

# LEAN33

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**A Complete Workbook  
For LEAN33**

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# WELCOME

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This guide is intended for educational purposes and not as any form of medical treatment or advice. The information provided is based on our experiences and interpretations of the available current research and intended to help you make informed decisions about your health and wellness. While we believe these recommendations will help you, we cannot know your unique dietary needs and physical limitations. Consult your physician to ensure advice and tips are appropriate for your circumstances. If you have any health issues or pre-existing medical conditions, please consult your physician before implementing this or any new diet and exercise regimen.

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# Workout Videos & Links



## [LEAN33 All Videos Playlist](#)

### Anterior 1

Dumbbells & yoga blocks (optional)

- Chest / Shoulders / Quads / Tri's

[VIDEO LINK](#)



### Anterior 2

Dumbbells & yoga blocks (optional)

- Quads / Shoulders / Chest

[VIDEO LINK](#)



### Posterior 1

Dumbbells & band

- Glutes / Hams / Back

[VIDEO LINK](#)



### Posterior 2

Dumbbells & band

- Back / Glutes / Hams / Bi's

[VIDEO LINK](#)

# Exercise Tracker - Anterior 1

Anterior 1 – Chest, Shoulders, Quads & Tri's | Equipment – Dumbbells & Yoga Blocks (optional) | [VIDEO](#)

| WEEK 1                       | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|------------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE                     | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Deficit Push Ups         | 3         | 12   |       |        |       |        |       |        |       |
| 1b. Goblet Squat 1.5         | 3         | 8    |       |        |       |        |       |        |       |
| 2a. Chest Fly                | 2         | 16   |       |        |       |        |       |        |       |
| 2b. Lateral Raise, super ROM | 2         | 16   |       |        |       |        |       |        |       |
| 2c. Single Leg Extensions    | 2         | 16   |       |        |       |        |       |        |       |
| 3a. Triceps En Fuego         | 2         | 30   |       |        |       |        |       |        |       |

| WEEK 2                       | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|------------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE                     | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Deficit Push Ups         | 3         | 12   |       |        |       |        |       |        |       |
| 1b. Goblet Squat 1.5         | 3         | 8    |       |        |       |        |       |        |       |
| 2a. Chest Fly                | 2         | 16   |       |        |       |        |       |        |       |
| 2b. Lateral Raise, super ROM | 2         | 16   |       |        |       |        |       |        |       |
| 2c. Single Leg Extensions    | 2         | 16   |       |        |       |        |       |        |       |
| 3a. Triceps En Fuego         | 2         | 30   |       |        |       |        |       |        |       |

| WEEK 3                       | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|------------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE                     | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Deficit Push Ups         | 3         | 12   |       |        |       |        |       |        |       |
| 1b. Goblet Squat 1.5         | 3         | 8    |       |        |       |        |       |        |       |
| 2a. Chest Fly                | 2         | 16   |       |        |       |        |       |        |       |
| 2b. Lateral Raise, super ROM | 2         | 16   |       |        |       |        |       |        |       |
| 2c. Single Leg Extensions    | 2         | 16   |       |        |       |        |       |        |       |
| 3a. Triceps En Fuego         | 2         | 30   |       |        |       |        |       |        |       |

| WEEK 4                       | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|------------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE                     | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Deficit Push Ups         | 3         | 12   |       |        |       |        |       |        |       |
| 1b. Goblet Squat 1.5         | 3         | 8    |       |        |       |        |       |        |       |
| 2a. Chest Fly                | 2         | 16   |       |        |       |        |       |        |       |
| 2b. Lateral Raise, super ROM | 2         | 16   |       |        |       |        |       |        |       |
| 2c. Single Leg Extensions    | 2         | 16   |       |        |       |        |       |        |       |
| 3a. Triceps En Fuego         | 2         | 30   |       |        |       |        |       |        |       |

