

CONQUER THAT MOUNTAIN





ACCESS
EVEREST PROGRAM

HERE

WHAT IS BAD PEACH EVEREST?

Bad Peach Everest is a 8 week fitness program that is designed to empower us to get out of the bleachers, onto the field and into the game like an athlete. The fitness world often communicates a message that fitness is all about aesthetics. While it's fun to reach those outer transformation goals, that is a tiny piece of the puzzle. Everest will certainly bring about body transformation, but it will also bring out the Bad Peach inside of you by pushing your limits and causing you to dare big. Bad Peach Everest will take your fitness to a new level - like an athlete training for their Olympic gold medal. But . . . of course, this will depend on your consistency and effort level!

You don't have to do this alone. Get the best results by taking advantage of all the coaching tools available to you. More information in coaching section of this guide. 32 transformative workouts over the course of 8 weeks. The workouts are all private on the Bad Peach Fitness Youtube channel.

The workouts are approximately 30 minutes long, low impact, no jumping, strength training workouts.

This program is designed to bring on life changing results - both physically and mentally. Give it your all and feel yourself change from the inside out.

There are time based rounds so that any fitness level can participate by doing the amount of quality reps that is appropriate for their level.

Be sure to consult with your doctor first if you have any injuries or medical conditions.

Bad Peach Everest will be comprised of all strength training workouts plus participants are encouraged to walk 10,000 steps daily.

There is also a large emphasis on dumbbell based strength training that is focused on both compound movements and singular muscle focus. With the goal of hypertrophy (increase and growth of muscle cells).

Throughout the program, you will receive personal training guidance at the beginning of many workouts. Especially during the first two weeks where we will be conditioning our bodies and getting ready for the more challenging climb towards the Bad Peach Everest summit. Your metabolism will be revved up even after the workouts are over. As you build more muscle, your body will begin to burn more calories even when it's at rest. Feel and watch yourself change over the course of the program!



VIEW
FULL INFO VIDEO



W E L C O M E



BAD PEACH EVEREST

BY: LAURA~BAD PEACH FITNESS

Hello! Welcome to a program that will get you serious results! This program is designed for everyone. The first two weeks will consist of basic training where participants learn and practice classic strength training exercises - all with dumbbells only. It's for anyone wanting to embrace the strength within them. All the while getting unstuck with fitness and burning through unhealthy fat and replacing it with muscle.

This program is designed to help people transform internally and externally. It's not about starting a fleeting habit, but developing a lifestyle that enhances our quality of life and leads us to our healthiest self. A program that helps you fall in love with fitness so that it stays with you until the day you die!

We often quit fitness programs too early before we've experienced all of the change that is possible. This program is 8 weeks long and is designed to help you conquer the mountains that have held you back in the past. This is when you become unstoppable!

Document your Everest journey through photos, videos, and journaling. Before you begin, write down 3 foreseen obstacles that you can see getting in your way. These could be bad habits of the past, vacations, holidays, mental mindsets, etc. Prepare for these obstacles ahead of time so that you conquer them this time around! Tailor the workouts to your fitness level with reps and modifications, while challenging yourself each day.

Workout with me at the gym, outside in the sun, or in your home! Each workout is recorded in full length and available in the Everest playlist on Youtube. Access playlist [HERE](#).

Bad Peach Everest will push you, but I PROMISE it will be worth it!

Let's climb!
Your partner,

Laura

A woman with blonde hair is flexing her biceps, smiling, and looking to the side. She is wearing a dark top. The background is dark.

THERE HAS TO BE A "WHY"

My guess is that this isn't the first time in your life that you've participated in a fitness program of some kind. Whether it's to lose weight, burn off fat, to hit fitness goals, etc.

I can remember doing the Buns of Steel VHS workouts as a kid in the 80's alongside my mom and giggling every time they talked about having buns of steel. I've also been a runner, done bootcamp classes of all kinds, kickboxing, weight lifting, you name it. While all of those were great, the last two years of fitness has opened my eyes to a way of exercising that has gotten myself and countless others phenomenal results physically and mentally.

The workouts in Bad Peach Everest are a combination of everything I love and have come to trust for unprecedented results.

I've lost count of all the fitness programs I've started. Or how many times I've said, I'll start over again on Monday. Or how many times I've hit snooze for a few minutes when I had committed myself to go to the gym; only to never go. Or how many times I've set a health related goal only to never see it through to completion. Or how many times I've tried to lose weight only to give up somewhere along the way.

