

Bao's Current Workout Schedule.

Monday: Leg Day

Exercise	Sets	Repetitions	Notes
10 Minute Treadmill Jog	-----	-----	Incline: 0 ; Speed: 7 Stretch afterward
Squats	4	10	
Deadlift	4	10	
Lunges	2	20 (10 each leg)	I hold a heavy pair of dumbbells for more resistance.
Leg Extensions	4	12	

Tuesday: Shoulders

Exercise	Sets	Repetitions	Notes
10 Minute Treadmill Jog	-----	-----	Incline: 0 ; Speed: 7 Stretch afterward
Military Press	4	12	AKA Overhead Press
Barbell Shrugs	4	12	Dumbbells optional
Lateral Raises	4	12	
Front Raises	4	12 (6 each arm)	

Wednesday: Chest and Triceps Day

Exercise	Sets	Repetitions	Notes
10 Minute Treadmill Jog	-----	-----	Incline: 0 ; Speed: 7 Stretch afterward
Bench Press	4	6	Lift really heavy
Incline Bench Press	4	10	Moderately heavy
Pectoral Fly	4	12	I hold a heavy pair of dumbbells for more resistance
Overhead Extension	4	24 (12 each arm)	

Thursday: Biceps and Back Day

Exercise	Sets	Repetitions	Notes
10 Minute Treadmill Jog	-----	-----	Incline: 0 ; Speed: 7 Stretch afterward
Bicep Curls	4	12 (6 each arm)	
Lat Pulldowns	4	12	
Bent Over Rows	4	12	
Deadlift	4	10	

Friday: Cardio Day (Pick your workout)

Exercise	Type of Cardio	Notes
Stretch	-----	Do 20/50/100 pushups for fun
Treadmill/ Bike/ Elliptical	High Intensity interval	30 sec MAX speed, 1:30 rest. Repeat 8 times
Treadmill/ Bike/ Elliptical	Steady State	20-40 minutes at breathable pace

Closing Ab Workouts: (End everyday with ABS to build core)

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>
<u>Planks</u>	<u>3</u>	<u>30 seconds to 1 minute</u>
<u>Leg Raises</u>	<u>3</u>	<u>12</u>
<u>Bicycle Kicks</u>	<u>3</u>	<u>25</u>
<u>Crunches</u>	<u>3</u>	<u>25</u>
<u>Flutter Kicks</u>	<u>3</u>	<u>25</u>
<u>Scissor Kicks</u>	<u>3</u>	<u>25</u>

Try to do all these workouts to make a set

Chipotle Sweet Potato Turkey Burgers

Juicy sweet potato turkey burgers with mild chipotle spices and cilantro. Low fat, high protein, and easy to make ahead! This recipe is also Paleo-friendly and gluten free.

- 1 pound ground turkey (I used 99% lean)
- 1 clove minced garlic
- 1 1/4 teaspoons ground chipotle chili pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 1/2 cups grated scrubbed, skin-on sweet potato (about 7 1/2 ounces or 2 very small or 1 large)
- 1/4 cup chopped fresh cilantro
- Extra virgin olive oil, for cooking the burgers
- 100% whole wheat hamburger buns, toasted
- Grated sharp cheddar cheese
- Sliced avocado
- Prepared salsa
- Greek yogurt or sour cream

Place the ground turkey, garlic, chipotle chili powder, oregano, salt, and black pepper in a large mixing bowl. Lightly mix with your fingers, just until combined. Fold in the grated sweet potato and cilantro. Form the mixture into patties that are about 1/2-inch thick (4 to 6 patties total).

1. Meanwhile, generously drizzle a cast iron pan or other large, non-stick skillet with olive oil and heat over medium.
2. Once hot, place the patties on the skillet and cook for 2 minutes on the first side, flip then cook 1 additional minute.
3. With a cover for the skillet ready in one hand, pour a little water into the skillet, then cover it quickly, being careful as the oil will sputter. Let the burgers cook steam until cooked through, about 5 minutes.
4. Towards the end of the cooking time, top with grated cheddar cheese, then recover and allow the cheese to melt.
5. Serve the burgers on toasted whole wheat buns, topped with sliced avocado, salsa, and sour cream as desired. Enjoy immediately.

Uncooked sweet potato turkey burgers can be tightly wrapped and frozen for up to three months. Prior to cooking, thaw overnight in the refrigerator (best option) or gently in the microwave (if you forget).