

Volume 1.6 | June 2021

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And so much more...

Elite Warrior Tribe

Monthly



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Letter From the "Editor"

Hi again! Welcome to the June issue of the Elite Warrior Tribe monthly! It's my favorite time of year! Summer is BY FAR my favorite season - sunshine, tank tops, vacations, and pool season!

I feel like, in a way, this is the time of year that we are all always thinking about when it comes to our bodies. We are anticipating (maybe with excitement, maybe with dread) about pool parties, the beach, cute clothes that show a bit more skin...and so, we work all year to "be ready" for summer! Take it from me, though...you ARE ready for summer. Just as you are right now!

This June Issue is full of great stuff! There's a new bodyweight only workout that can be done at home with minimal or no equipment! It's not easy, but it's doable for everyone, no matter your skill level!

Our nutrition guidelines this month cover Month 3 of our summer prep. If you're new here, no worries. These guidelines will still work to help you lose a few pounds, if that's your goal.

The recipes in this edition are so good, you're going to want to make them over and over again! Healthy, easily to make, and delectable!

Finally, we're going to put to bed one of the most frustrating myths circulating in the fitness world. We've all probably said it, we've all believed it, and we've likely all used it as justification!

Read on and enjoy!

Let's Goal Get 'Em,
Julie

6 Facts About Fat Loss



It is simple but it won't be **easy**



You'll be **hungry**



It will take **longer** than you think



You will **mess up**



You need to be **consistent**



It will be **worth it**

Fitness: DeMystified

The scale is up, but I know that's because I'm gaining muscle. We all know that muscle weighs more than fat.

Bro! Does a pound of bricks weigh more than a pound of feathers?



Myth of the Month:

Muscle Weighs More Than Fat

MUSCLE **DOES NOT** WEIGH MORE THAN FAT

@GOALGETEMFITNESS

1 POUND OF FAT



1 POUND OF MUSCLE



Why have we been led to believe that muscle weighs more than fat? Why do people say that? Why is it that when someone gains weight while on a diet and exercising, they explain it away by saying that they "must be gaining muscle and muscle weighs more than fat"? This is a fallacy that we've been told over and over again, and it's led to a lot of people

making excuses for the trouble they have losing weight.

So, what's the truth? Imagine you have a bag of feathers that weighs 100 pounds and a bag of bricks that weighs 100 pounds. Both of the bags weigh the same, but you likely have a lot more feathers than bricks. This is the same concept with muscle and fat.

Muscle is more dense and compact than fat. Fat takes up a lot of space in our bodies while muscle, because of its density takes up far less space. This is one of the reasons I don't like to base everything on what the scale says either. If we are both 5'4" and weigh 130 pounds, but one of us is 30% body fat and the other is 18% body fat, our bodies are going to look totally different.

The truth is that losing fat and building muscle at the same time is very difficult UNLESS you are completely unconditioned and haven't exercised (especially strength trained) in quite some time. For the greater population, doing them simultaneously is highly unlikely. So when you hear someone say that they work out all the time and they are gaining weight "so it must be because they're gaining muscle," chances are, that's not the case at all.

It's best to focus on one first, then the other. Lose some fat first, then, when you're comfortable, eat in a calorie surplus in order to put some muscle on.

And the next time someone tries to tell you muscle weighs more than fat, hand them 100 pounds of feathers and 100 pounds of bricks and ask them which weighs more! ;)

WOULD YOU RATHER



OR



GIVE UP CHEESE
FOREVER

GIVE UP CHOCOLATE
FOREVER

DISCUSS ON THE FACEBOOK PAGE!

Summer Lovin'

This month's training is called "Summer Lovin'" because I really love this entire workout AND I love Summer! There's a 4 Day split option - 2 lower body and 2 upper body days - and a 3 Day split - Lower, Upper, Full Body.

This entire workout can be done with bodyweight only, with the option to use weights if you have them or want to. These are all single sets, so you do 3 sets of each and then move on to the next exercise!

As always, this issue also has a couple circuit workouts, so if you want to add onto what you're already doing, feel free!

These workouts should challenge you if you're doing them correctly. If you have questions, post them in the FB group!

