

FEBRUARY 2021

# IN YOUR CORNER

- ASHLEY PRINE FITNESS -

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# WELCOME TO IN YOUR CORNER



If we haven't met yet, welcome. I'm Ashley. I'm a certified personal trainer, group fitness instructor and fitness nutrition specialist. I've been a group fitness instructor for a combined total of 10 years and I was crushed in mid March when the gyms shut down. I missed the community, the energy and the accountability that group fitness brought to my life. So, I pivoted. I started hosting live zoom workouts and over 9 months, our community has grown in numbers and in strength. While life is slowly getting back to normal, there are many of us who realize how much we can accomplish at home. And that's what I'm here for. Every week I bring you 2+ new, live training sessions and 2+ written workouts. I love efficient mixes of strength and cardio-- because I know time is precious. Join our live workouts or catch the recordings--this group is designed to be used in whatever way works for you.

## WHAT YOU CAN EXPECT

While this group is not meant to be a personalized approach to reaching your goals, you will find that many of our workouts build on each other and offer modification options based on your experience and level of training. I try to design my workouts to be short, yet effective. Because they are shorter, you'll also find them intense and challenging.

Adjust them to where you are currently and do your best. Take the modifications if you need to. That's it. No one is judging you, and my only expectation for you is to try your best, get a great workout and see some incredible results by showing up consistently.

Our weekly workout calendar is located on the next page. You can follow this exactly and adjust it to catch the recordings at your preferred workout time and add in rest days when you need them.

# WEEKLY CALENDAR 2/1-2/26

([Find + RSVP to weekly events, here](#)).

# S

# M

**Total Body Strength: Live Class at 9:30 AM CT with Ashley**

This workout is typically 30-40 minutes and uses moderate to heavy weights. Plan for compound exercises that build strength and raise your heart rate.

# T

**Yoga: Live Class at 4:30 PM CT with Dara**

These workouts are 45-60 minutes and hit different focuses throughout the month. Dara will bring you classes that you have you flowing, holding and sculpting.

# W

**Strength Focus Class: Live Class at 12 PM CT with Ashley**

This 30 minute class will take the focus to specific muscle group and combine it with a metabolic finisher.

# TH

**Metcon Workout: Written Workout from Ashley**

Set your timer and prepare for a quick Metcon (HIIT) workout to get your body moving and your brain reset.

**Thursday THRIVE**

A live or written post to talk about hot topics to help you win

# F

**Strength Focus Class: Written Workout from Ashley**

This 30 minute class will take the focus to specific muscle group and combine it with a metabolic finisher.

# S

**Boxing Bootcamp: Live Class at 8:30 AM CT from Ashley**

This is our signature workout that spices up the usual routine with strength and HIIT components. And punches, of course.

\*On occasion I will provide prerecorded workouts in place of live workouts. You will be notified of any changes in advance.

## MY WEEKLY CALENDAR

The beauty of In Your Corner is you take the classes you need at the time that works best for you. Print out the following page and jot down what live or recorded classes you will catch this week.

