



# REVENGE BODY

THE ULTIMATE EMPOWERMENT  
WORKOUT GUIDE

Going through a rough break-up? Ready to make lasting changes for YOURSELF that truly matter? Check out our guide designed by **YouFit Trainer Stephen Sheehan** that's guaranteed to make the world jealous.



GYMS  
**YouFit**



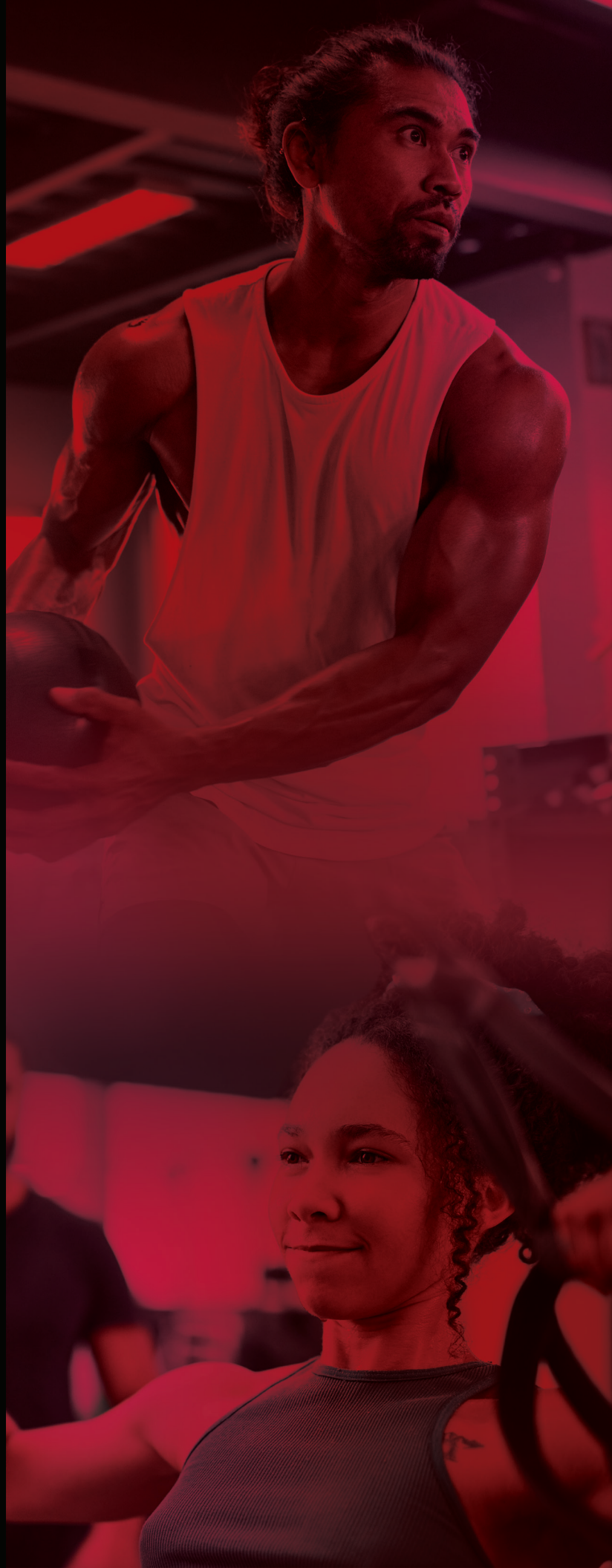
No matter what caused your most recent breakup, you must prioritize your physical and mental health as you learn to live the #singlelife again. But figuring out how to get back on track can be a challenge when you've packed on a few pounds, abandoned your gym routine, and forgotten what healthy eating looks like.

## LUCKILY, YOU DON'T HAVE TO DO IT ALONE.

As you turn the page to the next chapter of your life story, embrace the idea of building a new-and-improved version of yourself. Unlocking your full potential should be your primary mission, and that journey starts with the ultimate form of self-care: exercise.

After all, there's no better feeling than seeing your body transform as a result of hard work, commitment, and discipline. Whether you want to shed inches off your waist, make serious gains, or tone up your figure, this guide will help put you on the path to success.

