

FREE program

30 days of change v2.0

visual workout guides | routines for your fitness level
balanced meal plan | no-equipment required

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day 2 30 Days of Change

cardio

1. plank
3 times during the day
beginners: 30 seconds
intermediate: 2 minutes
advanced: 5 minutes



2. wall sit
3 times during the day
beginners: 30 seconds
intermediate: 2 minutes
advanced: 5 minutes



jumping jacks 10 seconds
high knees 20 seconds
jumping jacks 30 seconds
high knees 40 seconds
jumping jacks 50 seconds
high knees 60 seconds
jumping jacks 50 seconds
high knees 40 seconds
jumping jacks 30 seconds
high knees 20 seconds
jumping jacks 10 seconds

no breaks -

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day 5 30 Days of Change

Circuit Training

Complete each exercise one after the other with no rest in between
Once cycle one is complete - rest for 60 Seconds
Repeat the whole cycle again

beginners: 2 times intermediate: 4 times advanced: 6 times

1. twisting push ups 10 reps on each arm
2. squats 10 reps
3. push ups 10 reps
4. jump squats 10 reps
5. forward lunges 10 reps each leg
6. crab walk 5 meters - twice



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day 7 30 Days of Change

Bodyweight Training

1. high knees 60 seconds
2. push ups b: 5 | 4 | 3
e: 10 | 8 | 6
a: 15 | 12 | 10
3. forward lunges b: 10 | 8 | 6
e: 20 | 15 | 10
a: 50 | 40 | 30
4. crunches b: 12 | 10 | 8
e: 20 | 18 | 16
a: 60 | 40 | 20
5. squats b: 12 | 10 | 8
e: 20 | 18 | 16
a: 40 | 30 | 20
6. knee pull-ins b: 12 | 10 | 8
e: 20 | 18 | 16
a: 40 | 30 | 20

rest between sets
beginner: as long as you need
intermediate: up to 60 seconds
advanced: 40 seconds



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day 8 30 Days of Change

part 1 Running

20 minutes - low speed or walk
10 minutes - medium speed at comfortable pace
10 minutes - run as fast and as hard as possible, but don't sprint

part 2 sprints

60-90 second breaks in between

sprints	push ups right after a sprint	squats right after press ups
1. 10 second sprint	b: 2 i: 6 a: 10	b: 4 i: 10 a: 20
2. 20 second sprint	b: 4 i: 10 a: 14	b: 6 i: 14 a: 30
3. 30 second sprint	b: 8 i: 14 a: 20	b: 10 i: 18 a: 40
4. 20 second sprint	b: 4 i: 10 a: 14	b: 6 i: 14 a: 30
5. 10 second sprint	b: 2 i: 6 a: 10	b: 4 i: 10 a: 20

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day 11 30 Days of Change

Cardio 60 minutes

spread throughout the day
walk, jog or run
bike, swim or row

Core Training: Plank

beginner: 1 set intermediate: 3 sets advanced: 6 sets - throughout a day

60-second plank on elbows - rest 60 seconds
30-second side plank on each side - rest 60 seconds after both are done
60-second plank on elbows - rest 60 seconds
30-second side plank on each side - rest 60 seconds after both are done



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day 12 30 Days of Change

Stopwatch Workout

1 mile walk/jog warmup

sets
beginner: 3 sets
intermediate: 5 sets
advanced: 7 sets

rest between sets
beginner: as long as you need
intermediate: up to 60 seconds
advanced: 40 seconds

10 Sec - Jumping Jacks
10 Sec - Push Ups
10 Sec - Rest
20 Sec - High Knees
20 Sec - Knee Tuck Jumps
20 Sec - Rest
30 Sec - Burpees
30 Sec - Mountain Climbers
30 Sec - Rest
20 Sec - Jumping Lunges
20 Sec - High Jumps
20 Sec - Rest
10 Sec - Jumps Squats
10 Sec - Push Ups
10 Sec - Rest



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day 13 30 Days of Change

part 1 cardio

2 pounds
run/jog/walk with extra weight
beginner: 1 mile
intermediate: 3 miles
advanced: 6 miles

use a backpack or hold a 1lb dumbbell in each arm

part 2: bodyweight training

forward lunges b: 6 | 10 | 6 | 10
e: 12 | 14 | 12 | 14
a: 16 | 20 | 16 | 20
squats b: 8 | 10 | 8 | 10
e: 14 | 18 | 14 | 18
a: 20 | 30 | 20 | 30
Russian twists b: 6 | 8 | 6 | 8
e: 16 | 20 | 16 | 20
a: 20 | 24 | 20 | 24
push ups b: 6 | 10 | 6 | 10
e: 16 | 20 | 16 | 20
a: 18 | 20 | 18 | 20

rest between sets
beginner: as long as you need
intermediate: up to 60 seconds
advanced: 30 seconds



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day 17 30 Days of Change

cardio Running/distance

beginners: run, jog or walk 2 miles
intermediate: run or jog 4 miles
advanced: run 6 miles

Bodyweight Training

1. squats b: 2 | 4 | 2 | 4
e: 14 | 10 | 14 | 10
a: 30 | 20 | 30 | 20
2. cross-body crunches b: 6 | 4 | 6 | 4
e: 14 | 10 | 14 | 10
a: 18 | 20 | 18 | 20
3. push ups b: 6 | 10 | 6 | 10
e: 16 | 20 | 16 | 20
a: 18 | 20 | 18 | 20
4. mountain climbers b: 6 | 4 | 6 | 4
e: 14 | 10 | 14 | 10
a: 18 | 20 | 18 | 20

rest between sets
beginner: as long as you need
intermediate: up to 60 seconds
advanced: 40 seconds



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This program is designed to change your eating and exercise habits as well as the way you look and feel - in a month. The program requires consistency and dedication no matter how tired or busy you are.

Each day consists of a sample meal plan for the day, cardio and core workouts. The meal plan is designed to satisfy all your needs and provide you with the fuel to work out throughout the day.

There are six small meals a day but you don't have to eat if you don't feel hungry. Snacks are optional, too. You can scale the amounts provided up or down depending on how much you feel you need but try not to go overboard by drastically increasing or reducing the portions. You can always replace items and mix and match depending on your preference.

Whenever the quantity of something isn't specified like with green beans, tomatoes and mushrooms, for example, that means the quantity isn't limited. Also, try to avoid buying any sweets or salty snacks during the 30 days of the program or drink any alcohol.

Almost every workout in the program consists of two parts: cardio and bodyweight training. You can perform each separately or one after another depending on your schedule.

There are **no rest days** in the 30 Days Of Change but some days are easier than others to let you recover for the upcoming day or after a particularly difficult one.

Don't be afraid if it feels hard – it's supposed to. If you feel that you can't follow through anymore, drop down a level.

If you find it difficult to train at the beginner level – halve the amounts of reps per exercise and continue, but don't skip days. You can jump from one fitness level to another at any point during the program.

If you suffer from back pain or had knee injuries take care while performing running. You can pick your own type of cardio: cycling (double the distance), swimming, rowing or skiing – as long as you keep the time. The more changes you make to the program the less likely you are to stick with it so try to follow it as is as much as possible. If you can't perform push-ups or push-up like exercises perform them with your knees touching the floor but don't skip the exercise. In one instance you'll need a ball – you can use any ball or even a pillow, get creative.

This program is completely equipment free but you'll need to be able to go for a walk or a run outside.

Different daily workouts will ensure that your body doesn't adapt to the same routine so you'll see progress a lot sooner than with any other program.

b – beginner fitness level
i – intermediate
a – advanced

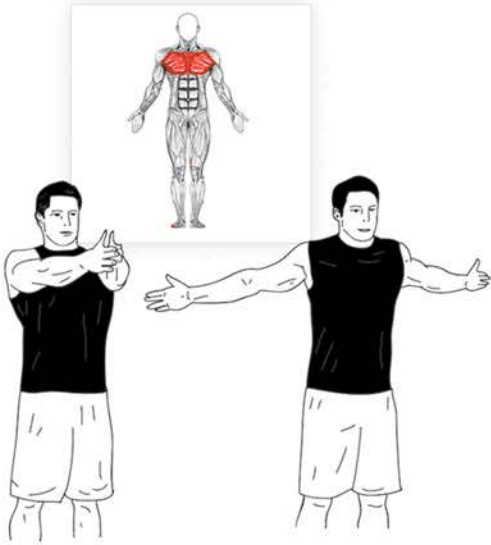
This is a FREE program

Hashtag for the program: **#30daysofchange**

stretching

[optional]

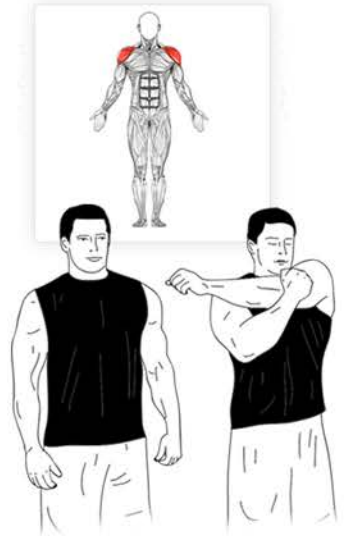
pre-workout 20 seconds each



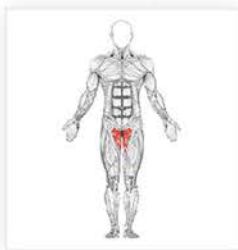
1. dynamic chest



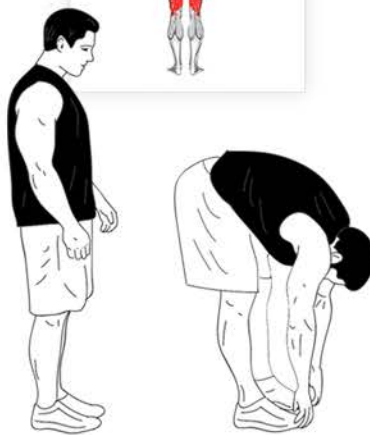
2. triceps



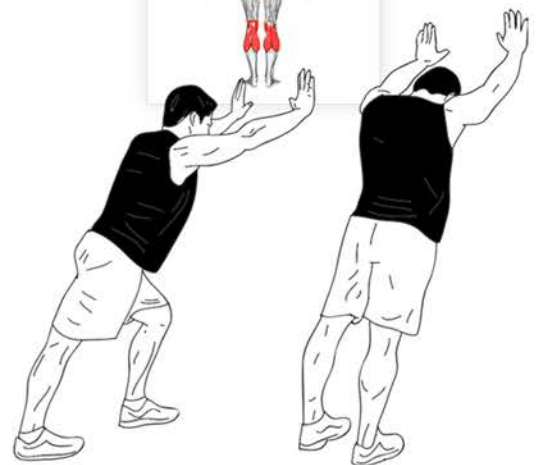
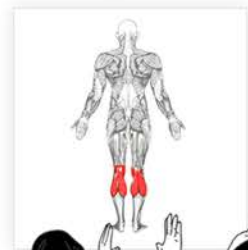
3. shoulder



