

KEY INSTRUCTIONS:

















- Complete 10 reps per exercise (beginner), 15 (intermediate), 20 (advanced)
- Complete 3 rounds / sets (beginner), 4 (intermediate), 5 (advanced). For an added aerobic benefit, perform workouts as a circuit with minimal rest between exercises one after another. Workouts should be completed in under 40 min (beginner), 30 min (intermediate), 20 min (advanced)
- **Beginner Option:** Replace Resistance Training Workout with this Treadmill Workout
 - Warm-up: 5 mins @ 2.5 mph/1.0 Incline
 - Intervals: 2 mins @ 3.0 mph/3.0 Incline, 2 mins @ 3.5 mph/5.0 Incline, 1 min @ 4.0 mph/6.0 Incline (Repeat this sequence 4 times)
 - 5 mins Cool-down @ 2.5 mph/1.0 Incline

EACH WORKOUT GENERALLY CONSISTS OF:

- Aerobic/warm-up component
- Upper body focus movement
- Lower body focus movement
- Glutes focus movement
- Core focus movement

THINGS YOU'LL NEED: (optional)

- stability ball (sized according to your height)
- resistance bands or light dumbbells
- medicine ball (10-20 lbs.)
- a stable chair
- thick exercise mat

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Mountain climbers Tricep dips with chair Wide stance squat with pulses at bottom Single-leg deadlifts Regular crunch	 20 minutes walking (10,000 steps)	Burpees Lateral raises with resistance bands Plie Squat Donkey kicks Plank with leg raise	 10 minutes stairs (10 flights)	Step Ups Woodchopper with med ball Lateral lunges Glute bridge/hip raise Stability ball crunches	 REST DAY	 REST DAY
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
High Knee Raises Downward dog push up or Incline push up off chair Reverse Lunges Fire hydrant/Side Hip Raise Windshield wipers	 2 miles your choice of running, walking, jogging, hiking, bicycling	Stationary squats Supermans Split squat Hip extension off stability ball Bicycle crunches	 20 minutes walking (10,000 steps)	Chair taps Bicep curls with resistance bands Lunge with kickback Glute bridge/hip raise Single or double leg knee ups	 REST DAY	 REST DAY
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Burpees Tricep kickbacks with resistance bands Plie squat Chair kick Crunch with twist	 20 minutes 3 rounds of hill walking	Walk out push-ups Shoulder presses with resistance bands Forward lunge with bicep curl Donkey kicks Stability ball crunches	 10 minutes jump rope	Jump lunges Spiderman push-up Wide stance squat with pulse at bottom Single leg glute bridge Plank - 1 minute	 REST DAY	 REST DAY
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Forward lunges Bicep curls with resistance bands Sumo squat to overhead press with med ball Fire hydrant/side hip raise Double crunch	 30 minutes interval walking/jogging (30 sec. jogging, 1 min. walking, 30 sec. jogging - repeat 15 times)	Mountain climbers Tricep Dips with chair Lateral Lunges Hip extension off stability ball Frog crunches	 30 minutes walking (15,000 steps)	Chair Taps Incline push up off chair Stationary squats Donkey kick Single leg/single arm superman	 15 minutes jump rope	 REST DAY
DAY 29	DAY 30					
Mountain climbers Tricep dips with chair Wide stance squat with pulses at bottom Single leg deadlifts Regular crunch	<p>You Made It - Congratulations!</p> <p>Over the past 30 days you have learned the ins and outs of healthy eating and beginner level exercises. You should be proud of yourself and give yourself a pat on the back.</p> <p>So What Happens Next?</p> <p>Decide if you want more and keep going or start a maintenance plan.</p>					