# Exercise Tracker - Anterior 2

Anterior 2 - Quads, Shoulders, Chest | Equipment - Dumbbells & Yoga Blocks (optional) | [VIDEO](#)

| WEEK 1                        | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|-------------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE                      | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Alternating Reverse Lunge | 3         | 8    |       |        |       |        |       |        |       |
| 1b. Lateral Raise, from Floor | 3         | 12   |       |        |       |        |       |        |       |
| 2a. Lateral Lunges            | 2         | 16   |       |        |       |        |       |        |       |
| 2b. Leaning Quad Extensions   | 2         | 12   |       |        |       |        |       |        |       |
| 2c. Close Grip Chest Press    | 2         | 12   |       |        |       |        |       |        |       |
| 3a. Push Up Press Challenge   | 2         |      |       |        |       |        |       |        |       |

| WEEK 2                        | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|-------------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE                      | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Alternating Reverse Lunge | 3         | 8    |       |        |       |        |       |        |       |
| 1b. Lateral Raise, from Floor | 3         | 12   |       |        |       |        |       |        |       |
| 2a. Lateral Lunges            | 2         | 16   |       |        |       |        |       |        |       |
| 2b. Leaning Quad Extensions   | 2         | 12   |       |        |       |        |       |        |       |
| 2c. Close Grip Chest Press    | 2         | 12   |       |        |       |        |       |        |       |
| 3a. Push Up Press Challenge   | 2         |      |       |        |       |        |       |        |       |

| WEEK 3                        | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|-------------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE                      | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Alternating Reverse Lunge | 3         | 8    |       |        |       |        |       |        |       |
| 1b. Lateral Raise, from Floor | 3         | 12   |       |        |       |        |       |        |       |
| 2a. Lateral Lunges            | 2         | 16   |       |        |       |        |       |        |       |
| 2b. Leaning Quad Extensions   | 2         | 12   |       |        |       |        |       |        |       |
| 2c. Close Grip Chest Press    | 2         | 12   |       |        |       |        |       |        |       |
| 3a. Push Up Press Challenge   | 2         |      |       |        |       |        |       |        |       |

| WEEK 4                        | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|-------------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE                      | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Alternating Reverse Lunge | 3         | 8    |       |        |       |        |       |        |       |
| 1b. Lateral Raise, from Floor | 3         | 12   |       |        |       |        |       |        |       |
| 2a. Lateral Lunges            | 2         | 16   |       |        |       |        |       |        |       |
| 2b. Leaning Quad Extensions   | 2         | 12   |       |        |       |        |       |        |       |
| 2c. Close Grip Chest Press    | 2         | 12   |       |        |       |        |       |        |       |
| 3a. Push Up Press Challenge   | 2         |      |       |        |       |        |       |        |       |

# Exercise Tracker - Posterior 1

Posterior 1 - Glutes, Hams & Back | Equipment - Dumbbells & Band | [VIDEO](#)

| WEEK 1                   | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|--------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE                 | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Sumo Squats w/ Pause | 3         | 8    |       |        |       |        |       |        |       |
| 1b. Pull Overs           | 3         | 10   |       |        |       |        |       |        |       |
| 2a. RDL                  | 2         | 12   |       |        |       |        |       |        |       |
| 2b. Hamstring Walkouts   | 2         | 12   |       |        |       |        |       |        |       |
| 2c. Bent Over Row        | 2         | 12   |       |        |       |        |       |        |       |
| 3a. Booty Blaster        | 2         |      |       |        |       |        |       |        |       |

| WEEK 2                   | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|--------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE                 | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Sumo Squats w/ Pause | 3         | 8    |       |        |       |        |       |        |       |
| 1b. Pull Overs           | 3         | 10   |       |        |       |        |       |        |       |
| 2a. RDL                  | 2         | 12   |       |        |       |        |       |        |       |
| 2b. Hamstring Walkouts   | 2         | 12   |       |        |       |        |       |        |       |
| 2c. Bent Over Row        | 2         | 12   |       |        |       |        |       |        |       |
| 3a. Booty Blaster        | 2         |      |       |        |       |        |       |        |       |

| WEEK 3                   | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|--------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE                 | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Sumo Squats w/ Pause | 3         | 8    |       |        |       |        |       |        |       |
| 1b. Pull Overs           | 3         | 10   |       |        |       |        |       |        |       |
| 2a. RDL                  | 2         | 12   |       |        |       |        |       |        |       |
| 2b. Hamstring Walkouts   | 2         | 12   |       |        |       |        |       |        |       |
| 2c. Bent Over Row        | 2         | 12   |       |        |       |        |       |        |       |
| 3a. Booty Blaster        | 2         |      |       |        |       |        |       |        |       |

