before you begin using the fitness program. Think of it as your 'before' photo and information. Be true and honest to yourself, remember, you're probably the only one who will ever see it! Include as much detail as possible. The best feeling is reflecting on this source and seeing how far you've come.

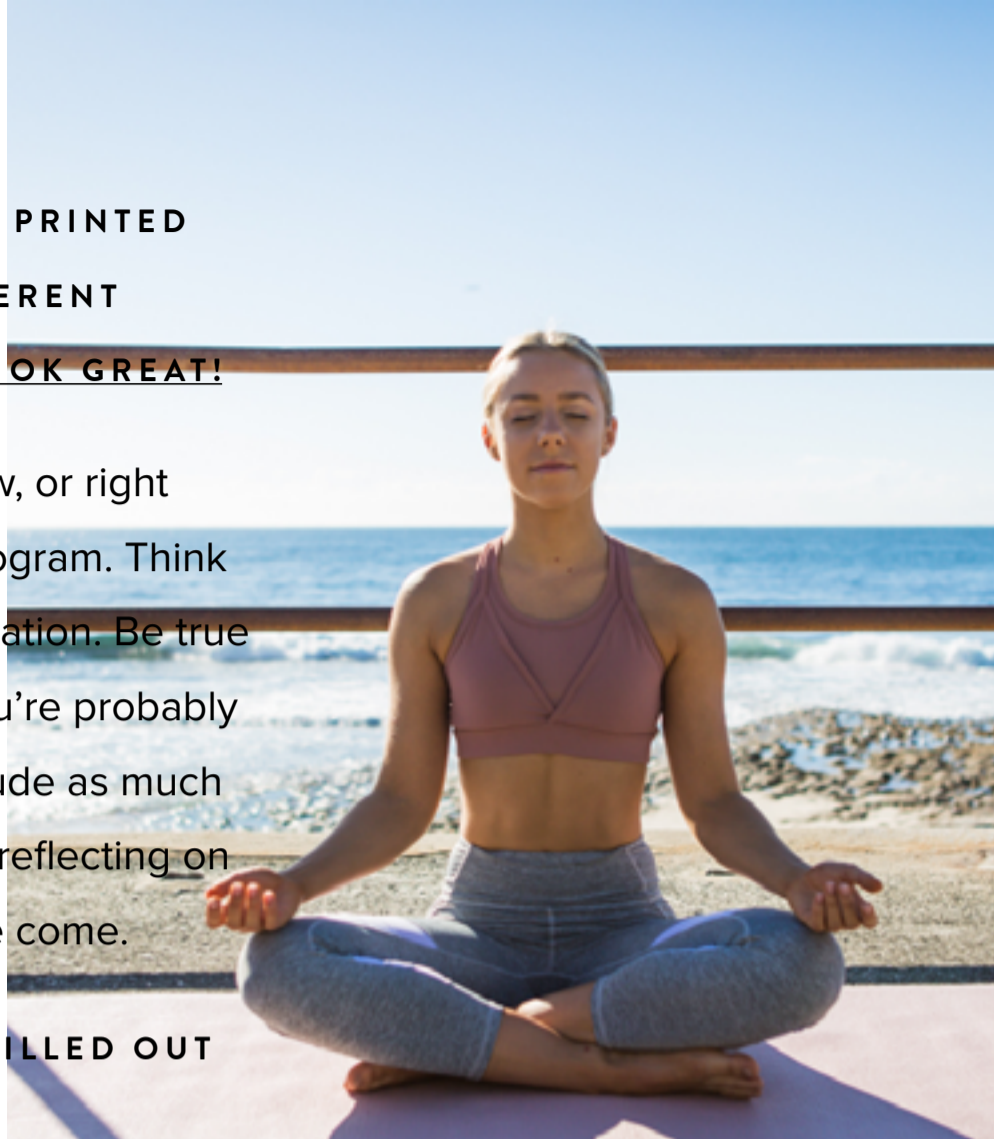
THE SECOND PRINT OUT WILL BE FILLED OUT FOUR WEEKS INTO THE PROGRAM.

Think of this as your half-way point. Again, be as detailed as possible and store it away with your first print out. This is a great time to reflect and compare results between your two body updates. This will give you an opportunity to make adjustments to your routine, mindset or focus.

THE LAST PRINT OUT WILL THEN BE COMPLETED AT THE END OF THE PROGRAM, IN EIGHT WEEKS!

This will allow you to compare all three body updates, reflecting on the changes that both your mind and body have endured.

Be proud of what you have achieved and think of these body updates in a positive way. They have been integrated into my program to increase motivation, accountability and tracking results in an easy way.



*believe
in yourself*

my progress

#sezzysquad #sezzysweat #sweattittoshredit

PHOTO FRONT	PHOTO BACK
PHOTO SIDE	PHOTO YOUR POSE #instabootypop

How do I feel about my current fitness level?

How do I feel about my body?

What are my fitness/body goals for the next 4 weeks?

What do I love about my body?



ARE YOU READY FOR THE BEST PART OF
THIS ENTIRE PROGRAM...

*it's flexible &
written for you!*

If you follow my YouTube channel, you'll know I'm all about listening to your body and being true to yourself. This is why I have incorporated a variety of activities and training styles into my program. I personally mix up my workouts every single week, depending on the weather, how I feel, my schedule and my mood. Let's be honest, you can only go to the gym so many times before you start resenting it and dreading that time of the day. My goal is to avoid those feeling or any negative emotions you have towards exercise.

**how my
program
works**

THROUGHOUT THE NEXT 8 WEEKS YOU WILL BE PUSHING YOUR BODY AND MIND THROUGH A VARIETY OF SWEATY WORKOUTS TO BURN FAT AND INCREASE CARDIOVASCULAR ENDURANCE. HERE'S HOW WE ARE GOING TO DO THIS...

The eight week program involves three different training styles or 'activities':

1. **SWEATY SHREDDER SS**
2. **TONING POWER TP**
3. **ACTIVITY A**
4. **CHALLENGE C**

Each day requires you to complete one of the specified training styles or enjoy a well-deserved rest day. As you progress through the eight week program the workouts will become more intense, target differentiated muscle groups and keep your body guessing to avoid plateauing. Each workout has been designed to challenge the body and sculpt your muscles in an extremely detailed and functional way.

the plan

Weeks 1-3

1 X SWEATY SHREDDER

1 X TONING POWER

1 X CHALLENGE

1 X ACTIVITY

*get time to
sweaty!*

Weeks 4-5

2 X SWEATY SHREDDER

1 X TONING POWER

1 X CHALLENGE

1 X ACTIVITY

Weeks 6-8

2 X SWEATY SHREDDER

2 X TONING POWER

1 X CHALLENGE

1 X ACTIVITY

the timeline

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	SS		TP		C	A	
WEEK 2	SS		TP		C	A	
WEEK 3	SS		TP		C	A	
WEEK 4	SS	C	TP		SS	A	
WEEK 5	SS	C	TP		SS	A	
WEEK 6	SS	C	TP	SS	TP	A	
WEEK 7	SS	C	TP	SS	TP	A	
WEEK 8	SS	C	TP	SS	TP	A	

SS = SWEATY SHREDDER

A = ACTIVITY

TP = TONING POWER

C = CHALLENGE



Download
& Done!

BECAUSE THERE'S NOTHING WORSE THAN MUCKING AROUND WITH YOUR PHONE, TRYING TO SET YOUR TIMER BEFORE A WORKOUT...

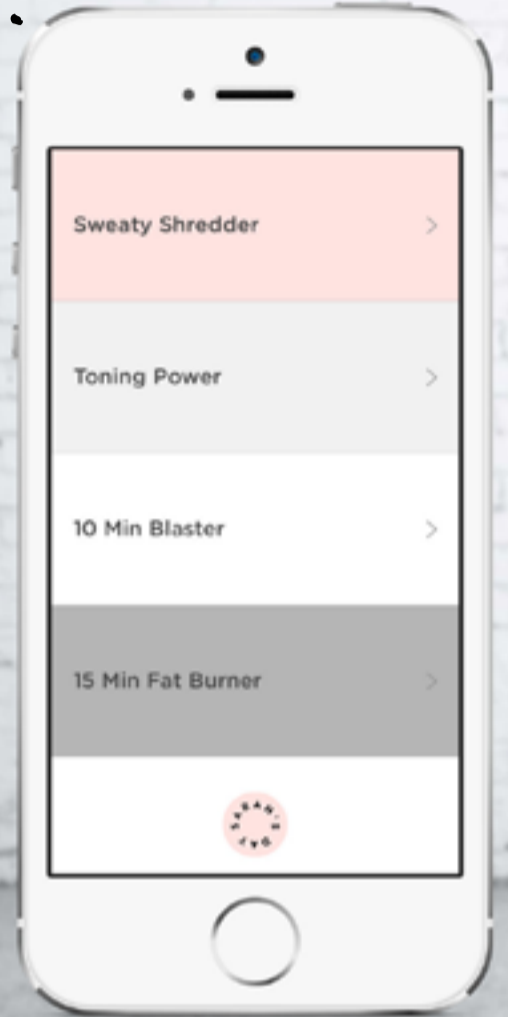
I absolutely LOVE workouts based around time, but if I'm honest... I HATE setting up my timer. It's always the moments when I'm super motivated and pumped up, ready for my workout that my timer decides to reset, glitch or... I simply do not have the brain power to calculate reps, sets, rounds and rest periods #cbb.