Day 1: Lower Body

1. Bulgarian Split Squats
3 x 8/leg

2. Wall Sits
3 x 60 seconds each

3. Good Mornings - 3 x 10

4. 1.5 Squat - 3 x 8

5. Alternating Reverse Lunge
3 x 8/leg

6. Pulsing Sumo Squat - 3 x 15

7. Glute Bridge - 3 x 12

**In case this is new or unfamiliar, the first number (3) is the number of sets you'll do. The second number is the number of reps for each exercise

Day 2: Upper Body

1. Push-Ups - 3 x 8

2. Towel Slams - 3 x 20 seconds

3. Y-Raises - 3 x 10

4. Side Lateral Raises - 3 x 12

**5. Lateral Plank Walk
3 x 8/direction**

6. Tricep Dips - 3 x 15

Day 3: Lower Body

1. Jump Squats - 3 x 10

2. Mountain Climbers

3 x 30 seconds each

3. Single-Leg Glute Bridge

3 x 8/leg

4. Inchworms - 3 x 12

5. Plank Jacks - 3 x 20

6. Squat to Lateral Jump

3 x 8/direction

7. Low Squat Shuffle 3 x 10/side

Day 4: Upper Body

1. V-Push Ups - 3 x 12

2. Rear Delt Raises - 3 x 12

**3. Overhead Shoulder Press with
5 second Lowering**

3 x 10

4. 1.5 Bicep Curl - 3 x 8

5. Tricep Push Ups - 3 x 8

6. Behind the Back Towel Pass

3 x 30 seconds

3

Day

option

Day 1: Lower Body

1. Bulgarian Split Squats

3 x 8/leg

2. Wall Sits

3 x 60 seconds each

3. Good Mornings - 3 x 10

4. 1.5 Squat - 3 x 8

5. Alternating Reverse Lunge

3 x 8/leg

6. Pulsing Sumo Squat - 3 x 15

7. Glute Bridge - 3 x 12

Day 2: Upper Body

1. Push-Ups - 3 x 8

2. Towel Slams - 3 x 20 seconds

3. Y-Raises - 3 x 10

4. Side Lateral Raises - 3 x 12

**5. Lateral Plank Walk
3 x 8/direction**

6. Tricep Dips - 3 x 15

Day 3: Full Body

1. Bulgarian Split Squats

3 x 8/leg

2. 1.5 Bicep Curl - 3 x 8

3. Pulsing Squat - 3 x 15

4. Push Ups - 3 x 8

5. Alternating Reverse Lunge

3 x 10/leg

6. Side Lateral Raises - 3 x 12

7. Elbow Plank - 3 x 30 seconds

Where to Find Demos of Possibly Unfamiliar EXercises

In time, there will be a comprehensive database of exercises in the membership portal. Until then, explanations on technique or demo videos, if you are unfamiliar with any of the above moves, can be found all over YouTube or Google. I'm really hoping to get a lot of the demo videos done this summer so that you have a better resource when you're not sure how to do a particular move.

An Update on My Progress

Confession Time

This is a pretty easy update to make, though more difficult to admit. Here's my truth - I've been wholeheartedly uncommitted to my goals. I've spent the past month asking myself why, and here's what I've come up with.

1) Last summer, I was pretty thin, and while I was happy with the way I looked, when I look back, I actually think I was too skinny. So, I did want to gain some weight (though I would like to have gained it as more muscle than I did).

2) While I was happy with the way I LOOKED, sustaining 120 pounds was really difficult for me. If you know me, you know that I LOVE to eat, and I do mostly eat nutrient dense food, but I also like to enjoy more delectable foods at times too. At 5'2" my maintenance calories were around 1600/day, and that was easy most days, but as life started to normalize and we were excited about making plans with friends, that changed a bit.

An Update on My Progress

Can You Relate to This?

3) I came to terms with the fact that LITERALLY NO ONE gives a shit if I have ripped abs except me. And even I don't care that much. I had to decide if it was more important to me to enjoy life and splurge a little more often or to go through the rest of my life with a 6pack, but often hungry, and even passing up social events because I didn't want to eat.

Clearly the former makes more sense.

So now I'm here...June 1, not making a new commitment because I'm trying to figure out just what I want in terms of my weight, my body composition, and my life. Tracking calories is a lifestyle for me. It's not intrusive or difficult because I've done it for so long, but I'm a bit of a Weekend Warrior - meticulous during the week and going way overboard on the weekends - which often leaves me at maintenance. So, I'll spend this month working out what I really want to commit to, and then in July, I'll have an update for you about that!

June 2021

Elite Warrior Tribe

Challenge



This month's challenge is gonna be tough, but you'll see a change in your body, without a doubt! We're doing a push-up challenge (knees or toes, doesn't matter)! Here's how it goes:

For each DATE of the month, do THAT MANY pushies. So, on the 1st, you'll do 1 push-up. On the 2nd, you'll do 2 push-ups. On the 15th, you'll do 15 push-ups until the 30th when you'll do 30 push-ups. At the end of the month, you'll have done 465 push-ups! If you're really ambitious, multiply those numbers by 10! Post a video on the FB page either talking about the challenge, or doing it! One person who posts will win a \$50 gift card! 3 others will win a free month in the Tribe!

What Is Iron?

and why do I need it?

We hear a lot about iron, especially for women. But what is it, and what happens if you don't get enough?

