

MAX20

FUNCTIONAL STRENGTH PROGRAM

NOURISH **MOVE** LOVE

MAX20 PROGRAM GUIDE

Hello and Welcome to Max 20!

Strength training just got a whole lot simpler.

Because you don't need more time. You need better programming.

4 moves. 4 sets. 20 minutes. Maximum impact. Build real strength in the time you actually have.

Program Snapshot:



15 New Workouts



20 Minutes Each



3-Week Commitment (our first ever 3-week program!)



Purpose: Build Functional Strength

Why I Created Max 20:

As a full-time working mom of 3, I understand how valuable your time is. Most days, 20 minutes is all I have to train.

After 15 years of training women I've learned that fewer moves done with more intention and repeated sets produces better results.

So I took my training experience and built the program I wish existed:

4 moves.

4 sets.

Push. Pull. Hinge.

Power and control.

Moving in every plane of motion.

20 minutes a day.

The science/research part of my brain knows that fewer lifts done with more intention and repeated sets creates a much stronger stimulus for muscle growth.

The personal/mom part of my brain knows that when I grab my dumbbells and train outside on the pavement while my kids ride bikes, the 4x4 format is my bread and butter (and what I keep coming back to).

How To Use This Program:

1. Follow the Calendar: Max 20 is a 3-week strength program with 15 workouts. The workouts build on each other and are strategically scheduled to target specific muscle groups.

Week 1 = Days 1-5

Week 2 = Days 6-10

Week 3 (Exclusively available in the NML App) = Days 11-15



UNLOCK WEEK 3 IN THE NML APP!



TRAINER NOTES:

- I follow a Monday–Friday training split and rest on weekends, but you can adjust this based on your lifestyle.
- If you train fewer than 5 days per week, extend the plan to 4–5 weeks. Complete the workouts in order for best results.
- Max 20 is designed as a 3-week training block you'll repeat 2–3 times for a full 6–9 week transformation.

2. Watch the Daily Videos: Each day has a full-length, follow-along workout video. These are your virtual personal training sessions—press play, and follow my lead.

3. Track Your Progress: Download and print the Workout Tracker PDF and write down:

- Weights used
- Reps and sets completed
- Notes on form, difficulty, modifications, and set goals to where you want to be on the next round of the program

Why it matters: What gets tracked, gets improved. Use this to stay accountable and watch yourself rise.

4. How to Choose the Right Weights:

Beginners: Start with 5–10% of your body weight per dumbbell. That's about 8–15 lbs if you weigh 150 lbs. Increase gradually as your form and confidence improve.

Intermediate/Advanced: You should be able to perform the reps with good form, but the last 2-3 reps of each set should feel very challenging to complete, that's your sweet spot.

If your weights haven't changed in a year — it's time to level up.

5. Repeat and Uplevel: Each time you return to a workout, aim to:

- Lift heavier weights or add 1-2 reps per set
- Improve form or increase range of motion
- Reduce modifications (push-ups on toes instead of knees)

Additional Trainer Tips

1. Train With Intent: Don't just go through the motions. Push yourself—especially during the final reps of each set. Remember: the 4th set is the strongest set.

2. Don't Skip the Warm-Up or Cool Down: Each video includes dynamic warm-ups and cooldowns to improve mobility, reduce injury risk, and enhance recovery.

3. Fuel Your Training: Strength training demands fuel. Make sure you're eating enough protein and calories to support muscle recovery and growth. Hydrate, rest, and prioritize sleep.

Strength isn't built in long workouts. It's created through consistency, intention and progressively loading. Max 20 helps you train smarter, not longer.

This is strength training made simple—all you have to do is press 'play' and watch your strength and confidence grow.

MAX20 PROGRAM SCHEDULE

DATES: _____

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05
LEGS & BACK	CHEST & ARMS	LEGS & GLUTES	CORE & CALVES	FULL BODY

DAY 06	DAY 07	DAY 08	DAY 09	DAY 10
LEGS & CHEST	ARMS & BACK	LOWER BODY	ABS & CORE	FULL BODY

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
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UNLOCK WEEK 3 IN THE NML APP!



MAX 20

WORKSHEET | DAY ONE

DATE: _____

BUY-IN: Superman Hold (40 seconds): _____

EXERCISE:	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Squat								
Pull-Up or Single Arm Back Row								
Staggered Deadlift								
Lateral Lunge								

NOTES:

MAX 20

WORKSHEET | DAY TWO

DATE: _____

BUY-IN: Push-Ups (20 reps): _____

EXERCISE:	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Shoulder Press								
Bicep Curl								
Chest Press								
Skull Crusher								

NOTES:

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WORKSHEET | DAY THREE

DATE: _____

BUY-IN: Banded Side-To-Side Squats (20 reps): _____

EXERCISE:	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Banded Side-to-Side Squat								
Single Leg Lunge (Right)								
Single Leg Lunge (Left)								
Deadlift								

NOTES:

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WORKSHEET | DAY FOUR

DATE: _____

BUY-IN: Goblet Hold Calf Raises (20 reps): _____

EXERCISE:	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Snatch & Overhead March								
Uneven Side Bend & Calf Raise								
Single Leg Deadlift & Single Arm Back Row								
Step Through Chop								

NOTES:

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WORKSHEET | DAY FIVE

DATE: _____

BUY-IN: Alternating Squat Cleans (20 reps): _____

EXERCISE:	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Glute Biased Squat								
Overhead Tricep Extension								
Alternating Curtsy Lunge								
Push-Up & Back Row								

NOTES:

MAX 20

WORKSHEET | DAY SIX

DATE: _____

BUY-IN: Side-To-Side Push-Up (20 reps): _____

EXERCISE:	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Tempo Squat								
Alternating Chest Press								
Staggered Deadlift								
Lateral Squat								

NOTES:

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WORKSHEET | DAY SEVEN

DATE: _____

BUY-IN: Renegade Row (20 reps): _____

EXERCISE:	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Lateral Raise								
Pull-Up or Reverse Grip Back Row								
Hammer Curl								
Overhead Tricep Extension								

NOTES:

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WORKSHEET | DAY EIGHT

DATE: _____

BUY-IN: Dumbbell Hip Thrust (20 reps): _____

EXERCISE:	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Goblet Squat								
Bulgarian Lunge, Right								
Bulgarian Lunge, Left								
Hip Thrust								

NOTES:

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WORKSHEET | DAY NINE

DATE: _____

BUY-IN: Dead Bug (20 reps): _____

EXERCISE:	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Slow Lower Crunch								
Bird Dog Back Row								
Copenhagen Plank								
Seated Dumbbell Twist								

NOTES:

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WORKSHEET | DAY TEN

DATE: _____

BUY-IN: Clean & Single-Arm Press (20 reps): _____

EXERCISE:	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Deadlift, Clean & Uneven Squat								
Tricep Push-Up								
Walking Lunge								
Back Row, Clean & Press								

NOTES: