

FREE

4 Week
Ab Lab &
Meal Guide

**YOUR GUIDE TO
A FLAT TUMMY**

With Sherneal Joseph



OMG, I'm so glad you're here!

By downloading this e-book you're already shifting your mindset towards a healthier version of YOU!

I created this eBook to help busy women realize that a flat tummy can be achieved when dedicate to your health and fitness.

As a woman, I know how problematic the tummy area can be to return to once it's gone. But, in just 6-weeks, I'll take you from flab to fab!

Using a combination of core strength training, low-intensity training, and a few supersets in between, you'll see ABSolutely stunning results.

I truly believe in the power of femininity and have incorporated this into the training program that we are about to begin, together.

Love,
Sherneal



What do I get out of this?

A: You get all access to a 20-day workout plan that provides a structured routine to strengthen your core, offering a variety of exercises with increasing intensity, modifications for different fitness levels, and video demonstrations to ensure proper technique.

It helps you build core strength, endurance, and consistency, ultimately enhancing your overall fitness.

Key benefits of the 4 - week Ab Lab

- ✓ A day-by-day, detailed workout plan spread over 20 days, targeting abdominal muscles.
- ✓ The exercises and intensity levels progress over the days, helping to continually challenge your muscles and prevent plateaus.
- ✓ Links to video explanations for each exercise are included, ensuring proper form & technique.
- ✓ Flat-tummy inspired meals that actually taste delicious.

What to eat if you want to:

Keep Lean

Ideal for those looking to preserve their strength and intensify their training without consuming excess calories. By aiming for maintenance, you'll maintain a consistent calorie intake that supports your workouts and helps you advance in strength training, all while avoiding major weight changes.

Build Muscle

If you're looking to intensify your training, enhance performance, and build lean muscle mass through a calorie surplus, this goal is designed for you! Focusing on muscle gain will increase your energy levels and may naturally lead to a slight rise in body fat percentage, which is essential for maximizing muscle growth during this phase.

Build Muscle & Keep Lean

This goal integrates a moderate calorie deficit to promote gradual weight loss while emphasizing muscle preservation. Although demanding, it's possible to achieve both fat loss and muscle growth simultaneously, making it especially ideal for beginners or those resuming weight training after a break.

Get Lean

This goal is designed for those primarily focused on overall weight loss and involves a substantial calorie deficit. Our Hybrid workouts prioritize performance and progression in cardiovascular fitness, which can be more challenging to achieve with lower calories and reduced energy. However, if weight loss is your main objective, this approach is ideal for you.



The Ab Lab

Workout One

Equipment You'll Need:



An exercise mat



Dumbbell

Elbow Plank

2 sets 45 sec rest 15 sec

Russian Twist & Sit Up Complex

3 sets 15 reps rest 20 sec

Diagonal Toe Reaches

1 sets 20 reps rest 15 sec

Plank Reaches

2 sets 45 sec rest 15 sec



After that I workout I felt:



The Ab Lab

Workout Two

Equipment You'll Need:



An exercise mat



Medicine Ball

Superset - 3 Rounds

Mountain Climbers

3 sets x 45 sec rest 15 sec

Knee To Elbow Crunch

3 sets x 20 reps rest 30 sec

Weighted Crunches

1 sets x 20 reps rest 15 sec

Crunch Hold

2 sets x 45 sec rest 15 sec



After that I workout I felt:



The Ab Lab

Workout Three

Equipment You'll Need:



An exercise mat

Front Reach & Commando Plank

3 sets x 60 sec rest 20 sec

Superset - 3 Rounds

Sit Ups

3 sets x 15 reps rest 15 sec

Bicycle Crunches

3 sets x 20 reps rest 30 sec

Cocoon

1 sets x 20 reps rest 60 sec



After that I workout I felt:



The Ab Lab

Workout Four

Equipment You'll Need:



