

KATIE AUSTIN

THE BUSY GIRL'S GUIDE

5 WEEKS TO FIT
FOR GIRLS WHO
HUSTLE

- QUICK & EFFECTIVE WORKOUTS
- SIMPLE & DELICIOUS RECIPES
- LIFESTYLE TIPS THAT WORK



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HOW IT WORKS

I'm so happy you're here! Welcome to the fitness guide for girls who get shit done!! This guide is for you: hardworking, motivated, and driven for success, yet want to keep a healthy lifestyle on top of that. How do we fit it all in? How on earth do we make ourselves a healthy picturesque recipe every meal throughout the day? While on top of that, finding a solid hour to spare for a workout? Wait but also keep a social life, though. Can't forget about the fun in life...

I'm here to show you that you CAN do it all. And you may be thinking, "OK, but you're a fitness blogger chick who does that sh*t for a living.." To answer that valid statement, yes I am, but that doesn't mean I don't struggle with finding the time to workout and finding the time to cook healthy meals for myself. I run two businesses, am a TV host on a weekly show, create and film my content, edit and design most of my own 2 websites, handle my customer service, and I'll spare you the rest of the details for now. What I'm trying to get at it is, I know my philosophy, and I know it works for the busy girl because I AM one..

I believe that it takes the 5 P's: Passion, Productivity, Patience, Perspective and Persistence.

Each week, you will learn the deeper meaning behind these words, and why they will help you reach your goals, both in your school, work or career life and fitness journey.

As for the workouts, you will get 5 simple workouts a week. They're all 25 minutes long, but the catch is, I'm making it incredibly convenient for you to find the time on your own schedule. You can even break these workouts up into ten minutes in the morning, 15 minutes at night, visa versa. So flexible that you CAN'T say you don't have 10-15 minutes to get in a little bit of a sweat. Also, I will show you some awesome moves you can do at your desk while still studying or at work. That way, you REALLY have no excuses.

And as for the food, ah, the hard part. I hate when I see recipes online and they call for these weird dried fruits that you can only buy at super food stores 1000 miles away. It's inconvenient and pricey! So here's the deal. I made all these recipes with normal ingredients (ones you can find at your local grocery store), and in FIVE ingredients. 5 ingredients to make a BOMB salad, bowl, entrée, breakfast, smoothie, etc. Plus, most of my recipes can be MEAL prepped, which you will also find out why you need to be doing! Each week, you will be getting 5 different workouts. Cardio, Abs, Booty, Legs or Arms. And as you will see, there are no "Monday, Tuesday" etc on the titles of the workout days. This is because it's up to you which 5 days you can workout that week. What if your Monday is actually your busiest? I wanted to make this guide so easy for you to fit into your schedule, so you have the most CONVENIENT way of working out. Because I absolutely love routine, all workout days have the same structure. Here's the breakdown:

Five days a week I give you a 25 min workout. Each workout has 2 sets. The first set you will repeat 3 times through, and the second set repeat 2 times through.

Each move is exactly 1 minute. The first 2 weeks of this guide, each exercise will be completed for 30 seconds through, with a 30 second break. The final 3 weeks, we will challenge ourselves and take it up a notch by doing 40 seconds on, and 20 seconds off. Again, totaling to 1 minute. Five weeks is a GREAT challenge for you. But why 5 instead of 4 weeks? Well, personally, I think 4 weeks is a good challenge. I have challenged myself multiple times to diet or workout challenges that last a month, but once that month is over, I go back to my old ways. I want to challenge you to FIVE weeks, because I want you to carry that extra week into your LIFESTYLE. This isn't a month long guide. This guide is specifically designed for you to create a custom and convenient workout routine that blends with your lifestyle. For not only 5 weeks, but for years to come! 5 weeks to learn a new routine, habit, lifestyle, mindset. **ARE YOU IN!!!!???** Let's do the damn thing!

xoxo,

Katie Austin

ABOUT ME

Katie Austin is a fitness trainer, content creator, active wear designer, and TV host. She is an inspiration to millennial girls all over the world. As the daughter of fitness icon Denise Austin, health and exercise have always been a part of Katie's life, and it shows in her drive to spread her message of self-love and positive body image.

Katie graduated from the University of Southern California with a degree in Communications and an emphasis in health. At USC, she was a Division 1 lacrosse player, host of her own fitness show at the college station, and a Cum Laude student. She is a certified fitness trainer and health coach.