Can't a girl just be told what to do and when!? Well my friends... yes, yes you can!

I've created this super simple timer app that has been designed specifically for the Sweat it to Shred it workouts. All you have to do is download the app, select the workout you're about to smash out and click start!

The timer app provides you with both visual and auditory cues to help guide you along your workouts. Listen out as I notify you of what exercise you're up to, how many seconds until your next rest and what circuit you're completing!

You can also use this timer app with your own personal workouts. Use your selected timer as a guide, integrating your own exercises into the workout!



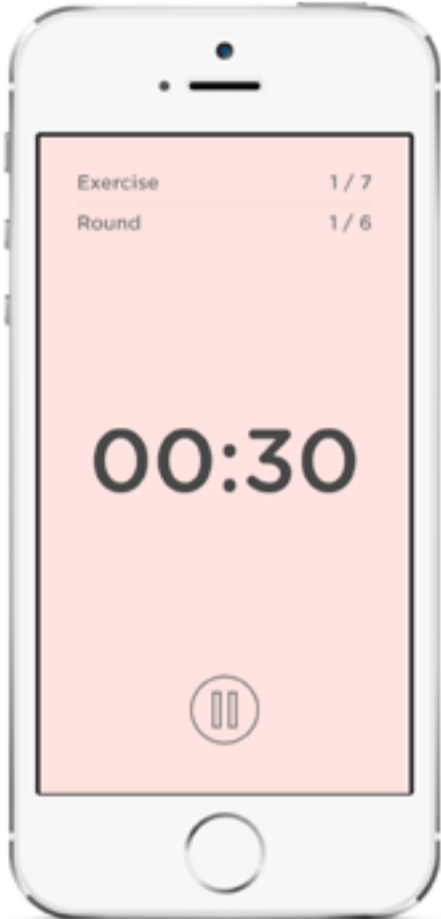
the app

Sarah's Day Timer



you can also click me to download!

**DOWNLOAD MY TIMER TO GET STARTED:
EITHER SEARCH 'SEZZY' IN THE APP STORE
OR [CLICK HERE](#) TO DOWNLOAD NOW!**



I don't know about you guys, but I consider myself to be a rather impatient individual, especially when it comes to technology. That's why it was so important for me to create an app that is simple, fast and effective!

The app contains four different timers...

- SWEATY SHREDDER
- TONING POWER
- 10 MIN BLASTER
- 15 MIN FAT BURNER



The app also gives you the option to pause, mute or reset your workout!

I love to sync my wireless earphones with my phone, start the timer and let the auditory cues guide my workout. This is going to allow you to completely engage in the workout. Don't you worry, I'm with you every step of the way... literally, you hear my voice every 30 seconds!

**I DIDN'T WANT YOU STRESSING OUT OR
BREAKING A SWEAT TRYING TO FIGURE OUT
YOUR TIMER. BELIEVE ME... YOU'LL ALREADY
BE SWEATING ENOUGH IN YOUR WORKOUTS!**



What the heck
are all of these
workouts Sez?

workouts



WORKOUT 1

sweaty shredder

THE SWEATY SHREDDERS ARE MY FAVOURITE FOR THOSE DAYS WHERE YOU'RE READY TO ABSOLUTELY SWEAT YOUR FACE OFF, BURN FAT AND PUSH YOUR BODY TO ITS LIMIT. I'M WARNING YOU NOW... YOU'RE GOING TO SWEAT... A LOT.



Sweaty Shredders have been designed to put your body through a high-intensity, fat burning and aerobic workout that should leave you feeling like you've got nothing left to give. I want you to be lying on the floor in a puddle of your own sweat by the end these bad boys!

EACH SWEATY SHREDDER WORKOUT IS MADE UP OF 7 EXERCISES. You will perform the specific exercise for 30 seconds, pushing your body as hard as you possible can and then rest for 10 seconds. You repeat this process 6 times so that you have completed the exercise for 6 rounds of 30 seconds with a 10 second break in-between each set. Because I'm so nice, I have then rewarded you with a 30 second rest period before you move on to the next exercise, where you will complete the same process.

You will repeat this process for all 7 exercises included in the workout. Remember – you must complete 6 rounds of 30 second activity for each exercise before you move onto the next. That's right, once you have completed 6 rounds of 30 seconds, with 10 seconds rest in between each set, you move on, never having to return to that exercise. That's why it's important to give it all you've got!

Download my timer app and select the Sweaty Shredder tab to guide your workout.



1. Jump Squats

6 X 30 SECONDS



30 SECOND BREAK

2. Side to Side Toe Taps

6 X 30 SECONDS



30 SECOND BREAK

3. Beginner Burpees

6 X 30 SECONDS



30 SECOND BREAK

4. Walking Lunges

6 X 30 SECONDS



30 SECOND BREAK

5. Reverse Lunge Kicks

6 X 30 SECONDS



30 SECOND BREAK

6. Narrow Squats

6 X 30 SECONDS



30 SECOND BREAK

7. Mountain Climbers

6 X 30 SECONDS



WORKOUT 2

toning power

TONING POWER WORKOUTS ARE ALL ABOUT SCULPTING THE BODY AND DEVELOPING THAT LEAN AND TONED PHYSIQUE. EACH WORKOUT TARGETS A DIFFERENT MUSCLE GROUP, INTEGRATING POWERFUL AND FUNCTIONAL MOVEMENTS TO HELP BUILD MUSCLE WHILE BURNING FAT. THESE WORKOUTS ARE ALL ABOUT SHREDDING THOSE ABS, BUILDING THAT BOOTY AND LEANING OUT THE ARMS AND LEGS. GET READY TO BURN!



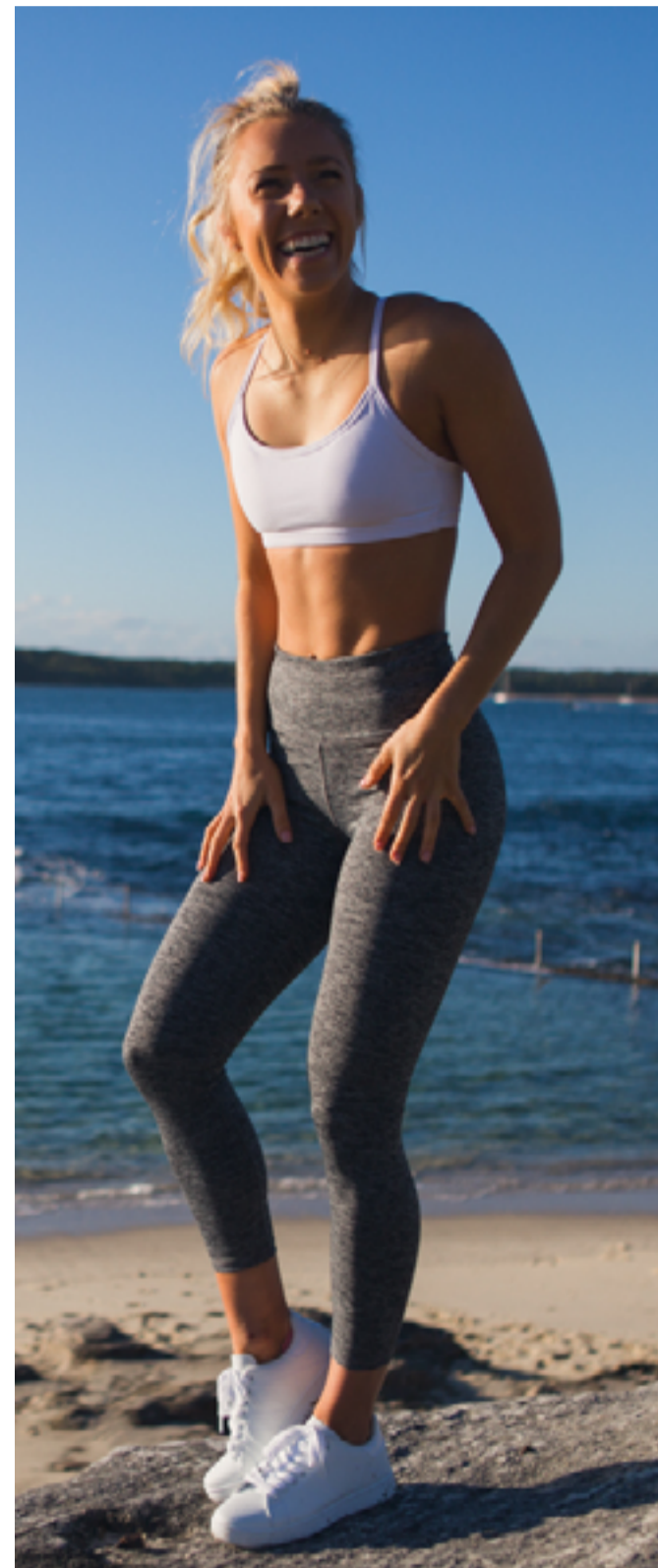
HERE'S HOW IT WORKS...