S

M

T

W

TH

F

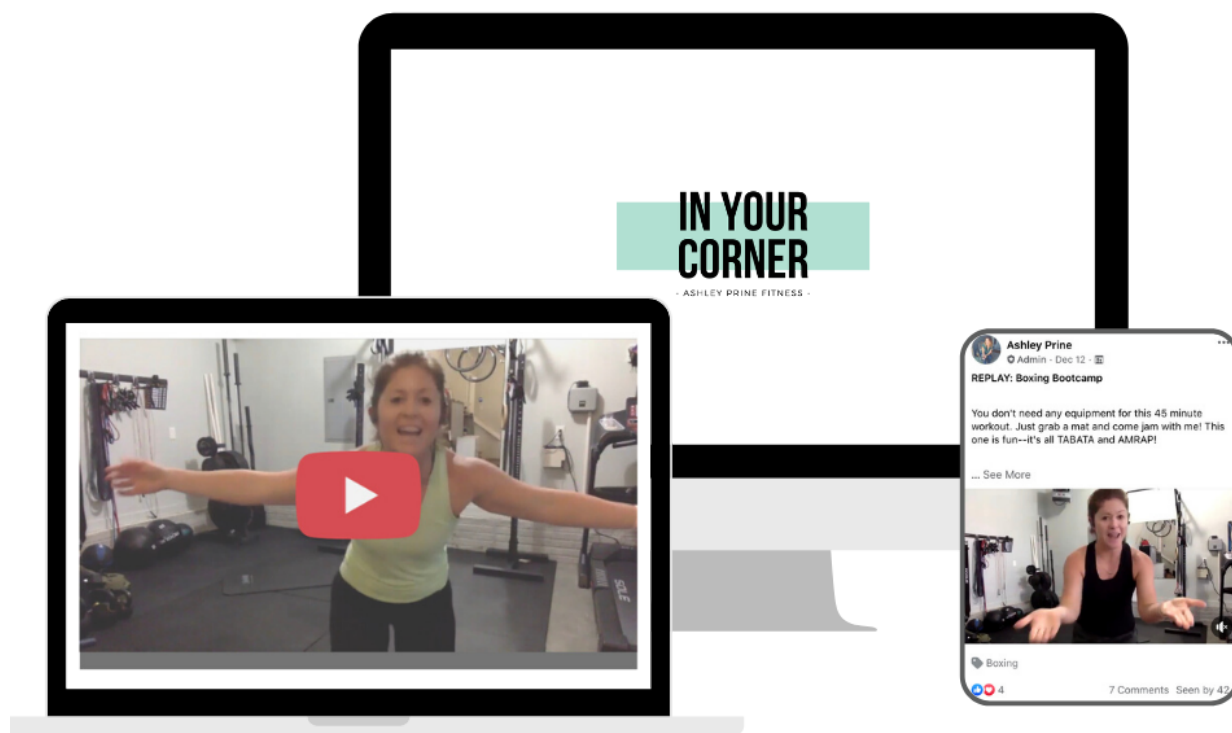
S

## OUR COMMUNITY

If you haven't already, [be sure to join our private Facebook community.](#) We are often chatting about workouts, recipes and other challenges and successes we may be experiencing. Whether you participate in live classes or catch the recordings, I highly recommend participating in discussions to connect with other members and find more accountability.

Within this group you will also have:

- 24/7 access to 100+ prerecorded workouts
- A monthly training calendar you can easily follow
- Links to live training 2+ times per week
- Written workouts 2+ times per week
- Exercise modification options and form training
- Additional accountability challenges
- Access to Ashley for additional guidance and coaching



# WHAT YOU NEED

Fancy equipment is fun, but not necessary. Here's what I recommend you have to complete the IYC workouts:

## - A mat

Carpet isn't the best surface to work on especially if you are twisting, turning or jumping. A mat that provides some traction and some cushion is best.

## - Dumbbells

Dumbbells are an absolute staple when doing any strength training. I often reference the following during workouts:

- > **Light weight** 5-8 lbs
- > **Moderate weight** 8-12 lbs
- > **Heavy weight** 12-20 lb

The weights you need for each workout will be unique to you. It will likely take some trial and error and also you'll need to consider what equipment you have access to. Be sure to take note about how each workout felt and based on that, stick with the same weight or go up or down the following week.

Whatever you do, don't choose weights that are too heavy. If you are struggling on the third repetition go down a notch to get the most out of the workout and prevent injury.

## - Bands + Kettlebells

Every now and again we have a pop-up mini-band or kettlebell class. It's good to switch up workouts for both your body and brain. I recommend a 10-15 pound kettlebell and these bands from Amazon.

# SAFETY

Many of these workouts will feel intense. After all, they are meant to challenge you in a short period of time. This means, it's important to listen to your body and adjust when needed.

My workouts should never make you throw up. That's not how I roll. I want you to feel accomplished when you are finished, not sick. It's just not a measure of success for me.

Each person is different. You know your body way better than I ever could--so stay in tune with it. If that means moving slower and resting more often, so be it. If you're catching a recording, put me on pause, curse my name a little bit and get back to it. Or skip a section completely if that's what your body needs.