The ONLY thing that has made this time drastically different is that my *why* was so different. If we sat down together face to face right now and I shared my *why* with you, I wouldn't be able to talk about it without tears in my eyes. Prior to 2020, I had always looked in the mirror as a critical judge. My *why* behind trying to eat healthy or diet was usually to fix something that I thought was wrong with my body. The reasons I pursued fitness were never significant enough emotionally to not quit on the days when it felt challenging.

My mission is to make this time different for you. I truly believe that letting your big, gigantic, heartfelt, emotional WHY come alive in your heart is the tool that will unlock your biggest potential.

"WHY"

I realized the power of an emotional *why* when I signed myself up to do 100,000 burpees in a timeframe that was on the verge of insane. If I had relied on discipline alone, I would have got a week in and quit. That's all it would have taken to realize this goal was crazy hard and hit a day where I didn't really feel like doing hundreds of burpees or eating in a way that fueled my body! Except . . . *why* I wanted to do that goal made my heart ache to think about and even makes me cry right now just to remember.

My *why* became my compass. I didn't have to dig deep to find motivation because quitting on myself wasn't even an option - my *why* was too important and I wasn't willing to give up on it.

Without that *why* in place, I would have quit. I guarantee it. I would have missed out on an experience that changed my life. I would have missed out on hearing my kids telling their friends about what a Bad Peach their mom is and how we can do anything we set our minds to. I would have missed out on hearing my friends and family yell 100,000 at the grand finale on New Year's Eve. I would have missed out on Bad Peach Fitness ever being in existence. I would have missed out on sharing this fitness journey with you and hearing the stories that you're going to share with me.

So let's use losing weight as an example since that tops the list for so many. Why do you want to lose weight? What is it about that goal that means so much to you? What would life look like if you hit that goal? How would you feel? What could you do with your body that is challenging to do now with extra weight? How would you feel 10 years from now when that extra weight is still off and you're the person having adventures with your body rather than doing yet another failing diet or endless hours at the gym?

People are always asking how I got six pack abs. What was my secret? What is my diet like? My secret is that I stopped making it about my abs. I made it about my *why* and seeing what my body could do instead of critically judging my body's appearance. I stopped trying to make my body smaller and adopted Wonder Woman as a role model! I started doing things with my body that left me saying, holy smokes, I've never done that before! That was so bad ass! Then fueling my body with foods that are healthy because I want to push myself even further the next day and have the energy to do so. Has the look of my body changed during this process? Of course. Was that my goal? No actually. I've been following the how to's that I'll be sharing during Bad Peach Everest, but in a way that has made me come alive.

When we are clear on our *why*, it compels us to take risks, even through the obstacles and hurdles that will be in our path. Focusing on what matters most leads our decision making. When a shiny object lures us in another direction (like sleeping in instead of doing a workout!), our *why* centers us back on the path that we set out on.

Once you are clear on your *why*, ask yourself, what obstacles could get in the way? What could hold you back from reaching your full potential? Knowing these things can empower us in the moment when we are facing any of those obstacles.

So . . . what is your *why*?

HOW TO HAVE

THE MOST SUCCESS

"Eliminate the word "quit" out of your self talk"

It may seem obvious, but the success of this program is up to you. The Bad Peach coaching is a valuable tool that is available, but you're the one in the driver's seat. Our self talk is very powerful. First of all, eliminate these two words out of your vocabulary - "CAN'T" and "QUIT."

From day one, close the door on the option of quitting. I, Laura, am so adamant about this philosophy, that I told my kids that the only way I wouldn't finish my 100k burpee challenge in 2020 was if I died. Thankfully I didn't! Other injuries along the way would have just post-poned the end date! If you allow your mind to think for a second that quitting is an option, you're setting yourself up for . . . you guessed it, quitting. We want to quit when things get hard. It's a natural human instinct. Staying outside of our comfort zone is un-natural, but that is where growth flourishes.

Make the promise to yourself that you will see Bad Peach Everest through to the end of the 8 weeks. And then keep going! You are worth it. Your physical and mental health is worth it. The longevity and quality of your life is worth it.

Relying on motivation might get you to the 2nd week (if you're lucky!) Only discipline will get you to week 8 and beyond. Whether you feel like it or not, stick to your plan.

Make Bad Peach Everest about celebrating what your body can do as you build it's strength and push it to new limits. Take time to notice how it's changing your mindset, your relationship with food, and look in the mirror and be proud of the strong person looking back at you.