For this workout use my timer app and select the Toning Power tab to guide your workout. Each workout begins with one explosive, power exercise that is designed to start burning that focus muscle group. The idea is to not stop and keep moving until the one minute timer for each exercise is up! Each power exercise is then followed up by a fat burning, heart rate spiking exercise.

These exercises have been integrated methodically into the routine to ensure you're not only sculpting the desired muscle group, but promoting fat loss and working up a sweat at the same time. Without resting, you will complete the second exercise for one whole minute.

Once you have completed this superset (two exercises one after the other) you can then enjoy a 45 second break. You will repeat this process four times so that you've completed 4 sets of the superset combo. Once you've completed the four sets, you are rewarded with a well deserved 1-2 minute rest (depending on how you're feeling). I know I'm so nice right!?

You will repeat this same concept for the following two superset combos so that you've completed 4 rounds of each superset.



toning power

Superset A

Hip Thrusts
1 MINUTE



Walking Lunges
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Froggy Squats
1 MINUTE



Narrow Squats
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Dive Bombers
1 MINUTE



Commandos
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

WORKOUT 3

activity days

HERE IS WHERE MY PROGRAM FOCUSES ON YOU AND WHAT YOU LOVE! I WANT YOU TO ENJOY BEING ACTIVE, LOOK FORWARD TO YOUR WORKOUTS AND BE ABLE TO MAINTAIN THIS NEW FIT LIFESTYLE YOU'RE ADOPTING. ACTIVITY DAYS HAVE BEEN CAREFULLY INTEGRATED INTO THE PROGRAM TO GIVE YOU THE OPPORTUNITY TO TRY OUT NEW ACTIVITIES, GET OUTDOORS, ENJOY BEING PHYSICAL AND UTILISE ANY SPECIFIC SKILLS OR HOBBIES YOU MAY HAVE.

HERE'S HOW IT WORKS...

I've included a variety of activity examples and suggestions including swimming, beach workouts, running and stretching. Feel free to utilise and complete any of these activities OR choose your own! Use these days as an opportunity to dabble with new experiences and try out those sports you've always wanted to. Activity days are just as much integrated for your mental health as they are for your physical fitness. Some days you might go for a walk around the neighbourhood with a friend, other days you might try a new yoga class or go for a swim. Do what makes your soul and body happy!



DON'T FORGET

warm up

A QUALITY WARM UP ISN'T JUST ESSENTIAL FOR INJURY PREVENTION, I FEEL AS THOUGH I HAVE TO WARM UP AND GET MY BLOOD PUMPING OTHERWISE I SERIOUSLY CAN'T GET MOTIVATED. IT'S NOT UNTIL I'VE BROKEN A MINI SWEAT THAT I'M READY TO RIP IN AND SMASH OUT A SERIOUS WORKOUT!

Your warm up can really be anything you want, the most important thing is that your heart rate begins to increase, your upper lip starts to get a little sweaty and your body is feeling warm and ready to move.

Each workout requires you to complete a quick 5 minute warm up before you begin. If you're completing this program at a gym, feel free to jump on the bike or cross trainer for 5 minutes. If you're at home, try this simple warm up routine...

REPEAT 2-3 TIMES
(until your body feels warm and ready to work)

20 X STAR JUMPS

10 X SQUATS

20 X HIGH KNEES

10 X LUNGES

20 X BUTT KICKS

5 X PUSH-UPS

10 things to remember

1.

DON'T COMPARE YOURSELF TO ANYONE. This is YOUR journey. Become the best version of YOURSELF.

2.

IT'S OK TO FEEL UNMOTIVATED AND RESENTFUL. It happens to the best of us, some days you won't feel like training or being active. Do your best and remember that feeling of accomplishment and pride right after your workout.

3.

DON'T OVER DO IT. The last thing you want to do is burn yourself out. It's all about adopting a maintainable fitness routine and lifestyle. Listen to your body and be kind to yourself.

4.

EAT TO FUEL YOUR WORKOUTS. Don't deprive yourself but at the same time don't fill your body with junk. Reward your insides with whole foods – this will do wonders for your workouts and physique!

5.

YOUR MIND IS YOUR MOST POWERFUL WEAPON. Don't underestimate the power of mental pep talks and motivational thoughts.

6.

DON'T COMPROMISE ON YOUR FORM! The last thing you want is an injury, so make sure to train safely!

7.

MUSIC! If there's one thing that pumps me up for a workout, it's some filthy (aka pump-up) beats! Make sure to play your favourite tunes to increase your motivation and get you through your workout!

8.

A BALANCED PRE-WORKOUT MEAL IS YOUR BEST FRIEND... well to be honest a long black with a dash of almond milk #LBwithaDofAM is my personal pre-workout bestie. Try to consume something easily digestible like a banana at least half an hour before you plan to sweat it out!

9.

GET YOUR FRIENDS AMONGST THE ACTION! Training and having a laugh with your friends not only increases your motivation but it keeps you accountable.

10.

TRY NOT TO SEE THIS PROGRAM LIKE A CHORE. Have fun, keep it flexible, be kind to yourself and enjoy the process!



No more excuses!

You got this girl!

week

one



1. Jump Squats

6 X 30 SECONDS



30 SECOND BREAK

2. Side to Side Toe Taps

6 X 30 SECONDS



30 SECOND BREAK

3. Beginner Burpees

6 X 30 SECONDS



30 SECOND BREAK

4. Walking Lunges

6 X 30 SECONDS

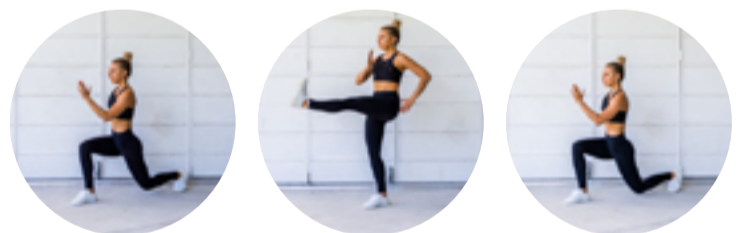


30 SECOND BREAK

5. Reverse Lunge Kicks

6 X 30 SECONDS

(3 Rounds Right Leg, 3 Rounds Left Leg)



30 SECOND BREAK

6. Narrow Stance Squats

6 X 30 SECONDS



30 SECOND BREAK

7. Mountain Climbers

6 X 30 SECONDS



Superset A

Hip Thrusts
1 MINUTE



Plank In & Outs
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Right Leg
Glute Kickbacks
1 MINUTE



Left Leg
Glute Kickbacks
1 MINUTE



REST 45 SECONDS

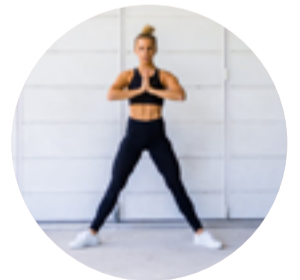
REPEAT X 4

Superset C

Narrow Squat
1 MINUTE



Sumo Squat
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK



10 minute
ab-blaster!

1 MINUTE	CRUNCHES
1 MINUTE	LEG RAISES (Click here to see on page 59)
1 MINUTE	PLANK
1 MINUTE	SIDE TO SIDE TOE TAPS (Click here to see on page 36)
1 MINUTE	STAR CRUNCHES (Click here to see on page 42)
1 MINUTE	DISH & TUCK (Click here to see on page 55)
1 MINUTE	PLANK
1 MINUTE	CROSS BODY TOE TAPS (Click here to see on page 42)
1 MINUTE	MOUNTAIN CLIMBERS
1 MINUTE	PLANK + SIDE TO SIDE ROCK (Click here to see on page 62)

Beach workout

MEASURE OUT A BEACH SPRINTING PATH
AROUND 20-30 METRES LONG AND SMASH
OUT THIS CIRCUIT...