Katie was recognized by Seventeen Magazine as one of the top ten fitness Instagrams to follow. She has been featured as a fitness and nutrition expert on numerous television shows, including The Today Show, Hollywood Today Live, The Doctors, and Home & Family.

As her 5th guide, this Busy Girls Guide is the most practical, efficient, and mindset focused. You will feel not only physically fit, but mentally fit for success. Katie is so excited to share this with you, and be there every step of the way throughout these 5 weeks.

Make sure to share your sweaty selfies, recipes you make, or lessons you learn on social media! We want to see your beautiful face and pictures!

LET'S HUSTLE, BABES!



WEEK 1: PASSION

DAY 1

CARDIO WORKOUT

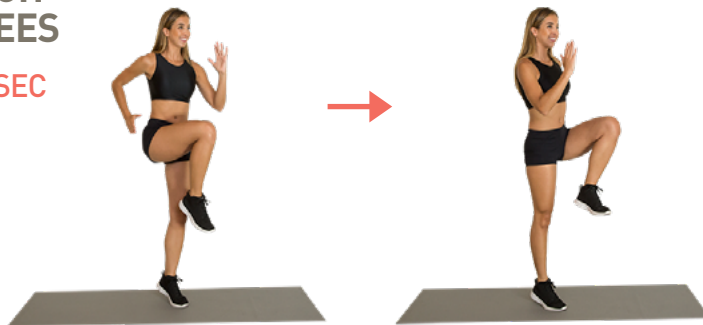
SET 1: BASIC CARDIO

5 exercises, 1 min each
(30 sec on, 30 sec off)
repeat 3x

1

HIGH
KNEES

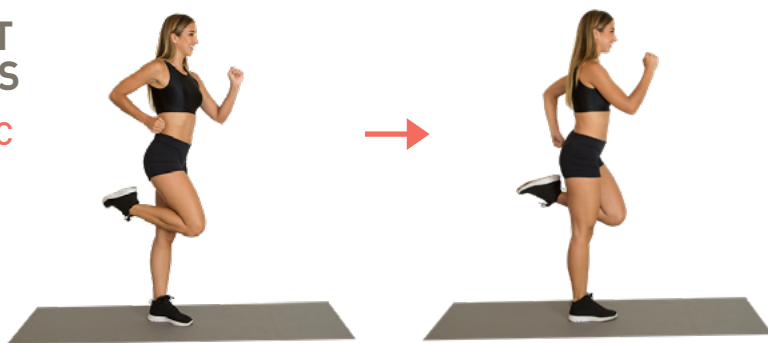
30 SEC



2

BUTT
KICKS

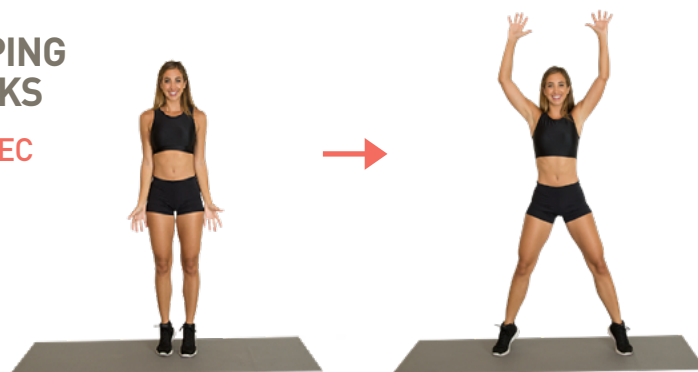
30 SEC



3

JUMPING
JACKS

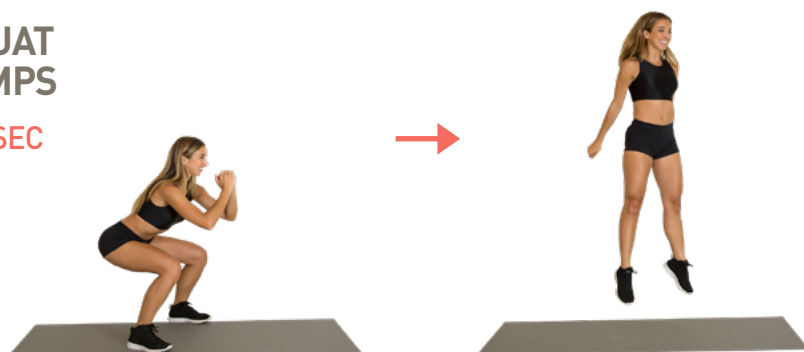
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4

