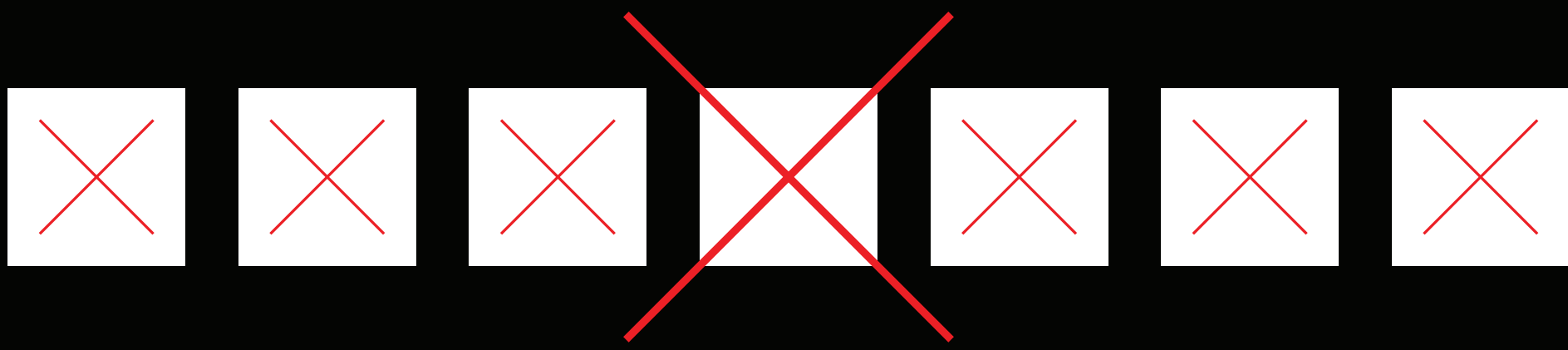


NEW YEAR EDITION



ICON MEALS

7 DAY

HOME WORKOUT GUIDE



+QUICK TIPS

Maintaining good health during the new year can be challenging, but it's important to prioritize your well-being. We're going to be walking you through a 7 day home workout along with some tips to start the new year off strong.



ICON Meals

D A Y 1

FULL BODY WORKOUT

1 WARM-UP (5-10 MINUTES)

Jumping Jacks

Bodyweight Squats

Arm Circles

2 WORKOUT

Bodyweight Squats

3 Sets | 12-15 Reps

Push-Ups

3 Sets | 10-12 Reps

Lunges

3 Sets | 12-15 Reps

Plank

3 Sets | Hold 30s

3 COOL DOWN (5-10 MINUTES)

Stretching: Focus on legs,
arms, and back



STAY HYDRATED

Drink plenty of water throughout the day to stay hydrated, especially if you're consuming alcohol or indulging in salty foods.

C A R D I O & C O R E

1 WARM-UP (5-10 MINUTES)

Jump Rope or Jog in Place

Leg Raises

Torso Twists

2 WORKOUT

Running / Brisk Walking 20-30 Minutes

Bicycle Crunches 3 Sets | 15-20 Reps

Mountain Climbers 3 Sets | 12-15 Reps

Plank 3 Sets | Hold 30s

3 COOL DOWN (5-10 MINUTES)

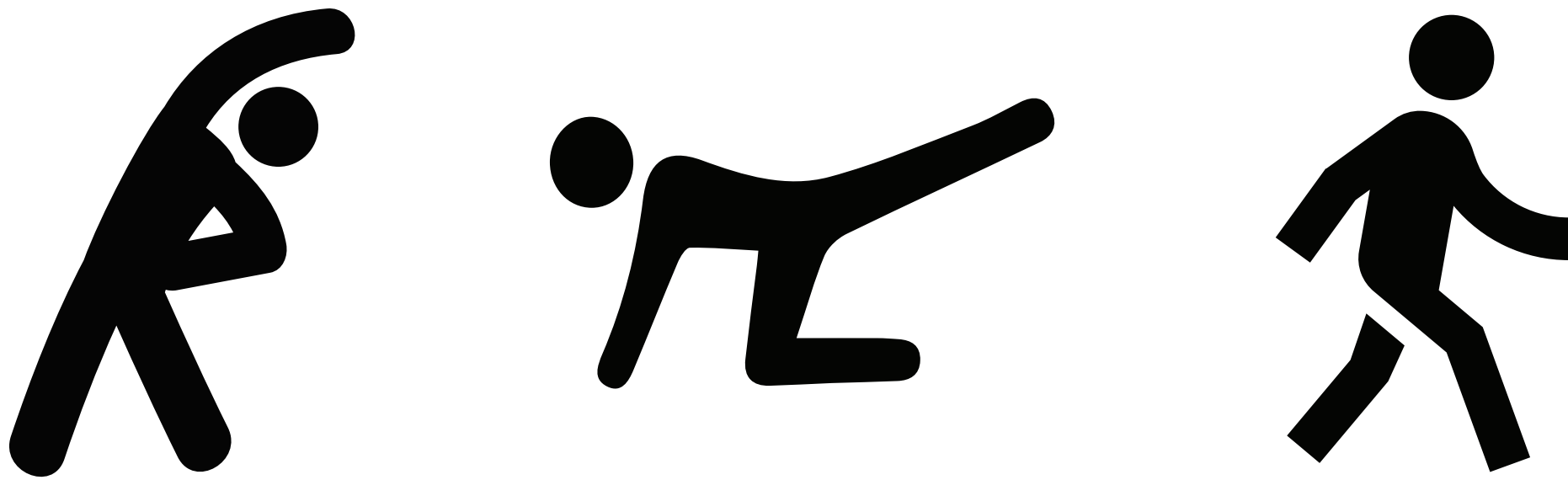
Stretching: Focus on core muscles and legs.



