



# 30 days of change v4.0

Neila Rey

#30daysofchange

# cardio

**LEVEL I:** 30 minutes of walking

**LEVEL II:** 30 minutes of jogging

**LEVEL III:** 30 minutes of running

**LEVEL I:**

10 climbers  
10 lunges  
10 squats

x 3 sets

**LEVEL II:**

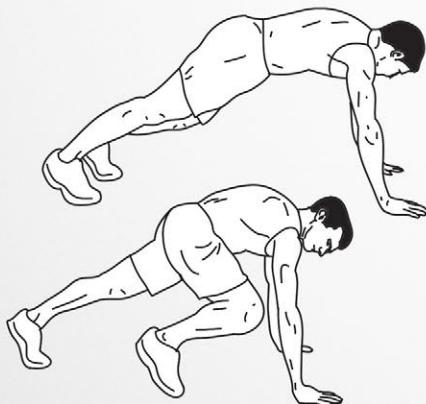
20 climbers  
20 lunges  
20 squats

x 3 sets

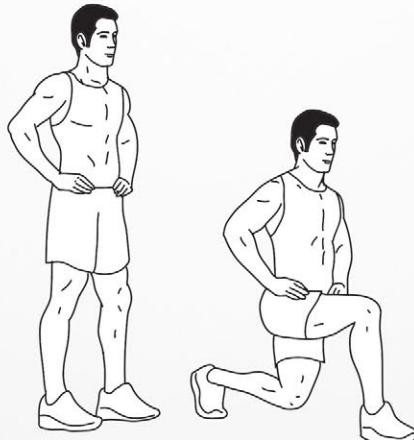
**LEVEL III:**

30 climbers  
30 lunges  
30 squats

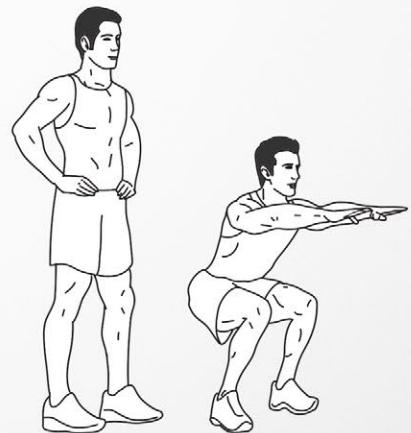
x 3 sets



1. climbers



2. lunges



3. squats

rest between sets: **Level I:** up to 2 min **Level II:** up to 45 sec **Level III:** 30 sec

## cardio



*jumping jacks      high knees*

- no breaks -

|                      |            |
|----------------------|------------|
| <b>jumping jacks</b> | 5 seconds  |
| <b>high knees</b>    | 10 seconds |
| <b>jumping jacks</b> | 20 seconds |
| <b>high knees</b>    | 30 seconds |
| <b>jumping jacks</b> | 40 seconds |
| <b>high knees</b>    | 50 seconds |
| <b>jumping jacks</b> | 40 seconds |
| <b>high knees</b>    | 30 seconds |
| <b>jumping jacks</b> | 20 seconds |
| <b>high knees</b>    | 10 seconds |
| <b>jumping jacks</b> | 5 seconds  |

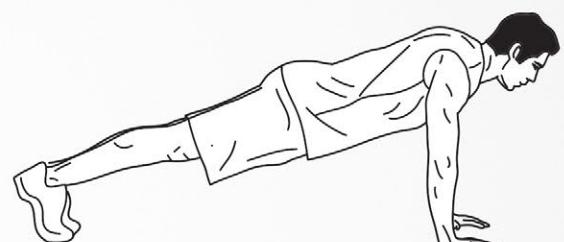
### 1. plank

3 times during the day

**LEVEL I:** 30 seconds

**LEVEL II:** 2 minutes

**LEVEL III:** 3 minutes



### 2. wall sit

3 times during the day

**LEVEL I:** 30 seconds

**LEVEL II:** 2 minutes

**LEVEL III:** 5 minutes



*cardio*

**60  
minutes**

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

**LEVEL I:**

throughout the day  
one set at a time

5 jump squats  
5 plank jump-ins  
3 push-ups

x5 sets



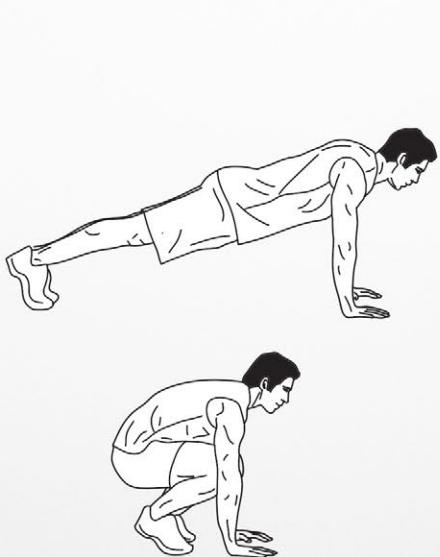
1. jump squats

**LEVEL II:**

rest between sets  
up to 60 seconds

10 jump squats  
15 plank jump-ins  
10 renegade rows

x5 sets



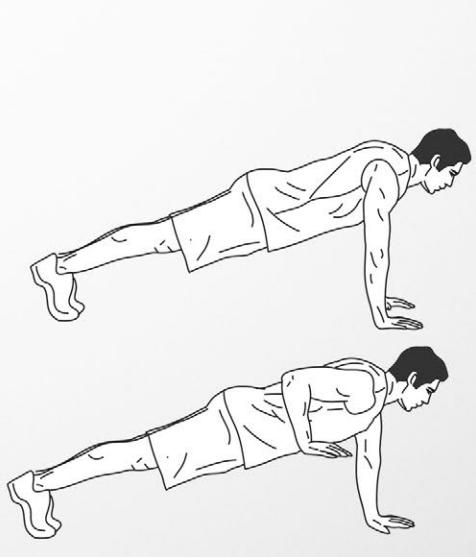
2. plank jump-ins

**LEVEL III:**

rest between sets  
30 seconds

20 jump squats  
20 plank jump-ins  
20 renegade rows

x5 sets



3. renegade rows

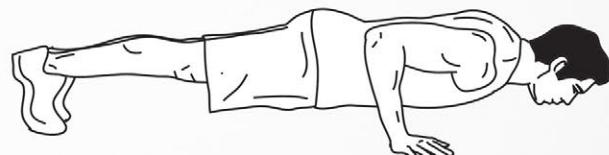
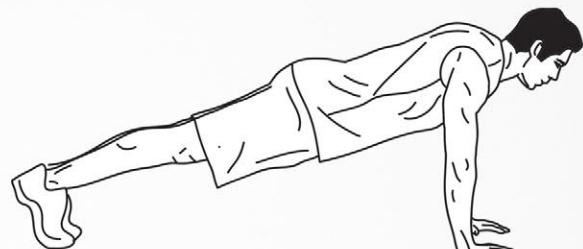
## cardio

warm-up 2 minute walk  
1 minute run then 1 minute walk  
2 minute run then 2 minute walk  
3 minute run then 3 minute walk  
4 minute run then 4 minute walk  
cool-down light jog for 5 minute