50 X MOUNTAIN CLIMBERS

SPRINT (WALK BACK)

20 X PUSH UPS

SPRINT (WALK BACK)

10 X BURPEES

SPRINT (WALK BACK)

20 X HIGH KNEES

20 X JUMP SQUATS

20 X HIGH PLANK FROGGY JUMPS

20 X JUMP LUNGES





week

two

1. Traveling Jump Squats

6 X 30 SECONDS
(Jumping forward the whole time)



30 SECOND BREAK

2. Vertical Toe Taps

6 X 30 SECONDS



30 SECOND BREAK

3. Jump Lunges

6 X 30 SECONDS



30 SECOND BREAK

4. Tap Push-Ups

6 X 30 SECONDS



30 SECOND BREAK

5. Skaters

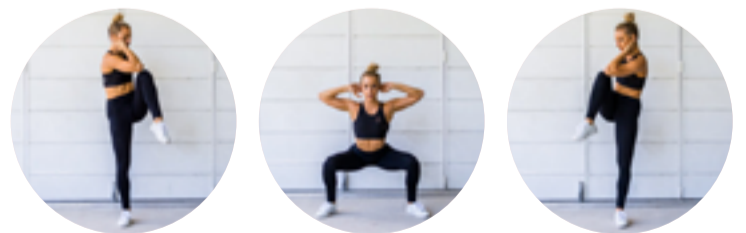
6 X 30 SECONDS



30 SECOND BREAK

6. Squat + Knee to Elbow

6 X 30 SECONDS



30 SECOND BREAK

7. Plank Shoulder Taps

6 X 30 SECONDS



Superset A

Plank
Shoulder Taps
1 MINUTE



Side to Side
Toe Taps
1 MINUTE



REST 45 SECONDS

REPEAT X 4

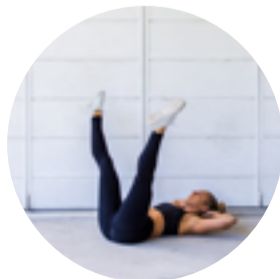
Superset B

Tap Push-Ups
1 MINUTE



1 - 2 MINUTE BREAK

Star Crunches
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Mountain Climbers
1 MINUTE



1 - 2 MINUTE BREAK

Cross Body
Toe Taps
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Street
style!

20 REPS

JUMP SQUATS

20 REPS

TUCK JUMPS

20 REPS

DISH & TUCK

20 REPS

WALKING LUNGES

1.5 KM

NEIGHBOURHOOD BLOCK RUN

10 REPS

TAP PUSH-UPS

10 REPS

IN & OUT SQUAT PULSES

(3 narrow squat pulses then 3 sumo squat pulses = 1 rep)

10 REPS

BICYCLES

1.5 KM

NEIGHBOURHOOD BLOCK RUN

Walk n Talk...

GET CHATTY WITH THE GIRLS #WALKANDTALK

TAKE SOME TIME OFF TO DESTRESS YOUR BODY, CONNECT WITH YOUR FRIENDS, GET OUTDOORS AND ENJOY THE SUNSHINE!

Try and walk for at least 30 mins and if you can convince your friend to make it a brisk power walk, even better!

HITTING UP YOUR LOCAL COFFEE SHOP FOR A LB WITH A D OF AM IS OPTIONAL...





week

three

1. Cross Tap Jump Squats

6 X 30 SECONDS



30 SECOND BREAK

2. Bicycles

6 X 30 SECONDS



30 SECOND BREAK

3. Jump Lunges

6 X 30 SECONDS



30 SECOND BREAK

4. Squat Hold + Toe Taps

6 X 30 SECONDS

(Stay low, tap left then right foot, repeat)



30 SECOND BREAK

5. Mountain Climbers

6 X 30 SECONDS



30 SECOND BREAK

6. Reverse Lunge + Knee

6 X 30 SECONDS



30 SECOND BREAK

7. Plank In & Outs

6 X 30 SECONDS



wednesday

PAGE 47 WEEK THREE TONING POWER

Superset A

In & Out
Squat Pulses
1 MINUTE

pulse x 3



jump



pulse x 3



Wall Squat Hold
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Right Leg
Reverse Lunge
1 MINUTE



Left Leg
Reverse Lunge
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Bicycles
1 MINUTE



Bear Crawls
1 MINUTE



stay low, crawling forward

REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

Fifty-Two Pick-Up!

GRAB A DECK OF CARDS AND START PRACTISING YOUR SHUFFLING SKILLS...

Each suit represents an exercise. The number on the card represents the number of reps (Ace = 12, Faces = 10).

Pick up cards one by one, performing the specified exercise until you have gone through the entire deck!

CLUBS ♣ - BURPEES

HEARTS ♥ - PUSH-UPS

DIAMONDS ♦ - SQUAT JUMPS

SPADES ♠ - CRUNCHES

Time for a Dip...

POOL - OCEAN - LAKE... PUDDLE?

I LIKE TO SWIM FOR AROUND 30 MINUTES.

During this time, listen to your body and do what feels right! I like to smash out some laps in freestyle stroke until I'm reasonably puffed. Then I finish up with a few breaststroke laps. Feel free to just float around, enjoying the calmness of the water around you!



Make it
a lifestyle
not a fad!



week four



monday

1. High Knees

6 X 30 SECONDS



30 SECOND BREAK

2. Ab Kicks

6 X 30 SECONDS



30 SECOND BREAK

3. In & Out Squat Pulses

6 X 30 SECONDS



30 SECOND BREAK

4. Star Crunches

6 X 30 SECONDS



30 SECOND BREAK

5. Froggy Squat Pulses

6 X 30 SECONDS



30 SECOND BREAK

6. Plank Shoulder Taps

6 X 30 SECONDS



30 SECOND BREAK

7. Push-Up Burpees

6 X 30 SECONDS



ouch, don't hate me!

Add Break Balancer...

YOU'VE BEEN WORKING PRETTY HARD UP UNTIL NOW, SO IT'S TIME TO TREAT YOURSELF WITH YOUR FAVOURITE TV SERIES. IF THIS TURNS INTO HOURS OF BINGE WATCHING RE-RUNS OF FRIENDS, GOSSIP GIRL OR 13 REASONS WHY... I'M NOT TO BLAME!

In each ad break you are going to hold one of these balances:

1	PLANK
2	NARROW SQUAT HOLD
3	SUMO SQUAT HOLD
4	DISH HOLD

Feel free to mix it up and select a different balance for each ad break! pssst - remember, if this turns into a series binge watching session...prepare your muscles!

Superset A

Hip Thrusts
1 MINUTE



Plank In & Outs
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Right Leg
Glute Kickbacks
1 MINUTE



1 - 2 MINUTE BREAK

Left Leg
Glute Kickbacks
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Narrow Squat
1 MINUTE



1 - 2 MINUTE BREAK

Sumo Squat
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1. 10x Mountain Climbers + Push-Up

