



# FORMULAX

*6 WEEK FAST TRACK TO RESULTS*

# Ready to get X-tremely Fit?

This program focuses on effective and dynamic functional exercises, using moderate dumbbells and full body movements.

The goal is not to lift as heavy as you can. You must choose a weight for the exercise that feels like a challenge but allows you to complete all the reps with perfect form.

Each workout is designed using dumbbells only, (no machines or barbells) so that you can choose whether to do them at the gym or at home. If you only have 1 set of dumbbells you can still follow every workout in this plan.

Every exercise has a demo video, the cardio ones are real-time follow along so you can press play and follow my lead.

# What to Expect

Over the course of 6 weeks you'll do 24 unique workouts using 4 different training styles:

- Circuits
- Complexes
- Descending Pyramids
- Supersets

with 3 different cardio elements, X-Factors, Burn Sets, and Fat Melting Finishers.

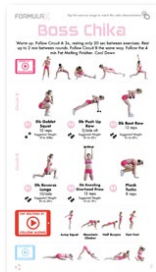
Each workout combines your "cardio" with muscle toning. That means **NO SEPARATE CARDIO SESSIONS**. You will be doing cardio but only 4 minutes or less per workout. Believe me: It's effective at melting body fat and keeping your lean and tight.

The style of training you'll be following will also have your heart rate up quite often, so you will be getting plenty of cardio, it just won't necessarily feel the same as the cardio you've been used to.

Give each workout 110% of your effort and as always keep your form on-point! Every exercise is linked to a clickable video demo to show you perfect form and coaching cues to learn proper execution of each rep.

## What to do first?

Check the Training Schedule to find your workout of the day. Start any day of the week that you are ready, does not have to be a Sunday.

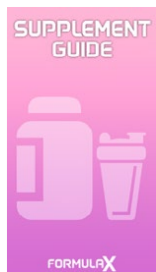


Click on the workout name to go straight to that workout page.

Click on exercise images to learn proper form for each move, and click on the Follow Alongs to do them in real-time with me! Follow the workouts and give them 100% focus and effort.



**Fuel your body right  
with the nutrition and  
supplement guides.**



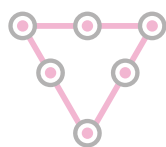
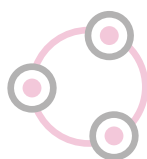
Share your Journey. Posting pics & videos of yourself doing your FormulaX workouts can help you connect with other women on the same journey & inspire others. Post on any social media with hashtag #FormulaX



# Learn the Lingo

## What is a “Circuit”?

A circuit is a string of exercises that are done one after another, with short rest periods between exercises and utilizing various equipment and/or no equipment. Keep track of your rest periods to minimize time between the exercises. Circuit training is excellent for fat loss and muscle toning.

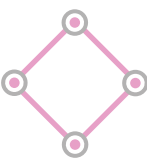


## What is a “Descending Pyramid”?

A descending pyramid is a single exercise done for consecutive sets of a descending number of reps. You will complete all sets of that same exercise before moving to the next exercise in the workout. As the reps decrease you can (if possible) increase the amount of weight used. If you are using the same weight for the entire workout then you'll just continue on with the decreasing reps and focus on muscle tension and contractions. Ideally you'd increase the weight used as the number of reps decreases to make each set equally challenging in different ways.

## What is a “Complex”?

A complex refers to a set of exercises that all use the same dumbbells without setting the dumbbells down in between exercises. Choose the weight based on your ability



to complete all reps of the most challenging of the exercises and use that weight for the entire complex. Do not rest between exercises. Keep moving from one move to the next and consider all 4 exercises to be one big set. After the set is complete, set the weights down and follow the given rest period before starting the complex again.

### ○ — ○ **What is a “Superset”?**

○ — ○ A superset is a pair of exercises done together, back to back, with minimal rest between the exercises. Usually a superset will pair together exercises of opposing muscle groups, for example, a chest exercise paired with a back exercise, so that one muscle group gets relative rest while the other works.

# Tips For Best Results

## **1) Follow the training schedule as indicated for best results.**

You may rearrange working and rest days based on your schedule & needs but it's important not to skip rest or working days or have too many of either consecutively in a row.