SQUAT
JUMPS

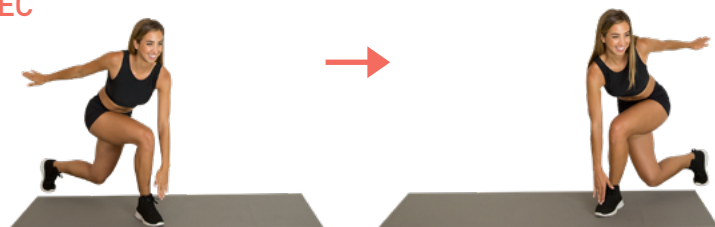
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5

SKATERS

30 SEC

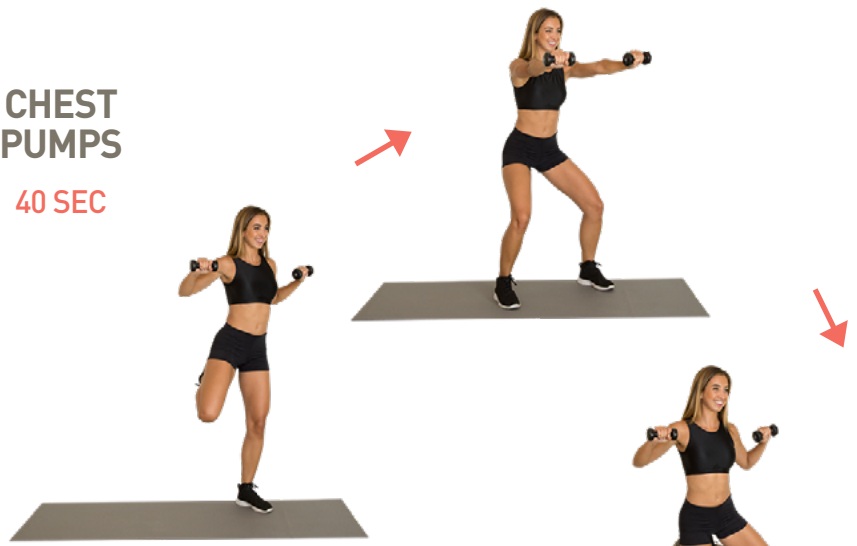


WEEK 3: PATIENCE
DAY 4
ARMS

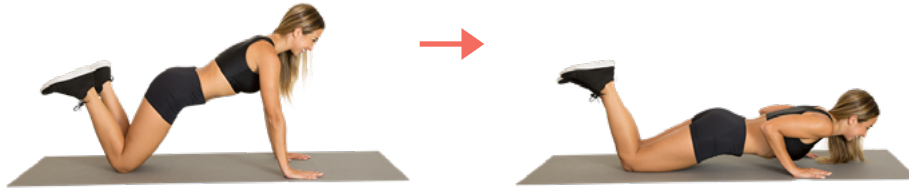
SET 1: KICK BOX ARMS

5 exercises, 1 min each
(40 sec on, 20 sec off)
repeat 3x

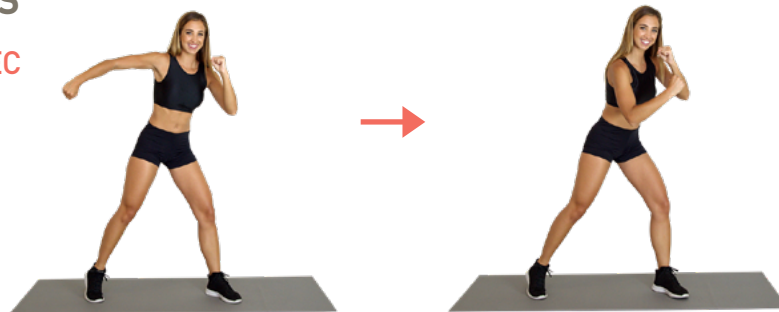
1 CHEST
PUMPS
40 SEC



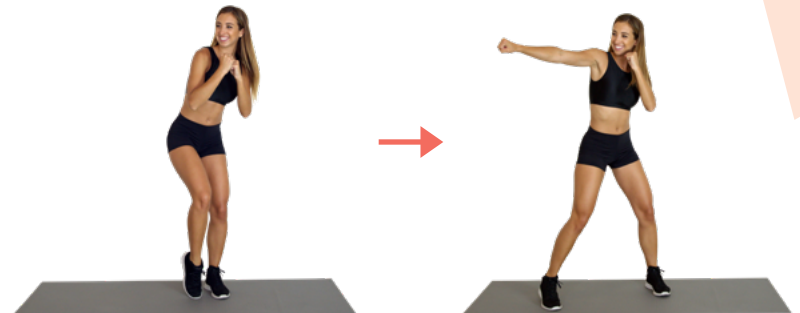
2 KNEE
PUSHUPS
40 SEC



3 UPPERCUT
JABS
40 SEC



4 BOUNCE
N PUNCH
40 SEC



5 PUNCH AND
PRESS UP
40 SEC



WORK OUT WHILE YOU ARE AT WORK

TIPS FOR EXERCISING AT YOUR DESK

ANOTHER TIP

Work while ya work! As my mom ALWAYS says, sitting is the new smoking... We want to make sure we are moving our bodies every hour, just for a few minutes.

