

## **STRONG ARMS**

### **What will receive from this 4-week journey:**

Real food meal plan with options, recipes and nutrition info  
Weekly at home workout plan with video instruction  
4 Live FB group meetings to check-in with the group  
Support and accountability via a closed FB group  
Weekly tips, goal setting and mindset work to keep you motivated

### **Results you can expect if you follow this program:**

Decrease in body fat  
Increase in energy  
Improved digestion  
Boost of confidence  
Decrease in inflammation  
Tone and Tighten your arms  
A community of like-minded females to support you, including me!

### **Suggested Equipment:**

Your Body  
Water Bottle  
Resistance Bands  
Large Workout Ball  
Workout Mat  
Tennis Shoes  
Journal (or a simple \$1 notebook)  
A Set of Dumbbells (recommend 5, 10 # and 15, 20, 25 if super strong already!)  
Jump Rope (optional)  
A workout buddy (optional, but always fun!)

### **Follow on social media:**

IG tags: #strongarmssummer2018 #carmenohlingmealplans  
Close FB Group: Carmen Ohling's Strong Arms Summer 2018

### **Next Steps:**

1. You will receive an email on Saturday, August 25th with your meal plan and week #1 workouts. Download the information and read through it. Get your shopping and meal prep done for the week and plan your workout times.
2. Join the Facebook Group: Carmen Ohling's Strong Arms Summer 2018
3. Introduce yourself and ask questions in the Facebook Group!

