

# LIFE IN THE DAY OF ASHY BINES!



**BONUS**

I get A LOT of you private msg me wanting to know what I do from day to day ( which is already in the plan but you girls want MORE so I thought I'd do up a word document of a typical day in my life what I like to eat how many times I train and the things I enjoy etc. : )

Some of you may find this boring and I totally understand sometimes I think im boring but I LOVE my routine, but I have been asked 100's of times the same questions so here it is

### A Typical Day

I strength train (weights) 3 times a week , One Leg session and one Back and Biceps, the other I do shoulder, triceps and pushups.....Every session at the end I do 3 sets of holding plank for as long as I can followed by super mans ( for my lower back). I really believe abs are made in the kitchen so don't do a whole lot of ab work but still do bits and pieces to keep a nice strong core because if you don't your back has to support more of your body and that's when your back will become sore : (

(This training can change or increase or decrease depending on what's happening in my life but this is what I call balance : )

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Back & Biceps And 20 min Walk	FBW	Chest, Triceps & Shoulders And 20 min Walk	FBW	Legs & Bums and 20 min Walk	FBW	Rest
PM	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	9 hrs sleep

After EVERY training session I walk for 20 mins (power walk on incline) before having my protein shake. As after a big weights session your body is in FAST fat burning mode plus its my time to listen to music and chill out (ashy needs ashy time too not working ; )



I will also take 15 mins to stretch and close my eyes and take some big breaths-my life is crazy hectic busy and I never seem to stop so taking this time to breath is important :)

I train weights Mon, Wed and Fri mornings at 7.30am after I've finished training my challenge girls!!

Fat burner Walk (FBW) Tues/Thurs & Sat before I eat breakfast to get the best fat burning effect but SUNDAY- REST/RELAX/RECOVER/RECHARGE AND Spend time with Steve - usually sleep in go out for lunch then spend the arvo relaxing at home ready to take on the week ahead.

I am up at 5 am every single day sometimes a bit earlier which also means I go to bed early I also ways try and get my 7-8 hrs sleep which is most important when training hard.

## MY DIET

Well you all should have my diet plan but here is a typical day

**MORNING** - 5 egg whites one egg yolk and banana

Before training -DEFINE8 and L - carnitine

After training- double choc proto whey then straight home to cook a big breakfast-Usually my favourite meat and veg-kanga sausages and broccoli with dry roasted sweet potato ( my biggest meal of the day!!!

Also 3000 mg fish oils, green tea tablet and vitamin C powder and L-glutamine.

Lunch-Grilled fish with olive oil lemon and cracked pepper with greens, beetroot and sweet potato dry roasted and 3000 mg Fish oils.

Arvo snack hot double choc proto whey and about ten almonds.

Dinner- grilled chicken and greens with 3000 Mg fish oils.

My other favourite snack is peanut butter on celery or ryvitas!

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Before FAT Burner walker I don't eat just have a big giant glass of water and squeeze fresh lemon juice in there :)

On the weekend I like to go out for dinner and still try to be healthy but not as anal during the week :) unless I'm preparing for a bikini comp then ill cook at home and keep it as clean as I can!

I don't actually like the taste of alcohol so im lucky there and am never tempted to drink never want to! But I do treat myself to a ice cream here and thee that's my weakness! :)

I believe balance is very important in life, training, eating, friends , family, boyfriend, rest, fun,work etc.

Make sure you have bits of all the above to keep a balanced life cos too much of anything is bad for you!!

Chat soon!

Ashy xxx