1. squats

| level I: | level II: | level III: |
|----------|-----------|------------|
| 16 reps  | 20 reps   | 40 reps    |
| 14 reps  | 18 reps   | 32 reps    |
| 12 reps  | 16 reps   | 24 reps    |
| 10 reps  | 14 reps   | 18 reps    |



2. push-ups

| level I: | level II: | level III: |
|----------|-----------|------------|
| 2 reps   | 16 reps   | 24 reps    |
| 4 reps   | 14 reps   | 20 reps    |
| 6 reps   | 12 reps   | 18 reps    |
| 8 reps   | 10 reps   | 12 reps    |

rest between sets: Level I: up to 3 min Level II: up to 2 min Level III: 60 sec

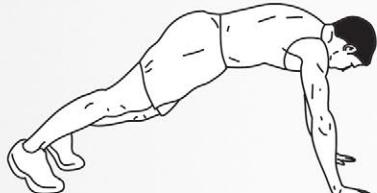
# Bodyweight Workout

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

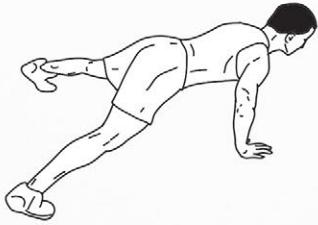
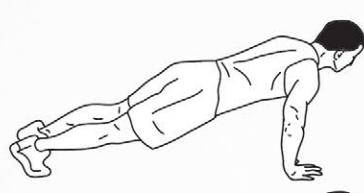
Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

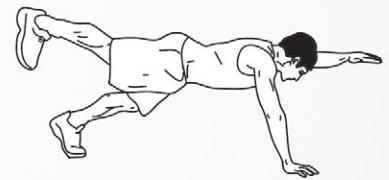
10 reps each



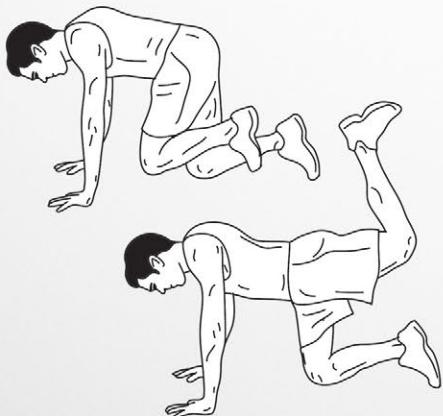
1. climbers



2. plank jacks



3. alt arm/leg raise planks



4. donkey kicks



5. duck walk

5 steps forward  
5 steps back

# cardio

**LEVEL I:** run or jog for 2 miles ( 3 km )

**LEVEL II:** run 4 miles ( 6 km )

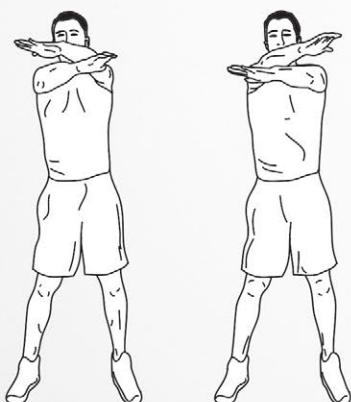
**LEVEL III:** run 6 miles ( 10 km )

**LEVEL I:**

**5 reps each**

rest between sets  
up to 5 minutes

**x 5 sets**



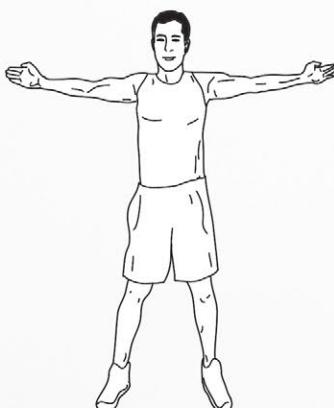
1. criss-cross chest extention

**LEVEL II:**

**10 reps each**

rest between sets  
up to 2 minutes

**x 5 sets**

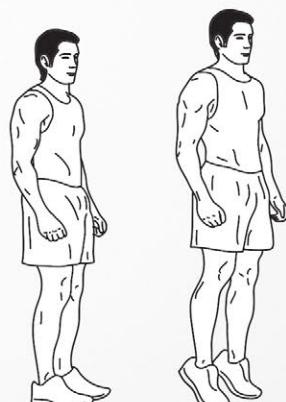


**LEVEL III:**

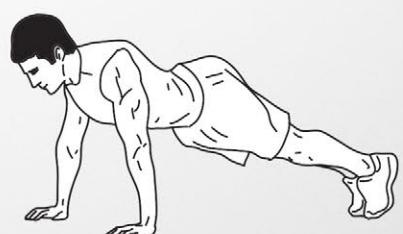
**20 reps each**

rest between sets  
up to 60 seconds

**x 5 sets**



2. calf raises



3. up & down planks

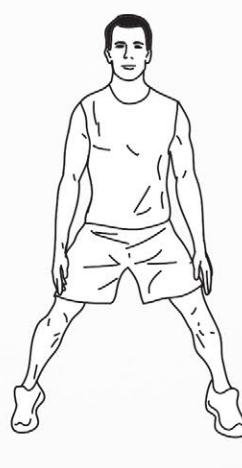
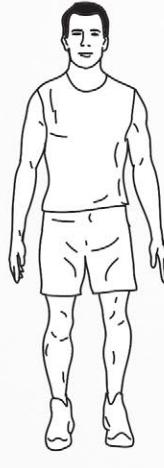
# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 2 minutes

Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

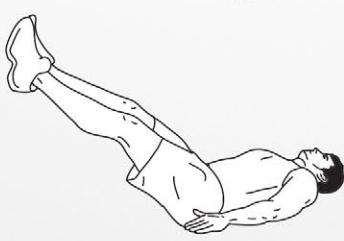
10 reps each



1. high knees

2. half jacks

3. side-to-side lunges



4. sprints

5. leg raises

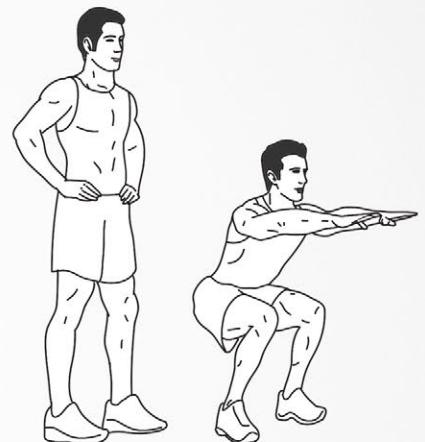
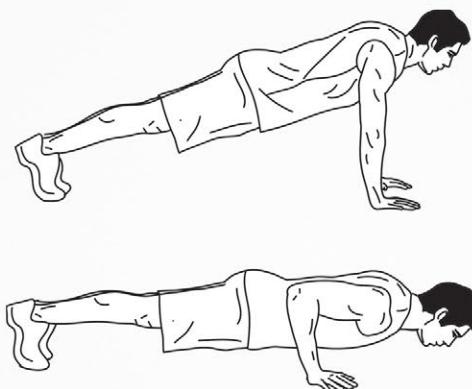
6. leg pull-ins

## cardio

20 minutes - low speed or walk

10 minutes - medium speed  
at comfortable pace

10 minutes - run at your 80%



### sprints

up to 60 second  
rest between sprints

### push-ups

right after the sprint  
[reps for each level]

### squats

right after the push-up  
[reps for each level]

1. 10 second sprint → I: 2 II: 6 III: 10 → I: 4 II: 10 III: 20
2. 15 second sprint → I: 4 II: 10 III: 14 → I: 6 II: 14 III: 30
3. 20 second sprint → I: 8 II: 14 III: 20 → I: 10 II: 18 III: 40
4. 15 second sprint → I: 4 II: 10 III: 14 → I: 6 II: 14 III: 30
5. 10 second sprint → I: 2 II: 6 III: 10 → I: 4 II: 10 III: 20

# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 2 minutes

Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

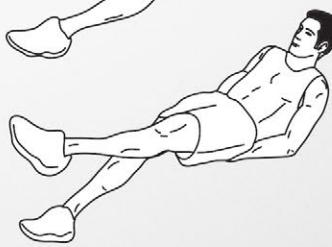
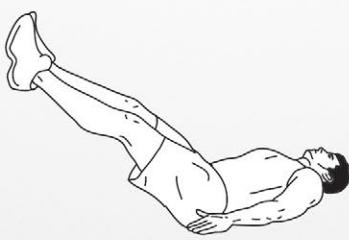
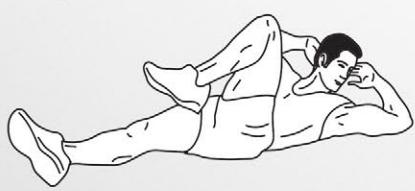
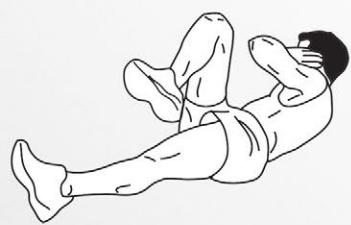
10 reps each



1. Russian twists

2. knee crunches

3. flutter kicks



4. cycling crunches

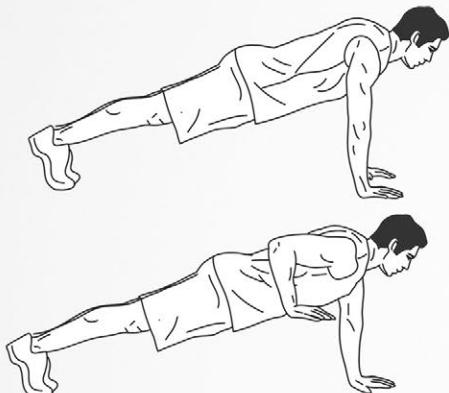
5. leg raises

6. scissors

# cardio

20 minutes of walking/ jogging/ running

5 x 200 feet [ 60 meters ] sprint  
30 second breaks in between sprints



## 1. Renegade Rows

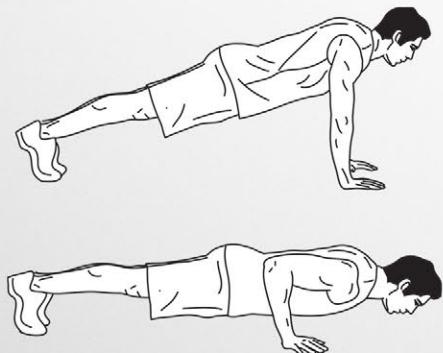
| level I: | level II: | level III: |
|----------|-----------|------------|
| 12 reps  | 20 reps   | 60 reps    |
| 10 reps  | 30 reps   | 80 reps    |
| 12 reps  | 20 reps   | 60 reps    |
| 10 reps  | 30 reps   | 80 reps    |



## 2. Planks w/ Rotations

| level I: | level II: | level III: |
|----------|-----------|------------|
| 14 reps  | 18 reps   | 20 reps    |
| 16 reps  | 20 reps   | 30 reps    |
| 14 reps  | 18 reps   | 20 reps    |
| 16 reps  | 20 reps   | 30 reps    |

## 3. Push-Ups



| level I: | level II: | level III: |
|----------|-----------|------------|
| 4 reps   | 10 reps   | 24 reps    |
| 6 reps   | 15 reps   | 28 reps    |
| 4 reps   | 10 reps   | 24 reps    |
| 6 reps   | 15 reps   | 28 reps    |

*cardio*

**60  
minutes**

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

## Core Training

**LEVEL I:** 1 set **LEVEL II:** 3 sets **LEVEL III:** 5 sets - throughout the day

**60 second elbow plank – rest 60 seconds**

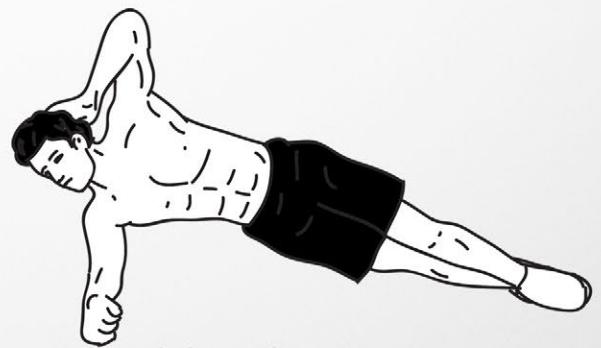
**30 second side plank on each side – rest 60 seconds**