## **2) Focus and concentrate during every rep of every exercise of every workout.**

These are short and effective workouts, but if you do not focus and concentrate on muscle contractions you will be wasting the time and opportunity to make results happen. Give these training sessions your undivided attention and give it your all!

## **3) Follow the Nutrition Plan too.**

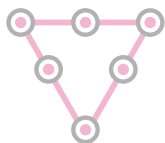
Eating right is critical to seeing the best results from this training plan. Dial in your nutrition by following the recommended meals and being consistent.

# WORKOUTS INDEX



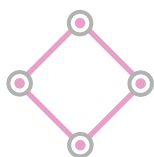
## CIRCUIT TRAINING

- 1** Boss Chika
- 2** Girls Run The World
- 3** Femme Power
- 4** Divine Female
- 5** Lady Boss
- 6** Clever Girl



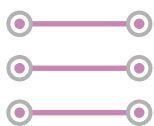
## DESCENDING PYRAMID

- 7** Total Babe
- 8** Lean & Fierce
- 9** Strong
- 10** Build Each Other Up
- 11** Iron Woman
- 12** Girl Power



## COMPLEX

- 13** Totally Toned
- 14** She Can Do It
- 15** Amazing Workout
- 16** Empower
- 17** It's Complex
- 18** Never Better



## SUPERSETS

- 19** Super Fantastic
- 20** Elevated
- 21** Lucky 8's
- 22** On A Mission
- 23** Super Motivated
- 24** 10 Out of 10



# How is this Different from Formula For Women?

Formula X is a new and improved version of the original body transformation program Live Lean Formula for Women. Here's what's different:

- This program keeps you guessing throughout the 6 weeks with a variety of unique never-done-before workouts following 4 different training styles. You'll never repeat the same workout twice.
- Fat Melting Cardio Finishers at the end of each training session. (This is key to getting killer results and speeding up your fat loss)
- No more separate cardio routines. No treadmill, bike, stairmaster or elliptical needed. In this program your cardio is literally built-in to your workouts and requires only your own body. No machinery and no excuses to skip it! I keep it short and fun and mix it in to your workouts so you'll hardly even notice you're doing it.

- Suggested Weights provided for weighted exercises. If you are not sure how heavy you should be lifting, the suggested weight will give you an idea of what I'd recommend for an intermediate trainee.
- Separate 30 second Video Demos for every exercise. You can click on whichever exercises you'd like to see and learn how to do them in 30 seconds or less.
- Digital and mobile-friendly Workout Sheets. Easily access your workout of the day, everything is clickable and easy to navigate.
- Follow Along Warm Up and Cool Down Videos attached to each workout. These are important elements of workouts that most people skip, but now I make it easy to remember and simple to follow.
- Never spend more than an hour per day on your fitness. These workouts are designed with your busy schedule in mind. Most can be completed in about 20-30 minutes once you get the hang of how they work.

# Ready to get on the fast-track to results?

## **Welcome to Formula X!**

This is Fast-tracked formula for transforming your physique to a lean, toned, fitness model body.

The problem for most women is they fail to Structure their workout programs and just randomly “workout”, not knowing if they are doing the right thing for their body and their goals.

Your workout routine should be more structured than that. Structure is the difference between “working out” and “training for something”.

Lifting random objects in a randomized way will get you random results.. Maybe decent, maybe disappointing, but there’s no way to guarantee amazing results unless you PLAN for them.

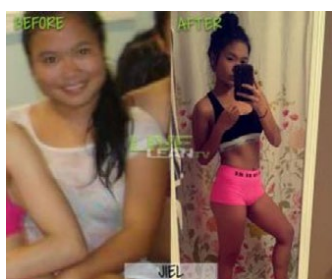
This is your complete guide to getting the most out of your workout time and creating real and lasting change in your body.

Take the guesswork out of it and follow this proven formula for success.

*Enjoy the journey to becoming the leanest, most toned, and sexiest version of yourself!*

# What kind of transformation to expect

What kind of results can you expect after completing this program? Check out some of these photos below to see the body changes these women have experienced by following my training and nutrition guides:



These are real photos of real women who have trusted the process and followed the plan.