| WEEK 4                   | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|--------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE                 | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Sumo Squats w/ Pause | 3         | 8    |       |        |       |        |       |        |       |
| 1b. Pull Overs           | 3         | 10   |       |        |       |        |       |        |       |
| 2a. RDL                  | 2         | 12   |       |        |       |        |       |        |       |
| 2b. Hamstring Walkouts   | 2         | 12   |       |        |       |        |       |        |       |
| 2c. Bent Over Row        | 2         | 12   |       |        |       |        |       |        |       |
| 3a. Booty Blaster        | 2         |      |       |        |       |        |       |        |       |

# Exercise Tracker - Posterior 2

Posterior 2 – Back, Glutes, Hams & Bi’s | Equipment – Dumbbells & Band | [VIDEO](#)

| WEEK 1                 | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE               | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Single Arm Row     | 3         | 8    |       |        |       |        |       |        |       |
| 1b. Glute Bridge       | 3         | 12   |       |        |       |        |       |        |       |
| 2a. Back Fly           | 2         | 16   |       |        |       |        |       |        |       |
| 2b. RDL                | 2         | 16   |       |        |       |        |       |        |       |
| 2c. Laying Clam Shells | 2         | 16   |       |        |       |        |       |        |       |
| 3a. Biceps En Fuego    | 2         |      |       |        |       |        |       |        |       |

| WEEK 2                 | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE               | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Single Arm Row     | 3         | 8    |       |        |       |        |       |        |       |
| 1b. Glute Bridge       | 3         | 12   |       |        |       |        |       |        |       |
| 2a. Back Fly           | 2         | 16   |       |        |       |        |       |        |       |
| 2b. RDL                | 2         | 16   |       |        |       |        |       |        |       |
| 2c. Laying Clam Shells | 2         | 16   |       |        |       |        |       |        |       |
| 3a. Biceps En Fuego    | 2         |      |       |        |       |        |       |        |       |

| WEEK 3                 | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE               | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Single Arm Row     | 3         | 8    |       |        |       |        |       |        |       |
| 1b. Glute Bridge       | 3         | 12   |       |        |       |        |       |        |       |
| 2a. Back Fly           | 2         | 16   |       |        |       |        |       |        |       |
| 2b. RDL                | 2         | 16   |       |        |       |        |       |        |       |
| 2c. Laying Clam Shells | 2         | 16   |       |        |       |        |       |        |       |
| 3a. Biceps En Fuego    | 2         |      |       |        |       |        |       |        |       |

| WEEK 4                 | SUGGESTED |      | SET 1 |        | SET 2 |        | SET 3 |        |       |
|------------------------|-----------|------|-------|--------|-------|--------|-------|--------|-------|
| EXERCISE               | SETS      | REPS | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT | NOTES |
| 1a. Single Arm Row     | 3         | 8    |       |        |       |        |       |        |       |
| 1b. Glute Bridge       | 3         | 12   |       |        |       |        |       |        |       |
| 2a. Back Fly           | 2         | 16   |       |        |       |        |       |        |       |
| 2b. RDL                | 2         | 16   |       |        |       |        |       |        |       |
| 2c. Laying Clam Shells | 2         | 16   |       |        |       |        |       |        |       |
| 3a. Biceps En Fuego    | 2         |      |       |        |       |        |       |        |       |

