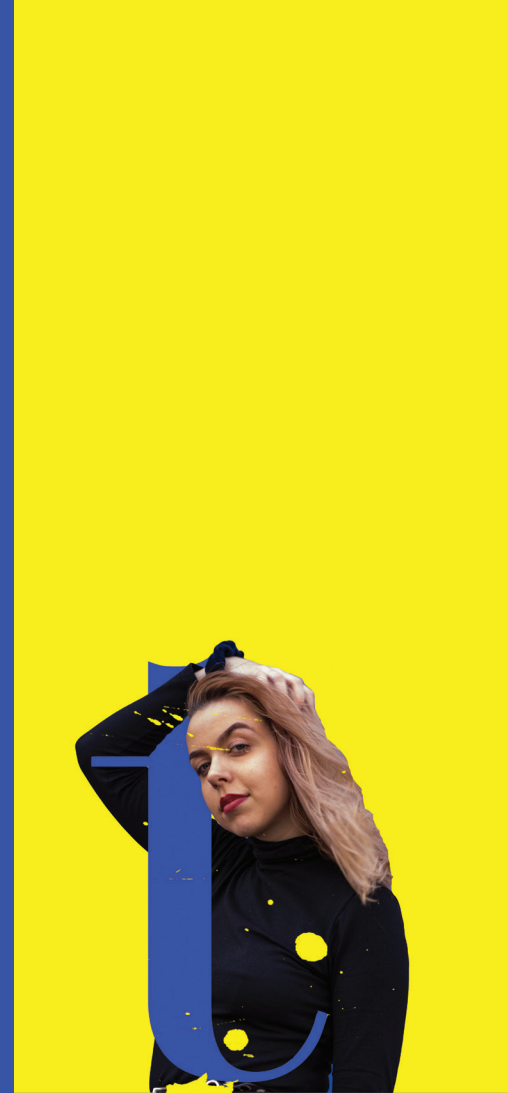


How
quarantine
change
my
life?



**„Your future is
hidden in your
daily routine.“**

My name is Tereza Vaníčková, I'm student of graphic design and this is my story how I started life new lifestyle .

I'm young graphic designer from Brno. I'm a lover of healthy lifestyle, sport and traveling.

11. 3. 2020

study | eat | love | fitness | hiking



How I started?

Jillian Michaels - 90 days body revolution

- Programme for 3 months
- Every two weeks different workouts
- 6 day you work, 7 day is rest
- Cardio workout twice a week.

Food

My caloric deficit must be -10%
= 2.226 kcal

=

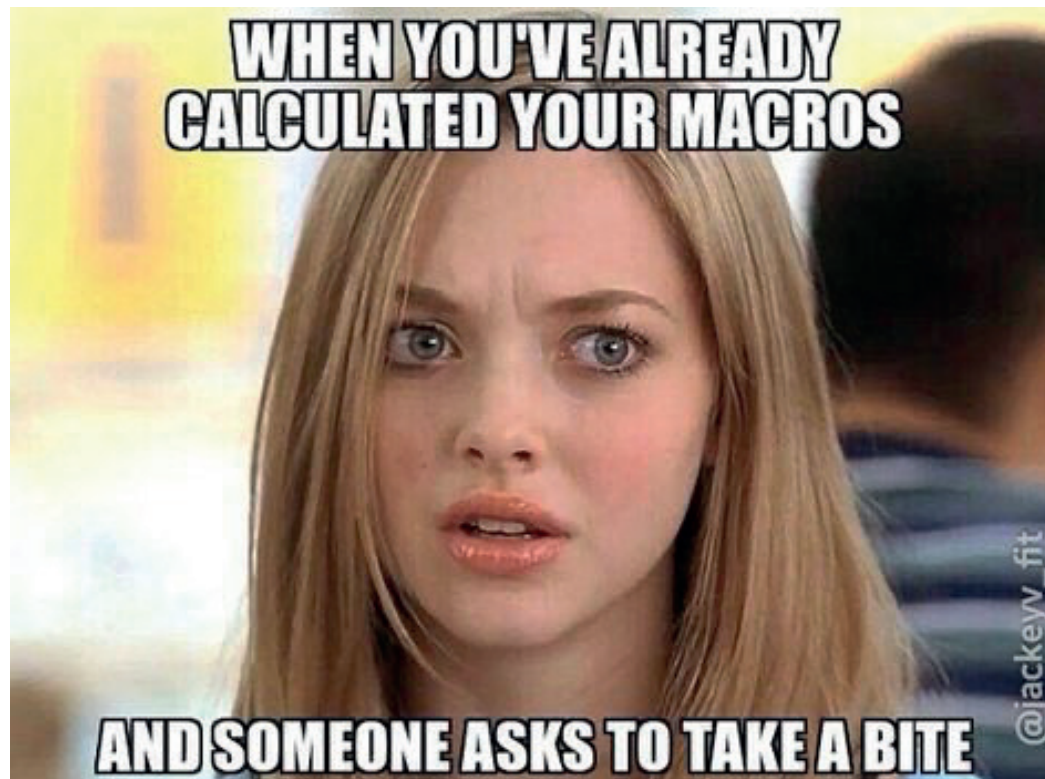
30% of protein
40% of carbohydrates
30% of fat.