4. groin and back



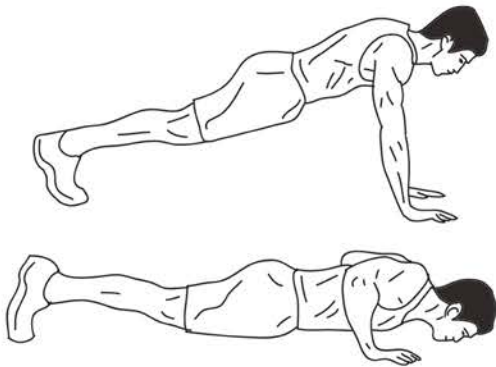
5. standing toe



6. calf
hands against wall

cardio

beginner: 20 minutes of walking
intermediate: 30 minutes of jogging
advanced: 40 minutes of running

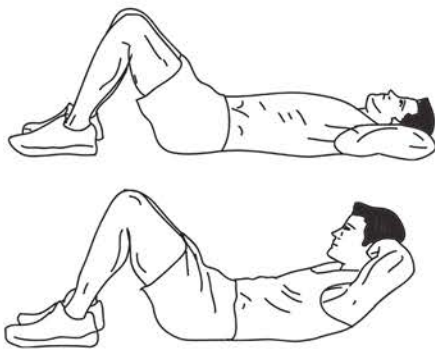


1. push ups

b: 5 | 5 | 5

i: 10 | 10 | 10 | 10 | 10

a: 20 | 20 | 20 | 20 | 20

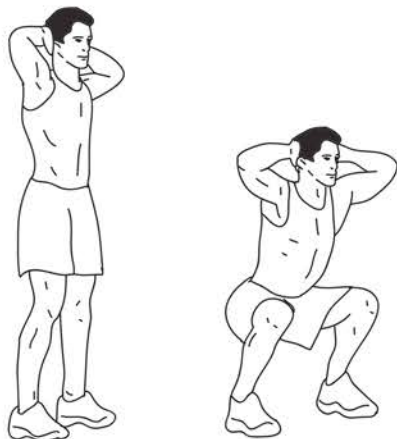


2. crunches

b: 15 | 15 | 15

i: 50 | 50 | 50 | 50

a: 300 at once



3. squats

b: 10 | 10 | 10

i: 20 | 20 | 20 | 20 | 20

a: 50 | 50 | 50 | 50

rest between sets

beginner: as long as you need
intermediate: up to 2 minutes
advanced: 60 seconds

cardio



jumping jacks

high knees

- no breaks -

jumping jacks 10 seconds

high knees 20 seconds

jumping jacks 30 seconds

high knees 40 seconds

jumping jacks 50 seconds

high knees 60 seconds

jumping jacks 50 seconds

high knees 40 seconds

jumping jacks 30 seconds

high knees 20 seconds

jumping jacks 10 seconds

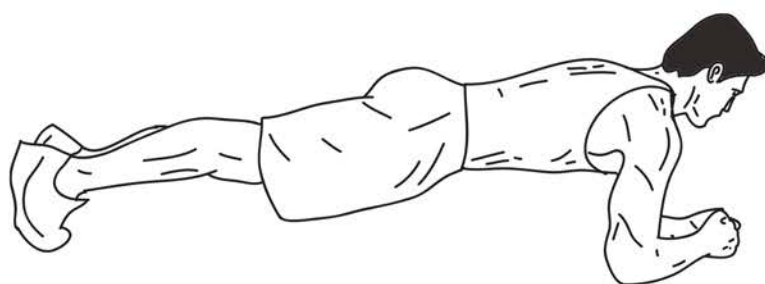
1. plank

3 times during the day

beginners: 30 seconds

intermediate: 2 minutes

advanced: 5 minutes



2. wall sit

3 times during the day

beginners: 30 seconds

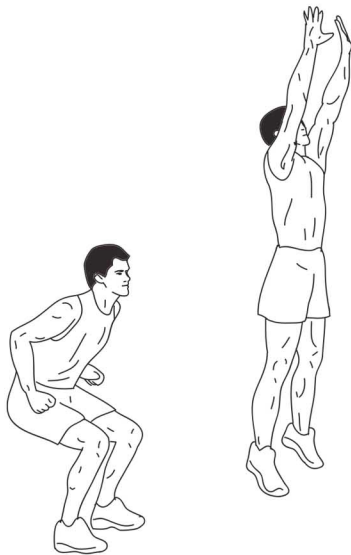
intermediate: 2 minutes

advanced: 5 minutes



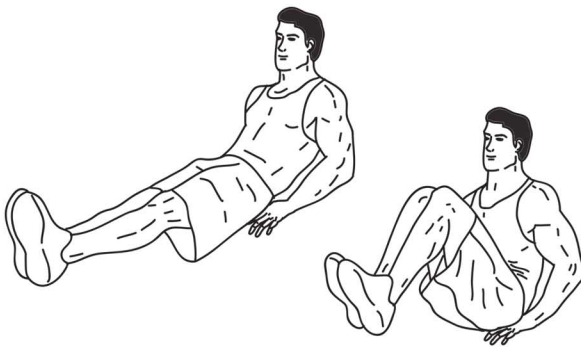
cardio

Long run / jog / walk
60 minutes at any speed



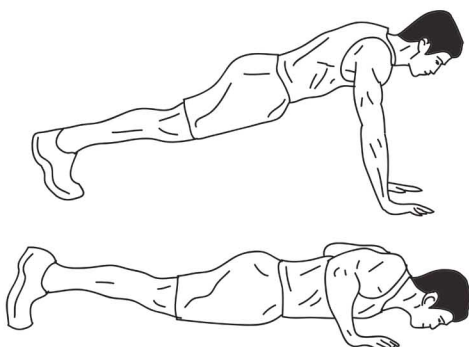
1. high jumps 5 sets

b: 5 | throughout the day
i: 10 | 2-3 minute break
a: 15 | 1 minute break



2. knee pull-ins 5 sets

b: 5 | throughout the day
i: 10 | 2-3 minute breaks
a: 12 | 30-40 second break



3. push ups 5 sets

b: 3 | throughout the day
i: 8 | 1 minute break
a: 10 | 30-40 second break

cardio

Running: 5 speedwork drills

2-3 minute warm-up

1 minute hard then 1 minute easy

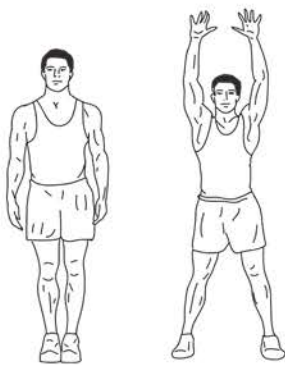
2 minutes hard then 2 minutes easy

3 minutes hard then 3 minutes easy

4 minutes hard then 4 minutes easy

repeat cycle 1-4 minutes 2 times

cool-down 5 minutes

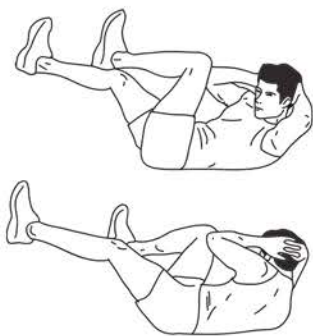


1. jumping jacks

b: 16 | 14 | 12 | 10 | 8

i: 20 | 18 | 16 | 14 | 12

a: 40 | 32 | 24 | 18 | 16

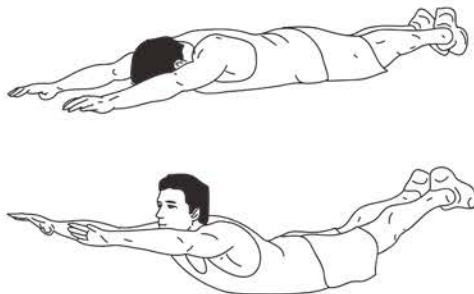


2. cross-body crunches

b: 6 | 4 | 6 | 4 | 6

i: 14 | 10 | 14 | 10 | 14

a: 30 | 20 | 30 | 20 | 30



3. superman

b: 5 | 6 | 7 | 8 | 9 | 10

i: 10 | 12 | 14 | 16 | 18

a: 20 | 24 | 20 | 24 | 20

rest between sets

beginner: as long as you need

intermediate: up to 2 minutes

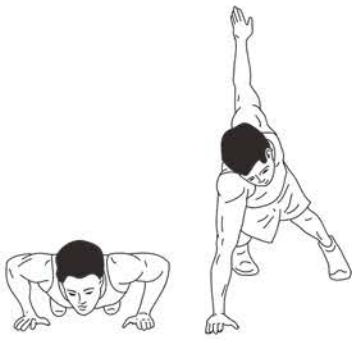
advanced: 60 seconds

Circuit Training

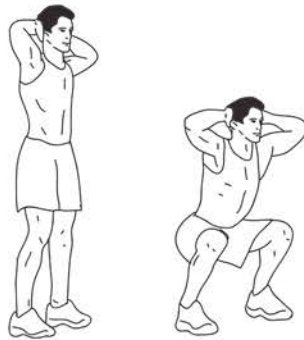
Complete each exercise one after the other with no rest in between
Once cycle one is complete - rest for **60 Seconds**

Repeat the whole cycle again

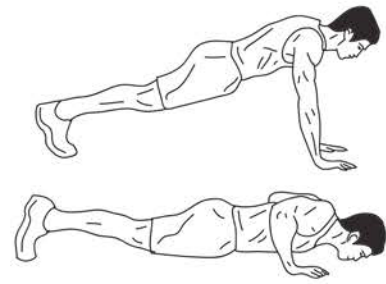
beginners: 2 times **intermediate:** 4 times **advanced:** 6 times