Iron is an essential mineral that is crucial for production of hemoglobin, the substance in red blood cells that carries oxygen throughout the body. Iron also helps to keep your skin, hair, nails, and cell healthy. **Women between 19 & 50 years old need about 18mg of iron daily.** After menopause, the suggested amount decreases because women are no longer losing blood through menstruation.

Not having enough iron results in a condition called anemia in which your body does not have enough healthy red blood cells to transport oxygen to all the body's tissues. Symptoms of anemia are: fatigue and weakness (the most common ones), dizziness, chest pain, and irregular heartbeat, to name a few. Nearly 10% of all women in the US are iron-deficient, making it the most common nutrient deficiency.

You can take an iron supplement to ensure you're getting enough, but an even better solution would be to add more iron-rich foods to your diet!

Iron Rich Foods



Spinach



Oysters



Beef



Tofu



Turkey



Lentils



Chickpeas



Sardines



VEGETABLES ARE FOOD OF THE EARTH,
BUT FRUITS TASTE
OF THE HEAVENS.

Terri Guillemets

DRINK TEA FOR BETTER HEALTH



CHAMOMILE
Helps with bloating,
headaches, and
anxiety

GREEN
May help with
weight loss,
allergies, and acne





PEPPERMINT

**Helps with bloating,
nausea, bad breath,
and PMS**

CHAI

**Helps boost
immune system**





HIBISCUS

Helps with high blood pressure and respiratory diseases

MATCHA

Helps detoxify THE body and boosts immunity



In the 90s and early 2000's, I, along with a lot of Americans, was obsessed with the reality show "The Biggest Loser." As someone who has always had an interest in health and fitness, the show appealed to me for both the fitness aspect, and the excitement of seeing the weigh-ins at the end of each episode.

A funny thing happened as we all watched that show, though. Our expectations for our own weight loss were thrown wildly off track. Our perception was skewed about what was "normal" weight loss and what was being achieved on our TV screens. How come we weren't losing 7-10 lbs every week? In our consciousness, that became the norm because we saw it week after week happening to "regular" people.

What we didn't consider was that these regular people were not in a regular environment, under normal conditions, dealing with real people problems and real life. They were in a TV test lab, decked out with chefs, trainers, 24 hours to dedicate to their journey, and a huge cash prize at the end.

Their accelerated weight loss was also a product of having much more



to lose. The more you have to lose, the faster it will come off...in the beginning. What's the point of all this? I'll tell you....

The reason most people fail at their weight loss attempts, or never reach their weight loss goals, is because they quit before they get there. That seems obvious, right? But, WHY do they quit? Most people quit because they aren't seeing results in the timeframe they've established in their heads. This goes back to The Biggest Loser and those unrealistic expectations.

We believe that we should be losing extraordinary amounts of weight in a short amount of time, and that's just not how the body works. In addition to adhering consistently to a calorie deficit, the most important piece of the fat loss puzzle is PATIENCE. This stuff takes time. You didn't become overweight overnight, you're not going to lose the weight overnight. And while it probably feels like you gained it much faster than you're losing it, most people will tell you that the weight "just crept up" on them...meaning it happened so incrementally that they almost didn't notice.

What does normal, healthy, sustainable weight loss look like? For most people, 1 pound per week is reasonable and sustainable. For some, it might be a little bit more and for others, maybe a little less. Anywhere from 1/2 pound up to 2 pounds weekly is FANTASTIC progress. It doesn't sound like much, I know. But, think about how fast a year goes by these days. 1/2 pound per week is 26 pounds in a year. For a lot of people, that's more than they are even trying to lose. At 1 pound weekly, that's 52 pounds gone in a year!

The problem is that we've set our expectations so high, thinking that losing 10-15 pounds per month is not only normal and doable, but that we've failed if we don't see those kinds of results. That's why most people quit - because they think that whatever they are doing isn't working.

Let's bring our feet back down to Earth, to think about this more realistically, and to realize that there is no finish line. Yes, we all want to lose weight quickly AND sustainably. But if you really want to commit to your health and your goals, commit to having NO timeframe, and to working out your patience muscle with as much vigor as you do your quads, biceps, and abs. 27

Nutrition Guidelines

June 2021



The beauty of this month's nutrition plan is that it's simple to follow, doesn't require a whole lot of explanation, and is really straightforward. If you've been doing the summer prep, this is our last phase, and it's going to help you shed those last remnants of fat so that muscle you built last month can finally come through! This is the grand finale of your hard work, and if you've adhered to the guidelines and combined them with heavy strength training, your results should be stunning!

Here's the set up for this month. This is all you have to do to maintain your calorie deficit and hold onto that muscle! This plan assumes that you are still doing some kind of strength training also. One thing we don't want is for you to have spent the last month or two building muscle just to let it atrophy and fall by the wayside. Keep the lifting in your routine. 3 days/week is enough. Call those your "high days" if that's the structure that works for you. This should look familiar if you did last month's nutrition.