6 X 30 SECONDS



30 SECOND BREAK

2. Dish & Tuck

6 X 30 SECONDS



30 SECOND BREAK

3. Jump Lunges

6 X 30 SECONDS



30 SECOND BREAK

4. Commandos

6 X 30 SECONDS



30 SECOND BREAK

5. Beginner Burpees

6 X 30 SECONDS



30 SECOND BREAK

6. Wall Squat

6 X 30 SECONDS
(Hold and don't move!)



30 SECOND BREAK

7. Plank In & Outs

6 X 30 SECONDS



Recover & Reconnect

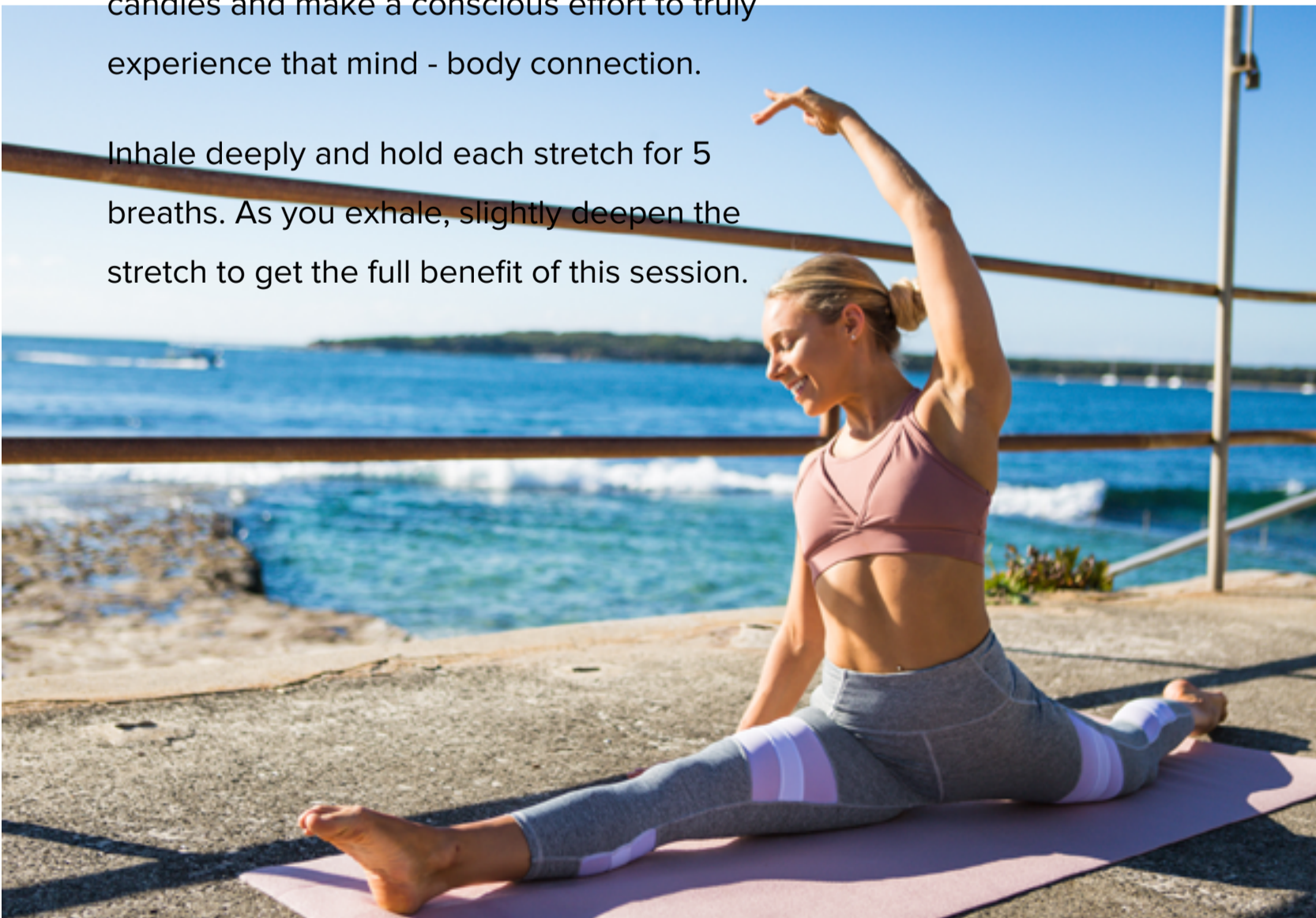
IT'S TIME FOR SOME WELL-DESERVED R & R...

THIS IS MY FAVOURITE TIME OF THE WEEK!
TAKING TIME TO STRETCH, RECOVER AND
REST YOUR MUSCLES IS SO IMPORTANT
BOTH FOR THE BODY AND MIND.

Take 20 – 45 mins to enjoy some deep
stretches or foam rolling exercises to get your
circulation flowing and muscles relaxing!

I love to play some chill tunes, light my scented
candles and make a conscious effort to truly
experience that mind - body connection.

Inhale deeply and hold each stretch for 5
breaths. As you exhale, slightly deepen the
stretch to get the full benefit of this session.



my progress

#sezzysquad #sezzysweat #sweatittoshredit

PHOTO FRONT	PHOTO BACK
PHOTO SIDE	PHOTO YOUR POSE #instabootypop

How do I feel about my current fitness level?

How do I feel about my body?

What are my fitness/body goals for the next 4 weeks?

What do I love about my body?

week

five



1. Skaters

6 X 30 SECONDS



30 SECOND BREAK

2. Tap Push-Ups

6 X 30 SECONDS



30 SECOND BREAK

3. In & Out Squat Pulses

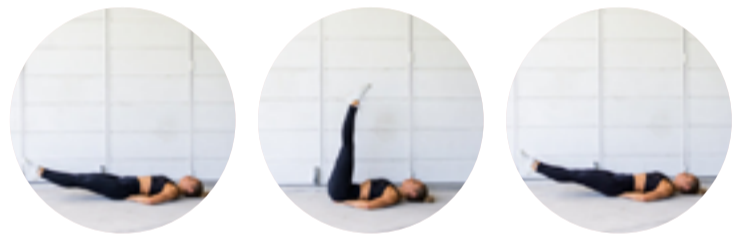
6 X 30 SECONDS



30 SECOND BREAK

4. Leg Raises

6 X 30 SECONDS



30 SECOND BREAK

5. Squat + Jump Lunges

6 X 30 SECONDS



30 SECOND BREAK

6. Bear Crawls

6 X 30 SECONDS



30 SECOND BREAK

7. Bicycles

6 X 30 SECONDS



tuesday

SARAH'S DAY
TIMER APP:
10 MIN BLASTER



10 minute
ab-blaster!

1 MINUTE

CRUNCHES

1 MINUTE

LEG RAISES

1 MINUTE

PLANK

1 MINUTE

SIDE TO SIDE TOE TAPS

1 MINUTE

STAR CRUNCHES

1 MINUTE

DISH & TUCK

1 MINUTE

PLANK

1 MINUTE

CROSS BODY TOE TAPS

1 MINUTE

MOUNTAIN CLIMBERS

1 MINUTE

PLANK SIDE TO SIDE ROCK

CHALLENGE (OPTIONAL)

WEEK FIVE

PAGE 60

Superset A

Plank In & Outs
1 MINUTE



Vertical Toe Taps
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Walking Lunges
1 MINUTE



Jump Squats
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Dish & Tuck
1 MINUTE



In & Out
Squat Pulses
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

1. Push-Up Shoulder Taps

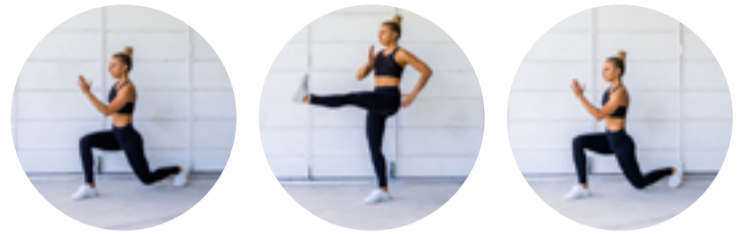
6 X 30 SECONDS



30 SECOND BREAK

2. Reverse Lunge Kicks

6 X 30 SECONDS



30 SECOND BREAK

3. Star Crunches

6 X 30 SECONDS



30 SECOND BREAK

4. Ab Kicks

6 X 30 SECONDS



30 SECOND BREAK

5. Traveling Jump Squats

6 X 30 SECONDS



30 SECOND BREAK

6. Plank + Side to Side Rock

6 X 30 SECONDS



30 SECOND BREAK

7. Froggy Squat Pulses

6 X 30 SECONDS



Beach workout

MEASURE OUT A BEACH SPRINTING PATH
AROUND 20-30 METRES LONG AND SMASH
OUT THIS CIRCUIT...

50 X MOUNTAIN CLIMBERS

SPRINT (WALK BACK)

20 X PUSH UPS

SPRINT (WALK BACK)

10 X BURPEES

SPRINT (WALK BACK)

20 X HIGH KNEES

20 X JUMP SQUATS

20 X HIGH PLANK FROGGY JUMPS

20 X JUMP LUNGES



A woman with blonde hair in a braid, wearing sunglasses, a black tank top, and black leggings, is sitting on a concrete ledge. She is holding a smartphone in her left hand and gesturing with her right hand. She is wearing white sneakers. The background shows a body of water and a white metal railing. The scene is brightly lit, suggesting a sunny day.

Do it for yourself.
Be proud of what
you've achieved
so far...



week
six

1. Push-Up Burpees

6 X 30 SECONDS



30 SECOND BREAK

2. Dish & Tuck

6 X 30 SECONDS



30 SECOND BREAK

3. Squat + Jump Lunges

6 X 30 SECONDS



30 SECOND BREAK

4. Push-Up Shoulder Taps

6 X 30 SECONDS



30 SECOND BREAK

5. Skaters

6 X 30 SECONDS



30 SECOND BREAK

6. Cross Body Toe Taps

6 X 30 SECONDS



30 SECOND BREAK

7. Traveling Jump Squats

6 X 30 SECONDS



1 Hunnid Hitter!

THIS IS AN AWESOME WORKOUT TO SMASH OUT WHEN YOU NEED TO BURN SOME SERIOUS FAT FAST! PERFORM EACH EXERCISE AND SPECIFIED REPS ONE AFTER THE OTHER WITHOUT STOPPING.

Feel free to time yourself and note down your results. Whenever you feel like smashing out a 1-hunnid hitter, refer back to your previous time and try to beat it!

Yeah... I'm making you do 70 sumo squats and 40 froggy squats.

Don't hate me!