**60 second elbow plank – rest 60 seconds**

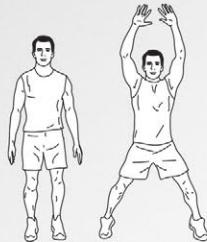
**30 second side plank on each side**



*elbow plank*



*side plank*



**10 sec** – jumping jacks

**10 sec** – plank jump-ins

**10 sec** – rest

## extra

1 mile [ 1.5 km ]  
walk/jog



**20 sec** – high knees

**20 sec** – plank jacks

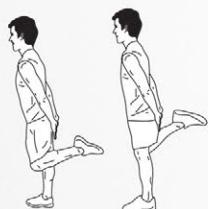
**20 sec** – rest

## sets

**LEVEL I:** 3 sets

**LEVEL II:** 5 sets

**LEVEL III:** 7 sets



**20 sec** – butt kicks

**20 sec** – climbers

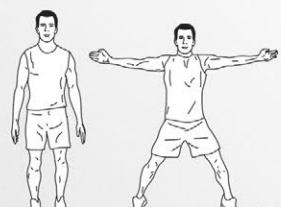
**20 sec** – rest

## rest between sets

**LEVEL I:** 3 min

**LEVEL II:** 60 sec

**LEVEL III:** 40 sec



**10 sec** – jumping Ts

**10 sec** – donkey kicks

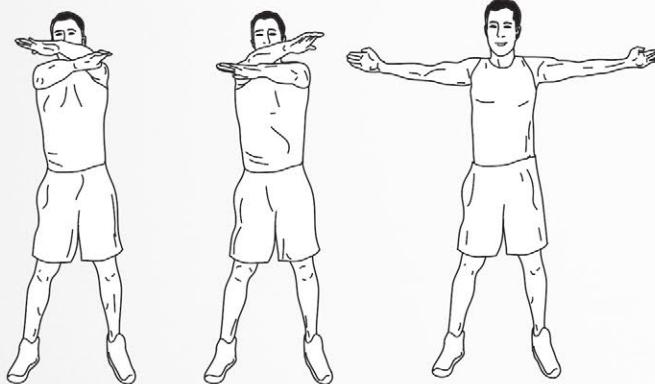
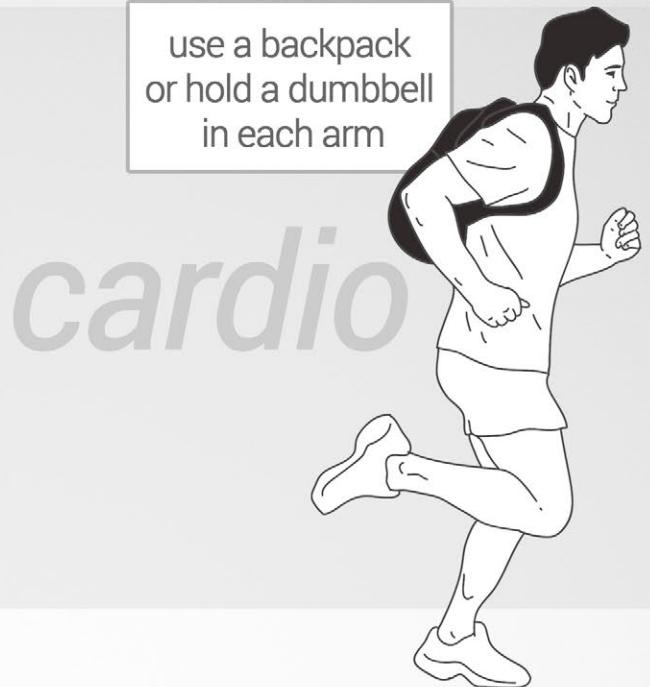
run/jog/walk  
with extra weight 2 lbs [ 1 kg ]

**LEVEL I:** 2 miles [ 3 km ]

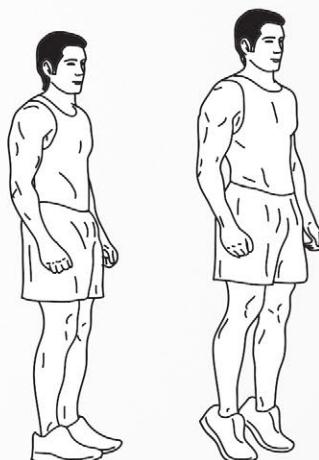
**LEVEL II:** 3 miles [ 5 km ]

**LEVEL III:** 6 miles [ 10 km ]

use a backpack  
or hold a dumbbell  
in each arm



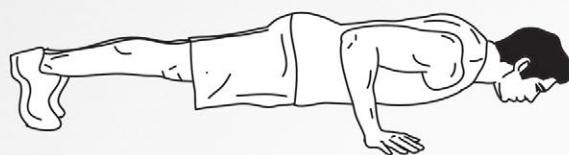
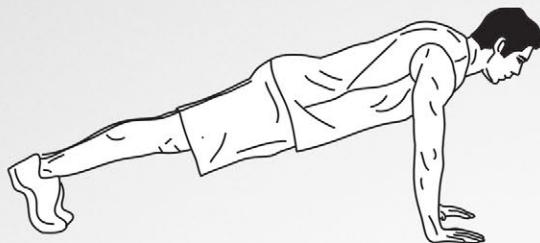
1. criss-cross chest extention



2. calf raises

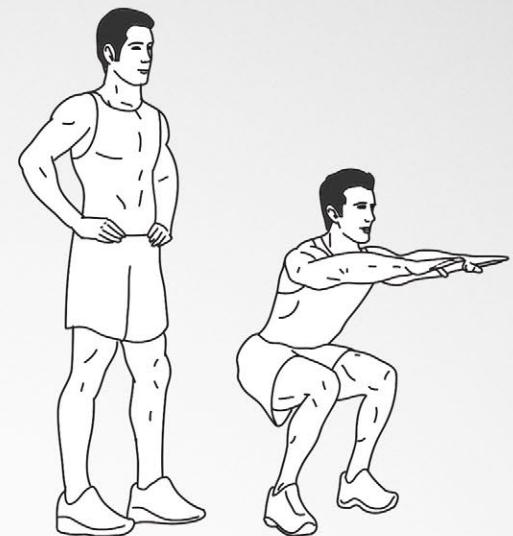
| <b>level I:</b> | <b>level II:</b> | <b>level III:</b> |
|-----------------|------------------|-------------------|
| 6 reps          | 12 reps          | 16 reps           |
| 8 reps          | 14 reps          | 20 reps           |
| 6 reps          | 12 reps          | 16 reps           |
| 8 reps          | 14 reps          | 20 reps           |

| <b>level I:</b> | <b>level II:</b> | <b>level III:</b> |
|-----------------|------------------|-------------------|
| 8 reps          | 14 reps          | 20 reps           |
| 10 reps         | 18 reps          | 30 reps           |
| 8 reps          | 14 reps          | 20 reps           |
| 10 reps         | 18 reps          | 30 reps           |