3 Days/Week (High Days)

Usually days you strength train, but doesn't have to be

Calories: Multiply your current BW by 12.5

Protein: Multiply your current BW by 1

For example, if you weigh 150 lbs, your breakdown would look like this:

Calories: $150 \times 12.5 = 1875$ kcal

Protein: $150 \times 1 = 150$ g

4 Days/Week (Low Days)

Usually rest days or light cardio days, but again, doesn't have to be

Calories: Multiply your current BW by 10.5

Protein: Multiply your current BW by 1

For example, if you weigh 150 lbs, your breakdown would look like this:

Calories: $150 \times 11 = 1575$ kcal

Protein: $150 \times 1 = 150$ g

2 Super Fun Circuits

For When You Just Want More

Jump Around

The Circuit:

Jump Squats x 10

Jump Lunges x 5/leg

Tuck Jumps x 10

X Jumps x 10

Instructions:

Do this circuit as many times through as possible in 12 minutes.

Hell on Heels

The Circuit:

Frankensteins x 10/leg

Ass to Grass Squats x 10

Crab Walk x 5

Bear Hold x 45 seconds

Crab Tricep Dips x 10

Instructions:

Do the circuit 5 times through as quickly as possible. Record your time and try to beat it next time.

CREATING MEANING

Vision Boards have been used for a long time to help people focus on their dreams and goals. Your vision board should be displayed where you'll see it to remind you **WHY** you do what you do every day; images and words that spark your motivation and remind you of your values, goals, or dreams. It could also be filled with things that inspire you or leave you feeling happy.

If you already have a vision board, or if you create one this month to focus on your goals, we'd love for you to share it in the Facebook group!



Mediterranean Chopped Salad with Salmon, Cucumber, & Mint



INGREDIENTS

(Serves 4)

- 24 oz wild salmon
- 2 c romaine lettuce, chopped
- 1 sweet yellow pepper
- 2 small tomatoes
- 1/4 c chopped parsley
- 2 tsp. lemon juice
- 1 tsp lemon zest
- 1 medium cucumber
- 2 c chopped mint
- 1/2 tsp kosher salt
- 1/4 tsp black pepper

DIRECTIONS

1. Preheat oven to 500 F
2. Mix romaine, tomato, cucumber, bell pepper, parsley, mint, lemon juice, and lemon zest. Put it aside after tossing it.
3. Liberally season both sides of salmon with salt and pepper.
4. Put the salmon filets on a baking sheet and cook for 10-12 mins or until desired doneness.
5. Add lemon zest on the salmon. Serve hot.

Nutrition Facts

4 servings per container

Serving size 1 Salad

Amount Per Serving

Calories 270

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1.56g 8%

Trans Fat 0g

Cholesterol 80mg 27%

Sodium 380mg 17%

Total Carbohydrate 14g 5%

Dietary Fiber 7g 25%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 32g 64%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Edible Churro Cookie Dough



INGREDIENTS

(Makes 6 Servings)

- 15 oz. can garbanzo beans, rinsed
 - 2 tbsp cinnamon
- 4 Medjool dates, pitted
 - 2 tbsp water
 - 1 tbsp coconut oil
- 3 tbsp coconut sugar
- 1 tsp vanilla extract
 - a pinch of salt

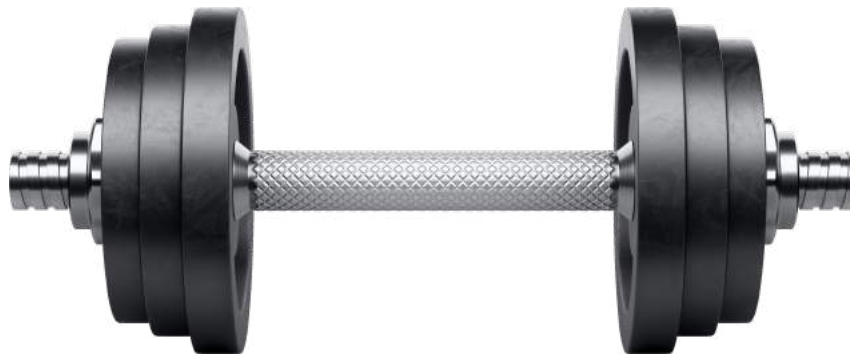
DIRECTIONS

1. Combine all ingredients in the bowl of a food processor or blender
2. Process until smooth, scraping down sides as needed
3. Enjoy!

Nutrition Facts	
6 servings per container	
Serving size	(98g)
Amount Per Serving	
Calories	180
<small>% Daily Value*</small>	
Total Fat 4.5g	6%
Saturated Fat 2.115g	11%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 5g	10%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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A Sneak Peek at Your July Issue...

It's Summer...Now What?
New Delicious Recipes
An Update on the Tribe
An Update on My Progress



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