An exercise mat

Sit Up & Leg Raise

3 sets x 15 reps rest 60 sec

Superset - 3 Rounds

Side Plank

3 sets x 30 sec rest 10 sec

Elbow Plank

3 sets x 45 sec rest 15 sec



After that I workout I felt:



The Ab Lab

Workout Five

Equipment You'll Need:



An exercise mat



Dumbbell

Superset - 3 Rounds

Single Leg V-Ups

3 sets x 20 reps rest 15 sec

Weighted Russian Twists

3 sets x 20 reps rest 15 sec

Cocoon

3 sets x 20 reps rest 15 sec

Crunch Hold

3 sets x 45 sec rest 30 sec



After that I workout I felt:



The Ab Lab

Workout Six

Equipment You'll Need:



An exercise mat



Dumbbell

Superset - 3 Rounds

Shoulder Taps

3 sets x 30 sec rest 10 sec

Weighted Crunches

3 sets x 10 reps rest 10 sec

Leg Raises

3 sets x 10 reps rest 10 sec

Shoulder Taps

3 sets x 30 sec rest 30 sec



After that I workout I felt:



The Ab Lab

Workout Seven

Equipment You'll Need:



An exercise mat



Dumbbell

Superset - 3 Rounds

Weighted Overhead Sit Ups

4 sets x 15 reps rest 20 sec

Superset

Dead Bug

3 sets x 20 reps rest 15 sec

Single Leg V-Ups

3 sets x 20 reps (rest 30 sec)

Front Reach & Commando Plank

1 sets x 60 sec rest 60 sec



After that I workout I felt:



The Ab Lab

Workout Eight

Equipment You'll Need:



An exercise mat

Knee To Elbow Crunch

5 sets x 20 reps rest 30 sec

Elbow Plank

1 sets x 30 sec rest 10 sec

Elbow Plank

1 sets x 45 sec rest 10 sec

Elbow Plank

1 sets x 60 sec rest 10 sec



After that I workout I felt:



The Ab Lab

Workout Nine

Equipment You'll Need:



An exercise mat



Dumbbell

Superset - 4 Rounds

Russian Twist & Sit Up Complex

4 sets x 15 reps rest 15 sec

Crunch Hold

4 sets x 45 sec rest 30 sec

Mountain Climbers

1 sets x 60 sec rest 60 sec

Dumbbell Drag

1 sets x 20 reps rest 60 sec



After that I workout I felt:



The Ab Lab

Workout Ten

Equipment You'll Need:



An exercise mat



Dumbbell

Elbow Plank

2 sets x 45 sec rest 20 sec

Superset - 3 Rounds

Cocoon

3 sets x 15 reps rest 15 sec

Diagonal Toe Reaches

3 sets x 20 reps rest 20 sec

Knee To Elbow Crunch

1 sets x 20 reps rest 60 sec



After that I workout I felt:



The Ab Lab

Workout Eleven

Equipment You'll Need:



An exercise mat



Dumbbell



Medicine Ball

Weighted Overhead Sit Ups

2 sets x 15 reps rest 15 sec

Leg Raises

2 sets x 15 reps rest 15 sec

Sit Up & Leg Raise

2 sets x 15 reps rest 20 sec

Front Reach & Commando Plank

2 sets x 60 sec rest 20 sec



After that I workout I felt:



The Ab Lab

Workout Twelve

Equipment You'll Need:



An exercise mat



Dumbbell

Superset - 3 Rounds

Weighted Russian Twists

3 sets x 20 reps rest 20 sec

Side Plank

3 sets x 30 sec rest 20 sec

Dead Bug

1 sets x 60 sec rest 20 sec

Knee To Elbow Crunch

1 sets x 60 sec rest 60 sec



After that I workout I felt:



The Ab Lab

Workout Thirteen

Equipment You'll Need:



An exercise mat



Dumbbell

Elbow Plank

1 sets x 45 sec rest 15 sec

Superset - 3 Rounds

Bicycle Crunches

3 sets x 20 reps rest 15 sec

Cocoon

3 sets x 15 reps rest 15 sec

Leg Pull Ins

3 sets x 15 reps rest 30 sec

Side Plank Crunches

1 sets x 15 reps rest 15 sec



After that I workout I felt:



