

khy.health x Core Confidence

7-Day Full Body + Abs & Macro Cycling Guide

Lift heavy. Train smart. Eat with purpose. Build your strongest body.

HORMONE-FRIENDLY - SEED OIL FREE - GUT HEALTH FOCUS

4x Lifting	Abs Every Week	Macro Cycling	Whole Food
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HOW TO USE

About This Plan

This 7-day plan combines 4 days of weight training, targeted abs work, cardio, and macro cycling. Carbohydrates are adjusted to your actual energy output each day - higher on heavy lifting days, moderate on cardio and active days, lowest on full rest. Protein stays high throughout to support muscle building and recovery. All food is whole, anti-inflammatory, and seed-oil free.

- > Lifting days (Mon, Tue, Thu, Fri) are your priority sessions - don't skip these.
- > Core work is on Monday, Friday, and Saturday - keeping abs training consistent without overdoing it.
- > Wednesday is your midweek reset - stairmaster + stretch + abs keeps momentum without taxing recovery.
- > Follow the specific meal plan for each day - training day food on training days, rest day food on rest days.
- > All foods are whole, seed-oil free, and anti-inflammatory. Cook with olive oil, coconut oil, or butter.
- > Adjust portions +/- 10-15% based on your appetite, size, and goal.
- > Drink 2.5-3L of water. Prioritise 7-9 hours sleep. Non-negotiable.

NOTE

Green table = weight training | Pink table = abs/core | Stone table = cardio & recovery. Each section is colour-coded so you can find your workout at a glance.

WEEKLY OVERVIEW

Day	Session	Focus	Calories
Monday	Lower Body + Abs A	Squat, RDL, Hamstrings + Core	~1,900
Tuesday	Push	Chest, Shoulders, Triceps	~1,800
Wednesday	Stairmaster + Stretch + Abs	30 min Cardio + Abs Focus B	~1,650
Thursday	Lower Body - Glute Focus	Hip Thrust, Sumo DL, Glutes	~1,900
Friday	Pull + Abs C	Back, Biceps + Core	~1,850
Saturday	Long Walk/Run + Core	Easy Cardio + Abs	~1,650
Sunday	Full Rest + Reset	Recovery & Meal Prep	~1,400

Day 01 / Monday

Lower Body + Abs Focus A

MACROS

CALORIES	PROTEIN	CARBS	FAT
~1,900	~145g	~200g	~55g

WEIGHT TRAINING

Exercise	Sets	Reps	Rest	Coaching Cue
Barbell Back Squat	4	6-8	2 min	Drive knees out, chest tall, full depth
Romanian Deadlift	4	10-12	90s	Hinge hips, soft knee, feel the hamstring stretch
Leg Press	3	12-15	75s	Feet hip width, don't lock knees at top
Walking Lunge	3	12 / side	60s	Long stride, back knee hovers above floor
Leg Curl (machine)	3	12-15	60s	Squeeze at top, slow lower
Calf Raise	4	15-20	45s	Full range - all the way up and down

ABS + CORE

Exercise	Sets	Reps	Rest	Coaching Cue
Cable Crunch	4	12-15	60s	Heavy stack - round the spine, exhale hard at bottom
Weighted Dead Bug	3	8 / side	45s	Hold DB overhead, press lower back into floor
Hanging Leg Raise	4	10-12	60s	DB between feet, controlled lower - no swing
Decline Sit Up	4	12-15	60s	Hold weight plate on chest, full range of motion
Weighted Side Plank Hip Dip	3	12 / side	45s	DB resting on hip, dip low and drive up

MEAL PLAN

Meal	What to Eat	Portion Guide
Breakfast	Overnight oats + collagen + blueberries + almond butter	80g oats - 1 tbsp AB - 100g berries
Snack	Greek yoghurt + kiwi + pumpkin seeds	170g yoghurt - 1 kiwi - 15g seeds
Lunch	Chicken breast + white rice + roasted courgette and peppers	150g chicken - 180g rice cooked
Pre-WO	Rice cake + banana + pinch salt	2 rice cakes - 1 banana



Dinner	Salmon + sweet potato mash + steamed broccoli	140g salmon - 200g sweet potato
Evening	Cottage cheese + sliced strawberries	150g CC - 80g strawberries

NOTE

Big lower day today - squats and RDLs are your best friends for glute and hamstring development.

Pair with high carbs to fuel the session and maximise muscle protein synthesis post-workout.

Day 02 / Tuesday

Push - Chest, Shoulders & Triceps

MACROS

CALORIES	PROTEIN	CARBS	FAT
~1,800	~140g	~185g	~55g

WEIGHT TRAINING

Exercise	Sets	Reps	Rest	Coaching Cue
Incline Dumbbell Press	4	8-10	90s	Elbows at 45 degrees, lower to chest
Flat Barbell / DB Bench Press	4	8-10	90s	Retract scapula, drive feet into floor
Seated DB Shoulder Press	3	10-12	75s	Press straight up, don't flare elbows wide
Cable Lateral Raise	3	12-15	60s	Lead with elbow, slight forward lean
Tricep Rope Pushdown	3	12-15	60s	Elbows pinned to sides, full extension
Overhead Tricep Extension	3	10-12	60s	Keep elbows close, slow lower

ABS + CORE

Exercise	Sets	Reps	Rest	Coaching Cue
Pull Through (cable)	4	12-15	60s	Hinge at hips, squeeze glutes at top - core braces hard
Weighted Plank	3	45-60s	60s	Weight plate on back, elbows under shoulders, breathe
Leg Raise + Weight on Feet	4	10-12	60s	Knees bent, DB balanced on shins, slow lower
Decline Sit Up	4	12-15	60s	Hold plate on chest, come all the way up
Cable Crunch	3	12-15	60s	Kneel, round spine, pull weight down with abs not arms

MEAL PLAN

Meal	What to Eat	Portion Guide
Breakfast	Protein pancakes + Greek yoghurt + honey + raspberries	2 pancakes - 100g yoghurt - 70g berries
Snack	Rice cakes + turkey slices + cucumber	2 rice cakes - 60g turkey
Lunch	Chicken and rice bowl + avocado + roasted peppers	150g chicken - 160g rice cooked - 1/2 avocado
Pre-WO	Banana + handful of almonds	1 banana - 20g almonds
Dinner	Turkey mince stir-fry + noodles + tamari + broccoli	180g mince - 150g noodles cooked



Evening

Greek yoghurt + cinnamon + handful of berries

150g yoghurt

NOTE

Push days build the shoulders and chest that make your upper body look defined and strong. Incline pressing first hits the upper chest - the area most women underdevelop. Keep reps controlled, don't rush.

Day 03 / Wednesday

Stretch + 30 Min Stairmaster + Abs Focus B

MACROS

CALORIES	PROTEIN	CARBS	FAT
~1,650	~140g	~130g	~60g

CARDIO + MOVEMENT

Activity	Duration	Notes
Mobility warm-up	10 min	Cat-cow, 90/90 hip stretch, thread needle, hip circles
Stairmaster	30 min	Moderate pace - HR 130-150 bpm, hands off rails
Full body stretch	15 min	Focus: hip flexors, hamstrings, chest, lats, shoulders

ABS + CORE

Exercise	Sets	Reps	Rest	Coaching Cue
Hanging Leg Raise	4	10-12	60s	DB between feet, dead hang start, no momentum
Weighted Dead Bug	3	8 / side	45s	DB in each hand, reach opposite arm and leg
Decline Sit Up	4	12-15	60s	Hold plate on chest - full range, slow lowering
Weighted Side Plank Hip Dip	3	12 / side	45s	DB on hip - obliques doing the work
Pull Through (cable)	3	12-15	60s	Hinge deep, brace core on the way up

MEAL PLAN

Meal	What to Eat	Portion Guide
Breakfast	Scrambled eggs + smoked salmon + sourdough toast	3 eggs - 60g salmon - 1 slice sourdough
Snack	Apple + almond butter + collagen tea	1 apple - 1 tbsp AB
Lunch	Quinoa bowl - roasted veg, edamame, tahini lemon dressing	150g quinoa cooked - 100g edamame
Post-Cardio	Banana + protein shake	1 banana - 1 scoop protein
Dinner	Cod fillet + new potatoes + asparagus + lemon	140g cod - 150g potatoes
Evening	Warm turmeric almond milk	250ml

NOTE

Wednesday is your active recovery day - stairmaster is low impact but burns serious calories. The stretch session keeps you mobile and injury-free for the big lifts later in the week. Don't skip it.