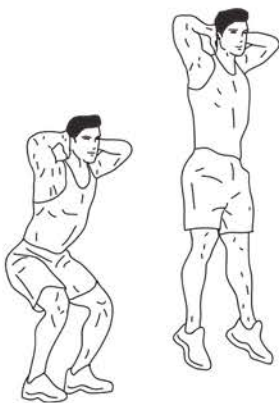
1. twisting push ups
10 reps on each arm



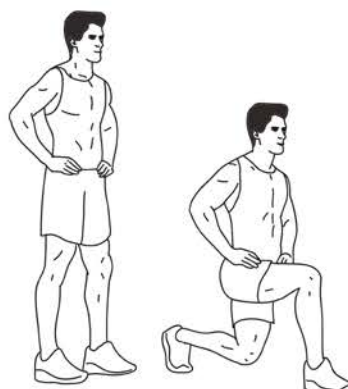
2. squats
10 reps



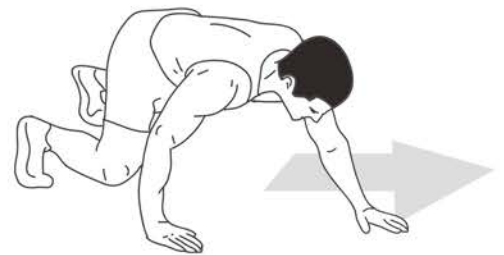
3. push ups
10 reps



4. jump squats
10 reps



5. forward lunges
10 reps each leg



6. crab walk
5 meters - twice

cardio

Running /distance

beginners: run or jog for 2 miles

intermediate: run 4 miles

advanced: run 6 miles

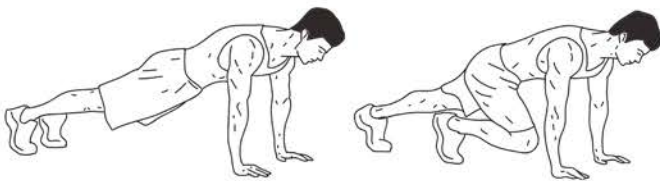
beginner: 5 reps

intermediate: 10 reps

advanced: 20 reps

sets: 5 sets

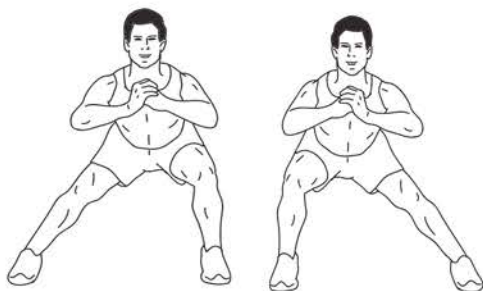
1. mountain climbers



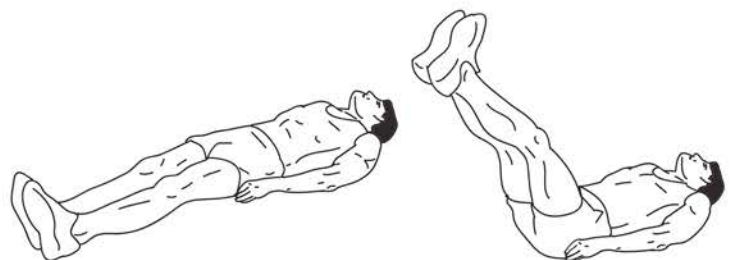
2. cross-body crunches



3. side-to-side lunges



4. leg raises



rest between sets

beginner: as long as you need

intermediate: up to 2 minutes

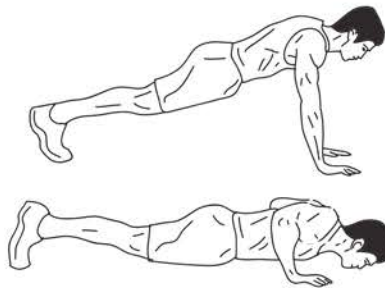
advanced: 60 seconds

Bodyweight Training

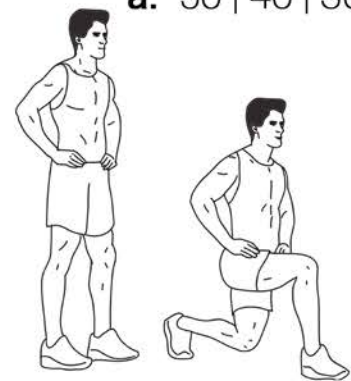
1. high knees 60 seconds



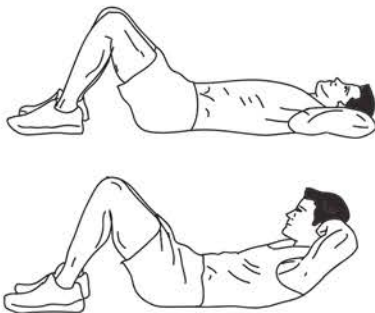
2. push ups b: 5 | 4 | 3 i: 10 | 8 | 6 a: 15 | 12 | 10



3. forward lunges b: 10 | 8 | 6 i: 20 | 15 | 10 a: 50 | 40 | 30



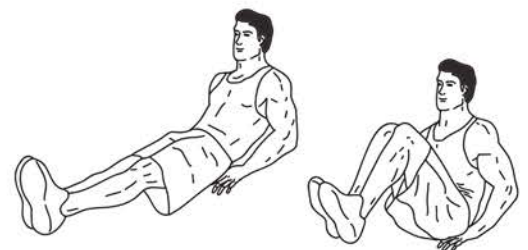
4. crunches b: 12 | 10 | 8 i: 20 | 18 | 16 a: 60 | 40 | 20



5. squats b: 12 | 10 | 8 i: 20 | 18 | 16 a: 40 | 30 | 20



6. knee pull-ins b: 12 | 10 | 8 i: 20 | 18 | 16 a: 40 | 30 | 20



rest between sets

beginner: as long as you need
intermediate: up to 60 seconds
advanced: 40 seconds



part 1

Running

20 minutes - low speed or walk

10 minutes - medium speed
at comfortable pace

10 minutes - run as fast
and as hard as possible, but don't sprint

part 2

sprints

60-90 second breaks in between

push ups

right after a sprint

squats

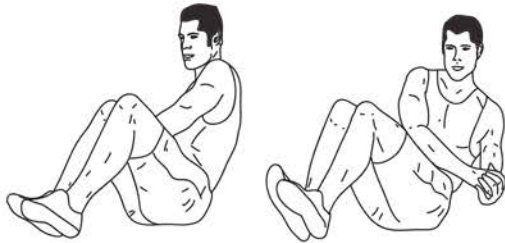
right after press ups

1. 10 second sprint → **b: 2 i: 6 a: 10** → **b: 4 i: 10 a: 20**
2. 20 second sprint → **b: 4 i: 10 a: 14** → **b: 6 i: 14 a: 30**
3. 30 second sprint → **b: 8 i: 14 a: 20** → **b: 10 i: 18 a: 40**
4. 20 second sprint → **b: 4 i: 10 a: 14** → **b: 6 i: 14 a: 30**
5. 10 second sprint → **b: 2 i: 6 a: 10** → **b: 4 i: 10 a: 20**