The Ab Lab

Workout Fourteen

Equipment You'll Need:



An exercise mat



Dumbbell

Crunch Hold

2 sets x 45 sec rest 15 sec

Superset - 3 Rounds

Side Plank Crunches

3 sets x 15 reps rest 15 sec

Sit Up & Leg Raise

3 sets x 15 reps rest 30 sec

Dumbbell Drag

2 sets x 20 reps rest 60 sec



After that I workout I felt:



The Ab Lab

Workout Fifteen

Equipment You'll Need:



An exercise mat



Dumbbell

Superset - 4 Rounds

Weighted Overhead Sit Ups

4 sets x 15 reps rest 20 sec

Leg Pull Ins

4 sets x 15 reps rest 15 sec

Knee To Elbow Crunch

4 sets x 20 reps rest 30 sec

Mountain Climbers

1 sets x 60 sec rest 10 sec

Elbow Plank

1 sets x 60 sec rest 10 sec



After that I workout I felt:



The Ab Lab

Workout Sixteen

Equipment You'll Need:



An exercise mat



Medicine Ball

Plank Rolls

2 sets x 60 sec rest 10 sec

Superset - 3 Rounds

Cocoon

3 sets x 15 reps rest 15 sec

Sit Up & Leg Raise

3 sets x 15 reps rest 15 sec

Diagonal Toe Reaches

3 sets x 20 reps rest 30 sec

Front Reach & Commando Plank

1 sets x 60 sec rest 60 sec



After that I workout I felt:



The Ab Lab

Workout Seventeen

Equipment You'll Need:



An exercise mat



Dumbbell

Superset - 3 Rounds

Cocoon

3 sets x 15 reps rest 15 sec

Weighted Crunches

3 sets x 15 reps rest 15 sec

Leg Pull Ins

3 sets x 15 reps rest 60 sec

Plank Reaches

1 sets x 60 sec rest 20 sec

Crunch Hold

1 sets x 60 sec rest 20 sec



After that I workout I felt:



The Ab Lab

Workout Eighteen

Equipment You'll Need:



An exercise mat



Dumbbell

Single Leg V-Ups

4 sets x 20 reps rest 10 sec

Elbow Plank

1 sets x 60 sec rest 10 sec

Plank Rolls

1 sets x 60 sec rest 10 sec

Weighted Overhead Sit Ups

2 sets x 15 reps rest 20 sec



After that I workout I felt:



The Ab Lab

Workout Nineteen

Equipment You'll Need:



An exercise mat

Superset - 4 Rounds

Elbow Plank

4 sets x 45 sec rest 10 sec

Plank Reaches

4 sets x 45 reps rest 10 sec

Side Plank

4 sets x 30 reps rest 10 sec

Plank Rolls

4 sets x 45 sec rest 20 sec



After that I workout I felt:



The Ab Lab

Workout Twenty

Equipment You'll Need:



An exercise mat



Dumbbell

Knee To Elbow Crunch

1 sets x 20 reps rest 10 sec

Weighted Overhead Sit Ups

1 sets x 15 reps rest 10 sec

Dead Bug

1 sets x 20 reps rest 10 sec

Cocoon

1 sets x 15 reps rest 10 sec

Elbow Plank

1 sets x 60 sec rest 10 sec

Mountain Climbers

1 sets x 60 sec rest 10 sec

Sit Up & Leg Raise

1 sets x 15 reps rest 10 sec

Bicycle Crunches

1 sets x 20 reps rest 10 sec

Single Leg V-Ups

1 sets x 20 reps rest 10 sec



Food For Thought

I've discovered the best foods to keep me performing at my best and fueling my intense daily workouts. If you follow me on Instagram, you know I'm a big fan of delicious, healthy meals—they're a total game-changer!

Below, you'll find tastebud-tantalizing recipes that taste just as good as they are for you. These are just a few recipes you'll get access to if you sign up for my **Premium membership**.

