



Protein Pancakes

Fluffy oat-based pancakes with protein powder. 34g protein, no sugar crash. Pre-STOMP fuel.

380
KCAL

34g
PROTEIN

10g
FAT

38g
CARBS

INGREDIENTS



- 1 cup rolled oats (blended)
- 1 scoop vanilla protein powder
- 4 egg whites + 1 whole egg
- 1/2 cup Greek yogurt
- 1/4 cup milk
- 1 tsp baking powder
- Toppings: berries, almond butter

METHOD

- Blend oats to flour. Mix with protein powder, baking powder.
- Whisk wet ingredients. Combine. Pour 1/4 cup per pancake.
- Cook 2-3 min until bubbles. Flip 1-2 min. Stack and top.

STOMP IT OFF: STACK & BUILD

30 MIN ON THE MAT

Muscle Building Power Circuit

M - Memory: Stack the exercises in your mind, build the sequence

WARM-UP (5 minutes)

- High Knees** - On mat center 30s. Pump arms. Get blood flowing.
- Leg Swings** - 10 forward/back each leg. Hold mat edge for balance.
- Arm Circles** - 20 small, 20 large. Both directions.
- Inchworm** - Walk hands out to plank, walk feet to hands. 5 reps.

WORK SETS (20 minutes)

- Tuck Jumps** - Jump on mat, pull knees to chest at peak. 3x8. Rest 30s between sets.
- Wall Sit Hold** - Back against wall, thighs parallel. 45s hold. 3 rounds. Rest 15s.
- High Knee Sprints** - High knees on mat. 20s max effort, 10s rest. 4 rounds.
- Diamond Push-Ups** - Hands together under chest. 3x8. Slow down (3s), fast up. Rest 30s.
- Jump Lunges** - Alternate legs in air. 3x8 each leg. Land soft. Rest 30s.
- Plank Up-Downs** - Plank to push-up position and back. 3x8 each arm leads. Rest 20s.
- Squat Pulse** - Hold bottom of squat, pulse 20 times. 3 rounds. Burn is the signal.
- Tricep Dips** - Hands on mat edge behind you. 3x12. Full range. Rest 20s.
- Bicycle Crunches** - Opposite elbow to knee. 3x20 (10 each side). Controlled, not fast.

COOL-DOWN (5 minutes)

- Standing Quad Stretch** - 30s each leg. Pull heel to glute.
- Forward Fold** - Hang loose, let gravity stretch hamstrings. 30s.
- Shake Out** - Shake arms, legs, whole body. 30s. Done.