



WITHIN *by Whitney*

HOLIDAY *Series*

PROGRAM GUIDE



6 WEEKS TO JANUARY · NOV 2 – DEC 13



WELCOME *in*

I'm so glad you're here.

Every year it goes the same way. Parties, travel, school programs, a to-do list a mile long, and a promise that we'll start fresh in January. This year, you're not waiting.

The Holiday Series is six weeks of real strength training, built for a month that's going to be busy no matter what. Three workouts a week, about 40 minutes each. Hard enough to count. Doable enough that you'll keep showing up.

A little about me: I've been a cheerleader and a dancer most of my life. After I had my kids, I kept quitting workouts that were too hard or just too much, until a program that combined Pilates and strength training finally clicked. I became a certified personal trainer, then a Pilates instructor, and opened my studio. Every workout I create for you is one I do myself.

This guide is everything you need to get the most out of the next six weeks: how the workouts are built, how to pick your weights, what to do when December gets messy, and how to use your tracker.

You don't need a perfect December. You need the next workout.

Whitney

Before you start: if you're pregnant, postpartum, or working around an injury or health condition, check with your healthcare provider before beginning any new exercise program.

HOW IT *works*

Lift first, then move. Every workout gets your strength work and your cardio done in about 40 minutes.

About 5 min

WARM-UP

Wake up your hips, shoulders, and breathing so your first set feels good, not stiff.

About 20 min

STRENGTH

Full-body dumbbell work. Pick a weight that's genuinely hard, log it, and go up when you've earned it.

About 15 min

MOVE BLOCK

Faster-paced, low-impact intervals. You'll breathe hard. You won't end up on the floor.

About 3 min

COOL-DOWN

Bring your heart rate down and stretch what you worked, so you can get on with your day.

WHERE TO FIND YOUR WORKOUTS

- ### Every workout is free on YouTube in the **Holiday Series playlist**, full length, with every exercise, rep, and timer on screen.
- ### The strength videos are follow-along: no talking, just the work. Watch the screen for the exercise name, your reps, and what's next.
- ### Each exercise has an easier and a harder option. Pick the one that fits *today*.
- ### Log what you lift on your tracker every time. Your numbers going up is the proof it's working.

YOUR *week*

Three workouts, a couple of easy move days, and one real rest day.

MON	TUE	WED	THU	FRI	SAT	SUN
Workout 1	Move day (optional)	Workout 2	Move day (optional)	Workout 3	Go for a walk	Rest

Any three days work. Leave a day between workouts when you can, and don't sweat it when you can't.

+150
MINUTES A WEEK

Your extra movement goal, on top of lifting

The U.S. Physical Activity Guidelines recommend at least 150 minutes a week of moderate activity, plus strength training at least two days a week.¹ This isn't one long workout. It's everything you add up over the week: your Move blocks, move days, walks, Pilates, dancing in the kitchen. Moderate means you can talk, but you can't sing. Your three Move blocks already get you about 45 minutes of the way there.

MOVE DAY IDEAS

Walk

A brisk 30-minute walk. Bring a friend, a podcast, or the stroller.

Pilates

A mat or reformer class that gets your breathing up a little.

Anything you like

Biking, swimming, a dance class, chasing your kids around the yard.

PICKING YOUR *weights*

Your weights should feel hard by the end of every set, but never so hard your form falls apart.

REPS IN RESERVE

At the end of a set, ask yourself: how many more *clean* reps could I do right now? Same speed, same form, no wiggling.

0

REPS LEFT

That was failure. You couldn't do one more clean rep.

1–3

REPS LEFT

Right where you want to be. This is the goal for most sets.

4+

REPS LEFT

Too light. Go up next time.

Training all the way to failure gives little to no extra muscle growth compared with stopping a little short of it,² and it leaves you more tired for the next set. Close to your limit is where the work happens.

WHEN TO GO HEAVIER

Every exercise gives you a rep range, like 8–12. When you hit the top of that range on every set with good form and 1–3 reps left, go up in weight next time. Write it on your tracker so you know where you're starting.

Light

Shoulder raises, arms, and warm-ups.

Medium and heavy

Squats, deadlifts, lunges, rows, and presses.

When in doubt, go lighter and nail the form. You can always go up next week.

MADE FOR *December*

December is going to be December. Here's how to keep going when it gets messy.

Party week

TWO WORKOUTS STILL COUNT.

Get them in, enjoy the party, and pick back up next week. No making it up. No starting over.

Travel week

BRING THE WORKOUT WITH YOU.

Only packed one pair of dumbbells, or none? Use the easier options, slow down the lowering part of each rep, or add a few reps.

Running-on-empty week

DO THE LIFTING. SKIP THE REST.

Tired? Keep the strength and cut the Move block. Sick or wiped out? Walk or rest. The plan will be here tomorrow.

CHECK IN BEFORE YOU PRESS PLAY

Every day, pick your color. All three count. This is how the plan bends without breaking.

Green day

Feeling good. Follow the workout as written.