# Weight & Measurement

|        | WEIGHT | WAIST | CHEST | R ARM | L ARM | HIPS | R LEG | L LEG | NOTES (CYCLE, WORK, ETC.) |
|--------|--------|-------|-------|-------|-------|------|-------|-------|---------------------------|
| Day 01 |        |       |       |       |       |      |       |       |                           |
| Day 02 |        |       |       |       |       |      |       |       |                           |
| Day 03 |        |       |       |       |       |      |       |       |                           |
| Day 04 |        |       |       |       |       |      |       |       |                           |
| Day 05 |        |       |       |       |       |      |       |       |                           |
| Day 06 |        |       |       |       |       |      |       |       |                           |
| Day 07 |        |       |       |       |       |      |       |       |                           |
| Wk Avg |        |       |       |       |       |      |       |       |                           |
| Day 08 |        |       |       |       |       |      |       |       |                           |
| Day 09 |        |       |       |       |       |      |       |       |                           |
| Day 10 |        |       |       |       |       |      |       |       |                           |
| Day 11 |        |       |       |       |       |      |       |       |                           |
| Day 12 |        |       |       |       |       |      |       |       |                           |
| Day 13 |        |       |       |       |       |      |       |       |                           |
| Day 14 |        |       |       |       |       |      |       |       |                           |
| Wk Avg |        |       |       |       |       |      |       |       |                           |
| Day 15 |        |       |       |       |       |      |       |       |                           |
| Day 16 |        |       |       |       |       |      |       |       |                           |
| Day 17 |        |       |       |       |       |      |       |       |                           |
| Day 18 |        |       |       |       |       |      |       |       |                           |
| Day 19 |        |       |       |       |       |      |       |       |                           |
| Day 20 |        |       |       |       |       |      |       |       |                           |
| Day 21 |        |       |       |       |       |      |       |       |                           |
| Wk Avg |        |       |       |       |       |      |       |       |                           |
| Day 22 |        |       |       |       |       |      |       |       |                           |
| Day 23 |        |       |       |       |       |      |       |       |                           |
| Day 24 |        |       |       |       |       |      |       |       |                           |
| Day 25 |        |       |       |       |       |      |       |       |                           |
| Day 26 |        |       |       |       |       |      |       |       |                           |
| Day 27 |        |       |       |       |       |      |       |       |                           |
| Day 28 |        |       |       |       |       |      |       |       |                           |
| Wk Avg |        |       |       |       |       |      |       |       |                           |
| Day 29 |        |       |       |       |       |      |       |       |                           |
| Day 30 |        |       |       |       |       |      |       |       |                           |
| Day 31 |        |       |       |       |       |      |       |       |                           |
| Total  |        |       |       |       |       |      |       |       |                           |

Tracking is a balancing act between collecting the most amount of data possible, while being aware of its potential emotional impact. I like to see my clients track their weight AND waist 6-7 days a week, and any other measurements as needed. This allows us to make the most educated decisions based on their progress.

# Progressions & Alternatives

| EXERCISE                  | BENCH PROGRESSION                     | HOME EQUIPMENT                                            | GYM OPTION                                 | WHAT WE PREFER                        |
|---------------------------|---------------------------------------|-----------------------------------------------------------|--------------------------------------------|---------------------------------------|
| Alt Reverse Lunge         | Bench step ups                        | <a href="#">Plyo Box</a>                                  | <a href="#">Plyo Box</a>                   | Dumbbells or Smith Machine on low box |
| Back Fly                  | Seated or chest supported at angle    | Bands or <a href="#">Control Track</a>                    | Reverse Pec Deck                           | Standing with cables                  |
| Bent Over Row             |                                       | <a href="#">JayFlex bar</a>                               | Barbell, cables or machine                 | Barbell or Smith Machine              |
| Chest Fly                 | Flat or incline                       | <a href="#">Control Track</a>                             | Pec Deck or cables                         | Seated with cables                    |
| Close Grip Chest Press    | Flat or incline                       |                                                           | Cables or landmine                         | Landmine                              |
| Deficit Push Ups          | Feet on bench                         | Yoga blocks or pushup stands                              | Chest Press machine                        | Same as video                         |
| Glute Bridge              | Upper back on flat bench              | <a href="#">JayFlex bar</a>                               | Glute Drive or barbell with pad            | Bench w/ barbell and pad              |
| Goblet Squat 1.5          |                                       | Hanging squat on <a href="#">Plyo Box</a>                 | Leg Press, barbell or smith machine squats | Smith Machine                         |
| Hamstring Walkouts        | Feet on bench, hamstring hold         | <a href="#">Stability ball</a> ham curls or floor sliders | Leg Curl machine (flat or upright)         | Laying cable hamstring curls          |
| Lateral Lunges            |                                       |                                                           |                                            | Same as video                         |
| Lateral Raise, from Floor | Seated sideways on bench              | Bands or <a href="#">Control Track</a>                    | Cable machine or Lat Raise machine         | Seated Y Raises w/ cables             |
| Lateral Raise, super ROM  | Seated on bench                       | Bands or <a href="#">Control Track</a>                    | Cable machine or Lat Raise machine         | Same as video                         |
| Laying Clam Shells        | Seated on bench                       |                                                           | Hip Abductor machine                       | Same as video                         |
| Leaning Quad Extensions   |                                       |                                                           | Leg Extension machine                      | Leg Extension machine                 |
| Pull Overs                | Laying down on flat bench             | Bands or <a href="#">Control Track</a>                    | EZ bar, cables, or machine                 | Rotate between dumbbells and cables   |
| RDL (Romanian Deadlift)   |                                       | <a href="#">JayFlex bar</a>                               |                                            | Barbell or Hex Bar                    |
| SA (Single Arm) Row       | Use bench for knee or tripod position |                                                           | Cables or any pulling machine              | Cables                                |
| Single Leg Extensions     |                                       |                                                           | Leg Extension machine                      | Leg Extension machine                 |
| Sumo Squats               |                                       | <a href="#">JayFlex bar</a>                               | Leg press, barbell or smith                | Leg press, barbell or smith           |