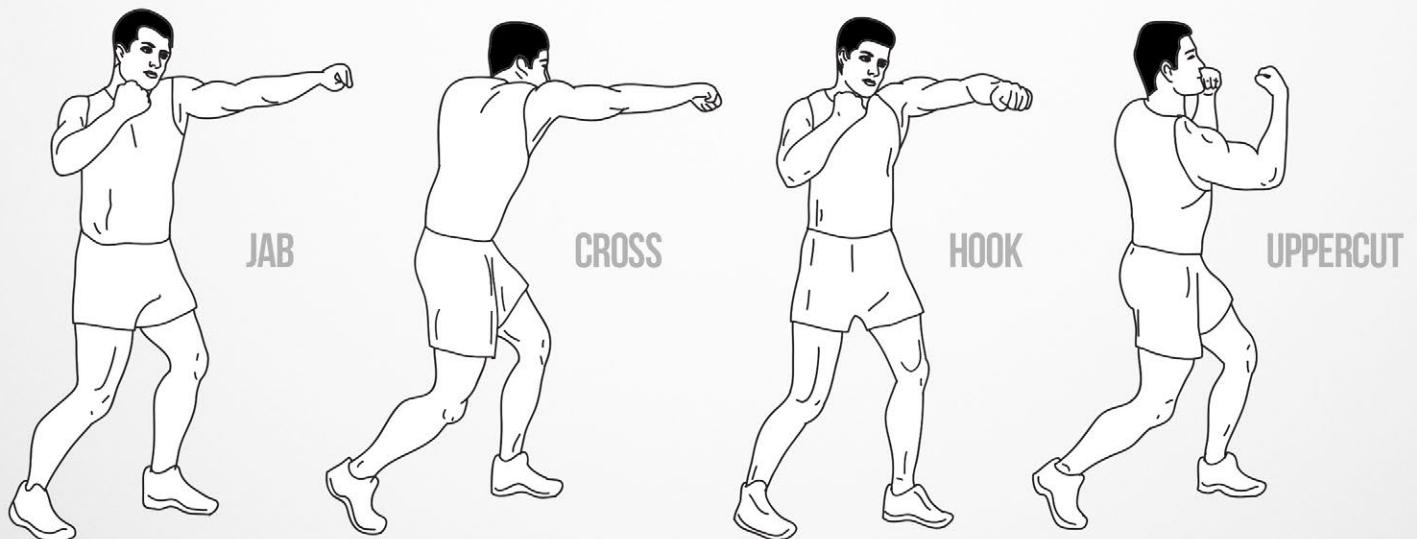
## 1. push-ups

| level I: | level II: | level III: |
|----------|-----------|------------|
| 2 reps   | 10 reps   | 15 reps    |
| 4 reps   | 15 reps   | 25 reps    |
| 6 reps   | 20 reps   | 30 reps    |



## 2. squats

| level I: | level II: | level III: |
|----------|-----------|------------|
| 10 reps  | 20 reps   | 30 reps    |
| 12 reps  | 30 reps   | 40 reps    |
| 14 reps  | 40 reps   | 50 reps    |



## shadow boxing

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

rest between sets: **Level I:** up to 5 min **Level II:** up to 2 min **Level III:** 60 sec

# cardio

**LEVEL I:** run or jog for 2 miles [ 3 km ]

**LEVEL II:** run 4 miles [ 6 km ]

**LEVEL III:** run 6 miles [ 10 km run ]

**LEVEL I:**

6 reps each

rest between sets  
up to 3 minutes

x 4 sets



**LEVEL II:**

10 reps each

rest between sets  
up to 60 seconds

x 4 sets



**LEVEL III:**

20 reps each

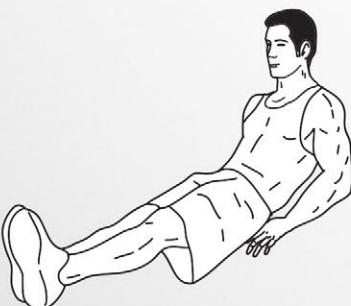
rest between sets  
up to 30 seconds

x 4 sets



1. knee crunches

2. Russian twists



3. leg pull-ins

4. scissors

rest between sets: **Level I:** up to 2 min **Level II:** up to 45 sec **Level III:** 30 sec

# Static Workout

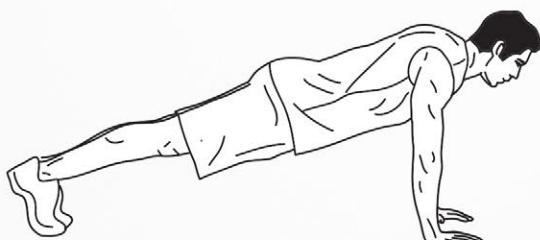
Complete each exercise one after the other with no rest in between

**LEVEL I:** 10 seconds    **LEVEL II:** 20 seconds    **LEVEL III:** 30 seconds  
**x3 times** during the day

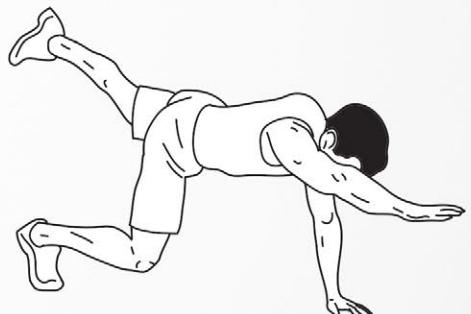
1. wall sit



2. plank



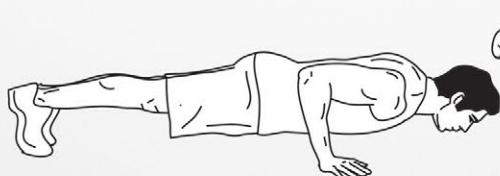
3. alt arm/leg plank  
plank (each side)