BAD PEACH EVEREST SCHEDULE

32 WORKOUTS

30 MINUTES EACH

8 WEEKS



WHAT TO EXPECT

EACH WEEK INCLUDES:

- 4 Strength Training Workouts - 2 Upper Body + 2 Lower Body
- 10,000 Steps Daily
- 5th Day of an Exercise Activity You Love
- 2 Active Recovery/Rest Days

INCLUDE ACTIVE RECOVERY ACTIVITIES OF YOUR CHOICE ON ONE OF THE REST DAYS.
EXAMPLES: GOING FOR A LONG WALK OR BIKE RIDE, YOGA/STRETCHING,

8 WEEK SCHEDULE

(adjust as needed for your life)

START ON ANY DAY OF THE WEEK. FIND BAD PEACH EVEREST DAY 1, ON YOUTUBE & HIT PLAY

WEEK 1

DAY 1
UPPER BODY

DAY 2
LOWER BODY

REST

DAY 3
UPPER BODY

DAY 4
LOWER BODY

DAY 5
EXERCISE
YOU LOVE

REST

WEEK 2

DAY 6
UPPER BODY

DAY 7
LOWER BODY

REST

DAY 8
UPPER BODY

DAY 9
LOWER BODY

DAY 10
EXERCISE
YOU LOVE

REST

WEEK 3

DAY 11
UPPER BODY

DAY 12
LOWER BODY

REST

DAY 13
UPPER BODY

DAY 14
LOWER BODY

DAY 15
EXERCISE
YOU LOVE

REST

WEEK 4

DAY 16
UPPER BODY

DAY 17
LOWER BODY

REST

DAY 18
UPPER BODY

DAY 19
LOWER BODY

DAY 20
EXERCISE
YOU LOVE

REST

WEEK 5

DAY 21
UPPER BODY

DAY 22
LOWER BODY

REST

DAY 23
UPPER BODY

DAY 24
LOWER BODY

DAY 25
EXERCISE
YOU LOVE

REST

WEEK 6

DAY 26
UPPER BODY

DAY 27
LOWER BODY

REST

DAY 28
UPPER BODY

DAY 29
LOWER BODY

DAY 30
EXERCISE
YOU LOVE

REST

WEEK 7

DAY 31
UPPER BODY

DAY 32
LOWER BODY

REST

DAY 33
UPPER BODY

DAY 34
LOWER BODY

DAY 35
EXERCISE
YOU LOVE

REST

WEEK 8

DAY 36
UPPER BODY

DAY 37
LOWER BODY

REST

DAY 38
UPPER BODY

DAY 39
LOWER BODY

DAY 40
EXERCISE
YOU LOVE

REST

E Q U I P M E N T

THIS EQUIPMENT WILL HELP YOU MAKE THE MOST OF BAD PEACH EVEREST

A range of dumbbells from light to heavy

exercise mat

sturdy bench/chair

yoga block, thick book, or weight plate

Fabric resistance exercise band (optional)

DON'T HAVE DUMBBELLS?

SUB BANDS OR DIY OPTIONS LIKE 1 GALLON WATER BOTTLES FILLED WITH SAND, ROCKS, ETC. USE HEAVY BOOKS, BAGS FILLED WITH RICE, ROCKS, ETC.

**FIND ALL OF THE EQUIPMENT IN
THE AMAZON BAD PEACH STORE**

BELOW



Bad Peach Fitness Tools



amazon.com/shop/badpeachfitness



EVEREST FAQ'S

DO I NEED TO DO THE EVEREST VIDEOS IN ORDER?

- No not necessarily, but it is recommend. They are designed to be balanced day to day with what muscles are getting used and allowing adequate rest time for parts of the body. The videos alternate intentionally between upper and lower body strength training workouts..

WHAT IS THE WARM-UP?

- Be sure to stretch and warm-up before each of the strength training workouts. A simple warm-up such as jumping jacks, jogging in place, 5 minutes of light cardio on a machine, and dynamic stretches.

CAN I START THIS PROGRAM AT ANY TIME?

- Yes, this is designed for people to jump on board at any point. Just hit play on Bad Peach Everest, Day 1 and then continue from there.

WHAT IF I WANT TO GO AT A DIFFERENT PACE THAN LAURA?

- No problem! Go slower or faster as needed. Just hit pause on the video. The workout on the screen is designed to be a guide. Please do not feel pressured to go at the same speed as Laura. This is your workout! Take any extra breaks as needed.

WHAT IF I CAN'T DO THE PUSH-UP STYLE THAT LAURA DOES?