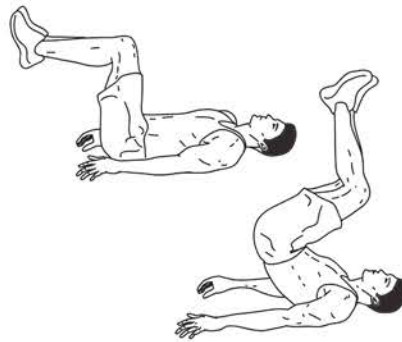
each exercise
10 reps

sets
beginner 2 sets
intermediate 5 sets
advanced 7 sets

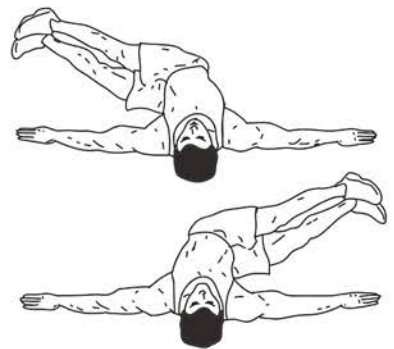
1. Russian twists



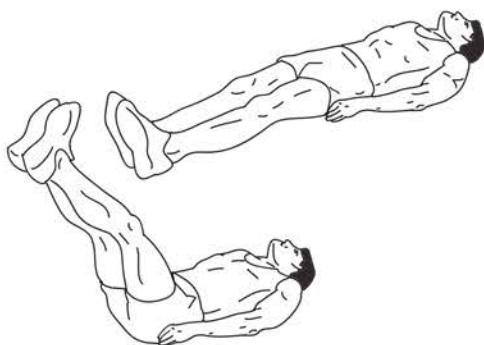
2. reverse crunches



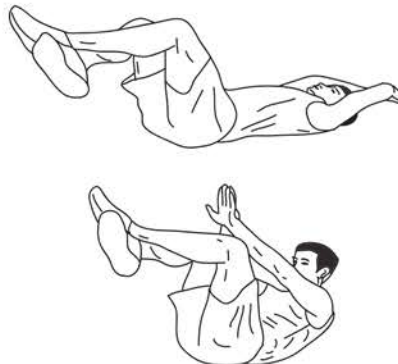
3. windshield wipers



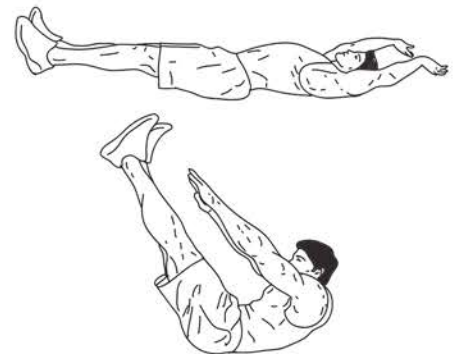
4. leg raises



5. knee crunches



6. jackknives



Extra **30 minute walk**

rest between sets

beginner: as long as you need
intermediate: up to 2 minutes
advanced: 60 seconds

Cardio

jog/run

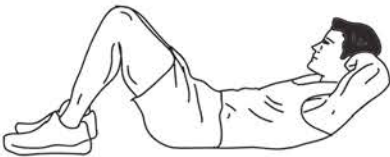
part 1

20 minutes of walking/ jogging/ running

part 2

5 x 100 meters sprint

up to 30 second breaks in between



1. crunches

b: 12 | 10 | 12 | 10

i: 20 | 30 | 20 | 30

a: 60 | 80 | 60 | 80

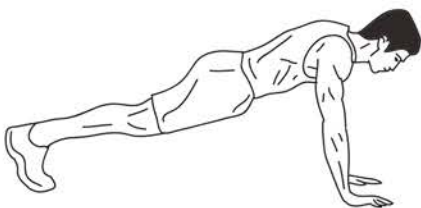


2. squats

b: 14 | 16 | 14 | 16

i: 18 | 20 | 18 | 20

a: 20 | 30 | 20 | 30



3. push ups

b: 4 | 6 | 4 | 6

i: 10 | 20 | 10 | 20

a: 24 | 28 | 24 | 28

rest between sets

beginner: as long as you need

intermediate: up to 60 seconds

advanced: 30 seconds

Cardio

60
minutes

spread throughout the day

walk, jog or run

bike, swim or row

Core Training: Plank

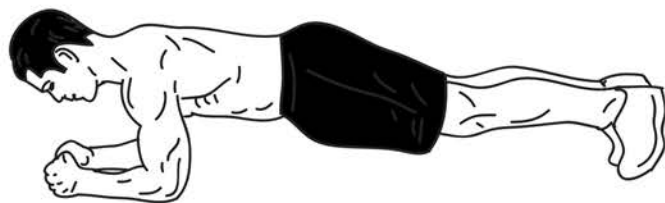
beginner: **1 set** intermediate: **3 sets** advanced **6 sets** – *throughout the day*

60-second plank on elbows – *rest 60 seconds*

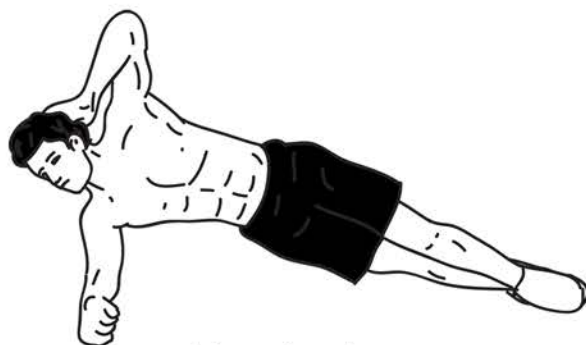
30-second side plank on each side – *rest 60 seconds after both are done*

60-second plank on elbows – *rest 60 seconds*

30 second side plank on each side – *rest 60 seconds after both are done*



elbow plank



side plank

Stopwatch Workout

1 mile
walk/jog **warmup**

sets

beginner: 3 sets

intermediate: 5 sets

advanced: 7 sets

rest between sets

beginner:
as long as you need

intermediate:
up to 60 seconds

advanced:
40 seconds



10 sec – Jumping Jacks

10 Sec – Push Ups

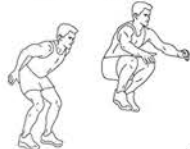


10 Sec – Rest



20 Sec – High Knees

20 Sec – Knee Tuck Jumps



20 Sec – Rest

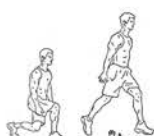


30 Sec – Burpees

30 Sec – Mountain Climbers



30 Sec – Rest



20 Sec – Jumping Lunges

20 Sec – High Jumps

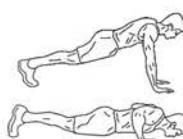


20 Sec – Rest



10 Sec – Jumps Squats

10 Sec – Push Ups



10 Sec – Rest

part 1

cardio

2 pounds

run/jog/walk
with extra weight

beginner: 1 mile

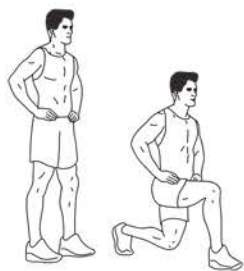
intermediate: 3 miles

advanced: 6 miles

use a backpack
or hold a 1lb dumbbell in each arm



part 2: bodyweight training



forward lunges

b: 6 | 10 | 6 | 10
i: 12 | 14 | 12 | 14
a: 16 | 20 | 16 | 20



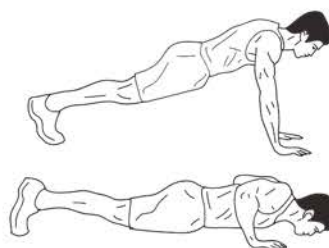
Russian twists

b: 6 | 8 | 6 | 8
i: 16 | 20 | 16 | 20
a: 20 | 24 | 20 | 24



squats

b: 8 | 10 | 8 | 10
i: 14 | 18 | 14 | 18
a: 20 | 30 | 20 | 30



push ups

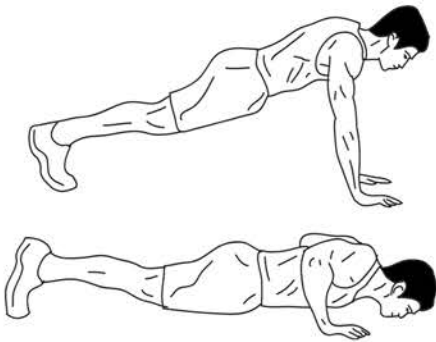
b: 6 | 10 | 6 | 10
i: 16 | 20 | 16 | 20
a: 18 | 20 | 18 | 20

rest between sets

beginner: as long as you need
intermediate: up to 60 seconds
advanced: 30 seconds

Part 1 - cardio + core

1 mile run warmup

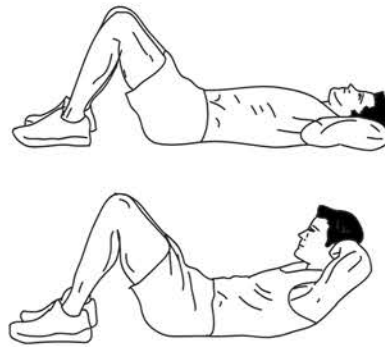


push ups

b: 2 | 4 | 6

i: 10 | 15 | 20

a: 15 | 25 | 30



crunches

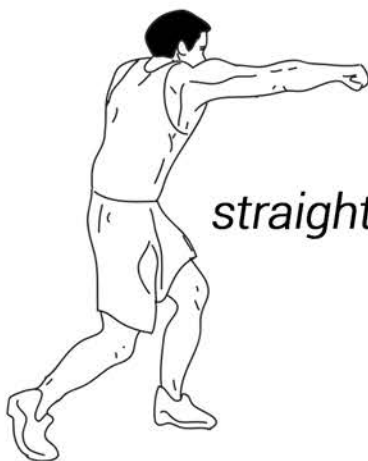
b: 10 | 12 | 14

i: 20 | 30 | 40

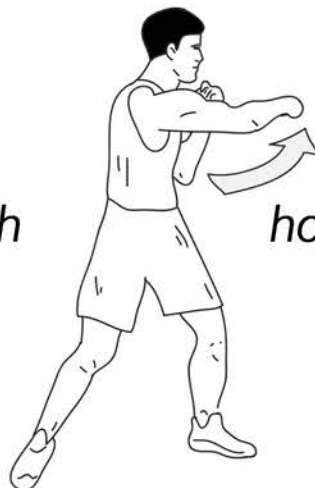
a: 30 | 40 | 50

Part 2 - shadow boxing

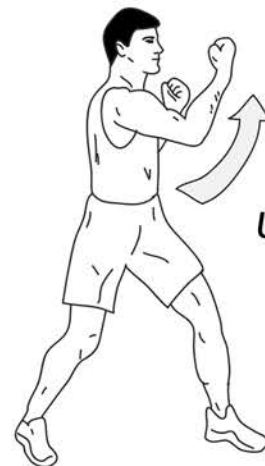
5 minutes - move as fast as you can **X 5 sets** - use the moves below:



straight punch



hook



upper cut

rest between sets

beginner: as long as you need

intermediate: up to 2 minutes

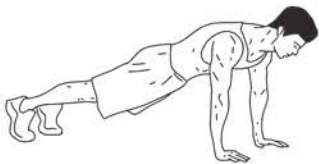
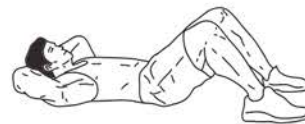
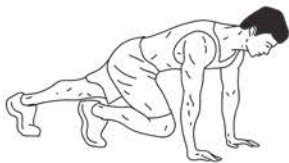
advanced: 60 seconds

cardio

Running /distance

beginners: run or jog for 2 miles**intermediate:** run 4 miles**advanced:** run 6 miles

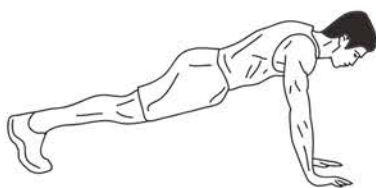
Bodyweight Training

**1.** mountain climbers**2.** cross-body crunches

b: 6|4|6|4|6
i: 14|10|14|10|14
a: 30|20|30|20|30



b: 10|12|10|12|10
i: 12|16|12|16|12
a: 30|20|30|20|30

**3.** push-ups

b: 6|4|6|4|6
i: 14|10|14|10|14
a: 30|20|30|20|30

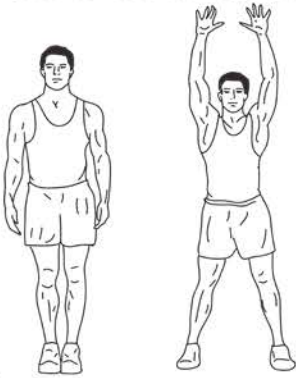
**4.** squats

b: 6|4|6|4|6
i: 14|10|14|10|14
a: 30|20|30|20|30

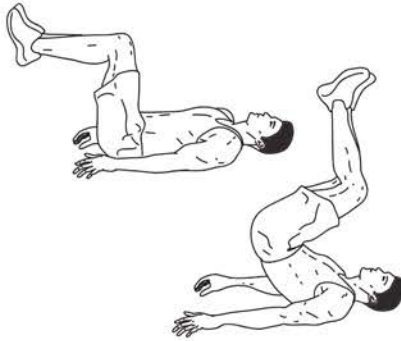
*rest between sets***beginner:** as long as you need**intermediate:** up to 60 seconds**advanced:** up to 45 seconds

Bodyweight Training

1. jumping jacks
b:10 **i:** 20 **a:** 30



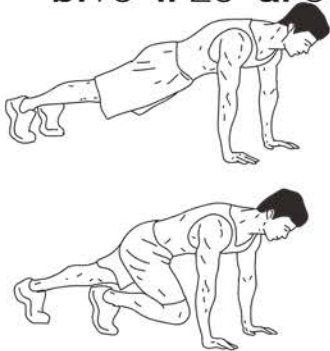
2. reverse crunches
b:10 **i:** 20 **a:** 30



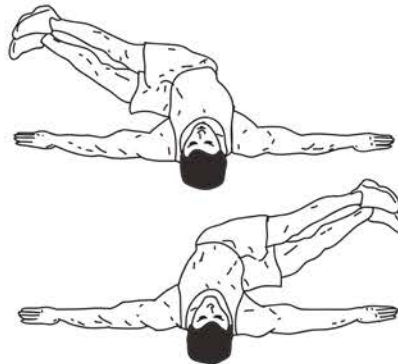
3. squats
b:10 **i:** 20 **a:** 30



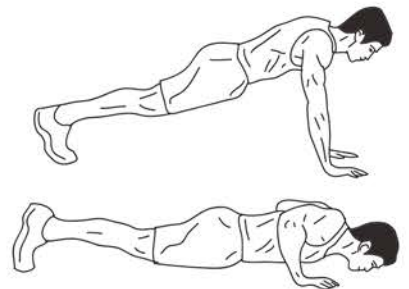
4. mountain climbers
b:10 **i:** 20 **a:** 30



5. windshield wipers
b:10 **i:** 20 **a:** 30



6. push ups
b:10 **i:** 20 **a:** 30



sets

beginner: 2 sets

intermediate: 4 sets

advanced: 6 sets

rest between sets

beginner: as long as you need

intermediate: 60 seconds

advanced: 30 seconds

cardio

Running /distance

beginners: run, jog or walk 2 miles

intermediate: run or jog 4 miles

advanced: run 6 miles

Bodyweight Training



1. squats

b: 6|4|6|4|6

i: 14|10|14|10|14

a: 30|20|30|20|30

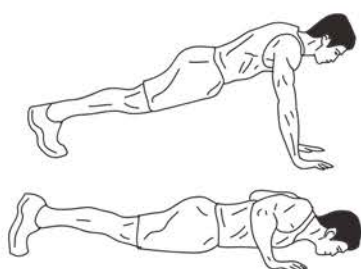


2. cross-body crunches

b: 6|4|6|4|6

i: 14|10|14|10|14

a: 30|20|30|20|30

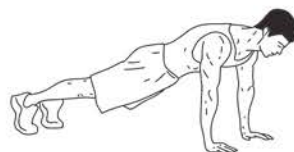


3. push ups

b: 2|4|2|4|2

i: 8|10|8|10|8

a: 10|15|10|15|10



4. mountain climbers

b: 6|4|6|4|6

i: 14|10|14|10|14

a: 18|20|18|20|18



rest between sets

beginner: as long as you need

intermediate: up to 60 seconds

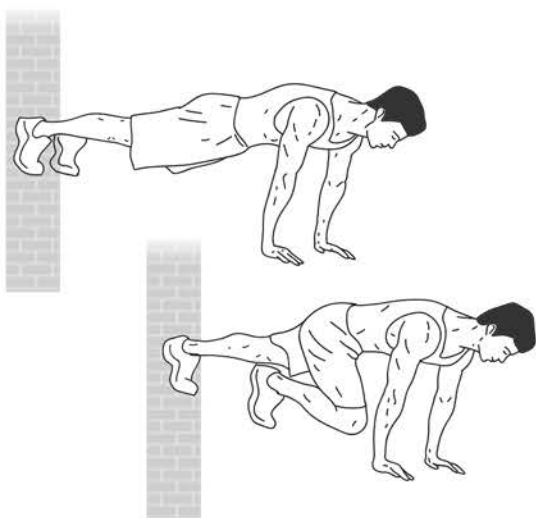
advanced: 40 seconds

cardio

beginner: 30 minutes of walking
intermediate: 40 minutes of jogging
advanced: 50 minutes of running

1. wall mountain climbers

beginner:
do ordinary mountain climbers



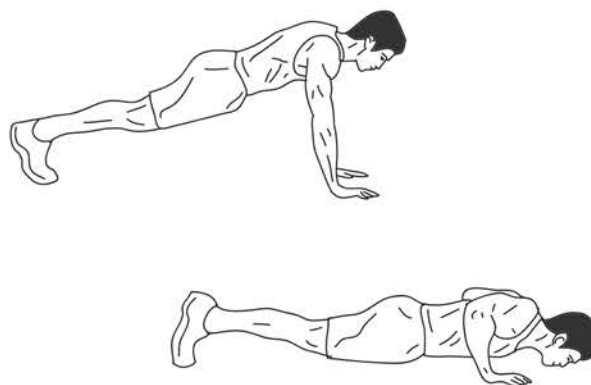
beginner:
14 | 16 | 14 | 16

intermediate:
18 | 20 | 18 | 20

advanced:
20 | 30 | 20 | 30

2. slow push ups

Count to 10 while lowering yourself and count to 10 while lifting yourself up



beginner:
4 | 6 | 4 | 6

intermediate:
8 | 10 | 8 | 10

advanced:
10 | 20 | 10 | 20

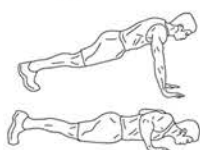
rest between sets

beginner: as long as you need
intermediate: up to 60 seconds
advanced: 40 seconds

Stopwatch Workout



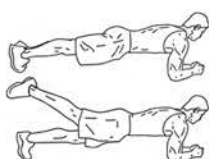
15 Sec – High Jumps



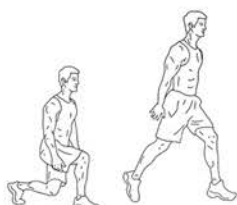
15 Sec – Push Ups



20 sec – Lunge Knee Hops



20 Sec – Plank Leg Lifts



30 Sec – Jumping Lunges



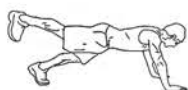
30 Sec – Mountain Climbers



30 Sec – Rest



20 Sec – Jump Squats



20 Sec – Raised Leg Push Ups



20 Sec – Rest

1 mile
walk/jog **warmup**

sets

beginner: 3 sets

intermediate: 6 sets

advanced: 10 sets

rest between sets

beginner:
as long as you need

intermediate:
up to 60 seconds

advanced:
40 seconds

part 1

Cardio - 30 minutes:**10 minutes** - low speed or walk**10 minutes** - medium speed
at comfortable pace**10 minutes** - run as fast
and as hard as possible, but don't sprint

part 2

sprints

30-40 second breaks in between

push ups

right after a sprint

squats

right after press ups

- | | | | | | |
|----|------------------|---|--------------------------|---|--------------------------|
| 1. | 10 second sprint | → | b: 4 i: 8 a: 15 | → | b: 6 i: 12 a: 30 |
| 2. | 20 second sprint | → | b: 6 i: 12 a: 18 | → | b: 8 i: 16 a: 40 |
| 3. | 30 second sprint | → | b: 10 i: 16 a: 22 | → | b: 12 i: 20 a: 50 |
| 4. | 20 second sprint | → | b: 6 i: 12 a: 18 | → | b: 8 i: 16 a: 40 |
| 5. | 10 second sprint | → | b: 4 i: 8 a: 15 | → | b: 8 i: 12 a: 30 |

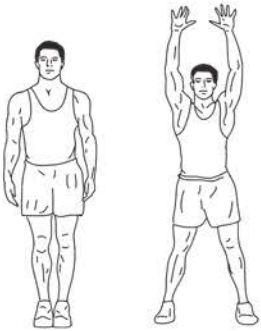
sets

beginner: 2 sets
intermediate: 4 sets
advanced: 6 sets

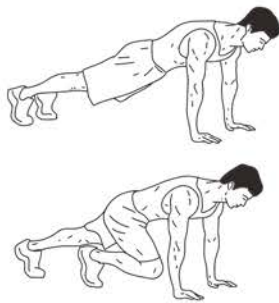
rep: **20**
seconds each

Rest, or move slowly, for **10 seconds** before moving on to the next exercise

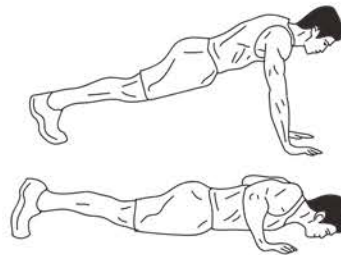
1. jumping jacks



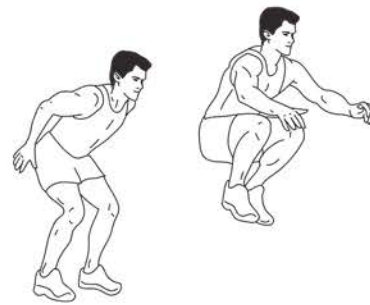
2. mountain climbers



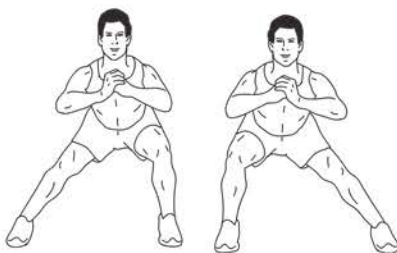
3. push ups



4. knee tuck jumps



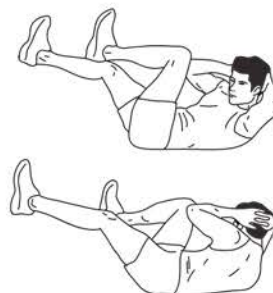
5. side-to-side lunges



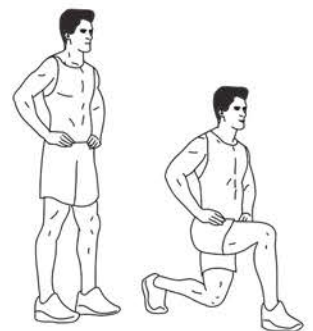
6. squats



7. bicycle crunches



8. forward lunges



rest between sets

beginner: as long as you need
intermediate: 60 seconds
advanced: 40 seconds

cardio

Running /distance

beginners: run or jog for 2 miles

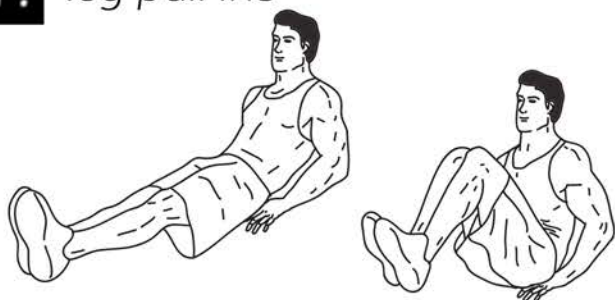
intermediate: run 4 miles

advanced: run 6 miles

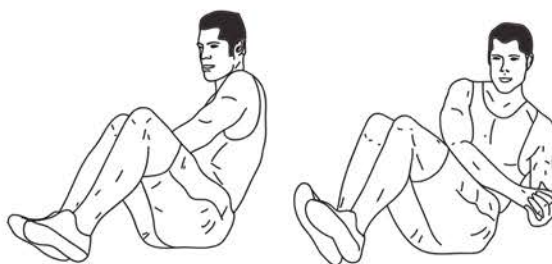
reps (each) beginner **5** intermediate **10** advanced **20**

5 sets all

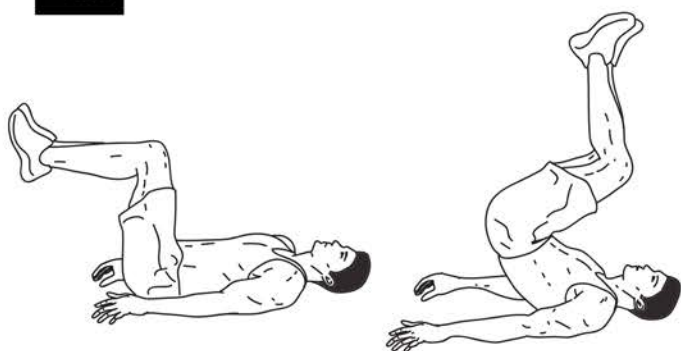
1. leg pull ins



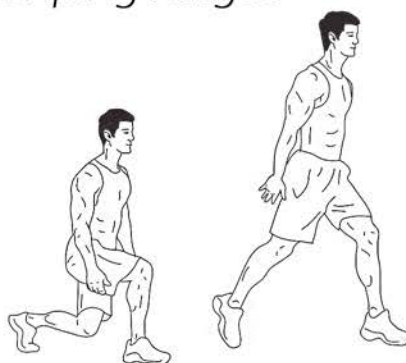
2. russian twists



3. reverse crunches



4. jumping lunges



rest between sets

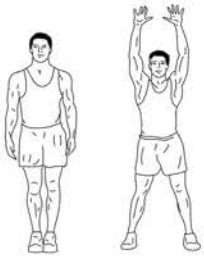
beginner: as long as you need

intermediate: up to 60 seconds

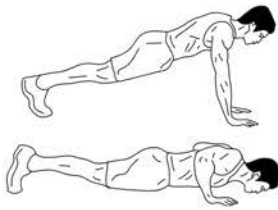
advanced: up to 45 seconds

5x5 workout

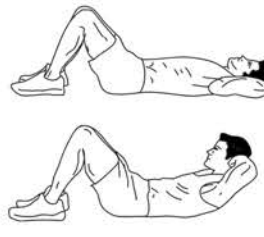
5 reps | 5 sets each



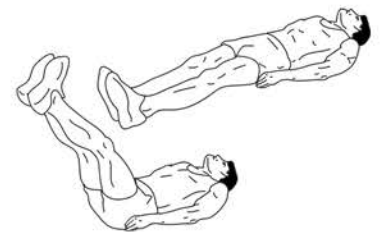
jumping jacks



push ups



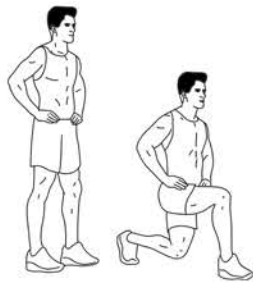
crunches



leg raises



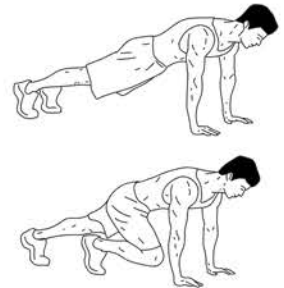
high knees



forward lunges



squats



mountain climbers

rest between sets

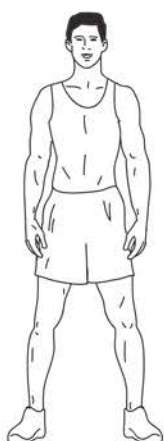
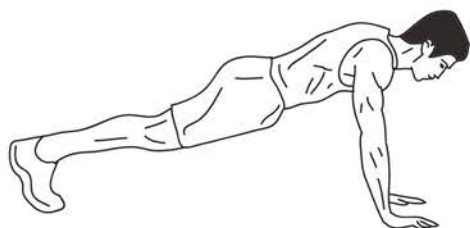
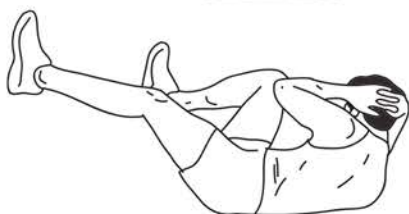
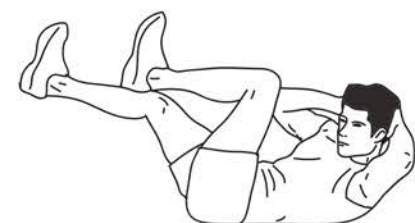
beginner: as long as you need
intermediate: up to 60 seconds
advanced: 30 seconds

cardio '22

Running/jogging

or any other cardio activity

20 minutes of running or jogging
1 minute at 100% speed, as fast as you can
1 minute at 50% speed

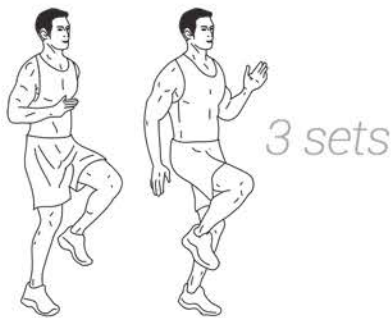
**1.** bicycle crunches**b:** 16 | 14 | 12 | 10 | 8**i:** 20 | 18 | 16 | 14 | 12**a:** 40 | 32 | 24 | 18 | 16**2.** push ups**b:** 6 | 4 | 6 | 4 | 6**i:** 14 | 10 | 14 | 10 | 14**a:** 30 | 26 | 20 | 18 | 16**3.** squat side-lunges**b:** 6 | 8 | 10 | 12 | 14**i:** 10 | 12 | 14 | 16 | 18**a:** 24 | 22 | 20 | 18 | 16**rest between sets**