100	HIGH KNEES
90	STAR JUMPS
80	CRUNCHES
70	SUMO SQUATS
60	HIP THRUSTS
50	PLANK IN & OUTS
40	FROGGY SQUATS
30	JUMP LUNGES
20	BURPEES
10	PUSH UPS

Superset A

Dive Bombers
1 MINUTE



Side to Side
Toe Taps
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Tap Push-Ups
1 MINUTE



Star Crunches
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Mountain Climbers
1 MINUTE



Cross Body
Toe Taps
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

1. Froggy Squat Pulses

6 X 30 SECONDS



30 SECOND BREAK

2. Commandos

6 X 30 SECONDS



30 SECOND BREAK

3. Jump Lunges

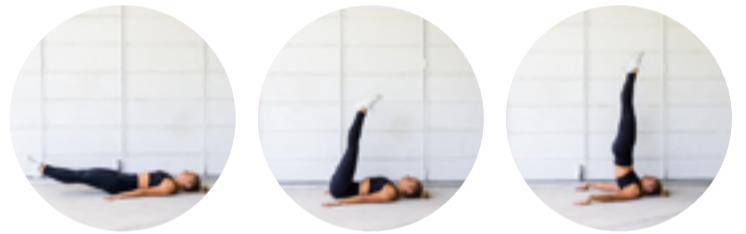
6 X 30 SECONDS



30 SECOND BREAK

4. Leg + Hip Raise

6 X 30 SECONDS



30 SECOND BREAK

5. Bear Crawls

6 X 30 SECONDS



30 SECOND BREAK

6. Jump Squats

6 X 30 SECONDS



30 SECOND BREAK

7. Bicycles

6 X 30 SECONDS



Superset A

Hip Thrusts
1 MINUTE



Walking Lunges
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Right Leg
Glute Kickbacks
1 MINUTE



Left Leg
Glute Kickbacks
1 MINUTE

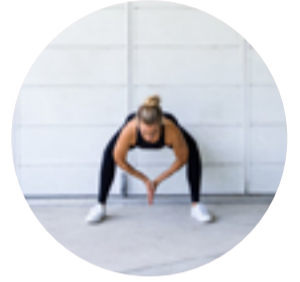


REST 45 SECONDS

REPEAT X 4

Superset C

Froggy
Squat Pulses
1 MINUTE



Sumo Squats
1 MINUTE



REST 45 SECONDS

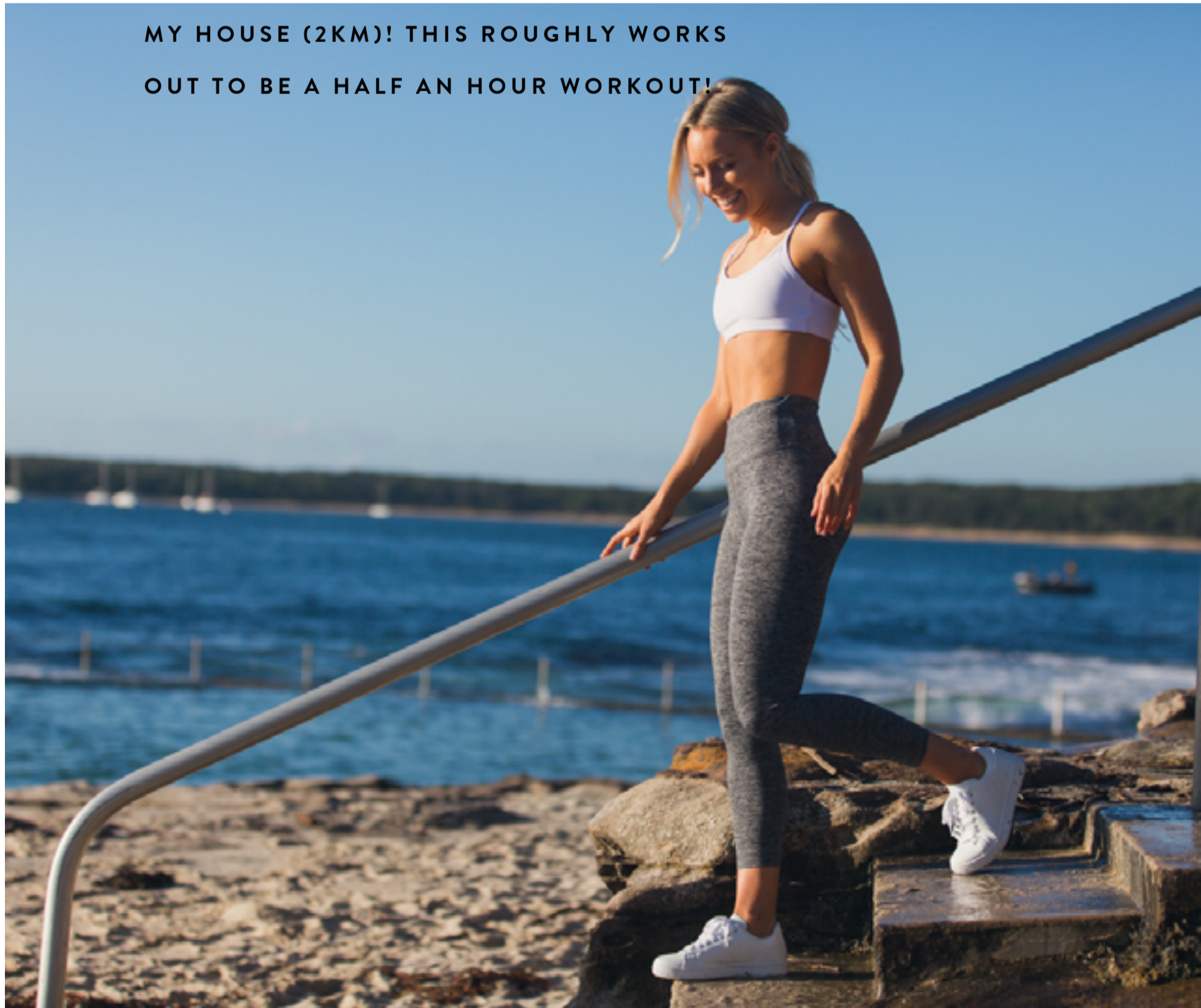
REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

Stair Sprints!!

FIND A DECENT SET OF STAIRS AROUND YOUR LOCAL AREA (ROUGHLY 50 - 100 STAIRS) AND SMASH OUT SOME STAIR SPRINTS. DEPENDING ON THE LENGTH OF THIS STAIRWAY TO HEAVEN WILL DETERMINE HOW MANY SETS YOU CAN SMASH OUT. I TRY TO DO 10 ROUNDS OF STAIR SPRINTS AND THEN JOG BACK TO MY HOUSE (2KM)! THIS ROUGHLY WORKS OUT TO BE A HALF AN HOUR WORKOUT!



week

seven



1. High Knees

6 X 30 SECONDS



30 SECOND BREAK

2. Plank In & Outs

6 X 30 SECONDS



30 SECOND BREAK

3. Reverse Lunge + Knee

6 X 30 SECONDS



30 SECOND BREAK

4. Push-Up Shoulder Taps

6 X 30 SECONDS



30 SECOND BREAK

5. Traveling Jump Squats

6 X 30 SECONDS



30 SECOND BREAK

6. 10 x Mountain Climbers + Push-Up

6 X 30 SECONDS



30 SECOND BREAK

7. Skaters

6 X 30 SECONDS



You do you...
Your choice!

IS THERE AN ACTIVITY OR SPORT YOU'VE ALWAYS WANTED TO TRY!? WELL TODAY'S THE DAY TO FINALLY GET THE COURAGE AND MAKE THE TIME TO DO IT!

Mix it up, keep it fun and do it FTM (for the memories).

Having some creative block right now? Feel free to repeat one of your fave workouts or challenges that you've already completed in this guide!



Superset A

Plank +
Side to Side Rock
1 MINUTE



Leg Raises
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Dive Bombers
1 MINUTE



Dish & Tuck
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Push-Ups
1 MINUTE



Star Crunches
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

1. Ab Kicks

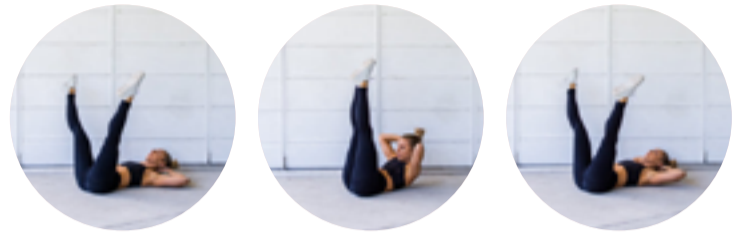
6 X 30 SECONDS



30 SECOND BREAK

2. Star Crunches

6 X 30 SECONDS



30 SECOND BREAK

3. Squat + Jump Lunges

6 X 30 SECONDS



30 SECOND BREAK

4. Plank Hold

6 X 30 SECONDS



30 SECOND BREAK

5. Push-Up Burpees

6 X 30 SECONDS



30 SECOND BREAK

6. Side to Side Toe Taps

6 X 30 SECONDS



30 SECOND BREAK

7. In & Out Squat Pulses

6 X 30 SECONDS

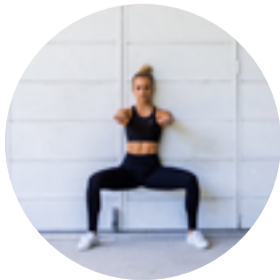


Superset A

Skaters
1 MINUTE



Wall Squat Hold
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Right Leg
Reverse Lunge
1 MINUTE