You'll get access to:

- An on-demand workout library with carefully curated workouts. The flexibility and freedom to build your own program with the available resources.
- Includes various categories: full-body workouts, upper-body workouts, cardio circuits, lower-body workouts, targeted workouts, movement & mobility.
- General nutritional guidance, meal plans, and support to make informed dietary choices.
- In-app technical support
- In-app goal tracking and progress monitoring tools

[Sign Up for R749/pm](#)



291 Calories

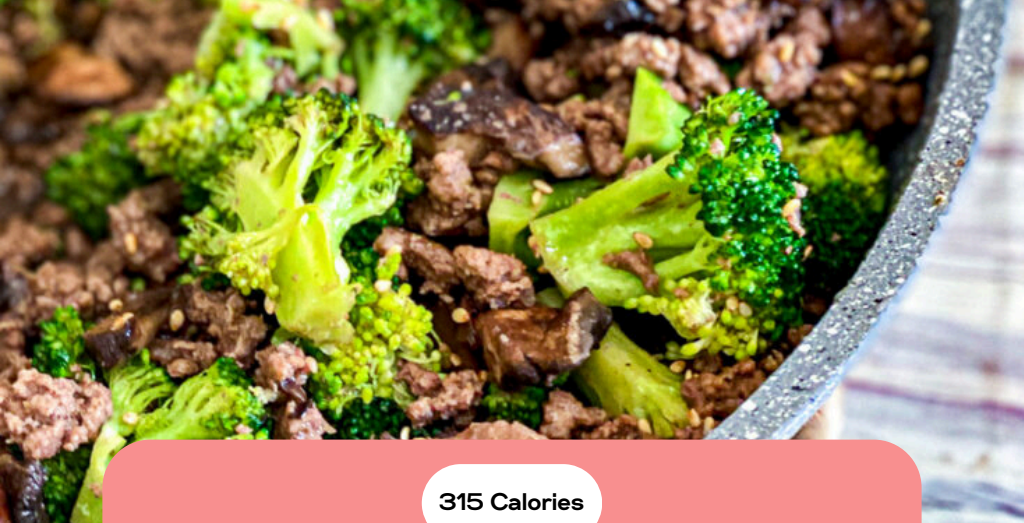
Smoked Salmon Sushi Bowl

Ingredients

- 5g Nori seaweed
- 2 tsp Sesame seeds
- 2.5 tbsp Uncooked basmati rice
- 1 Carrot
- 2 Slices of smoked salmon
- ½ piece of cucumber
- 1-2 tbsp Soy sauce

Method

1. Cook the rice according to the instructions on the packet in a pot of salted water.
2. Peel the carrot and rinse the cucumber. Cut the vegetables into thin sticks. Finely cut the nori seaweed into strips.
3. Add the rice, carrots, cucumber, and smoked salmon to a bowl and top with the seaweed, sesame seeds and soy sauce.