beginner: as long as you need
intermediate: 60 seconds
advanced: 30 seconds

Bodyweight Training

1. high knees

b: 20 seconds
i: 40 seconds
a: 60 seconds



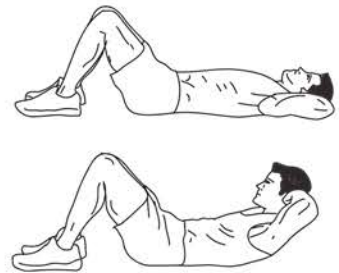
2. squats

b: 5 | 4 | 3
i: 10 | 8 | 6
a: 15 | 12 | 10



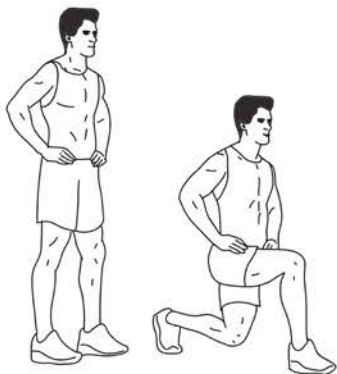
3. crunches

b: 10 | 8 | 6
i: 20 | 15 | 10
a: 50 | 40 | 30



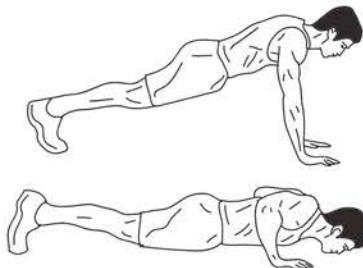
4. forward lunges

b: 12 | 10 | 8
i: 20 | 18 | 16
a: 60 | 40 | 20



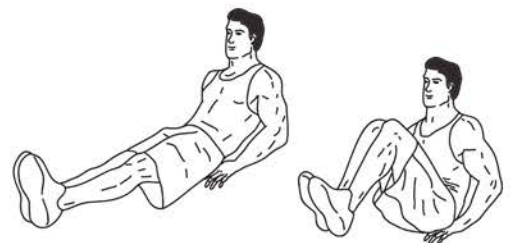
5. push ups

b: 12 | 10 | 8
i: 20 | 18 | 16
a: 30 | 20 | 10



6. knee ups

b: 12 | 10 | 8
i: 20 | 18 | 16
a: 40 | 30 | 20



rest between sets

beginner: as long as you need

intermediate: 60 seconds

advanced: 30 seconds

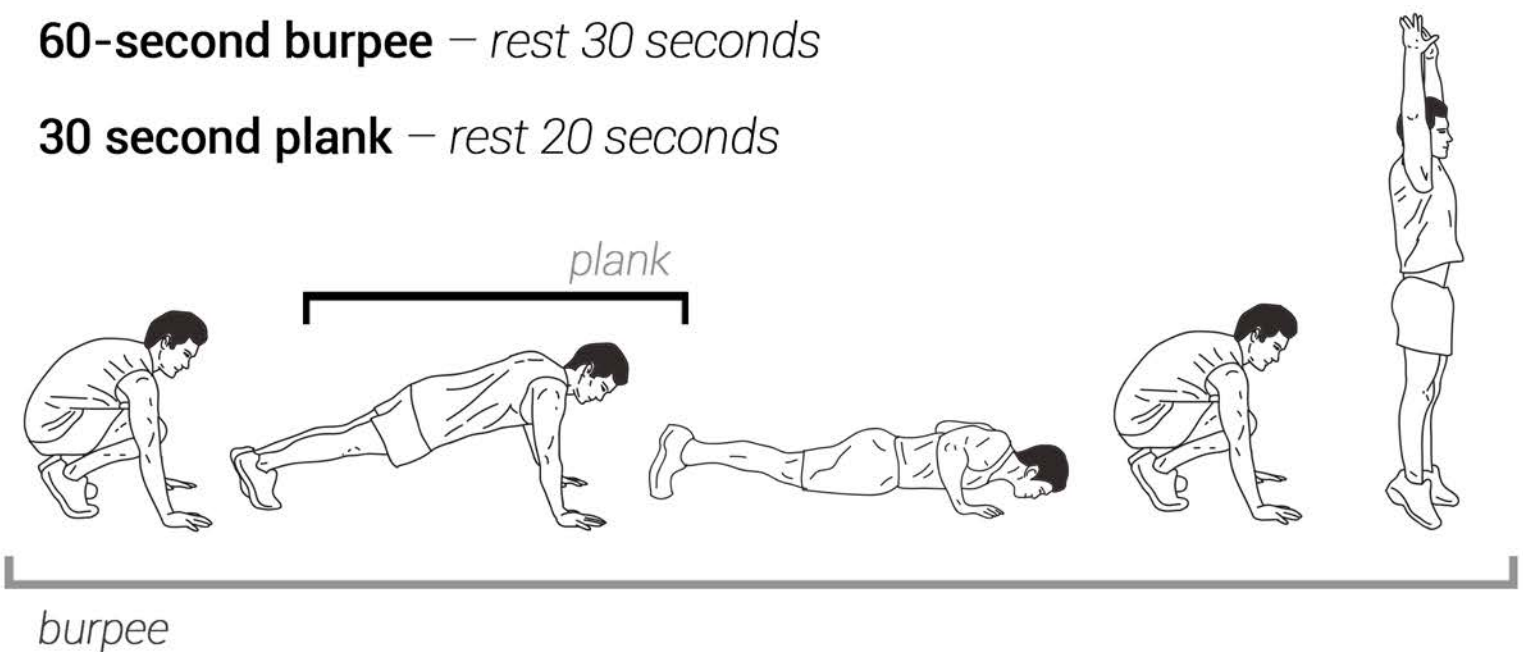
Cardio

60
minutes**spread throughout the day**

walk, jog or run

cycle, swim or row

Core Training

beginner: **1 set** intermediate: **3 sets** advanced **6 sets** - *throughout the day***60-second burpee** – *rest 30 seconds***30-second plank** – *rest 20 seconds***60-second burpee** – *rest 30 seconds***30 second plank** – *rest 20 seconds*

part 1

Cardio - 40 minutes:

10 minutes - low speed or walk

10 minutes - run as fast and as hard as possible

10 minutes - run at 60%

10 minutes - run as fast and as hard as possible



part 2

sprints

60-90 second breaks in between

push ups

right after a sprint

squats

right after press ups

1. 30 second sprint → **b: 4 i: 8 a: 15** → **b: 6 i: 12 a: 30**
2. 20 second sprint → **b: 6 i: 12 a: 18** → **b: 8 i: 16 a: 40**
3. 10 second sprint → **b: 10 i: 16 a: 22** → **b: 12 i: 20 a: 50**
4. 20 second sprint → **b: 6 i: 12 a: 18** → **b: 8 i: 16 a: 40**
5. 30 second sprint → **b: 4 i: 8 a: 15** → **b: 8 i: 12 a: 30**

Circuit Training

Complete each exercise one after the other with no rest in between

Once cycle one is complete - rest up to **60 seconds**

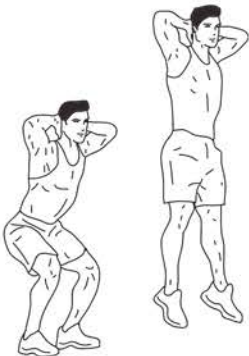
Repeat the cycle again:

beginners: 2 times

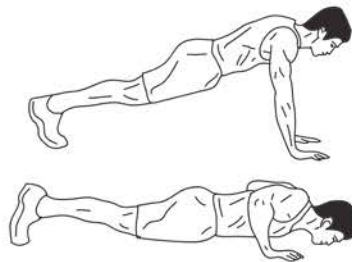
intermediate: 4 times

advanced: 6 times

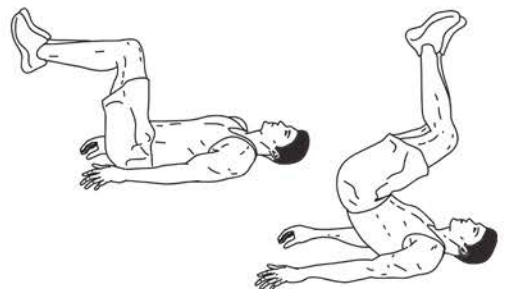
1. jump squats
10 reps



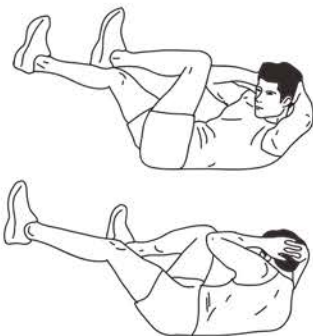
2. push-ups
10 reps each side



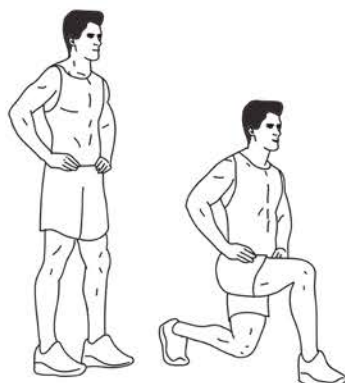
3. reverse crunches
10 reps



4. bicycle crunches
10 reps



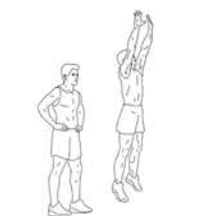
5. forward lunges
10 reps each leg



6. side crawl in plank position
2 meters - left and right
4 reps



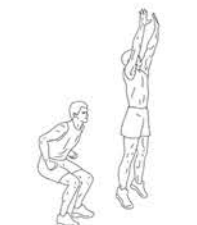
Stopwatch Workout



15 Sec – High Jumps



15 Sec – Push Ups



20 sec – Jump Squats



20 Sec – Mountain Climbers



20 Sec – Rest



30 Sec – Crunches



30 Sec – Heel Touches



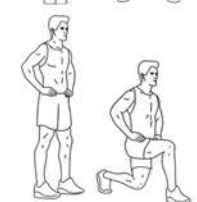
30 Sec – Rest



20 Sec – Jumping Jacks



20 Sec – Forward Lunges



20 Sec – Rest

2 mile
walk/jog **warmup**

sets

beginner: 3 sets

intermediate: 6 sets

advanced: 10 sets

rest between sets

beginner:
as long as you need

intermediate:
up to 40 seconds

advanced:
30 seconds

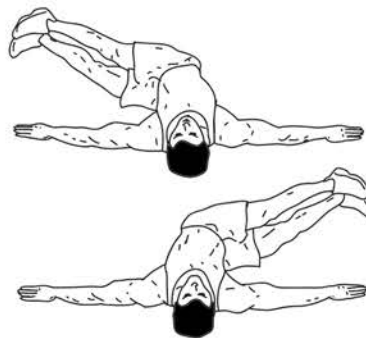
each exercise
10 reps

sets
beginner 2 sets
intermediate 5 sets
advanced 7 sets

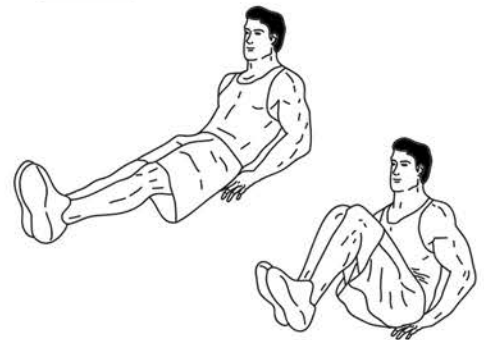
1. high knees



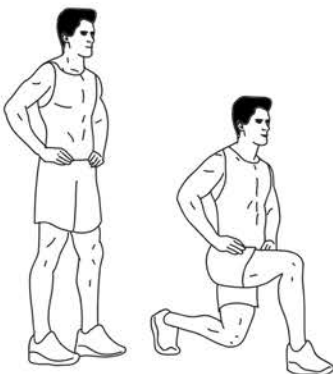
2. windshield wipers



3. leg pull-ins



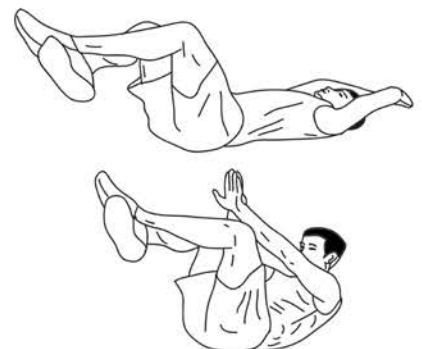
4. forward lunges



5. squats



6. knee crunches



Extra **35-40** minute walk/jog

rest between sets

beginner: as long as you need
intermediate: up to 2 minutes
advanced: 60 seconds

Day 1

breakfast

bowl of oatmeal
with 1oz of berries

snack: banana

lunch

large jacket potato
2tbsp light cottage cheese
tomato & cucumber salad

snack: cheese stick, rice cake

dinner

grilled chicken breast
lettuce salad w/ olive oil
w/ 1oz of walnuts

snack: 8oz low-fat Greek yogurt
w/ cinnamon

Day 2

breakfast

3 fried egg / 1 yolk
1 slice of wholegrain bread
glass of orange juice

snack: sliced apple w/ 1 tps of peanut butter

lunch

wholegrain or rye toast club sandwich with avocado, tomato and rocket leaves

snack: cheese stick

dinner

8oz grilled salmon
1 cup of steamed rice

snack: 8oz low-fat Greek yogurt w/ cinnamon

Day 3

breakfast

bowl of orange/banana fruit salad
10oz low fat yogurt

snack: cheese stick, rice cake

lunch

light Caesar salad
made w/ grilled chicken breast
(no mayonnaise or croutons)