- Modify any push-ups needed. At any time, just perform a high plank instead of a push-up. Or do the push-ups on your knees as you build up your strength. As time goes on, challenge yourself to do your best trying the various push-ups styles. Push-up strength comes with practice.

DO I NEED TO DO THE OTHER BAD PEACH PROGRAMS FIRST?

- No. Bad Peach Everest was designed to stand on its own and work for someone just beginning or starting. again with fitness, or someone who has had a solid fitness routine for years.

WHAT IF I MISS A FEW DAYS ON THE CALENDAR? WHERE SHOULD I START AGAIN?

- First of all, expect there to be days where you can't do your daily workout. When you miss some days, just start where you left off. Keep your mind engaged with your goal and most of all, don't quit on yourself!

EVEREST

FAQ'S CONTINUED

THE NUMBER ON THE SCALE HASN'T REALLY CHANGED, SO WHY DO I LOOK DIFFERENT?

- 1 lb of muscle is of course the same weight as 1 lb of fat, but muscle takes up far less space than fat. The scale is not the best measurement for progress, so you are encouraged to look at measurements beyond the scale. As an example, Laura started and ended her 100k burpee challenge at the exact same weight, yet her body composition was dramatically different.

WHAT DIET SHOULD I FOLLOW?

- This is left up to your discretion and what works best for your body. If you are working to lose weight, be sure to maintain a calorie deficit. This is where tracking your calories can be helpful. Listen to your body and what it needs. If you are not trying to lose weight, remember that this is a very intense workout and may require you to increase your "fuel" intake. Since so many ask, Laura follows a whole foods plant based diet and it has made ALL the difference in her fitness and energy levels.

I AM A BEGINNER AND/OR FINDING THE WORKOUTS HARD. WHAT SHOULD I DO?

- These workouts are designed to be challenging for all fitness levels. Hit pause and take breaks as needed. Do as much as you can each day and then add on as your strength and endurance builds. Modify moves for your fitness and energy level that day. Get adequate sleep and fuel your body with nutrient dense foods for energy. Commit to 8 weeks and don't give up. You'll be glad you did!

DO YOU HAVE A FOOD PLAN I CAN FOLLOW?

- There is a Bad Peach 14 day fat loss meal plan available [HERE](#). With all the portion sizes, calories and protein grams measured for you. Each day is approximately 1500 calories with instructions on how to adapt the portion sizes for your own caloric needs. Please note, this meal plan follows a whole foods, plant based way of eating. This has made a massive difference in my (Laura's) health and fitness, and so it is the only type of food plan available through Bad Peach.

I'M UNABLE TO MAKE IT TO THE END OF THE TIMER ON THE ROUNDS. WHAT SHOULD I DO?

- If you're pushing yourself to the maximum effort level, it should be very tough by the end of the timed round. Focus on quality over quantity and just give it your best. You will see Laura struggling on screen too! These workouts are hard! Just be sure to ask yourself, can I give it just a few more reps? Our brain often tells us to quit before our body actually needs to. In this way, we can often go just a little bit further and really maximize our efforts and therefore our results.

I'M UNABLE TO DO A PARTICULAR MOVE IN THE VIDEO. WHAT SHOULD I DO?

- It takes consistent practice to build up to some of these moves. Modify moves as you need. Ex: try doing as many quality push-ups on your toes as you can before dropping to your knees. Or step your feet back into the burpees instead of hopping. If a particular move is PAINFUL to your body in any way, STOP and modify or substitute with a different exercise during that round.

EVEREST FAQ'S

CONTINUED

WHAT SHOULD I DO WHEN I FINISH ALL 8 WEEKS?

- Start again and see how much stronger you are the 2nd time around! Or do the other Bad Peach series!

CAN I DO BAD PEACH EVEREST WITH BAD KNEES/BAD BACK/BAD SHOULDERS?

- Be sure to consult with your doctor before starting this program if you experience any of these issues. That being said, is it because of an injury or just needing to develop strength in your body? Be sure to practice good form at all times and protect your body from unnecessary injury if you're just developing strength. Having a mirror nearby is very helpful for checking form and adjusting if needed.

WILL 8 WEEKS OF BAD PEACH EVEREST HELP REDUCE BODY FAT & BUILD MUSCLE?

- This program is designed with strength training that pushes your muscles to failure and hypertrophy to build the size and strength of your muscles. We cannot spot reduce body fat. In order to lose body fat, eat in a consistent calorie deficit and be sure to consume enough protein daily. This will help your body use excess fat for energy while maintaining the muscle mass you already have. Also, getting adequate amounts of sleep and being mindful of how you eat is the perfect recipe for fat loss and muscle building. Remember, you will get out of it what you put into it! Also, please have realistic expectations. This process often takes much longer than we would like. Small daily disciplines add up over time! So stick with it long enough to visibly see those changes happen.

WILL THIS PROGRAM HELP ME GET TONED ABS AND BURN OFF MY BELLY FAT?

- Very simply put . . . no. We cannot spot train fat reduction to specific body parts. This program is designed to burn fat and build muscle, but we don't get to choose what parts of our body change first. Keep going and eventually your body will burn fat around the abdominal area and the core workout gains will start showing once that fat is out of the way. Keep dialing in that nutrition, getting those daily steps in and strength training with heavy enough weights to challenge your muscles.

WHAT SHOULD I DO ON THE ACTIVE RECOVERY REST DAYS?

- Rest days are of utmost importance for helping our body recover and repair, preventing injuries, or burnout. That doesn't mean you can't still enjoy low impact activities on your active recovery rest days. Get outside for a walk or a bike ride, do some yoga, work in the yard, take extra time for stretching, etc.

GETTING THE MOST OUT OF EXERCISES



PUSHUPS

Push into the ground with your palms and fingertips as you push back up. Keep your elbows angled back at least 45 degrees. Pulling them in even closer to your body will also engage your triceps and help avoid shoulder injuries. Keep your core and glutes engaged tight, and your neck in straight alignment with your spine.

PLANKS

Keep palms wide on the floor, which keeps your shoulders broad and takes weight off the upper body and engages your core. Without this position, it becomes tempting to arch the back because our core isn't as engaged and our arms will tire out from holding all the bodyweight. Your feet can be kept wide to form a stable base. Tuck your butt in a little, squeeze your glutes, and take deep breaths while contracting and engaging the core muscles. This helps to avoid the mistake of letting your hips dip. Avoid looking up or straight ahead. Look at the floor so that your head and neck stay in alignment with the rest of your body. Think of your happy place and the plank hold will be over before you know it!

LUNGES

Keep your front shin vertical. When your knee tracks out over your toes, it puts undue stress on your knee. Push back up to standing through your front heel. Keep feet hip width apart. Go low with your knee so that you get the most out of the movement.

SQUATS

Keep your chest up and proud to keep your shoulders and upper back from rounding. As you stand back up, think about driving up through your heels, while keeping your foot firmly planted on the floor. Inhale on the way down and exhale on the way up. At the top, tuck your pelvic bone into a neutral position without pushing your hips too far forward.

There will most likely be exercises in Bad Peach Everest that will push you in new ways, but it can also feel discouraging to not be able to do them at first. View it as an opportunity to practice, build strength, and try new adventures! Stay consistent, because that's where the magic happens.

Additional training tips provided during video intros.

MEASURING CHANGE

IT'S TIME TO TRANSFORM

The way you measure fitness growth and change is up to you, but remember, the scale only tells a snippet of the story.

Taking photos and measurements along the way can be a great tool for seeing changes that can be easy to miss day by day.

Are you doing push-ups on your toes now? Are you able to do more burpee reps at a time without feeling as winded? You're getting stronger!

Are your clothes fitting differently?

Do you have more energy?

Do you feel healthier from the inside out?

Are you gaining higher levels of self-confidence and belief in yourself?

The scale can go up and down by pounds per day depending on our water retention, food in our digestive system, hormones, etc. Looking at the scale over longer stretches of time will give the bigger picture.

You're encouraged to stay away from the scale on a daily basis in this program. That daily scale measurement can be very discouraging and mess with our mindset.

This holistic approach can have you transforming in many areas!

EMBRACE THE STRENGTH WITHIN

Social media is amazing, and so horrible at the same time! We no longer just compare ourselves to supermodels on magazine covers, but everyday with filtered, perfectly posed photos in our newsfeed. This detrimental activity can have such a negative impact on our confidence, and it's not even real. It's photoshopped!

Through Bad Peach Everest, I hope you'll join me in celebrating YOU, and let your inner confidence and beauty shine bright. No matter the size of your thighs, how much loose skin is on your belly, your body fat percentage, etc. We all have insecurities, but remember, you are irreplaceable, beautiful, and a gift to this world.