Yellow day

Tired or stretched thin. Do the lifting, and cut or shorten the Move block.

Red day

Sick, wiped out, or life happened. Walk, stretch, or rest. Pick up next session.

Missed a workout? Don't restart the week and don't double up. Just do the next workout. A missed day is a missed day, not a failed program.

FUEL FOR YOUR *goals*



No diets, no tracking every bite, no earning your food. Eat enough to train well and recover.

PROTEIN FIRST

Build each meal around a protein: eggs, Greek yogurt, chicken, fish, beef, tofu, beans, cottage cheese. Research on strength training points to about 1.6 g of protein per kg of body weight a day, roughly 0.7 g per pound, as a helpful ballpark.³ It's an average, not a test.

CARBS FUEL THE WORK

Carbs aren't the enemy. They give you the energy to lift hard and recover. Fruit, potatoes, rice, oats, and bread all count.

DRINK YOUR WATER

Keep a bottle nearby during workouts and through the day, especially on party nights.

HOLIDAY FOOD

Enjoy the cookies and the family dinner. You don't have to burn it off or skip a meal to make up for it. Eat, enjoy it, and get back to your normal at the next meal.

EASY PROTEIN IDEAS

☞ **Breakfast:** eggs or egg bites, Greek yogurt with fruit, a protein shake with your coffee.

☞ **Lunch and dinner:** pick your protein first, then add a carb and something green.

☞ **Snacks:** string cheese, jerky, edamame, cottage cheese, leftover chicken.

If you have kidney disease or another medical condition, or you're pregnant or breastfeeding, check with your healthcare provider or a registered dietitian about what's right for you.

WHAT YOU'LL *need*

Everything fits in a corner of your living room.

Must have

- ### **Dumbbells:** a light, medium, and heavy pair if you can. Adjustable dumbbells work great.
- ### **A mat** for floor work and the cool-down.
- ### **A sturdy step or platform** you can safely stand on.
- ### **Supportive shoes** and water.

Nice to have

- ### **A loop band** for glute work and warm-ups.
- ### **A bench.** Every workout has a no-bench option.
- ### **A towel,** because you will sweat.

ONLY HAVE ONE PAIR?

You can still make it hard. Try one of these to make a lighter weight work harder:

Slow it down

Take 3 seconds to lower each rep.

Add a pause

Hold for 1–2 seconds at the bottom.

Go one-sided

Do the move on one leg or one arm at a time.

No dumbbells at all yet? Start with the easier options and bodyweight. Filled water bottles or a backpack with books can stand in until you get a set.

YOUR *tracker*

Your tracker is where you see the proof. Print a fresh copy each week.

Page 1: your workouts

- Write the weight and reps for every set.
- Note your reps in reserve (RIR).
- Hit the top of the range with 1–3 reps left? Check **Up?** and go heavier next time.
- Jot down your Move block minutes and how it felt.

Page 2: your movement

- Fill in your daily log: workout done, Move block, walks, and your day color.
- Shade one box on **Road to 150** for every 10 minutes of moderate movement.
- Write down your wins, big or small.

MAKE YOUR MARK



Every workout you finish gets a tally mark. Five strokes make a bundle, and the bundles add up. That's the whole idea of WITHIN: not one perfect week, but marks that keep adding up.

Don't have your tracker yet? Get it free at within-by-whitney.kit.com/7fa261c0a9.

GOOD *questions*

Is this HIIT?

No. The Move block is faster-paced and low impact, built to get your heart rate up without jumping or leaving you wrecked.

I'm new to lifting. Can I do this?

Yes. Use the easier option for every exercise and go lighter until the moves feel familiar.

What if I start late?

Start with Week 1, whenever you start. The workouts stay on YouTube.

Do I have to hit 150 minutes?

No. It's a goal to work toward, not a test. Every minute counts.

Something hurts. What do I do?

Muscle burn and next-day soreness are normal. Sharp, pinching, or joint pain is not. Stop that exercise and use the easier option or skip it.

What happens after December 13?

Rest, enjoy the holidays, and get ready for Strong & Sculpted on January 4.

Your safety comes first

If you're pregnant, postpartum, managing an injury or health condition, or dealing with pelvic-floor symptoms like leaking, heaviness, or pain, check in with your healthcare provider or a pelvic-health physical therapist first. Stop and get medical help right away if you have chest pain, feel faint or dizzy, or have trouble breathing.



SIX WEEKS

done

When you finish, you'll have lifted through the busiest month of the year. Look back at your tracker: the weights you started with, the weights you ended with, and every tally mark in between.

Starts Monday, January 4

STRONG & SCULPTED

Eight weeks of progressive strength training at home, with optional Pilates days. Free on YouTube. Everything you learned in the Holiday Series carries straight in.

See you there

Sources 1. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd ed. 2018. 2. Refalo MC et al. Influence of resistance training proximity-to-failure on skeletal muscle hypertrophy: a systematic review with meta-analysis. Sports Med. 2023;53(3):649–665. 3. Morton RW et al. A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults. Br J Sports Med. 2018;52(6):376–384.

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