4. modified V-sit



5. push-up plank



6. superman



## cardio

**LEVEL I:** run or jog for 2 miles [ 3 km ]

**LEVEL II:** run 4 miles [ 6 km ]

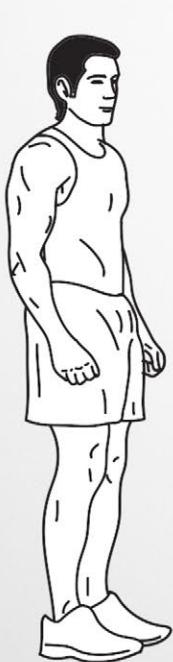
**LEVEL III:** run 6 miles [ 10 km ]

**LEVEL I:**

**10 reps each**

rest between sets  
up to 30 seconds

x 3 sets



**LEVEL II:**

**20 reps each**

rest between sets  
up to 30 seconds

x 3 sets



**LEVEL III:**

**30 reps each**

rest between sets  
up to 30 seconds

x 3 sets



1. calf raises

2. supermen

# cardio

**LEVEL I:** 30 minutes of walking

**LEVEL II:** 40 minutes of walking

**LEVEL III:** 60 minutes of walking

**LEVEL I:**

**5 reps each**

rest between sets  
up to 3 minutes

**x 5 sets**

**LEVEL II:**

**10 reps each**

rest between sets  
up to 2 minutes

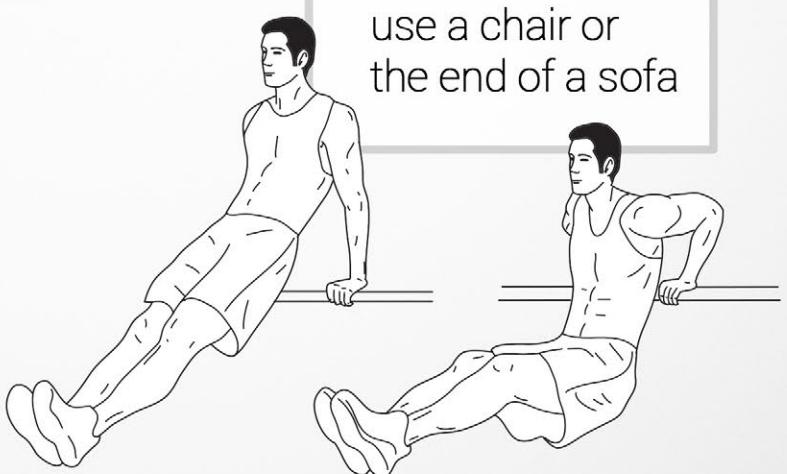
**x 5 sets**

**LEVEL III:**

**20 reps each**

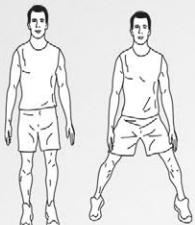
rest between sets  
up to 60 seconds

**x 5 sets**



**1.push-ups**

**2. tricep dips**



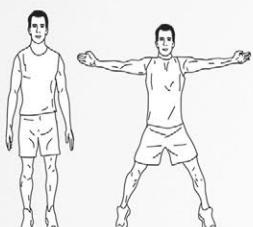
**20 sec** – half jacks

**20 sec** – climbers

**20 sec** – rest

## extra

1 mile [ 1.5 km ]  
walk/jog



**10 sec** – jumping Ts

**10 sec** – push-ups

**10 sec** – rest

## sets

**LEVEL I:** 4 sets

**LEVEL II:** 6 sets

**LEVEL III:** 10 sets



**20 sec** – jumping jacks

**20 sec** – plank jump-ins

**20 sec** – rest

## rest between sets



**10 sec** – high knees

**10 sec** – alt arm/leg  
planks

**LEVEL I:** 3 min

**LEVEL II:** 60 sec

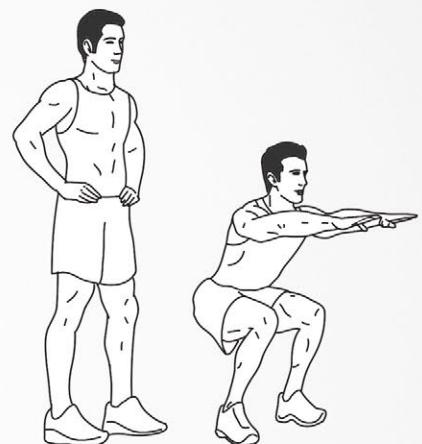
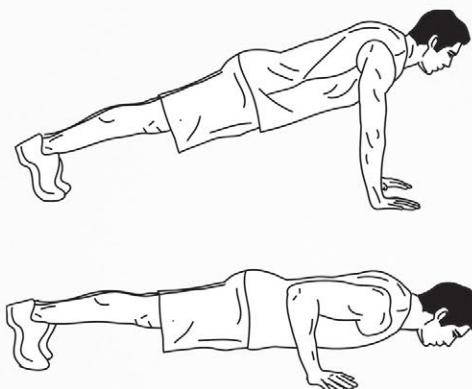
**LEVEL III:** 40 sec

# cardio

**10 minutes** - low speed or walk

**10 minutes** - medium speed  
at comfortable pace

**10 minutes** - run at your 80%



## sprints

up to 60 second  
rest between sprints

## push-ups

right after the sprint  
[reps for each level]

## squats

right after the push-up  
[reps for each level]

1. 10 second sprint → I: 4 II: 8 III: 15 → I: 6 II: 12 III: 30
2. 20 second sprint → I: 6 II: 12 III: 18 → I: 8 II: 16 III: 40
3. 30 second sprint → I: 10 II: 16 III: 22 → I: 12 II: 20 III: 50
4. 20 second sprint → I: 6 II: 12 III: 18 → I: 8 II: 16 III: 40
5. 10 second sprint → I: 4 II: 8 III: 15 → I: 8 II: 12 III: 30

# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 2 minutes

Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

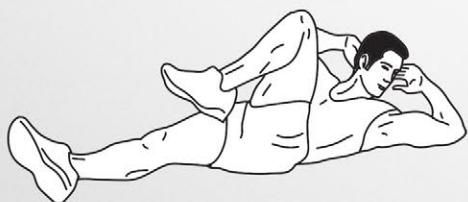
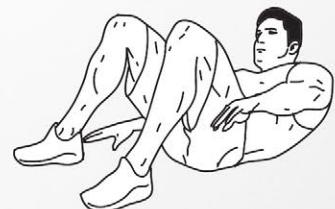
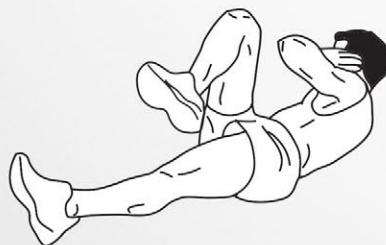
10 reps each