# Calendar Options

Your schedule should compliment your life style, preferences, job, family and more. By designing your scheudle around you, and not someone else's "rules," you'll ensure better consistency and better results.

I always start by determining what days you want to be rest days and which days you tend ot have the most energy. Days you have the most energy you'll want to make sure to work the muscles you care about most. If you're lifting 4 days a week, I also prefer to put a rest day in the middle of the two, but this isn't neccessary.

For example, I prefer to have my weekends free and my goal is to strengthen and grow my chest and shoulders. I aim for a schedule like Example 1 but if I have the time or energy, I'll mix in an additonal Anterior style workout or cardio on Wednesday. Then by swapping my Thursday / Friday, I've left enough rest and recovery between Anterior days.

## Example 1 (Anterior first. Repeat 4 weeks)

| SUNDAY | MONDAY     | TUESDAY     | WEDNESDAY | THURSDAY   | FRIDAY      | SATURDAY |
|--------|------------|-------------|-----------|------------|-------------|----------|
| Rest   | Anterior 1 | Posterior 1 | Rest      | Anterior 2 | Posterior 2 | Rest     |

## Example 2 (Posterior first. Repeat 4 weeks)

| SUNDAY | MONDAY      | TUESDAY    | WEDNESDAY | THURSDAY    | FRIDAY     | SATURDAY |
|--------|-------------|------------|-----------|-------------|------------|----------|
| Rest   | Posterior 1 | Anterior 1 | Rest      | Posterior 2 | Anterior 2 | Rest     |

## Example 3 (My schedule with Anterior focus. Repeat 4 weeks)

| SUNDAY | MONDAY     | TUESDAY     | WEDNESDAY          | THURSDAY    | FRIDAY     | SATURDAY |
|--------|------------|-------------|--------------------|-------------|------------|----------|
| Rest   | Anterior 1 | Posterior 1 | Anterior or Cardio | Posterior 2 | Anterior 2 | Rest     |

# Our Top 3 Supps



## Creatine

Why we like it?

- Boosts muscle and strength gains.
- May improve cognitive function.
- No artificial fillers, food dyes, or other unnecessary junk.

[BUY NOW \(JamesB for 20% off\)](#)



## Protein (Clear)

Why we like it? While there's nothing wrong with the typical whey protein we're all used to, we've been finding this clear version more refreshing and easy to go down. More like a juice rather than a shake.

- 22 grams of grass-fed protein per serving with 14 grams of essential amino acids, 6.4 grams of BCAAs.
- Boosts muscle growth and strength gain when combined with resistance training.
- Improves recovery after exercise.

[BUY NOW \(JamesB for 20% off\)](#)



## Sleep Mushroom CBN Gummies

Why we like it? We've tried melatonin, GABA and a few others but finally landed on these. We've discovered that the CBN helps us stay asleep, while the CBD helps us go to sleep.

- CBN: Calming cannabinol (CBN) was one of the first cannabinoids to be studied, and is again gaining recognition for supporting deep, restorative sleep.
- Proprietary Sleep Blend: Reishi, a functional mushroom, when combined with soothing Lemon Balm and Valerian Root, can support a good night's rest and reduce fatigue, so you wake feeling rested.

[BUY NOW \(Jimmie15 for 15% off\)](#)

# Our Home Gym

Our home gym is a decade worth of collecting equipment. Our first home gym was nothing more than a set of Bowflex 552 dumbbells. From there, we bought a bench. Building up your home gym takes time and if you're on a budget, it can feel like forever. We recommend checking out places like Facebook marketplace for deals. Much of our gym comes from there.



|   |                                                  |    |                                           |    |                                                    |
|---|--------------------------------------------------|----|-------------------------------------------|----|----------------------------------------------------|
| 1 | <a href="#">Plyo Boxes</a>                       | 8  | <a href="#">Wall Attachment Storage</a>   | 15 | <a href="#">BowFlex Kettlebell 840</a>             |
| 2 | <a href="#">Landmine Attachment (off screen)</a> | 9  | <a href="#">Bands</a>                     | 16 | <a href="#">Dumbbells (5s - 50s)</a>               |
| 3 | MyX Bike                                         | 10 | <a href="#">Weight Plate Tree</a>         | 17 | <a href="#">Dumbbell Rack</a>                      |
| 4 | <a href="#">Climber</a>                          | 11 | Weight Plates*                            | 18 | <a href="#">PowerTec FID Bench</a>                 |
| 5 | <a href="#">Flooring (bottom layer)</a>          | 12 | <a href="#">Bowflex 1090's</a>            | 19 | <a href="#">- Attachment - Leg Ext / Ham Curls</a> |
| 6 | <a href="#">Flooring (top layer)</a>             | 13 | <a href="#">Bowflex 552's (not shown)</a> | 20 | <a href="#">- Attachment - Preacher Curls</a>      |
| 7 | TuffStuff Cable Machine w/ Smith*                | 14 | <a href="#">AtivaFit Dumbbell Stands</a>  | 21 | <a href="#">Bench, our secondary</a>               |

\*Equipment that is either discontinued or no brand is present.

# About Us



## **Jimmie Brenton,** NASM CPT, BCS; PnLI, Neurotype Coach

Jimmie is a personal trainer (NASM), nutrition coach (PnLI) and entrepreneur but didn't start out in health & fitness. Jimmie started as a Virginia state top 10 track & field athlete in high school, going on to college graduating with his Masters of Science in Architecture from Texas Tech University.

After being laid off from his dream job after only a year, he soon found himself on a path of daily drinking, unemployment and nightly McDonald's runs. After joining Beachbody on a bet, Jimmie quickly became passionate about fitness but wanted to further his education in the field.

Since then he's gone on to become a certified Personal trainer , a Behavior Change Specialist, a Precision Nutrition Coach, a Neurotyping Coach, work as a personal trainer at Equinox and run his own private training for his clients in his home.

Currently he lives in TX with his wife Sabrina and their 6 cats. Meow that's a lot!

FOLLOW - [@JimmieBrenton](#)

## **Sabrina Brenton,** Group x Instructor, Professional Singer

Sabrina started singing and acting professionally at 16 years old. She performed on stages around the world with Broadway tours and with 'No Bad Juju,' a band she co-lead and fronted. She can also be seen and heard on multiple national commercials, movies, iTunes, ads, and radio spots.

In 2009, her mother was tragically killed, which lead her to reevaluate her priorities and her purpose. She started teaching Zumba to get closer to her Latino roots, and that lead her to getting various group x certifications. She found Beachbody in 2012 and immediately fell in love with the community and everything the company stood for.

In 2016, she was flown out to LA to be a part of the Tony Horton 22 Minute Hard Corps infomercial as a transformation story, and that's where she met her now husband, Jimmie. He was a cast member and their friendship turned into a love story.

Now, she is an entrepreneur, BOD affiliate, wife, and cat mama of 6.

FOLLOW - [@SabrinaDeMatteo](#)



# THANK YOU