From beginner-level workouts to advanced ones that will make you forget all about your ex, we've got you (and your revenge body) covered!



# HEAD- OVER- HEELS WITH HIIT

*Ready to fall in love again? You'll soon be smitten with a four-letter acronym that helped me lose more than 60 pounds after a bad breakup: HIIT.*

High-intensity interval training is the epitome of "working smarter, not harder." Not only does this style of training allow you to burn fat, but it also helps build muscle. A typical HIIT workout consists of performing a circuit of multiple exercises for a specific duration of time with an equal or smaller amount of rest time in between.

Versatility and efficiency make HIIT a fantastic choice for revenge body seekers. You can switch up the exercises, rest intervals, or equipment to keep things interesting. Here are three workouts that combine cardio, core, and strength training into a single heart-pumping session.

## BEGINNER

**Instructions:** Perform each exercise for 30 seconds; rest for 30 seconds between exercises. Repeat for 3-5 rounds.

1. Lateral lunges
2. Mountain climbers
3. Bodyweight squat with a 3-second hold
4. Push-ups
5. Plank



*"Perform the push-ups with your hands closer together to target your triceps."*

## INTERMEDIATE

**Instructions:** Perform each exercise for 35 seconds; rest for 20 seconds between exercises. Repeat for 4-6 rounds.

1. Dumbbell thrusters (Squat and Press)
2. Kettlebell swings
3. DB or KB goblet squats
4. Weighted step-ups
5. Leg raises

## ADVANCED

**Instructions:** Perform each exercise for 40 seconds; rest for 15-20 seconds between exercises. Repeat for 4-6 rounds.

1. Battle ropes
2. Burpees
3. Weighted Russian twists
4. Bear crawls
5. Weighted plank



*"Keep your knees approximately 2 inches from the floor and maintain a flat back as you bear crawl your way to the finish line."*



# SINGLE- AND- READY- TO- MINGLE

Although burning fat is important, building muscle is important for creating a well-balanced physique and optimizing your overall health. So, whether you want bulging biceps, sculpted legs, or rounder shoulders, lifting weights (and getting sufficient protein) is the best way to achieve those goals.

This “Single-and-Ready-to-Mingle” program focuses on increasing strength and muscle mass through resistance training. Like any budding relationship, take your time to get comfortable before you take things to the next level. Track your progress, trust the process, and you’ll be well on your way toward making your muscle-building dream come true.

## BEGINNER

**Instructions:** Perform exercises for the suggested number of sets and reps. Do one lower-body and upper-body workout per week.

### UPPER BODY

- > Dumbbell bench press (3 sets of 8-12)
- > Cable seated row (3 sets of 10)
- > Cable lat pulldowns (3 sets of 10)
- > Cable biceps curls (3 sets of 10-15)
- > Cable triceps pushdowns (3 sets of 10-15)

### LOWER BODY

- > Smith Machine squats (3 sets of 8-12)
- > Leg extensions (3 sets of 10)
- > Lying or seated leg curls (3 sets of 10)
- > Dumbbell Romanian Deadlifts (3 sets of 10)
- > Dumbbell lunges (3 sets of 10 per leg)



*“More time under tension = more gains. Focus on the eccentric portion of each lift to ensure you’re getting the most bang for your muscle-building buck.”*

## INTERMEDIATE

**Instructions:** Perform exercises for the suggested number of sets and reps. Do two lower-body workouts and two upper-body workouts per week.

### UPPER BODY

- > Barbell bench press (4 sets of 8-10)
- > Barbell bent-over row (4 sets of 8-10)
- > Dumbbell flies (4 sets of 10-12)
- > EZ bar curls (4 sets of 10-12)
- > Dumbbell overhead triceps extensions (4 sets of 10-12)

### LOWER BODY

- > Barbell squats (4 sets of 8-10)
- > Hex bar deadlift (4 sets of 8)
- > Single-leg leg extensions (4 sets of 10 per leg)
- > Dumbbell Bulgarian split squats (4 sets of 10 per leg)
- > Lateral lunges (4 sets of 10 per leg)

## ADVANCED

**Instructions:** Perform exercises for the suggested number of sets and reps. Do two lower-body workouts and two upper-body workouts per week.