1. Russian twists

2. leg pull-ins

3. flutter kicks



4. cycling crunches

5. long arm crunches

6. heel touches

## cardio

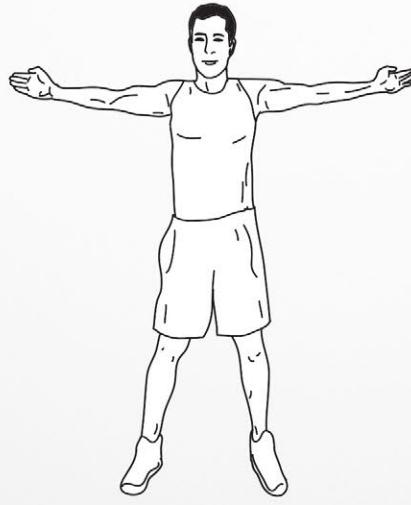
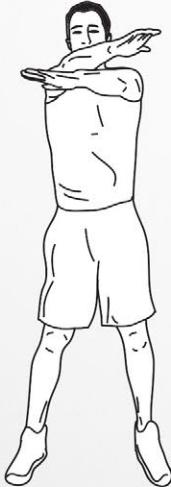
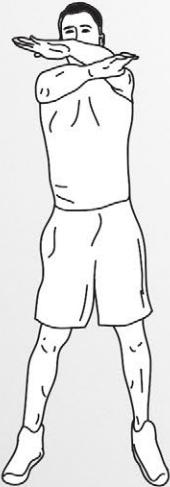
**LEVEL I:** run or jog for 2 miles [ 3 km ]  
**LEVEL II:** run 4 miles [ 6 km ]  
**LEVEL III:** run 6 miles [ 10 km ]

**LEVEL I:**

**20 reps each**

rest between sets  
up to 60 seconds

x 3 sets



**LEVEL II:**

**30 reps each**

rest between sets  
up to 40 seconds

x 3 sets

**LEVEL III:**

**40 reps each**

rest between sets  
up to 30 seconds

x 3 sets



1. criss-cross chest extenions

2. calf-raises

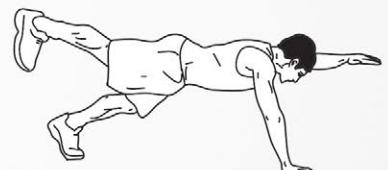
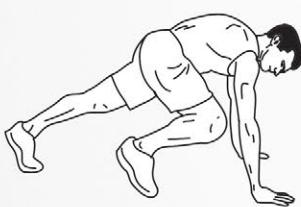
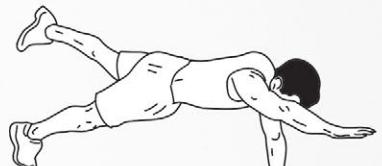
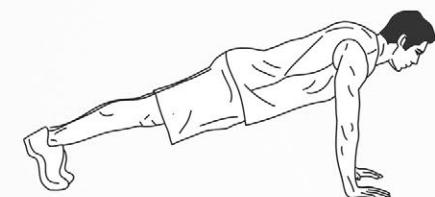
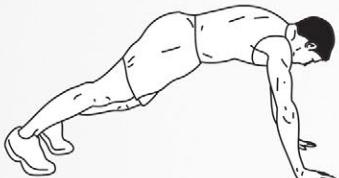
# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 2 minutes

Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

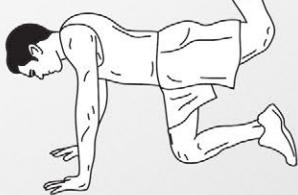
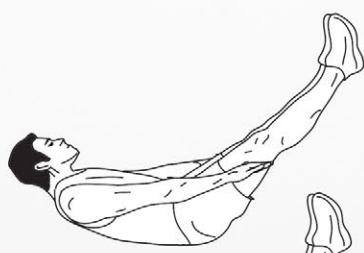
10 reps each



1. climbers

2. renegade row

3. alt arm/leg planks



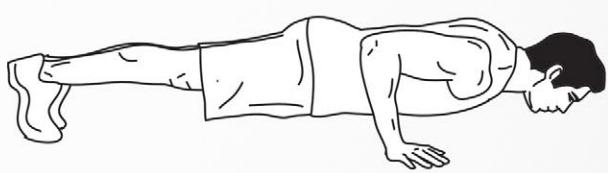
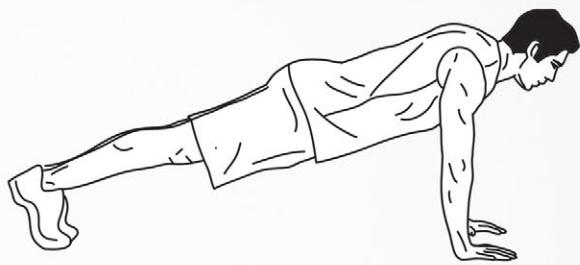
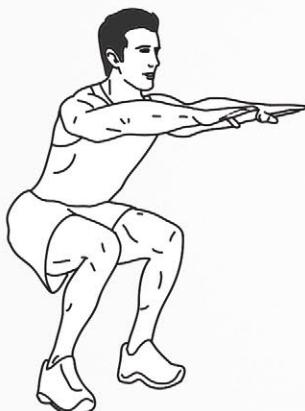
4. heel touches

5. hundreds

6. donkey kicks

# cardio

**20 minutes** of running or jogging  
**1 minute** at 100% speed  
**1 minute** at 50% speed



## 1. squats

| level I: | level II: | level III: |
|----------|-----------|------------|
| 8 reps   | 14 reps   | 20 reps    |
| 10 reps  | 18 reps   | 30 reps    |
| 8 reps   | 14 reps   | 20 reps    |
| 10 reps  | 18 reps   | 30 reps    |

## 2. push-ups

| level I: | level II: | level III: |
|----------|-----------|------------|
| 6 reps   | 12 reps   | 16 reps    |
| 8 reps   | 14 reps   | 12 reps    |
| 6 reps   | 12 reps   | 16 reps    |
| 8 reps   | 14 reps   | 12 reps    |

rest between sets: **Level I:** up to 5 min **Level II:** up to 2 min **Level III:** 60 sec