Day 04 / Thursday

Lower Body - Glute Focus

MACROS

CALORIES	PROTEIN	CARBS	FAT
~1,900	~145g	~200g	~55g

WEIGHT TRAINING

Exercise	Sets	Reps	Rest	Coaching Cue
Hip Thrust (barbell)	4	10-12	75s	Drive through heel, squeeze glutes hard at top
Sumo Deadlift	4	6-8	2 min	Wide stance, toes out, chest proud, push floor away
Bulgarian Split Squat	3	10 / side	90s	Front foot far enough forward - knee tracks toe
Glute Kickback (cable)	3	15 / side	60s	Don't rotate hips - isolate the glute
Seated Leg Extension	3	12-15	60s	Squeeze quad at top, controlled lower
Abductor Machine	3	15-20	45s	Slow and controlled - feel the glute med work

ABS + CORE

Exercise	Sets	Reps	Rest	Coaching Cue
Cable Crunch	4	12-15	60s	Kneel at cable, heavy stack, chin to chest at bottom
Weighted Plank	3	45-60s	60s	Plate on back, body straight - no sagging hips
Leg Raise + Weight on Feet	4	10-12	60s	Knees bent, DB on shins, lower slowly to hover
Weighted Dead Bug	3	8 / side	45s	DB in hand, extend arm and opposite leg simultaneously
Decline Sit Up	4	12-15	60s	Plate held at chest - power up, resist on the way down

MEAL PLAN

Meal	What to Eat	Portion Guide
Breakfast	Acai bowl - banana, oats, almond milk, granola, mixed berries	150ml acai - 50g oats - 80g berries
Snack	Protein shake + rice cake	1 scoop protein - 2 rice cakes
Lunch	Beef mince rice bowl + roasted sweet potato + greens	160g mince - 160g rice cooked - 150g sweet potato



Pre-WO	Dates + espresso	3 medjool dates - 1 shot
Dinner	Chicken thighs + roasted sweet potato + green beans	180g chicken - 200g sweet potato
Evening	Cottage cheese + sliced banana	150g CC - 1/2 banana

NOTE

Second lower day is all about glutes. Hip thrusts and sumo deadlifts are the highest-value glute exercises you can do - load them progressively over time and you will see change. Fuel with plenty of carbs.

Day 05 / Friday

Pull - Back & Biceps + Abs Focus C

MACROS

CALORIES	PROTEIN	CARBS	FAT
~1,850	~145g	~190g	~55g

WEIGHT TRAINING

Exercise	Sets	Reps	Rest	Coaching Cue
Lat Pulldown	4	10-12	75s	Pull to upper chest, squeeze lats at bottom
Seated Cable Row	4	10-12	75s	Row to lower ribs, elbows close to body
Single Arm DB Row	3	10-12 / side	60s	Full stretch at bottom, drive elbow back
Face Pull (cable)	3	15	60s	Pull to forehead, elbows high - rear delts
Barbell / DB Bicep Curl	3	10-12	60s	Full range, no swinging
Hammer Curl	3	10-12	60s	Neutral grip, slow lower - targets brachialis

ABS + CORE

Exercise	Sets	Reps	Rest	Coaching Cue
Hanging Leg Raise	4	10-12	60s	DB clamped between feet, full dead hang, no kip
Pull Through (cable)	4	12-15	60s	Stand over cable, hinge deep, drive hips forward
Decline Sit Up	4	12-15	60s	Plate on chest - all the way up and controlled down
Weighted Side Plank Hip Dip	3	12 / side	45s	DB on hip - full dip, explosive drive up
Leg Raise + Weight on Feet	3	10-12	60s	Knees bent, DB balanced on shins, lower to hover

MEAL PLAN

Meal	What to Eat	Portion Guide
Breakfast	Overnight oats + protein powder + banana + peanut butter	80g oats - 1 scoop protein - 1 banana
Snack	Hard boiled eggs + fruit	2 eggs - 1 apple or pear
Lunch	Prawn and mango rice paper rolls + peanut dipping sauce	150g prawns - 2 rolls + veg
Pre-WO	Rice cakes + honey + sea salt	2 rice cakes - drizzle honey
Dinner	Salmon + white rice + edamame + sesame dressing	140g salmon - 160g rice cooked - 80g edamame



Evening

Dark chocolate + herbal tea

2-3 squares 85%+ dark
chocolate

NOTE

Pull day builds the back that creates a strong, defined silhouette and improves your posture. Strong lats also support all your lower body lifting. End with core for a killer Friday session.