BALANCED NUTRITION

Enjoy treats in moderation and try to maintain a balanced diet. Include a variety of fruits, vegetables, lean proteins, and whole grains in your meals.

ACTIVE REST
OR LIGHT ACTIVITY



Consider going for a walk, doing yoga, or engaging in any low-intensity activity to keep your body moving without putting stress on your muscles.



MINDFUL EATING

Pay attention to your hunger and fullness cues. Avoid overeating by eating slowly and savoring each bite. This can help prevent unnecessary weight gain.

U P P E R B O D Y F O C U S

1 WARM-UP (5-10 MINUTES)

Arm Circles

Jumping Jacks

Shoulder Rolls

2 WORKOUT

Dumbbell or water bottle shoulder press

3 Sets | 12-15 Reps

Bent-over rows (using household items)

3 Sets | 12-15 Reps

Bicep curls (using household items)

3 Sets | 12-15 Reps

Tricep Dips

3 Sets | 10-12 Reps

3 COOL DOWN (5-10 MINUTES)

Stretching: Focus on arms, shoulders, and upper back.



REGULAR EXERCISE

Incorporate physical activity into your routine. Whether it's a walk, workout, or a dance session, staying active can help counterbalance the extra calories and reduce stress.

1 WARM-UP (5-10 MINUTES)

Jump Rope or Jog in Place

Leg Raises

Torso Twists

2 WORKOUT

High-Intensity Interval Training (HIIT)

3 Sets | 12-15 Reps

Russian Twists

3 Sets | 12-15 Reps

Plank to Alternating Toe Touch

3 Sets | 12-15 Reps

3 COOL DOWN (5-10 MINUTES)

Stretching: Focus on core muscles and legs.



ADEQUATE SLEEP

Aim for 7-9 hours of sleep per night. Quality sleep is crucial for overall health, including immune function and stress management.

ACTIVE REST
OR LIGHT ACTIVITY



Engage in a low-intensity activity to keep your body active without putting strain on your muscles.



MANAGE STRESS

Practice stress-reducing activities such as deep breathing, meditation, or yoga. Set realistic expectations and prioritize self-care to avoid feeling overwhelmed.

1 WARM-UP (5-10 MINUTES)

Jumping Jacks

Bodyweight Squats

Arm Circles

2 WORKOUT

Bodyweight Squats

3 Sets | 12-15 Reps

Push-Ups

3 Sets | 10-12 Reps

Lunges

3 Sets | 12-15 Reps

Plank

3 Sets | Hold 30s

3 COOL DOWN (5-10 MINUTES)

Stretching: Focus on stretching all major muscle groups.



HAND HYGIENE

With the potential for colds and flu during the winter season, make sure to wash your hands regularly. Good hand hygiene can help prevent the spread of germs.



L I V E L I K E A N I C O N

Remember, the key is moderation and balance. Enjoy the new year while making choices that support your health and well-being.



LIMIT ALCOHOL INTAKE

If you choose to drink alcohol, do so in moderation. Excessive alcohol consumption can contribute to dehydration and may negatively impact your health.



CONNECT WITH LOVED ONES

Socialize with family and friends, whether in person or virtually. Positive social connections contribute to emotional well-being.



SET REALISTIC GOALS

Be realistic about what you can accomplish during the new year. Set achievable goals to avoid unnecessary stress.

Remember to listen to your body, stay hydrated, and modify exercises as needed. If you're new to exercise or have any health concerns, it's advisable to consult with a healthcare professional before starting a new workout program.



PRACTICE GRATITUDE

Finally, take time to reflect on the positive aspects of your life.

Practicing gratitude can have a positive impact on mental well-being.

We want to take this moment to say from the bottom of our heart, thank you.

You are the reason we pour so much time, love, and energy into what we do. It's truly an honor to serve our ICON Family.

Wishing you the very best year yet.

We can't wait to see how YOU live like an ICON in 2024.



ICON Meals

We all know that eating healthy can be a pain. Not to mention it takes a ton of time and energy to make it happen week after week.

We're here to help.

Our Meal Plans are the perfect place to start, and we've got a plan that will work for you!

**Use Code: 7DAYSTART*
and get 40% OFF Your
First 2 deliveries of
Meal Plans on us.**

Subscription Purchase ONLY

No more excuses. It's time to live like an ICON and eat like an ICON.

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*limit 1 use per customer. Can't combine with other deals or discounts. For subscription purchase only on any of our 4 main meal plans. "Build Your Own" Meal Plan not included.



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MEAL PLANS

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