MOVE AT YOUR DESK:

1. Sit up straight. Posture is everything. This will also help strengthen your core and give you more energy as oxygen is better reaching your lungs.
2. Always have a water bottle on your desk, and keep refilling it all day long.
3. Bring a healthy snack so you don't revert to the unhealthy ones.
4. The little things ADD up!! Conference call = a walk. Reading flashcards = squats. Set all these as reminders for yourself, because when you're so focused on your work, it can be hard to remember to put yourself first.

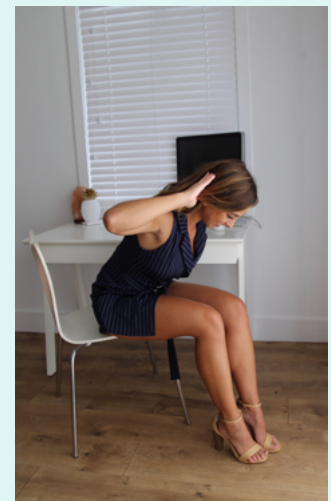
STRETCHES AND TONING MOVES TO DO DESK-SIDE:



ARM CIRCLES



DESK CRUNCH A



DESK CRUNCH B

BREAKFAST RECIPES



STUFFED PEPPER

½ Cup Ground Lean Turkey Meat

Vegetarian Alternative: shiitake bacon,
veggie sausage - I like tofurky or Amy's
meatless sausage

1 Bell Pepper

2 Eggs

Handful of Cilantro

1 Tablespoon Chopped Chives

Instructions: Slice the peppers into 1-inch horizontal circles. To do this, turn the pepper on its side, and cut straight down. Sauté peppers in a bit of olive oil for about 5-7 minutes, turning it over at least one time. Add a bit more olive oil into the pan (to help egg not stick) and crack the eggs into the peppers. Sprinkle in the chives. After the egg is cooked sunny side up, top with cilantro!

(serves 2)

PROTEIN PANCAKES

2 Scoops, Flavorless Protein Powder
or chocolate or vanilla! Your choice

1 Banana

1 Teaspoon Cinnamon

3 Eggs only 1 whole egg, 2 egg whites

Instructions: Grab a big bowl. Scramble the eggs up. Add in the protein powder and mix. Throw in the banana and take a fork to squish the banana into the mix. Add in cinnamon. Place into small pancakes on a skillet. I use coconut oil spray!

(serves 2)

HIGH PROTEIN SCRAMBLE

4-6 Egg Whites

Goat Cheese

½ Cup Quinoa, cooked

Organic Lean Ground Turkey Meat

Vegetarian Alternative: shiitake bacon, veggie
sausage, or tofu or lentils

Instructions: Cook the turkey meat (or your veggie option) in a saute pan, and as soon as it's cooked all the way through, add in the cooked quinoa. Mix around until turkey meat (or veggie option) and quinoa is evenly spread, then add in the egg whites. Cook through. Then, top with goat cheese. Post-workout perfection.

(serves 2)

7 CHEAT MEAL RECIPES



**SOME HEALTHIER
OPTIONS FOR
WHEN YOU WANT
A CHEAT MEAL.**

HEALTHY PIZZA

1 Cauliflower Pizza Crust
1 8oz Can Tomato Sauce
1 Zucchini, finely sliced
½ Red Onion, sliced
½ - ¾ cup Mozzarella-Cheddar Blend
*optional Arugula & Veggies of your Choice

Instructions: Preheat oven to 350. Read directions on back of cauliflower crust!! Some crusts you must cook both sides before adding toppings. Once cooked, pour around 6-7 ounces of the tomato sauce onto the crust. Next, layer the mozzarella over the sauce. Add your onion and zucchini slices. If you want to add more veggies now is the time! Then place your pizza in the oven until golden brown. Add red pepper flakes for spice! I love topping the pizza with some olive oil too.

[serves 2]