PROTEIN: 668 KCAL / 162G

CARBOHYDRATES: 890 KCAL / 217G

FAT: 668 KCAL / 74G

Our body needs all the macronutrients!



Motivation and mindset

You will not lose weight after one healthy meal, just as you will not gain weight after one unhealthy meal.

9. 9. 2020



Next programmes which I did

Jillian Michaels - 6 weeks six pack

Jillian Michaels - Killer abs

Jillian Michaels - No more trouble zones

My actual fitness plan

Monday - Rest day

Tuesday - Full body workout

Wednesday - Leg day

Thursday- Arms + Abs

Friday - HIIT

Saturday - Full body workout

Sunday - Cardio workout

HIIT

VS.

CARDIO

HIIT = Form of exercise that has been proven to boost metabolism and build strength, packing in the same benefits of lower and moderate intensity aerobic workouts in a much shorter time.

CARDIO TRAINING = Cardio exercise simply means that you're doing a rhythmic activity that raises your heart rate into your target heart rate zone, the zone where you'll burn the most fat and calories.

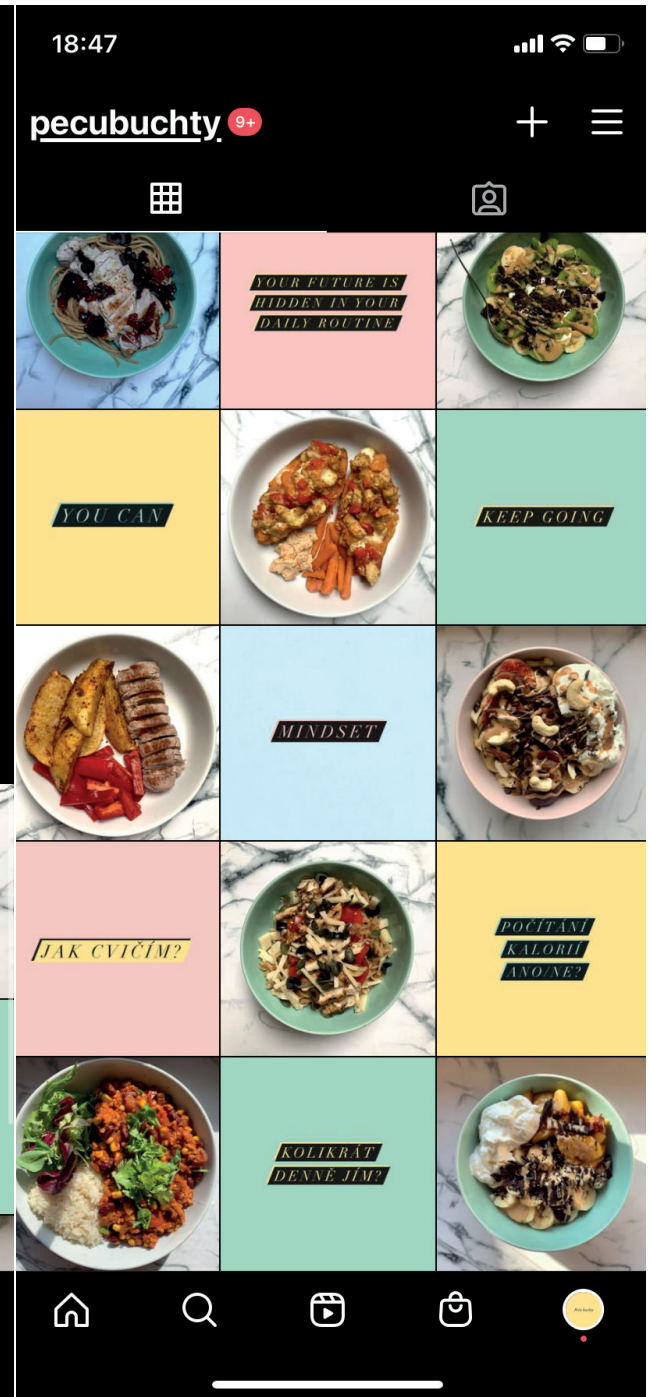
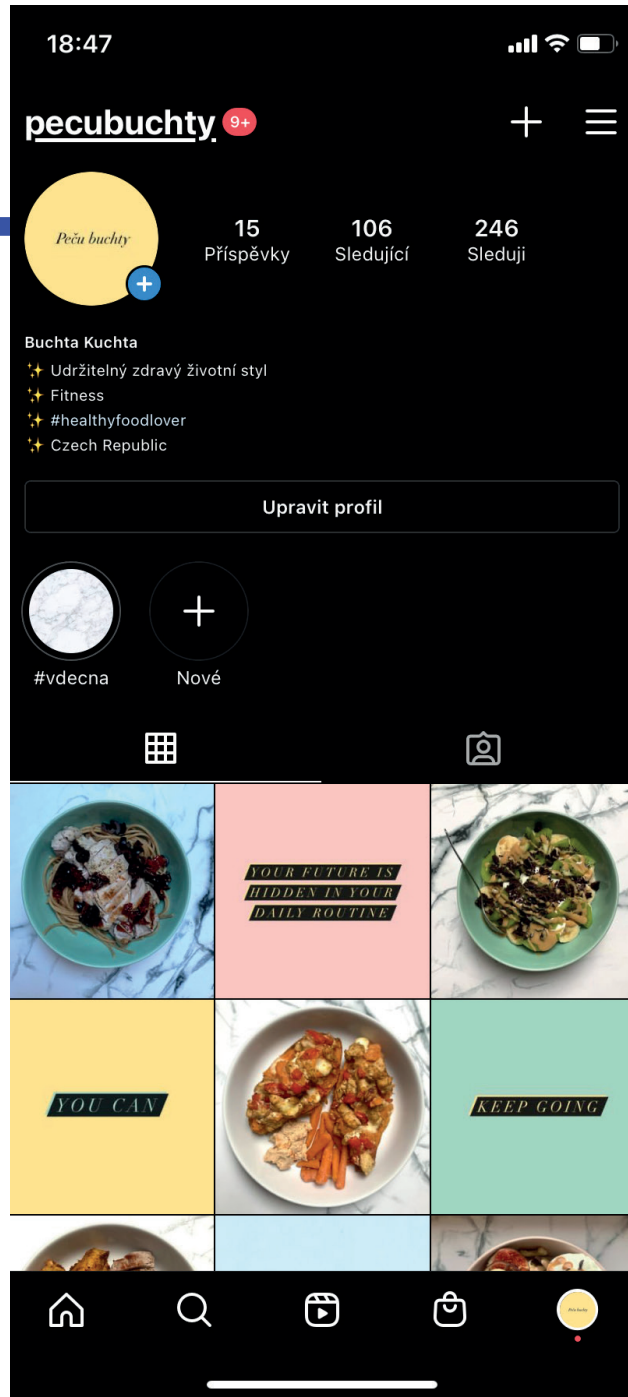
My tips

1. Study
2. Eat regularly
3. Eat all macronutrients!
4. Be grateful

**Don't be afraid
to work with
dumbbells.**



Instagram



Btw, my dog love fitness too



**Thank you and be healthy,
fit and happy.**