REAL

TALK

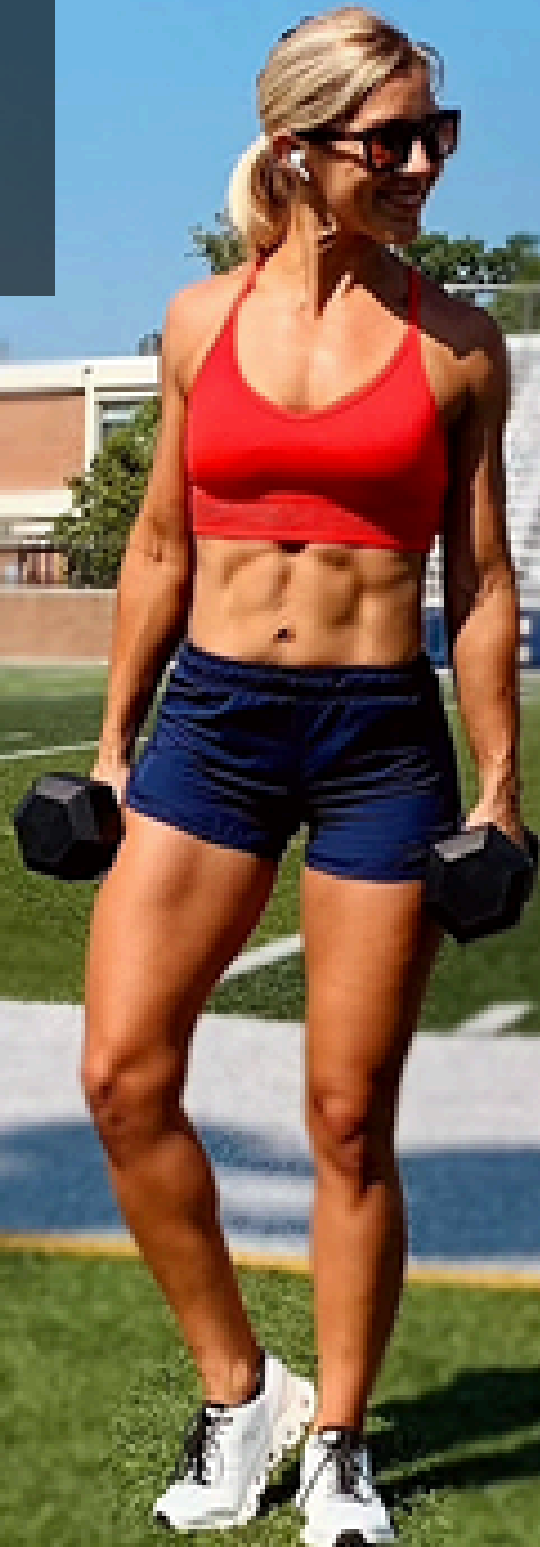


Our bodies change day by day. Our hormones fluctuate, muscles can be swollen from a previous workout, food choices and water intake/retention all affect our body's appearance. Please remember, our health is what matters most.

I am committed to showing you the real me as I lead workouts, as a 40 year old mom whose body changes non-stop. On days when I feel lean and on days when I am bloated. On days when I feel confident and days when I'm struggling with insecurities. On days when my energy is high and days when I'm tired. I will be unapologetically me. Let's not compare ourselves to each other. Instead, let's step into an amazing challenge of personal growth.

TAG
@BAD.PEACH.FITNESS

TAKE A SWEATY SELFIE OR
SWEATY VIDEO AND TAG
@BAD.PEACH.FITNESS IN
YOUR INSTAGRAM STORY
OR ON TIK TOK. WE CAN
ALL CHEER YOU ON!



DISCLAIMER

BAD PEACH FITNESS

If you are new to exercising or planning on embarking on a new fitness program, you should consult your physician first. This program may offer health, fitness or nutritional information and is meant for personal and informational purposes only. Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional. This information is not meant as an alternative to seeking professional medical advice or suggested treatment.

There is no advice relating to prescribing, diagnosing, treating or curing health issues. Please know that performing any exercise or program is solely at your own risk. The program cannot and does not guarantee that you will attain a specific or particular result, and you accept the risk that results differ for each individual. The health, fitness, and nutrition success depends on each individual's background, dedication, desire, and discipline. As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment. The information in this exercise guide should be used in conjunction with the guidance and care of you, and the readers healthcare provider to determine the appropriateness of the information for your own situation, as it is not taking into consideration an individual's objectives or current situation. Under no circumstances will Bad Peach Fitness be responsible for any loss or damage resulting from your reliance on general information given by this guide. By using this program, you agree to these terms.