

# Toned

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**72 Hour  
Flat Belly Detox**



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# Disclaimer

You should consult your physician prior to starting this program particularly if you have any medical condition or injury that could prevent you from following this program. This program is designed for healthy individuals 18 years and older only. The recommendations in this guide are not medical guidelines and are for educational purposes only.

Understand that all forms of exercise pose some inherent risks. The author advises readers to take full responsibility for their safety and know their limits. The author is not responsible for any injury that may result from following this guide.

Do not take risks beyond your level of experience and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician or dietitian.

If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement immediately and consult a physician.

If you are sedentary, have high cholesterol, high blood pressure, or diabetes, and/or if you are overweight before beginning this guide, it is recommended that you receive a physical examination prior to starting this program. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this program, please follow your doctor's orders.

Don't perform any exercise without first learning the movement. Always do a warm-up prior to these exercises.

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For more great workouts, recipes, and follow along videos that coach you through the workouts - be sure to check out [www.tonedintfitness.com](http://www.tonedintfitness.com)

# Welcome to your 72 hour Flat Belly Detox.

Follow the 3 day meal plan to remove harmful toxins, reduce belly bloat, lose fat and reveal a flatter belly. Combine with my fat loss workouts for your best results!

**Important Note: Drink your Detox water before your workout and enjoy your smoothie post workout.**

## Day 1

Detox water – Raspberries and Lime  
Breakfast - Cherry Greens Smoothie  
Lunch - Shrimp Mango Salad  
Afternoon Green Tea  
Dinner – Baked Salmon with Sautéed Spinach

## Day 2

Detox Water – Cucumber Lemon  
Breakfast - Flat Belly Smoothie  
Lunch – Chicken Avocado Salad  
Afternoon Green tea  
Dinner – Steak Fajitas with Guacamole

## Day 3

Detox Water –Strawberry Basil  
Breakfast – Wake Me Up Smoothie  
Lunch - Ground Beef, Strawberry and Almond Salad  
Green tea  
Dinner - Grilled Chicken

## Recipes

I recommend making each detox water the night before so it has time to sit.

# Detox water

## Raspberries and Lime

### Ingredients

1 lime  
1/4 cup raspberries  
Fresh or filtered water

### Directions

Wash the ingredients and slice the lime. Muddle the lime and raspberries in a glass or jar and fill with water. Let sit for several hours and enjoy.

## Cucumber Lemon

### Ingredients

1/2 cucumber  
1 lemon  
Fresh or filtered water

### Directions

Wash and slice the cucumber and lemon. Muddle the ingredients in a glass or jar and fill with water. Let sit for several hours.

## Strawberry and Basil

### Ingredients

1/2 cup sliced strawberries  
1/4 cup basil  
Fresh or filtered water

### Directions

Muddle the ingredients in a glass or jar and fill with water. Let sit for several hours and enjoy!

# Breakfast

## Cherry Greens Smoothie

1 C. Green Tea  
1/2 C. Water  
1 Scoop Chocolate Protein Powder  
1 Bunch Spinach  
1/4 Cup Frozen Cherries  
Ice and Blend

### **Flat Belly Smoothie**

1 1/2 C. Water  
1 T. Fresh Ginger (peeled, shaved, or organic paste)  
1 Chocolate Scoop Protein Powder  
1/3 Cup Blueberries  
1 bunch spinach  
Ice and Blend

### **Wake Me Up Smoothie**

1 C. Strong Black Coffee  
1/2 t. Cinnamon  
1/2 C. Water  
1 Scoop Chocolate Protein Powder  
1/2 C Strawberries  
Ice and Blend

## **Lunch**

### **Shrimp Mango salad (Serves 2)**

Ingredients:

Salad:

1 lb cooked shrimp, deveined and tail removed  
1 small head of hearts of romaine lettuce  
1 mango – chopped or shredded  
peeled and diced 1/2 avocado  
1 green onion -sliced finely

Dressing:

2 tbsp olive oil  
1 tbsp lemon juice  
Pinch of sea salt  
Pinch of black ground pepper

Direction :

Chop romaine hearts thinly, so shredded and portion to two plates. Divide portions of shrimp and place on top, then mango, avocado and green onion.