Left Leg
Reverse Lunge
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Bicycles
1 MINUTE



Bear Crawls
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

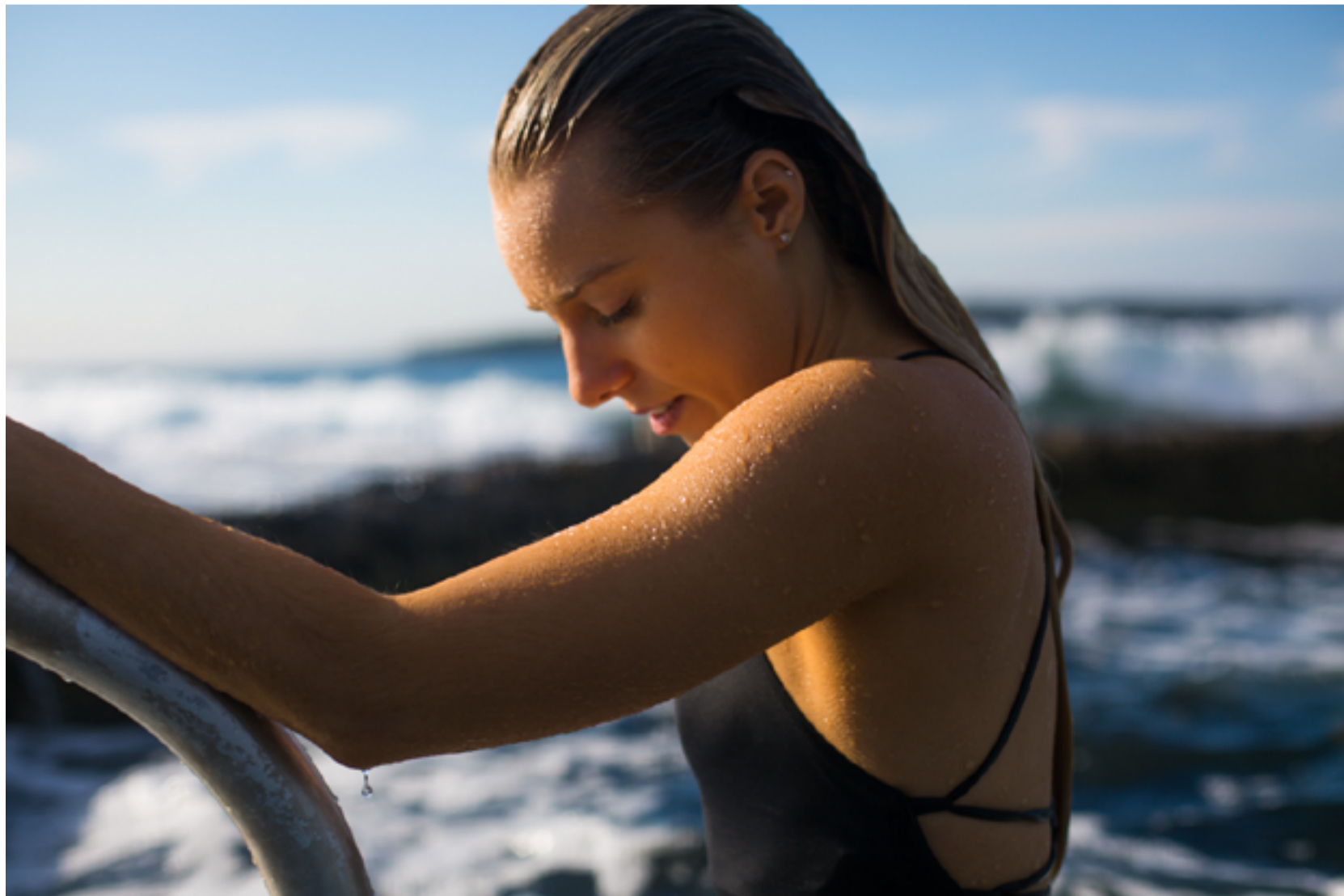
1 - 2 MINUTE BREAK

No skinny dipping allowed...

LISTEN TO YOUR BODY...

Feeling pumped up and ready to burn those muscles!? Complete 100m of Freestyle stroke as fast as you can! Rest for 30 seconds and then repeat. Try and do this 5 times!

Finish up with some laps of your choice... or don't and just frolic around channeling your inner mermaid. Your choice.



week



eight

monday

*cause you're
a #ninja now*

1. Push-Up, Tuck Jump Burpees

6 X 30 SECONDS



30 SECOND BREAK

2. Dish Hold + Scissors

6 X 30 SECONDS



30 SECOND BREAK

3. Bear Crawls

6 X 30 SECONDS



30 SECOND BREAK

4. Plank + Side to Side Rock

6 X 30 SECONDS



30 SECOND BREAK

5. Traveling Jump Squats

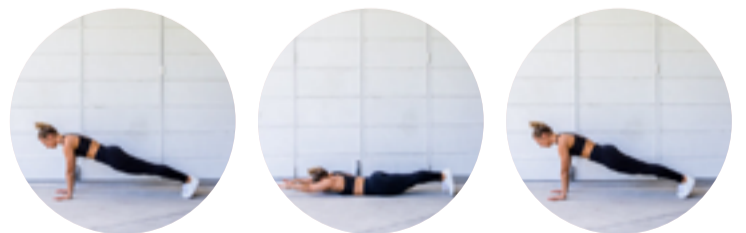
6 X 30 SECONDS



30 SECOND BREAK

6. Tap Push-Ups

6 X 30 SECONDS



30 SECOND BREAK

7. Froggy Squat Pulses

6 X 30 SECONDS



tuesday

SARAH'S DAY
TIMER APP:
10 MIN BLASTER



10 minute
Boot Camp!

1 MINUTE

HIGH KNEES

1 MINUTE

PUSH-UPS

1 MINUTE

JUMP SQUATS

1 MINUTE

SIDE TO SIDE TOE TAPS

1 MINUTE

JUMP LUNGES

1 MINUTE

DISH & TUCK

1 MINUTE

BEAR CRAWLS

1 MINUTE

DIVE BOMBERS

1 MINUTE

MOUNTAIN CLIMBERS

1 MINUTE

WALL SQUAT HOLD

*Go as hard as
you can &
don't stop!*

CHALLENGE (OPTIONAL)

WEEK EIGHT

PAGE 81

Superset A

Dive Bombers
1 MINUTE



Side to Side
Toe Taps
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Tap Push-Ups
1 MINUTE



Star Crunches
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Mountain Climbers
1 MINUTE



Cross Body
Toe Taps
1 MINUTE



REST 45 SECONDS

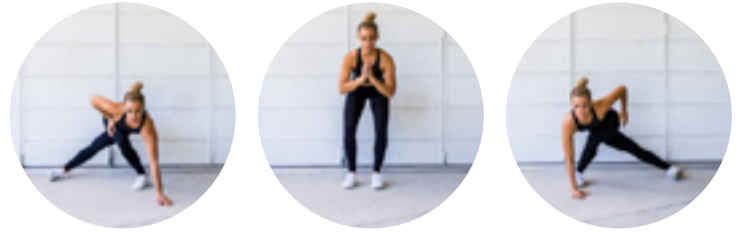
REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

1. Skaters

6 X 30 SECONDS



30 SECOND BREAK

2. 10 x Mountain Climbers + Push-Up

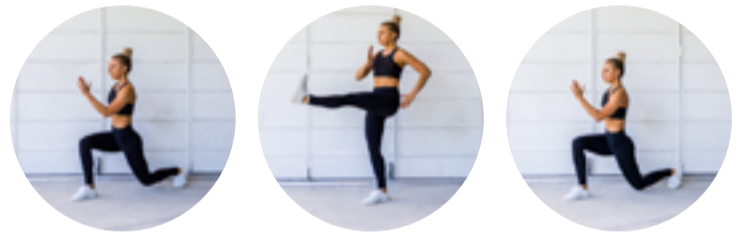
6 X 30 SECONDS



30 SECOND BREAK

3. Reverse Lunge Kicks

6 X 30 SECONDS



30 SECOND BREAK

4. Dish Hold + Scissors

6 X 30 SECONDS



30 SECOND BREAK

5. Ab Kicks

6 X 30 SECONDS



30 SECOND BREAK

6. Cross Body Toe Taps

6 X 30 SECONDS



30 SECOND BREAK

7. Jump Squats

6 X 30 SECONDS



Superset A

Hip Thrusts
1 MINUTE



Squat Hold
Toe Taps
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset B

Right Leg
Glute Kickbacks
1 MINUTE



Left Leg
Glute Kickbacks
1 MINUTE



REST 45 SECONDS

REPEAT X 4

Superset C

Froggy
Squat Pulses
1 MINUTE



Walking Lunges
1 MINUTE



REST 45 SECONDS

REPEAT X 4

1 - 2 MINUTE BREAK

1 - 2 MINUTE BREAK

#Treat yourself

IT'S TIME TO CELEBRATE YOUR FINAL
ACTIVITY DAY OF THIS EIGHT WEEK ACTIVE
LIFESTYLE CHALLENGE!