### UPPER BODY

- > Barbell bench press (5 sets of 5)
- > Barbell military press (5 sets of 5)
- > Barbell incline press (5 sets of 5)
- > Single-arm lat pulldown (4 sets of 10 per arm)
- > Biceps curl/skull crusher superset (4 sets of 10)
- > Dips/pull-ups superset (4 sets of 8-10)

### LOWER BODY

- > Barbell front squats (5 sets of 5)
- > Barbell elevated RDLs (4 sets of 8)
- > Dumbbell step-ups with knee drive (4 sets of 10 per leg)
- > Leg press (4 sets of 10)
- > Hack squat (4 sets of 10 with a 3-second hold at the bottom)
- > Seated calf raises (4 sets of 12-15)



*“A five-by-five protocol works well for building strength, but don’t be afraid of doing a higher-rep day to promote muscle hypertrophy.”*



# THE COMEBACK

*"The Comeback" program centers around two critical components of a healthy revenge body: your heart and your core. You need both to be in optimal shape to not just survive—but thrive!*

Besides mentally preparing yourself to find the right partner, you must do the work to get your cardiovascular health in order.

Plus, you have to establish a strong foundation emotionally and physically for you to become the best version of yourself.

These cardio- and core-centric circuits will test your determination and toughness in different ways. And even if you find yourself struggling initially, don't let that become a reason to slow down or stop. Instead, look at challenging workouts as opportunities to strengthen your resolve, shed any self-doubts, and sculpt the ultimate revenge body.

## BEGINNER

**Instructions:** Perform each exercise for the recommended amount of time or reps. Complete this cardio and core circuit on a rest day.

### CARDIO

- > High knees in place (3 sets of 30 seconds)
- > Jumping jacks (3 sets of 30 seconds)
- > Butt kicks in place (3 sets of 30 seconds)
- > Elliptical or treadmill with incline (2 sets of 10 minutes with 2-minute rest in between)

### CORE

- > Glute bridges (3 sets of 10-15 with 3-second hold)
- > Sit-ups (3 sets of 10-15)
- > Plank (3 sets of 30 seconds)
- > Heel touches (3 sets of 30 seconds)
- > Bicycle crunches (3 sets of 30 seconds)
- > Dumbbell lunges (3 sets of 10 per leg)



*"When performing the glute bridges, concentrate on pulling your belly button in to brace your core as you raise your hips to create a straight line from your knees to your shoulders."*

## INTERMEDIATE

**Instructions:** Perform each exercise for the recommended amount of time or reps. Complete this cardio and core circuit twice per week.

### UPPER BODY

- > Jump rope (4 sets of 30 seconds)
- > Wide mountain climbers (4 sets of 30 seconds)
- > Jumping lunges (4 sets of 30 seconds)
- > Stairmaster (2 sets of 10-15 minutes with 2-3 minutes rest in between)

### LOWER BODY

- > Forearm-to-hand planks (4 sets of 30 seconds)
- > Dead bugs (4 sets of 30 seconds)
- > Fire hydrants (4 sets of 30 seconds)
- > Bird dogs (4 sets of 30 seconds)
- > Suitcase crunches (4 sets of 30 seconds)

## ADVANCED

**Instructions:** Perform each exercise for the recommended amount of time or reps. Complete this cardio and core circuit after resistance training at least twice per week.

### UPPER BODY

- > Fast-paced Stairmaster (3 sets of 10 with 2 minutes rest in between) or Moderate-paced jog (20 minutes)
- > Rowing machine (30 seconds at maximum speed with 30 seconds of rest; repeat 5-8 rounds)

### LOWER BODY

- > Mountain climbers with push-up hold (6 sets of 30 seconds)
- > Weighted leg raises (6 sets of 30 seconds)
- > Straight leg sit-ups (6 sets of 30 seconds)
- > Iron cross (3 sets of 30 seconds per leg)
- > Inch worms (6 sets of 30 seconds)