Whisk together olive oil, lemon juice, salt and pepper and drizzle lightly over salad

### **Chicken Avocado Salad (serves 2)**

Ingredients:

Salad:

(2) 4-6 oz pastured chicken breasts cooked

1 ripe avocado – peeled and sliced

¼ cup tomatoes

¼ cup chopped onion

4 cups baby spinach

Instructions:

1. Lay 2 cups of spinach on each plate and divide chicken, onion, tomatoes and avocado to both plates.

2. Drizzle with apple cider vinegar and olive oil

### **Ground beef, Strawberry, and Almond Salad (serves 2)**

Ingredients:

1 lb ground beef

½ tsp salt

¾ cup water

6-8 small strawberries

sliced 1/2 avocado

24 raw almonds

4-5 Cups baby spinach or greens of your choice

Instructions:

1. Heat medium skillet over medium high heat. Add beef - Cook for about 10 minutes, or until browned.

2. Add sea salt and water, and let simmer for 5 minutes more.

3. You can do this ahead of time and have in the refrigerator ready to go!
4. Lay 2 cups of spinach on each plate and plate 4-6 oz of ground beef on top, then divide strawberries, avocado and almonds to both plates.
5. Drizzle each salad with the juice of ½ lemon and 1Tbs olive oil with salt and pepper to taste.

## Dinner

### **Baked Salmon**

(serves 2 – 3)

Ingredients:

- 1 lb salmon fillets (wild caught)
- 1 lemon
- 2.5 Tbs capers, rinsed
- 2 sprigs fresh dill (dried may be used if fresh dill is unavailable)
- sea salt and freshly ground black pepper

Direction:

1. Preheat oven to 350
2. Place salmon fillets on a broiler pan.
3. Thinly slice lemon (1/8" slices).
4. Sprinkle the fish with sea salt and freshly ground black pepper. Top with capers and dill sprigs. Cover with fresh lemon slices.
5. Bake for 10-15 minutes, until fish flakes easily with a fork.

*Serve Salmon with:*

### **Sautéed Spinach**

Ingredients:

- 1 Tbsp Butter
- Juice of ½ lemon
- 1 clove garlic - minced
- 4 cup Baby Spinach
- 1 tsp Salt and Pepper, to taste

Directions:

1. Heat butter over medium heat in a nonstick frying pan.
2. Add garlic to the pan and sauté for 30 seconds
3. Add spinach, lemon juice, season with salt and pepper, and sauté until spinach is wilted.

### **Steak Fajitas with Guacamole**

*(Serves 2 – 3)*

Ingredients:

- 3 cloves garlic, minced
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp chili powder
- 1 tsp sea salt (optional)
- 1 lb cooked steak, sliced into strips
- 1 Tbs coconut oil
- 1/2 red onion, sliced
- 2 red bell peppers, sliced
- juice of 1 lemon
- juice of 1 lime
- 2 heads butter lettuce, root removed, washed and dried
- Guacamole
- 1 small jar salsa (or substitute fresh chopped tomatoes, cilantro and garlic)

Direction:

1. In a medium bowl, combine garlic, cumin, oregano, paprika, chili powder, and sea salt (if desired). Toss chicken in mixture until fully coated and set aside.
2. Heat a large sauté pan over medium-high heat. When pan is hot, add coconut oil.
3. Sauté onion for 3 minutes. Add chicken and continue to cook until chicken is almost fully cooked (about 10-15 minutes), stirring often.
4. Just before chicken is done, add red peppers, lemon and lime juice. Stir and cook for 3 more minutes.
5. Serve over lettuce and top with guacamole and salsa.

## **Grilled Chicken**

*(serves 3 – 4)*

Ingredients:

- 1 cup cherry or grape tomatoes
- 2 Cups spinach
- 3.5 Tbs capers, rinsed
- 2 Tbs olive oil
- 4 (4-6 oz) boneless, skinless chicken breasts
- sea salt and freshly ground black pepper

Direction:

1. Preheat oven to 450 degrees
2. Toss tomatoes, spinach, capers, and 2 tsp olive oil in a bowl.
3. Season chicken breasts on both sides with sea salt and freshly ground black pepper.
4. Heat a large, oven-proof skillet over high heat. Once hot, add 2 tsp olive oil and sear chicken on both sides.
5. Turn heat to medium-high and add remaining oil (should be hot but not smoking) and continue to cook until deep golden brown (about 4 minutes).
6. Use tongs to flip chicken, then add tomato mixture to skillet.
7. Transfer skillet to oven and roast chicken until cooked through and tomatoes have softened, about 15-18 minutes.
8. Transfer to plates and spoon tomato mixture over top to serve.

