



G MOVES

on the go

workouts and recipes
to feel strong and healthy

GITANJALI BORKAR

hello there

My name is Gitanjali Borkar, but since we're friends, call me G. I'm a California girl who loves hip-hop music and the color pink.

My defining characteristic, my purpose in life, is to strengthen and empower people through fitness. Fitness has been my North Star, my safe haven, and the place where I could go for reprieve no matter what was going on. I've taught classes from hip-hop to kickboxing, on both coasts, inside high-tech studios and outside in the fresh air. The end feeling - a cathartic release and fulfillment - is always the same.

I want to invite you into my world. You'll turn focus, effort, and energy into sweaty satisfaction without fuss. My seven-day workout plan is simple and efficient: short full-body blasts that fit around your busy schedule. I've also included journal ideas, eating tips, and other healthy hacks to take you to a new level. What are you waiting for? Let's get strong.



While I absolutely love teaching fitness and have been certified to do so by the American Council on Exercise and Aerobics and Fitness Association of America, I'm not a doctor. This e-book offers health, fitness, and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for professional medical advice, diagnosis, or treatment. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.

what you'll need

I like simplicity.

That's why I've designed seven no-equipment workouts that are simply killer, without the fuss of clunky equipment or expensive gym memberships. To conquer them, all you need is:

- Comfortable workout clothes
- Sneakers
- Timer (I use my phone's stopwatch app)
- Yoga mat or towel for cushioning
- Water

form + technique

I'm a stickler for form. Here are some key pointers:

- Keep your core engaged. Remember to breathe.
- Keep your shoulders back, neck long, and head up. Think: perfect posture!
- Use your full range of motion.
- Stay focused and in the present moment.
- Listen to your body. If you feel a strain or persistent discomfort, stop immediately and reach out to a medical professional.
 - Take a break or switch to low-impact modifications if needed.

warm-up + stretch

A warm-up and stretch combination is important to prepare your body and mind for physical activity. It revs up your cardiovascular system, loosens your joints, and increases body temperature and blood circulation. It also increases delivery of oxygen and nutrients to your muscles and makes them pliable, reducing post-workout soreness and risk of injury. I use my warm-up time to clear my head and get in the “workout zone.”

I recommend 3-5 minutes of a good warm-up and stretch, like this one:

- Shoulder Rolls** – backwards and forwards.....10 sec
- Head Rolls** – right and left.....10 sec
- Torso Reach**.....10 sec
- Shuffle in place**.....10 sec
- Jumping jacks**.....10 sec
- Alternating lunges forward**.....10 sec each side
Deep lunge forward with right foot, pump heel of back foot a few times.
- Side-to-side lunges**.....30 sec each side
Feet in wide stance, lean right while shifting weight to right leg until it is bent and left leg is straight. Slowly stand up and transfer weight to left side.
- Quad stretches**.....10 sec each side
Standing on your left leg with knee bent, grab right foot with right hand and hold.

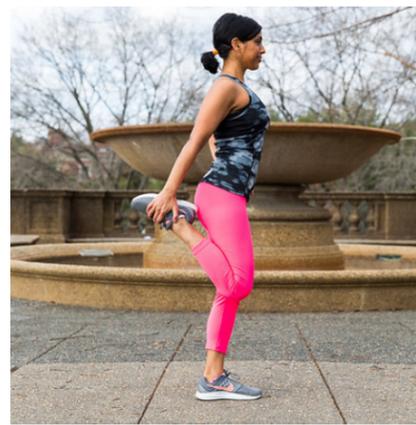
You can use these same exercises as a cool down.



torso reach



lunge with twist



quad stretches

the workouts

Now that you're all warmed up, grab some water and let's get this workout party started! The following pages outline seven full-body workouts, each less than 30 minutes.

After each workout, refuel with the suggested recipe.

7 Tips to Feeling Strong and Healthy

While you're at it, incorporate one of these easy tips each day of the week, or stack 'em up all in one day. Trust me, you'll feel great.

Bottoms Up. Drink two glasses of water first thing when you wake up and carry around a bottle to sip throughout the day. Set goals for yourself, like “I will drink two of these before I leave the office today!”

Treat Yourself. Swap cheap sweets and baked goods for a few squares of quality dark chocolate. Choose 70 percent cocoa content or higher, which contain the most powerful antioxidants and the least amount of sugar.

Short Circuit. Do a quick circuit of 20 push-ups, 20 crunches, and 20 squats. Repeat twice for an extra punch. Perfect before your morning coffee, after the evening jog, or during a *This Is Us* commercial break.

Media Break. Take a 20-minute tech break. Instead of staring at a screen, write in your journal, read something inspiring, or do an extended stretch.

Task it out. Write down a manageable list of five things to get done by the day's end. (Then, go do them.)

Express gratitude. Write down five things you're grateful for in this moment. Better yet, send a thank-you note or email to someone special.

Walk it Out. Go for a walk after lunch or dinner to clear the head and aid digestion.

day 1

One minute each. Repeat 3x through.