315 Calories

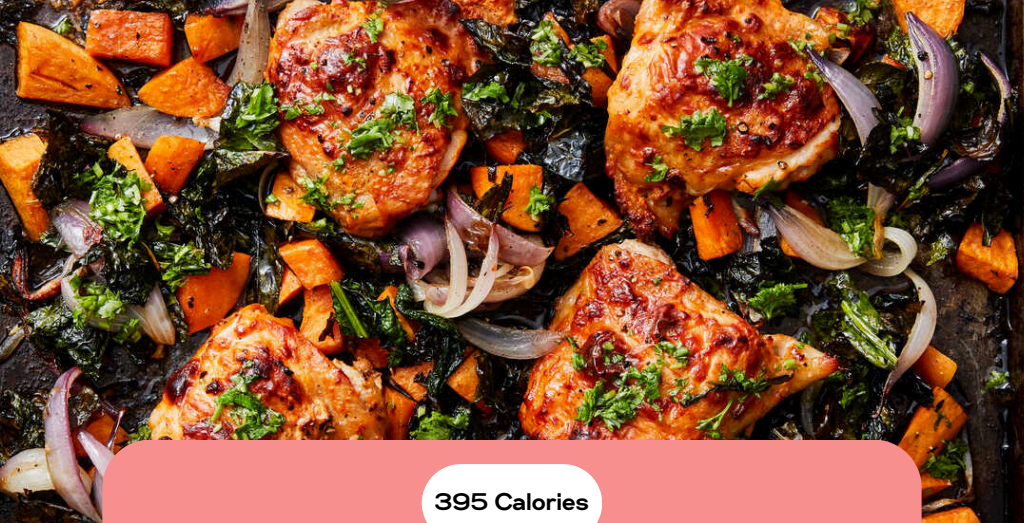
Beef Teriyaki with Broccoli

Ingredients

- 15g unsalted cashew nuts
- 15g cooked and peeled edamame beans
- 22g lean sirloin steak
- 1 stalk of green asparagus
- 45g uncooked brown rice
- 10g teriyaki marinade
- ½ cup of broccoli

Method

1. Rinse the rice before cooking. Add it to a pot of lightly salted water and cook according to the packet instructions.
2. Cut the beef into 1-inch thick slices and mix with the teriyaki sauce. Let it marinate for 10 – 15 minutes.
3. Rinse the asparagus in cold water while the meat marinates and remove the tough ends. Chop the cashews.
4. Add the beef to a frying pan with a splash of water to brown for a few minutes on high heat. Then, lower the temperature and fry the slices on each side, making sure the meat stays pink in the middle. When you flip the beef the first time, add the broccoli, asparagus, and edamame to the pan and pour the soy sauce. Fry until the broccoli and asparagus are tender.
5. Serve it all together and sprinkle with the chopped cashew nuts.



395 Calories

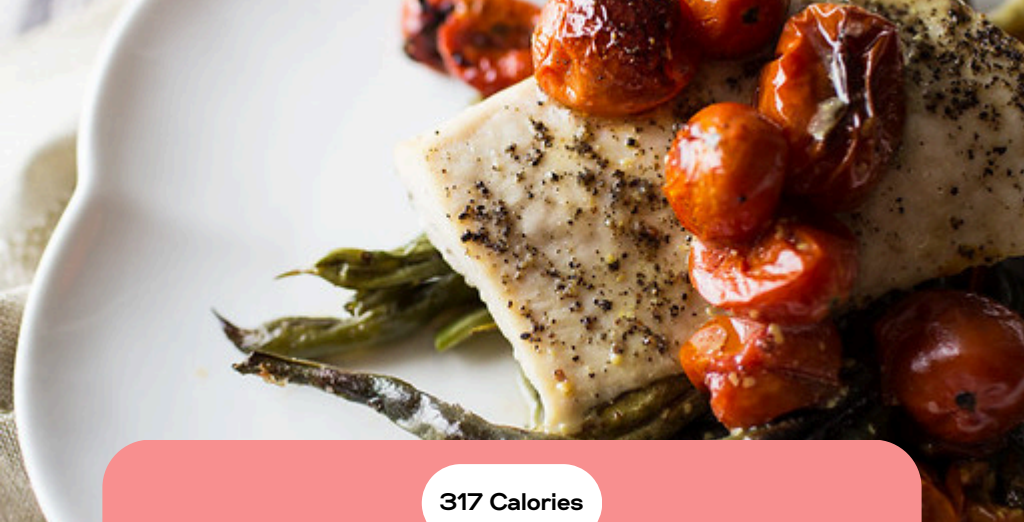
Baked Sweet Potatoes with Pan Fried Chicken & Asparagus

Ingredients

- 84g raw chicken breast
- 80g green asparagus
- 12g olive oil
- ½ piece of red bell pepper
- 1 sweet potato

Method

1. Preheat the oven to 180 degrees Celsius. Rinse and scrub the sweet potatoes under cold water (or peel them if you prefer), dice them into cubes, and add them to a lined baking sheet. Add some oil, salt, pepper and other spices of your choice. Cook them in the oven for 30 – 40 minutes.
2. Rinse the bell pepper, remove the core and dice it. Rinse the asparagus in cold water and remove the ends (which can be tough).
3. Fry the chicken in a pan with the rest of the oil over medium heat until it is golden and cooked through but not dry. When the chicken is ready, reduce the heat and add the diced bell pepper and asparagus. Fry for a few minutes. Be sure to turn the asparagus regularly to cook it on all sides—season with salt and pepper. Slice the chicken breast lengthwise afterwards.
4. Plate the pan-fried chicken and vegetables with the sweet potatoes. Season with salt and pepper and serve.



317 Calories

Paprika Baked Fish with Vegetables

Ingredients

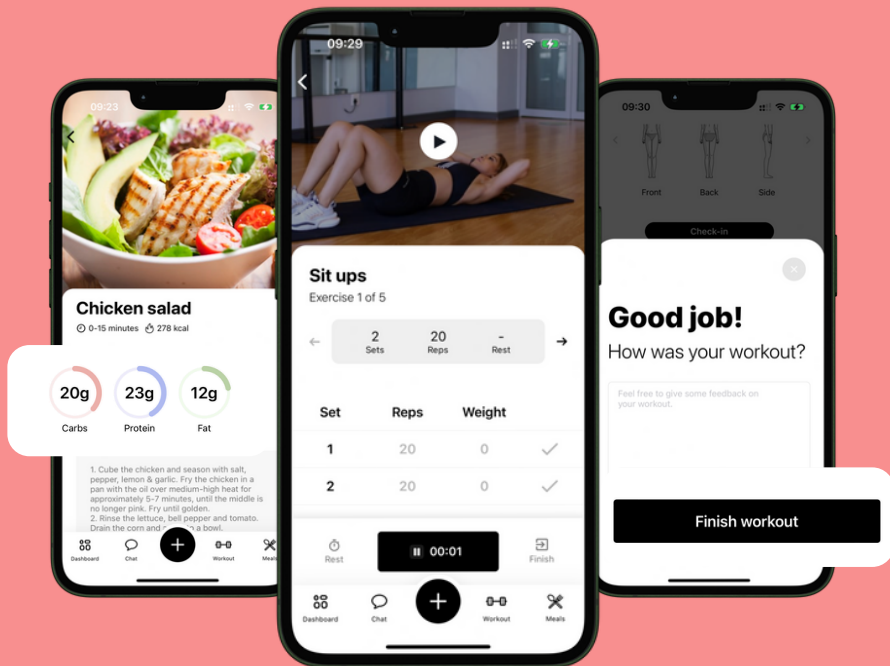
- 75g Green beans
- 112g Cherry tomatoes
- 14g Maple syrup
- 61g Small potato
- 10g olive oil
- 84g Tilapia fillet, without skin, raw

Method

1. Preheat the oven to 180 degrees Celsius and line a baking sheet with baking paper.
2. Wash the potato and cut it into cubes. Place the cubes on the baking sheet, drizzle them evenly with olive oil and salt, and sprinkle with rosemary. Bake them for 30 minutes.
3. Season the tilapia on all sides with paprika, salt and pepper. Set aside.
4. Rinse and cut the green beans and cherry tomatoes. After 25 minutes of baking, add all the vegetables and the fish to the potatoes in the tray. Drizzle with maple syrup.
5. Bake in the oven for 20 minutes more until the fish is opaque and flakes easily.
6. Serve the fish and vegetables together and enjoy.

Not on the App Yet?

Our app-based fitness plans can help you stay on track during your fitness journey at the gym or at home.



You deserve to look & feel your best!

Purchase any one of my available memberships and get access to the upcoming Challenge "Fem n Fit Era", over 100 different workouts, all existing Challenges, 1000+ recipes and meal guides with your membership.

Ready to see what you can accomplish?

[Explore Memberships](#)