## **Here are your 3 Fat loss Workouts for a flatter belly and lean body**

**See Exercise Glossary for pictures and instruction for Each Exercise**

### **Butt and Thigh Sculpt**

-Repeat 3 times with no rest between exercises or circuits

- 1) Single Leg Dead Lift –(30 seconds each side) - 60 seconds

- 2) Reverse Lunge –(alternating sides) - 60 seconds
- 3) Sumo Squat - 30 seconds
- 4) Prone Leg Lift - 30 seconds
- 5) Jumping Jacks – 20 seconds

### **Sexy Arm Sculpt**

-Repeat 3 times with no rest between exercises or circuits

- 1) Plank walk out - (alternating sides) – 60 seconds
- 2) Mountain Climbers - (alternating sides) - 60 seconds
- 3) Downward Dog Pushups - 30 seconds
- 4) Commandos - (alternating sides)- 30 seconds
- 5) Straight Arm Plank hold - 20 Seconds

### **Step Booty Reshape**

-Repeat 3 times with no rest between exercises or circuits

- 1) Hip Thrust – 30 seconds
- 2) Bulgarian Squat – (30 seconds each side) - 60 seconds
- 3) Step ups – (30 seconds each side) - 60 seconds
- 4) Double Bridge – 30 Seconds
- 5) Jumping Jacks - 20 seconds

# EXERCISE GLOSSARY

(In Alphabetical Order)

## Lower Body

### Bulgarian Squat

Place one foot on chair, couch or step - Squat down by flexing knee and hip of front leg while rear leg knee is lowering toward the floor, and then return to original standing position by extending hip and knee of front leg. Repeat.

Modification: Hold chair for balance or go down half way or do normal squat



### Clam

Lie on your side with both knees bent at 90-degrees and hips flexed to a 135-degree angle. Rest your head on your bottom arm with your top arm out in front of you. Keeping your heels together, open your knees by rotating at the hips. Avoid shifting or twisting the lower back. Return to the starting position.

Modification: Go half way through movement



## Double Bridge

Lie on back with knees bent. Lift Buttocks off ground keeping butt tight as shown in picture and then return to starting position.

Modification: Go half way through movement – mini bridge



## Fire Hydrant

Get on all fours with your arms straight under your shoulders, your knees hip width apart, and your back flat. Keeping your knee bent, raise your right leg out to the side to a height that allows you to keep your shoulders and pelvis parallel to the floor. Return to the starting position.

Modification: Go half way through movement



## Hip Thrust

Use chair or couch to support upper back.

Sit with your back up against a bench and your feet planted on the floor. Push through your heels, and lift your shoulders onto the bench, raising your hips upward until your hips are in line with your shoulders and your knees are at a 90-degree angle.

Modification: Go half way through movement or do Double Bridge instead



## Normal Stance Squat

If you're a beginner, use a chair behind you and lower to chair.

Stand with your feet shoulder-width apart. Arms extended in front of you for balance. Pull your shoulder blades back and lift your torso upward. Bend your knees and slowly lower until the top portion of your thigh is parallel to the floor. Return to starting position.

Modification: Hold chair or wall for balance or only go half way down through movement



## Prisoner Squat

If you're a beginner, use a chair behind you and lower to chair. Stand with your feet shoulder-width apart and hands behind head. Pull your shoulder blades back and lift your torso upward. Bend your knees and slowly lower until the top portion of your thigh is parallel to the floor. Return to starting position.

Modification: Hold chair or wall for balance or only go half way down through movement



## Prone Leg Lift - 30 seconds

Lift legs off floor squeezing glutes, and then lower

Modification: Only lift half way through the movement



## Pulsed Lunge

Same as Stationary Lunge but now pause halfway down through the movement and half way up through the movement.

Modification: Hold chair or wall for balance or only go half way down through movement



## Reverse Lunge

If you're a beginner, hold a chair or stationary object for balance.