High Knees

Jumping Jacks

Think kickboxing! ← Alternating Front Punches

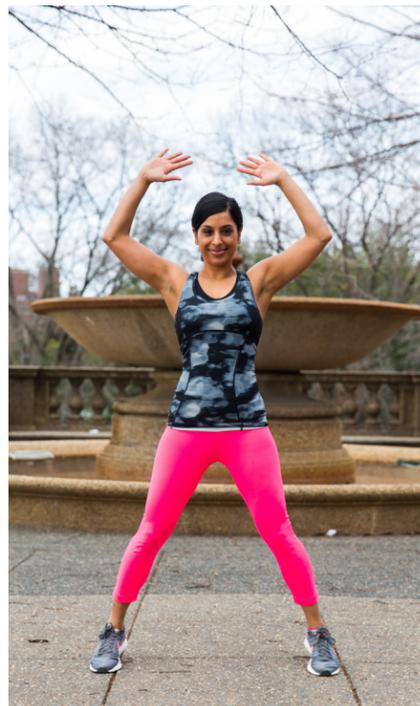
Alternating Lunges

Squats

Push-ups

Forearm Plank

Crunches



jumping jacks



alternating lunges



squats



Sore.
The most satisfying pain.

PROTEIN PARFAIT

- Layer the following:
- 1 cup greek yogurt
 - 2 tbsp peanut butter
 - sliced banana
 - handful of granola
- Sprinkle cinnamon on top and enjoy.

day 2

One minute each. Repeat 3x through.

Squats

Squat Jumps

Alternating Lunges

Jumping Jacks

Alternating Front Punches

Push-ups

Forearm Plank →

Crunches

Bonus! Alternate raising each foot off ground for 5 seconds.



squat jumps



push-ups



crunches



If it doesn't challenge you,
it won't change you.

VEGGIE DIP

- What you'll need:
- 1 cup defrosted peas
 - 3 tbsp plain Greek yogurt
 - sliced carrots, bell peppers, celery
 - hot sauce, salt, pepper
- Blend peas until smooth. Mix in Greek yogurt and spices to taste. Dip veggies and enjoy.

day 3

One minute each. Repeat 3x through.

Jumping Jacks
High Knees
Wide Squats
Mountain Climbers

Bull-frog Push-ups
Push-up to Forearm Plank → Alternate these moves!
Bicycle Crunches
Crunches



mountain climbers

bull-frog push-ups

bicycle crunches

Sweat, smile, repeat.

AVO TOAST

- 1 piece multigrain toast
 - 1/2 smashed avocado
 - 1 fried egg
- Spread avocado on toast and top with fried egg. Add a dash of tabasco sauce for kicks.

day 4

One minute each. Repeat 3x through.

Wide Squats
Jumping Jacks
High Knees
Alternating Lunges

Push-up to Pike
Spiderman Climb
Side Plank → 30 seconds each side.
Bicycle Crunches



pike

spiderman climb

side plank

Keep your squats low and your standards high.

SNACK PLATTER

- 1 sliced apple
- 1 oz cheddar cheese
- small handful mixed nuts

day 5

One minute each. Repeat 3x through.

Drop Squats

High Knees

Alternating Lunges + Front Kick

Mountain Climbers

T-Rotations

Push-up to Pike

Side Plank → 30 seconds each side.

Reverse Crunches



drop squats



t-rotations



reverse crunches

You're only one workout away from a good mood.

DELI ROLL-UP

Add the following to a whole wheat tortilla:

- 2 slices of deli turkey
- 1 string cheese
- dijon mustard

day 6

One minute each. Repeat 3x through.

Drop Squats

Jumping Jacks

Spiderman Climb

Bullfrog Push-up

Tricep Dips

Incline Push-ups

V-sets

Crunches



tricep dips



incline push-ups



v-sets

You are so much stronger than you think.

SNACK SALAD

- 2 tbsp dried cranberries
- 2 tbsp crumbled feta cheese
- 2 tbsp chopped walnuts
- 2 cups spinach

Mix together and top with oil and vinegar.

day 7

One minute each. Repeat 3x through.

Mountain Climbers
Squat Jumps
High Knees
Alternating Lunges

Push-up Steps
One-armed Holds → Alternate
5 seconds
each side.
V-sets
Twists



push-up steps

one-armed holds

twists

Nothing feels better
than a finished workout.

CHOCOLATE PB MOUSSE

- 1 cup greek yogurt
 - 2 tbsp peanut butter
 - 1 tsp cocoa powder
- Mix well, add a splash of water if content are too dry.

reflect

You did it! How do you feel? I'm a big advocate of writing it out, so take your time through the journal prompts below, some fitness-related and some not.

- One positive self-care habit I want to incorporate into my life and why.
- A few activities that I've been meaning to explore, in my own city and in a place I've never been.
- Three crazy cool goals I'd like to accomplish in the next year are...
- Five things that make me happy.
- My perfect day starts with...
- What are my favorite "feel good" jams and why do they resonate with me? (While you're at it, create a playlist!)
- What have been the biggest turning points in my life so far?

now what?

How do you fit what you've learned in the past week into your regular daily life? With practice and determination, it will be second nature in no time. Below are some tips to spice it up and keep you motivated.

- Set out clothes the night before for a morning workout.
- Get a sweat sesh in during your lunch break.
- Break up your 30-minute workout into 15 minutes in the morning then 15 minutes in the evening.
- Hold weights while squatting and lunging for an extra challenge.
- Do one of these daily workouts *after* a walk or run.
- Recruit a workout partner to stay inspired and have more fun.

This book is dedicated to

all my awesome bootcampers who inspire me to give my all in every workout. I hope you stay strong and committed in your health and fitness journeys. Remember to keep that core tight, head held high, and never give up.

G MOVES

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