**You can do it too!**

# The Theory Behind the Workouts

This program will guide you through Weight Training and Cardio combined workouts. Each of the 24 unique workouts has a nice mix of both strength training and cardio quickies. You'll get the best of both worlds to help you tone up and lean out.

Since most trainees chronically skip warm ups, cool downs and cardio, these 3 elements have been added directly into each workout to help you remember to do them and do them quickly and efficiently.

Your entire workout time should be 30 minutes or less with each session.

Because these workouts are so efficient at getting you lean, they don't take a lot of time, but you do have to give them a lot of your energy and focus.

The "X" stands for both Express and for Extreme, because the workouts are done in express time and the results are extremely awesome!

## FAQ'S

### **Q: What Equipment Do I Need?**

The only equipment used in this program is dumbbells. I do recommend having access to at least 3 different sizes, so training with a full set at a gym or at home is ideal, but you can definitely get good results with just one or two sets of light to medium weight dumbbells. (whatever feels light to medium weight for you).

Another nice-to-have would be a high-quality yoga mat to cushion your spine whenever lying down and provide a non-slippery surface for standing exercises.

### **Q. What if I do not have a gym membership or access to any dumbbells or equipment?**

Better to do something than nothing. Just reading about fitness won't get you fit. If you are absolutely opposed to going out and joining a gym or purchasing some dumbbells and basics for your home space then just make the best of what you've got and follow the movements bodyweight only. Some exercises are plenty difficult without added resistance so you will still be getting an effective workout. The most important thing is that you get active and take action towards your goals, with equipment or without..

**Q. Should women train differently than men?**

Not really.., of course we take into the account that women's bodies have a different hormonal cocktail than men's.. (Less testosterone and way more estrogen), so women aren't going to be as strong as men pound for pound, BUT structurally our muscles are the same. Therefore applying tension to the muscle fibers and stimulating lean muscle tissue works the same for both genders.

Women tend to kick men's butts in the endurance category, making up for the discrepancy in strength. Those differences being what they are, men and women typically also have different goals. Men love to build up their chest and biceps while women usually only want to grow their glutes (butt muscles) and just "tone" everything else. Therefore the answer is yes and no.. Women will still benefit from using a program designed for men, (or anybody) but this one is different because it focuses more on the specific goals of women. The exercise selections and workout styles are focused on goals most women have.

**Q. Will lifting weights make me bulky?**

No. The results you see on dudes are due to their much higher testosterone levels. Women who lift regularly look lean and toned, not bulky. Weight training doesn't make women bulky, but a caloric surplus in the diet does. As you're going through this program put an emphasis on making sure

you're eating the correct portion sizes for your frame and goal size. Remember that working out and being active in general will likely increase your appetite so if you notice you're feeling hungrier make sure to include lots of volume with fresh fruits and veggies to satisfy your appetite without adding the bulk.

**Q. Can I do this if I have never lifted weights before?**

Of course! I would be honored to be your first weight lifting coach. It's never too late to start! (Unless maybe you are 90+ years old, call me, I'll write you a custom plan)

If you're a first timer just make sure you refer to the exercise database and study the correct form for all exercises before attempting them. Also, use caution and start with light weights or no weights until your body adapts and you get comfortable with all exercises.

**Q. What if I have an injury or limitation?**

Then you are not unique! Or maybe we are all unique? Lots of people have injuries and limitations, this doesn't mean you need to sit this one out. Whenever an exercise comes up that aggravates your injury just select a different one in its place. Like I said before: something over nothing. I will LOVE to hear your story of how you overcame the most difficult circumstances and came out a champion.



## About Jess

It's my passion to share fitness programs with people all over the world that can literally change lives.

The communities we have built with Team Live Lean and Live Lean TV YouTube channel have been incredible in helping us cater our programs even more towards the needs and wants of people all over the planet.

Because of the years of feedback from people just like you this program can deliver you maximum results in minimal time, without barriers like needing specialized equipment or having to go to a gym.

With Formula X you can get fit from home (or the gym if you choose).

I want you to know that you have the power to transform your own body. The only tools you need are your body and your mind. This guide simply helps point you in the right direction by showing you how

to move your body in the most effective ways and transforming your mindset that even a small investment of 30 minutes of focused effort can provide incredible results!

Thank you for trusting me as your trainer. Now let's get you onto the eXpress track to the best shape of your life!