Take a big step backwards and bend back knee towards ground. Keep toes on front foot visible (do not let the knee extend over the toes). Keep weight on the heel of front foot as you return to starting position.

**Modification:** Hold chair or wall for balance or only go half way down through movement



## Single Leg Bridge

Lie on back with knees bent. Lift one foot slightly off ground, then lift buttocks using leg planted on the ground and return to starting position.

Modification: Go half way through bridge or do Double Bridge



## Single Leg Dead Lift

Stand with feet together. Lift one leg slightly behind you so foot is just off floor. While lowering hands to floor raise lifted leg back behind and up. Keep back straight and knee of supporting leg slightly bent. Keep hip and knee of lifted leg extended throughout movement. Once stretch is felt or lifted leg is parallel to floor, return to original position by raising torso while lowering lifted leg. Straighten knee of supporting leg as torso becomes upright. Repeat.

Modification: Hold chair or wall for balance or only go half way down through movement



## Stationary Lunge

Begin in stance as shown in picture with one leg in front of you. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Return to original standing position by forcibly extending hip and knee of forward leg.

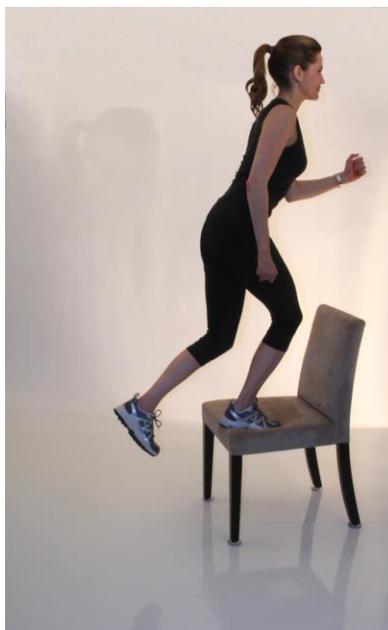
Modification: Hold chair or wall for balance or only go half way down through movement



## Step Ups

Place foot of one leg on bench, chair, or step. Extend hip and knee of the leg on chair while raising opposite leg to tap foot on bench - then lower that leg back to floor to original standing position. Repeat.

Modification: use a low step or step stool or hold chair or wall for balance



## Sumo Squat

Stand with your feet roughly twice shoulder-width apart and point your toes outward. Pull your shoulder blades back and lift your torso upward. Bend your knees and slowly lower until the top portion of your thigh is parallel to the floor. Return to starting position.

Modification: Hold chair or wall for balance or only go half way down through movement



## Swimmer

Start lying face down on a mat. Body should be in a straight line with arms in front of you. Simultaneously lift your upper body and lower body off the floor. Keep your arms by your ears. Then quickly move your arms and legs in opposition, to create the swimming motion.

Modification: go half way through movements

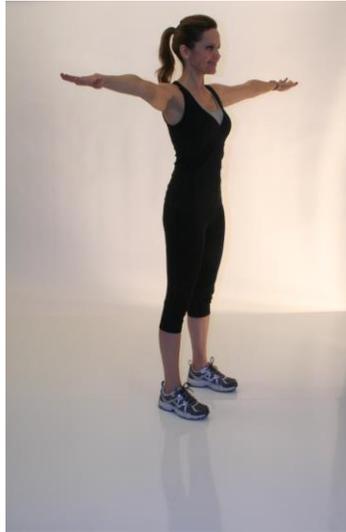


# Upper Body:

## Arm Circles

Extend your arms straight out from your shoulder joint, and "draw" small circles with your fingertips. 30 seconds forward, 30 sec backward.

Modification: Draw circles below shoulder height



## Commandos

Start in plank position - release right arm and place it firmly on floor slightly outside of your shoulder, then push up onto your right hand so right elbow is straight, followed immediately by your left in the same pattern - now reverse the pattern to lower back to plank position.

Modification: Perform on knees



## Downward Dog Pushups

Start in upside down V - position as shown in picture. Make sure your hands are wider than your shoulders. Lower your body down by bending at your shoulders and elbows as low as you can, eventually your goal is to touch your head to the floor. Push back up, and repeat.

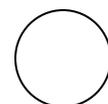
Modification: Lower ½ way through movement or perform on knees.