Literally rest as much and as many times as you need. I know it sounds counterintuitive. I used to think that if I wasn't pushing myself to the extreme every moment of my workout, that it wasn't worth my time. But it's not true. If you take rests when you need it, it leads to greater pushes and gets you better results.

Pretty cool, right?

In my opinion, **this is the best part of training at home**. There isn't someone in the front row that you feel like you have to keep up with. No side-eyes from anyone if you take a pause. There is no one to keep up with but you. It's your workout--you can rest if you want to.

## TERMS TO KNOW

**REPS:** Reps are short for repetition and they are one complete exercise. ex. Bicep Curl.

**SETS:** Sets are how many reps you do in a row between periods of rest.

**AMRAP:** As many rounds as possible, usually completed in a certain time frame. Ex: 10 air squats, 10 push-ups, 10 jumping jacks for 4 min.

**EMOM:** Exercise(s) that are completed at the top of the minute, allowing you to rest for the remainder of the minute. Ex: 20 mountain climbers, 5 Burpees--rest for remainder of minute and repeat 5 min total

# THURSDAY THRIVE

Something new for you!

One of my biggest objectives for you, whether you private train with me, are in In Your Corner or in a live class **is good form above all else.**

Good form means that you are using your time effectively and working the muscles intended and most important: avoiding injury. (My 37-year-old self can't handle any more injuries so I am HERE FOR THIS.)

We often have questions about HOW an exercise should feel but don't stop to adjust it in the middle of a live class. This is the time to do that.

Every week we will focus on a particular exercise, why it is important, what muscles it recruits and how to do it best.

Spoiler Alert: You'll see that movement pop up a lot over the following week so you can implement those tips.

**You can catch the 30 minute on Thursdays via Facebook LIVE or Facebook post.** (I haven't set an exact time for these yet, but I'll always give you a heads up on the live posts so you can jump on too!)

PS. Come ready with questions on any topic. If we don't hit them during that live session, we certainly will in the future.



# FEBRUARY FOCUS

In January I polled current IYC members and asked what they wanted to focus on most as we moved forward in 2021 and you guessed it....the hot topic is **NUTRITION**.

Nutrition often feels messy because there is SO MUCH NOISE around the topic. The thing is good nutrition, and even more importantly, good nutrition for YOU, starts with building a few healthy habits, being aware of what you are currently putting in your body, and layering on what you continue to learn.

I find that if you try to implement too many changes at once it just doesn't stick.  
#facts

So, over the next week, I'll be giving you weekly challenges to focus on. Small but impactful changes you can make to customize your nutrition to you and what works for your family.

Here's what to expect:

- **Week 1:** Know your baselines, implement tracking (if you choose) and create 1 easy healthy habit daily. We'll also discuss the different types of diets there are very broadly so you have a better understanding of them.
- **Week 2:** Meal Plan + Prep with purpose. Nutrition + macros can wait until later, but for now, we're just getting the hang of meal prep and planning. Write out what you plan to eat, prep what you can and we will fine tune later.
- **Week 3 + 4:** Hone In. A big focus will be honing in on the proper amount of fats, carbohydrates and proteins your body needs. This takes practice which is why we spend the last 2 weeks doing it.

There is no prize this month because nutrition is SO subjective. We won't be pulling any percentage lost contests ala 'The Biggest Loser.' This is all about learning, trying out new things that can be sustainable long-term and giving yourself GRACE.

I don't want to live in a world where I can't eat tacos and drink red wine, okay?

Look for a nutrition guide in the group (separate from this document) that I'll be adding to as the month goes on and we keep implementing weekly challenges.

-Ashley

## MORE RESOURCES

Health and fitness is unique to each individual. What works for me, may not work for you--and that's okay. If you need more help with your goals, I am here to be a resource for you.

Feel free to contact me to discuss:

- how to deal with a potential injury or sensitivity
- personalizing a training plan just for you
- nutrition guidelines (While I am not an RD, I can advise you on general nutrition guidelines and ways to hone in on nutrition and macronutrient needs.)
- How to measure progress

I'm so glad that you're here.



## LET'S MAKE 2021 OUR STRONGEST YEAR YET.

-Ashley