snack: sliced apple w/ 1tpb peanut butter

dinner

3 egg frittata with spinach
(use light mozzarella cheese)

instead of snack:
green tea w/ lemon

Day 4

breakfast

3 egg omelette
wholegrain toast

snack: handful of spiced apple crisps

lunch

8oz canned tuna
w/ lemon zest, lettuce,
diced onions & 1c sweet corn

snack: carrot sticks w/ hummus

dinner

grilled chicken breast
baked in foil with 3oz beans

snack: 8oz low-fat Greek yogurt
w/ cinnamon

Day 5

breakfast

4oz smoked salmon
3 egg omelette
small slice of wholegrain bread

snack: sliced apple w/ 1tpb peanut butter

lunch

1 cup of steamed rice
8oz boiled prawns
in sugar-free tomato sauce

snack: hardboiled egg
w/ cucumber

dinner

grilled lean pork chop
w/ steamed green beans
w/ mushrooms

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 6

breakfast

bowl of oatmeal
w/ berries and/or flaxseeds

snack: cheese stick, rice cake

lunch

grilled chicken breast sandwich
or chicken wrap using whole
wheat bread w/lettuce

snack: glass of tomato juice

dinner

8oz grilled wild salmon
1 cup of steamed rice

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 7

breakfast

3 egg omelette
w/ spinach

snack: banana

lunch

10oz giant beans in red sauce
w/ 2 slices of wholegrain bread

snack: ¼ pineapple or pear

dinner

grilled chicken breast
1 cup of steamed rice

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 8

breakfast

12oz low fat Greek yogurt
w/ flaxseeds

snack: 3oz turkey ham
w/ cucumber slices

lunch

A bowl of sweet potato & lentil soup

snack: sugar free chocolate milk
(use raw cocoa & low fat milk)

dinner

grilled chicken breast
w/ mushrooms
steamed green beans

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 9

breakfast

3 fried egg whites
banana

snack: sliced apple w/ 1tpb peanut butter

lunch

8oz grilled turkey or roast beef
on 2 slices of wholegrain bread

snack: 1oz raw almonds

dinner

8oz oven baked wild salmon
1 cup of steamed rice
w/ vegetables

snack: 8oz low-fat Greek yogurt
w/ cinnamon

Day 10

breakfast

oatmeal
w/ berries

snack: 2 oranges or 0oz melon
1oz walnuts

lunch

10oz beans
1 slice wholegrain bread

snack: a handful of grapes,
cheese stick

dinner

turkey steak with citrus & ginger sauce cup
of steamed rice
branch cherry tomatoes

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 11

breakfast

3 egg omelette (two yolks)
w/ mushrooms

snack: apple, 3oz spinach, banana - green
smoothie

lunch

8oz turkey sandwich
w/ lettuce and pickles
on wholegrain bread

snack: tomato
with mozzarella & basil

dinner

8oz grilled wild salmon
w/ green beans

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 12

breakfast

banana, kiwi, orange fruit salad
10oz low fat yogurt w/ honey

snack: rice cake
w/ 1tbsp low fat cream cheese

lunch

sliced grilled chicken breast
w/ peppers in a wrap

snack: 1oz almonds
handful of cranberries

dinner

8 fish fingers
cucumber/tomato salad

snack: 8oz low-fat Greek yogurt
w/ cinnamon

Day 13

breakfast

ripe avocado
baked with 3 eggs

snack: homemade popcorn
small serving

lunch

8oz tuna sandwich
w/ Dijon mustard
on a slice of wholegrain bread

snack: 1 cup of honey and cinnamon
pineapple chunks

dinner

pork steak with asparagus
1 cup of steamed rice

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 14

breakfast

bowl of oatmeal
banana, 3oz spinach, apple smoothie

snack: mango or pear

lunch

10oz of pasta
w/ roasted vegetables

snack: cucumber strips rolled in
3oz turkey slices

dinner

grilled chicken breast
w/ mushrooms
w/ green beans

instead of snack:
green tea w/lemon

Day 15

breakfast

kiwi fruit, banana, orange fruit salad
10oz Greek yogurt

snack: baked apple
w/ teaspoon of honey

lunch

8oz turkey wrap
w/ cucumber
w/ lettuce

snack: 2 rice cakes
w/ 1 tbsp of low fat cheese

dinner

8oz grilled wild salmon
w/ steamed vegetables

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 16

breakfast

3 egg omelette
1 wholegrain toast
w/ sliced tomato

snack: sliced apple w/ 1tpb peanut butter

lunch

10oz giant beans in red sauce
2 tortillas *or* 2 wholegrain slices of bread

snack: 8 dates
banana

dinner

steamed vegetables
1 cup of steamed rice

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 17

breakfast

bowl of oatmeal
w/ berries
w/ flaxseeds

snack: cheese stick, rice cake

lunch

8oz turkey sandwich on wholegrain slice of
bread w/lettuce

snack: banana

dinner

8oz canned tuna
w/ 1 cup of sweet corn

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 18

breakfast

8 oz frittata with spinach
1 slice of wholegrain bread

snack: banana or pear

lunch

10oz giant beans in red sauce
1 slice of wholegrain bread

snack: 3oz turkey slices
w/ cucumber

dinner

light Caesar salad
made w/ one boiled chicken breast
(no mayonnaise or croutons)

instead of snack:
green tea w/ lemon

Day 19

breakfast

peanut butter sandwich
fresh orange juice

snack: handful of grapes
or 2 slices of melon

lunch

grilled chicken breast sandwich
on wholegrain slice of bread

snack: chocolate milk
(use raw cocoa and no sugar)

dinner

cod baked in foil w/ tomatoes
lettuce salad w/ olive oil

snack: 8oz low-fat Greek yogurt
w/ cinnamon

Day 20

breakfast

3 egg omelette

snack: sliced apple w/ 1tpb peanut butter

lunch

8oz pasta w/ salmon
w/ mushrooms
w/ vegetables

snack: kiwi fruit/banana salad

dinner

grilled chicken breast
w/ 1 cup of steamed rice
w/ steamed green beans

instead of snack:
green tea w/lemon

Day 21

breakfast

peach & banana fruit salad
French toast

snack: 2oz trail mix

lunch

bowl of tomato basil soup
w/ slice of wholegrain bread

snack: rice cake
w/ light Philadelphia cheese
w/ sliced cucumber

dinner

10oz meat balls (turkey, lean beef, buffalo)
w/ 3oz quinoa
w/ side of greens

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 22

breakfast

8oz zucchini and sweet potato frittata

snack: sliced apple w/ 1tpb peanut butter

lunch

grilled chicken breast
w/ olives, tomatoes
and roasted garlic in olive oil

snack: carrots with 2oz hummus

dinner

8oz grilled shrimp
1 cup of steamed rice

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 23

breakfast

bowl of oatmeal
topped w/ sunflower seeds or flax seeds

snack: smoothie w/ light yogurt
w/ berries and almonds

lunch

sardine, tomato & light cheese bruschetta -
made using on a slice of wholegrain bread

snack: 2 kiwi fruit or an orange

dinner

10oz turkey broccoli casserole

snack: 8oz low-fat Greek yogurt
w/ cinnamon

Day 24

breakfast

2 bacon strips and 2 eggs
sliced tomato

snack: a banana
or a handful of red grapes

lunch

wholegrain tortilla
w/ white beans
w/ red Chile sauce
w/ 1 small minced garlic clove

snack: baked apple w/ honey

dinner

honey mushroom
2 chicken thighs baked in the oven
w/ green beans

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 25

breakfast

caprese toast: wholegrain bread,
low-fat ricotta cheese,
sliced tomato, sliced 1/2 avocado.
basil leaves

snack: orange or mango

lunch

10oz giant beans in red sauce
w/ 2 slices of wholegrain bread

snack: 1oz almonds

dinner

oven roasted 2 tomatoes & ½ eggplant
topped w/ melted cheese and garlic clove

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 26

breakfast

apricot, cranberry and
pistachio quinoa porridge

snack: sliced apple w/ 1tpb peanut butter

lunch

grilled chicken breast sandwich
w/ lettuce and cucumbers
on wholegrain bread

snack: tomato
with mozzarella & basil

dinner

wasabi salmon burger
w / salad of greens, carrots,
radishes and sprouts

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 27

breakfast

smoked salmon bagel
w/ one herbed scrambled egg

snack: sliced apple w/ 1tpb peanut butter

lunch

8oz pasta w/ 8oz salmon
w/ mushrooms

snack: banana

dinner

grilled chicken breast
1 cup of steamed rice
w/ steamed green beans

instead of snack:
green tea w/lemon

Day 28

breakfast

8oz baked zucchini, bacon
and tomato frittata

snack: sliced apple w/ 1tpb peanut butter

lunch

1 cup of steamed rice
8oz boiled prawns in sugar-free tomato
sauce

snack: hardboiled egg
w/ cucumber

dinner

grilled lean pork chop
w/ steamed green beans
w/ mushrooms

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 29

breakfast

8oz corn and ricotta cakes
w/ 2 grilled tomatoes

snack: banana or a handful of grapes

lunch

grilled chicken breast or vegetable
wholegrain sandwich
or wrap

snack: chocolate milk
(use raw cocoa and no sugar)

dinner

fish baked in foil w/ tomatoes

snack: 8oz low-fat Greek yogurt
w/cinnamon

Day 30

breakfast

bowl of oatmeal
w/ banana and honey topping

snack: baby carrots
w/ hummus

lunch

8oz turkey
or roast beef wrap
w/ peppers and cucumbers

snack: cup cottage cheese
w/ mango or pear

dinner

sautéed pork chop w/ 1 apple

snack: 8oz low-fat Greek yogurt
w/ cinnamon

Disclaimer

This is a FREE program - it cannot be sold, charged for or paid for in any way.

All exercises and other forms of physical activity can be dangerous, especially if performed without medical advice, proper supervision and/or pre-exercise evaluation.

Always consult your physician or health care professional before performing any exercise, especially if you have any chronic or recurring condition, and/or if you are pregnant, nursing, or elderly.

All exercises you perform you perform at your own responsibility and at your own risk.