## Forward punch (alternating sides)

Stand with feet shoulder-width apart and knees slightly bent. Bring fists to cheekbone level, with elbows in toward chest. Punch right arm forward, as right arm comes back, punch with left arm.

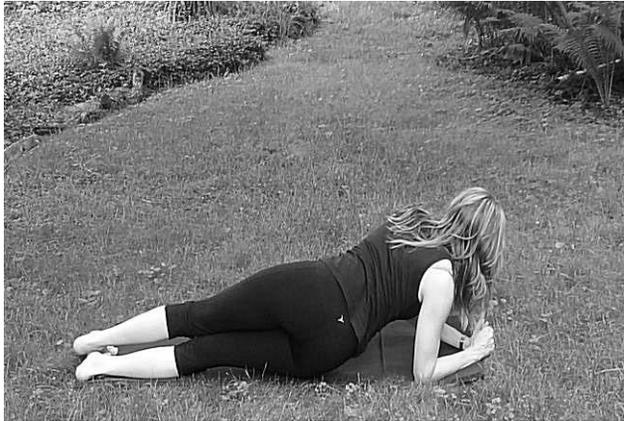
Modification: Punch below shoulder height



## Hip Touch Plank

Start in plank position on elbows – Drop one hip to floor by rotating hip to floor - repeat on opposite side

Modification: Do on Knees



## Mountain Climbers (alternating sides)

Do elevated with hands on chair or table or by doing smaller movements with each leg and you may even perform on knees.

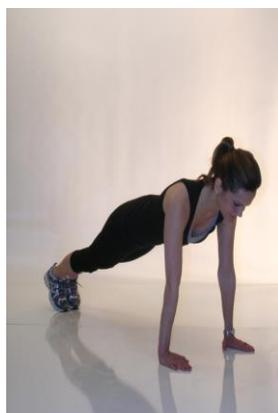
Modification: Do elevated with hands on chair or table or by doing smaller movements with each leg and you may even perform on knees.



## Plank walk out (alternating sides)

Start in upside down V - position - Walk your body forward into a straight arm plank position, then walk your hands back to your feet still maintaining straight legs with soft knees.

Modification: Perform on Knees



## Pulsed Push Up

Same as regular push up but pause one second halfway down through movement and halfway up through movement - if you're a beginner, perform on knees.

Modification: Perform on Knees



## Pushups

If you're a beginner, you can do on knees to modify.

Start with your hands on the floor below your shoulders and your elbows extended so you're pushed up at the shoulders. Your abs should be tight, and your body should be rigid from your heels to your shoulders. Bending your elbows, lower your body to the floor while staying rigid from your heels to your shoulders. Immediately press upward again until your elbows are fully extended and you're back in the starting position.

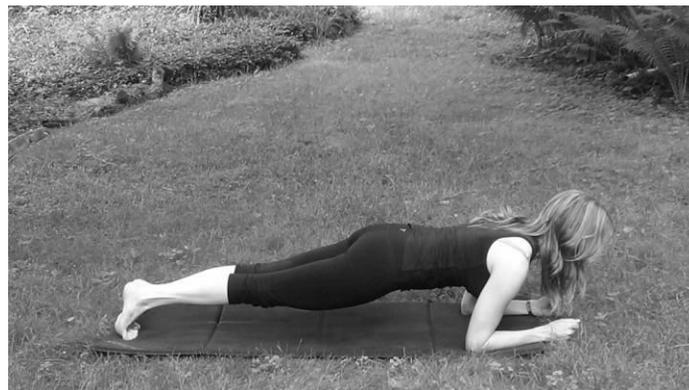
Modification: Perform on Knees



## Rocking Plank

Begin in Plank position and rock forward and back slow and controlled

Modification: Hold Regular Plank without rocking on knees or toes



## Side Plank

Stack feet (or modify by drawing toes back and stacking knees)

Lift hip off the ground, taking weight on one elbow

Keep shoulder over shoulder

Body needs to be in alignment with-shoulder, hip, knee and toe

Modification: Perform on knees instead of feet



## Spider Mountain Climbers

Same as the regular mountain climber except knee comes out to the side toward elbow rather than into chest

Modification: Do elevated with hands on chair or table or by doing smaller movements with each leg and you may even perform on knees.



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