YEP - THAT MEANS #TREATYOSELF...

Today is the day I give you permission to splurge! Now by splurge I don't mean treat yourself to an epic shopping spree and eat donuts for lunch. I'm talking saunas, meditation, boxing, group fitness, pilates or a yoga class.

Every now and then I give myself permission to truly invest in my health, fitness and overall well-being. This usually means treating myself to a calming Power Vinyasa yoga class, hitting up the sauna at my local leisure centre or trying out a new, trending training session at one of the new gyms around my area.

Allowing myself to splurge on one class every now and then really helps keep me motivated and passionate about fitness!

These classes often shock my body out of it's normal fitness routine/exercises, re-ignite my love for movement and provide me with amazing new skills and appreciations for physical movement.



*Because you
deserve this!*



Time for an...

LB with a D of AM

my progress

#sezzysquad #sezzysweat #sweattittoshredit

PHOTO FRONT	PHOTO BACK
PHOTO SIDE	PHOTO YOUR POSE #instabootypop

How do I feel about my current fitness level?

How do I feel about my body?

What are my fitness/body goals for the next 4 weeks?

What do I love about my body?



CONGRATULATIONS! YOU JUST COMPLETED THE FIRST EIGHT WEEKS OF THE SWEATY SHREDDER!

Honestly, you should be really, really proud of yourself for what you have achieved. Think back to the first time you ever tried Ab Kicks, or those dreaded Froggy Squat Pulses. I'm sure you told yourself at least once during these last eight weeks that you couldn't do it, you wanted to give up, you didn't have time or you were too tired. Now look at you!

I hope this eight week challenge has ignited a fire within you. A fire of pride, confidence, self-love and positivity.

This is only the beginning! And besides, looking back on it...

I think I went a little easy on you this time...

GET READY TO BURN AGAIN!

Coming soon!!!

what now?

acknowledgements

Hello Hello Studio

DESIGN

[@HELLOHELLOSTUDIO](#)



[HELLOHELLOSTUDIO.COM](#)



Kurt Tilse

PHOTOGRAPHY

[@KJTILSE](#)



[@ADRIFT.I](#)



[ADRIFTIMAGERY.COM](#)



Cotton On Body

APPAREL

[@COTTONONBODY](#)



*A massive
thank you to...*

Words cannot express how hard working, dedicated and creative this power duo is! Thank you so much for the sleepless nights, back and forth emails, midnight texts and passion you have provided for the past few months. Everytime I look at this eBook I get goosebumps and seriously can't believe what we created together. I couldn't have done this without you! You've truly been a blessing to me.

I feel so lucky to have had the experience to work with the most amazingly talented photographer who just happens to be my boyfriend and bestfriend in the world! I have never met someone so supportive, selfless, caring and creative as you. I will remember this incredible experience for the rest of my life. I know I can always rely on you to make me laugh... and tell me when my extensions are showing haha. Thank you for living and breathing this with me. You're incredible!

Thank you to Cotton On Body for supplying all of the beautiful active wear featured in this eBook.

A sneaky side-note

SOMETHING YOU SHOULD KNOW...

I DECIDED TO CREATE THIS EBOOK WITH THE INTENTION TO INSPIRE AND MOTIVATE! I TRULY FEEL MY GOAL IN LIFE IS TO HELP OTHERS AND BRING A LITTLE MORE POSITIVITY TO THE WORLD.

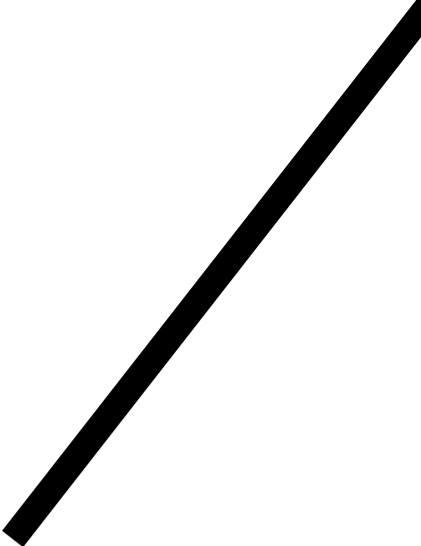
Working tirelessly on this eBook for over a year, I was always determined to make it accessible and affordable for my amazing #sezzysquad. Just as I am trying to give back, I truly trust and believe that you will too! If I know the Sezzy Squad like I think I do, I'm confident in our integrity and honesty. The success of my very first eBook is imperative to the planning and production of future secret projects that I want to create for you guys! Please respect and support my hard work by purchasing your very own version of this eBook. Thank you for being such amazing, loyal and supportive friends. You guys honestly feel like family to me!

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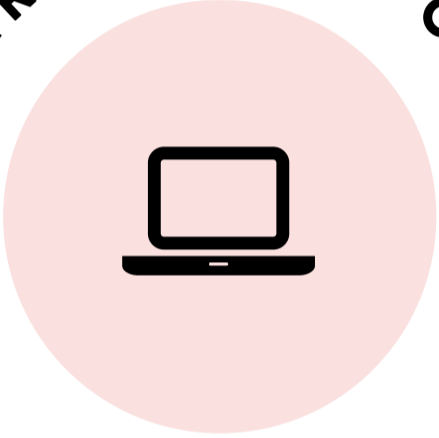
All content in this eBook has been written by Sarah Stevenson. The information and workouts included in the document has been acknowledged and approved by qualified personal trainer Kurt Tilse and developed based on Sarah's personal experience and reflection. This active eight week challenge should be viewed as a guide, designed to help individuals reach their own health and fitness goals. The eBook has not been designed with a specific individual in mind, therefore, should not be relied on exclusively for health and fitness information and guidance. Consulting with your medical/health care practitioner before beginning this eight-week challenge is strongly advised. This program was not created by medical professionals, so should be viewed and treated as motivational content for educational purposes rather than fact or a list of strict rules.

With any physical activity program, there is the possibility of physical strain or injury. Sarah Stevenson should not be held liable for the interpretation or use of the information. Individuals can participate in these workouts at their own risk. Sarah Stevenson is not liable or responsible for any injuries, claims or causes of action, known or unknown arising from this eBook.

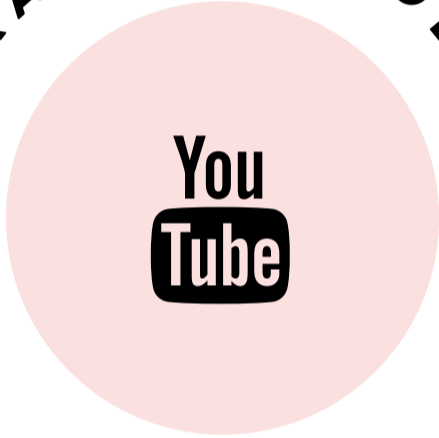
Find me!



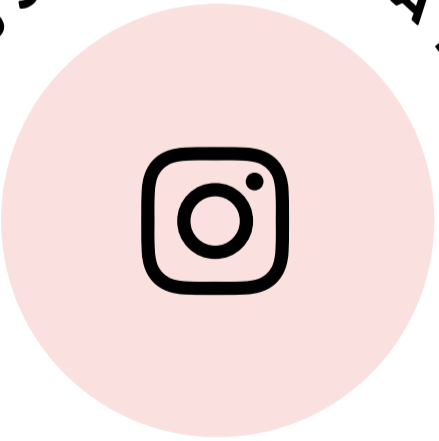
SARAHSDAY.COM



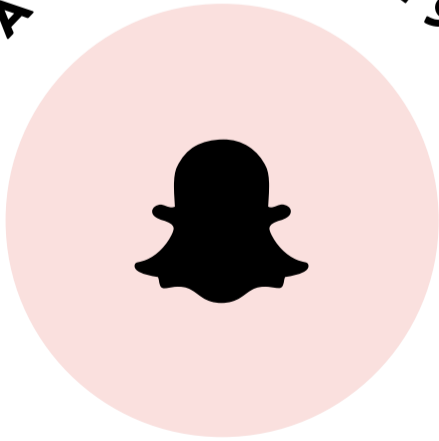
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SARAH.ANNE92



SARAH'S
DAD

Love Sezzzy
x.