Day 06 / Saturday

Long Walk / Run + Core

MACROS

CALORIES	PROTEIN	CARBS	FAT
~1,650	~130g	~140g	~60g

CARDIO + MOVEMENT

Activity	Duration	Notes
Long walk or easy run	45-60 min	Conversational pace - enjoy it, no pressure
Cool down walk	5-10 min	Bring HR down before core work

ABS + CORE

Exercise	Sets	Reps	Rest	Coaching Cue
Cable Crunch	4	12-15	60s	Heavy cable - exhale all air at the bottom
Weighted Dead Bug	3	8 / side	45s	DB overhead, slow and controlled, back flat
Decline Sit Up	4	12-15	60s	Plate on chest - Saturday finisher, make it count
Weighted Plank	3	45-60s	60s	Plate on back - breathe steadily, don't hold breath
Leg Raise + Weight on Feet	3	10-12	60s	Knees bent, DB on shins, lower with control

MEAL PLAN

Meal	What to Eat	Portion Guide
Breakfast	Veggie omelette + sourdough + fruit salad	3 eggs - 1/2 pepper - mushrooms - 1 slice sourdough
Snack	Smoothie - spinach, frozen mango, collagen, almond milk	250ml
Lunch	Lentil and roasted veg soup + seeded bread roll	250ml soup - 1 roll
Post-Walk	Banana + handful of walnuts	1 banana - 20g walnuts
Dinner	Baked sea bass + wild rice + roasted cherry tomatoes	140g sea bass - 150g wild rice cooked
Evening	Herbal tea + square of dark chocolate	Chamomile or valerian blend

NOTE

Saturday is your outdoor day - movement that feels good, not punishment. The long walk/run keeps your cardiovascular base strong and supports fat loss without tanking recovery. Core work after keeps the habit consistent.

Day 07 / Sunday

Full Rest + Reset Day

MACROS

CALORIES	PROTEIN	CARBS	FAT
~1,400	~130g	~60g	~75g

RECOVERY

Complete rest - no gym, no cardio. Prep your meals for the week ahead, do something that fills your cup. Walk in nature, take a bath, journal. Your nervous system needs this as much as your muscles do.

Activity	Duration	Notes
Epsom salt bath	20 min	Magnesium absorption + muscle relaxation
Journaling / gratitude	5-10 min	Reduces cortisol - belly fat's best friend
Meal prep	1-2 hrs	Proteins + roasted veg + grains for the week
Gentle stroll	20-30 min	Sunlight in the morning - resets your circadian rhythm

MEAL PLAN

Meal	What to Eat	Portion Guide
Breakfast	Eggs + smashed avocado + sliced tomato + seeds	3 eggs - 1/2 avocado - tomato - 10g seeds
Snack	Bone broth + collagen powder	250ml broth + 1 scoop collagen
Lunch	Anti-inflammatory salad - salmon, mixed leaves, walnuts, olive oil	120g salmon - mixed leaves - 20g walnuts
Snack	Celery + almond butter	3 stalks - 1 tbsp AB
Dinner	Slow cooked chicken thighs + butternut squash + kale	180g chicken - 150g squash - 100g kale
Evening	Golden milk latte + magnesium	Turmeric - ginger - coconut milk - cinnamon

NOTE

Your lowest carb day - perfect for insulin sensitivity reset. Eating anti-inflammatory today sets your hormones up for the entire week ahead. Take rest seriously - it is where the results actually happen.



You've Got This.

Real, lasting results come from consistency, not perfection. If you ate off-plan, missed a session, or had a hard week - start again the next day. No guilt, no drama. Just data. Trust the process, trust your body, trust yourself.

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