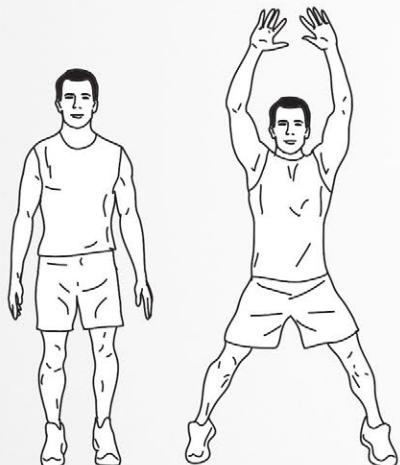
# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 2 minutes

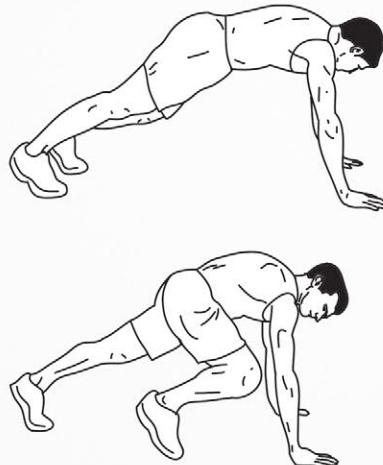
Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

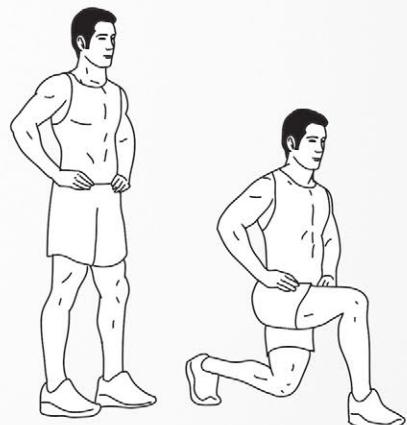
10 reps each



1. jumping jacks



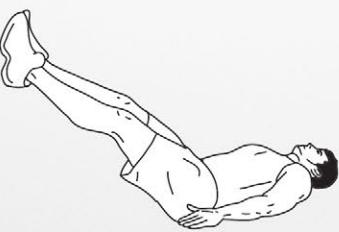
2. climbers



3. lunges



4. sit-ups



5. leg raises



6. flutter kicks

*cardio*

**60  
minutes**

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

## Core Training

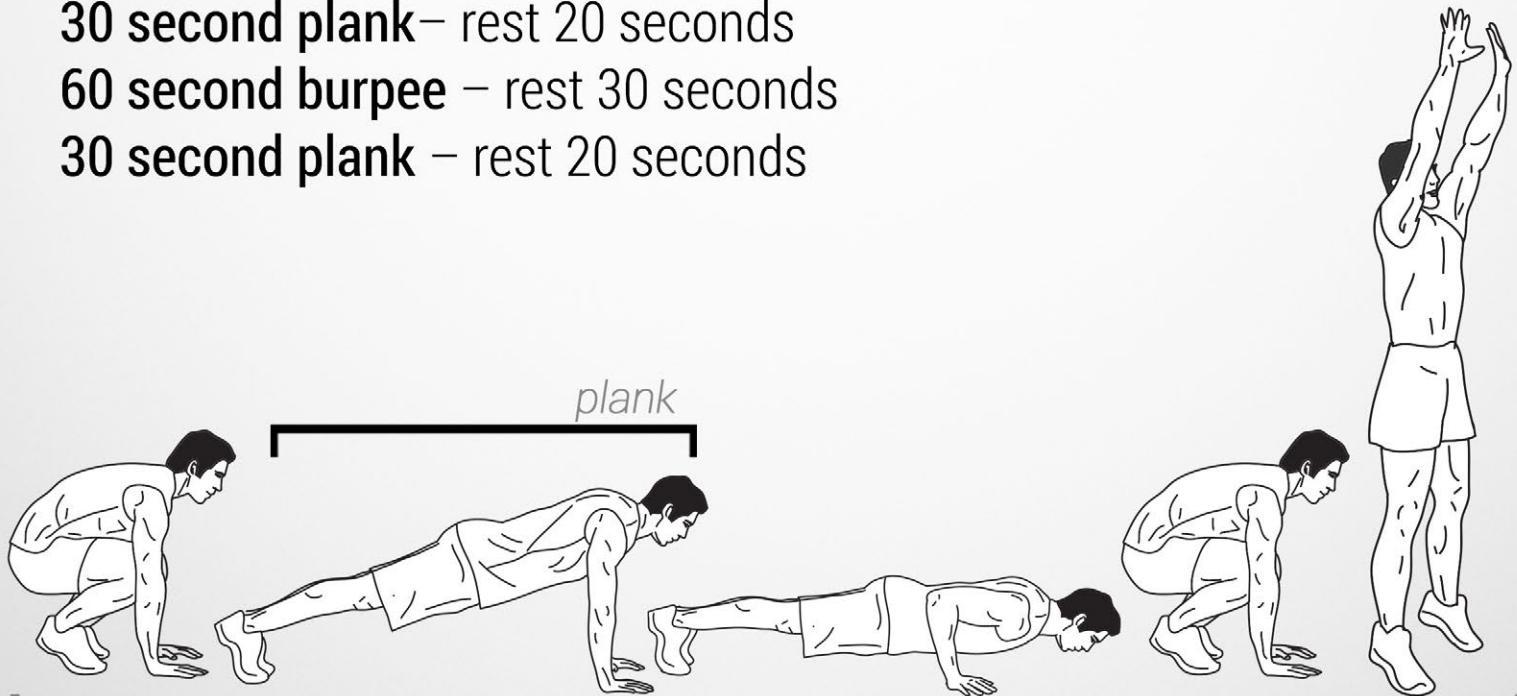
**LEVEL I:** 1 set **LEVEL II:** 3 sets **LEVEL III:** 5 sets - throughout the day

**60 second burpee** – rest 30 seconds

**30 second plank** – rest 20 seconds

**60 second burpee** – rest 30 seconds

**30 second plank** – rest 20 seconds



burpee

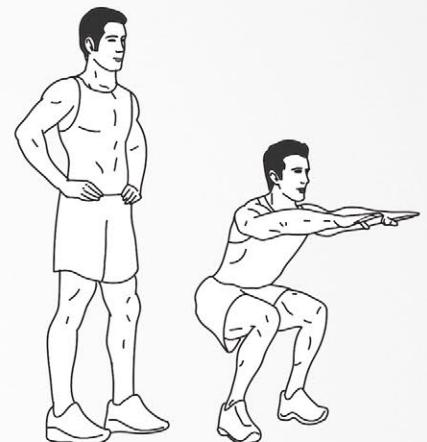
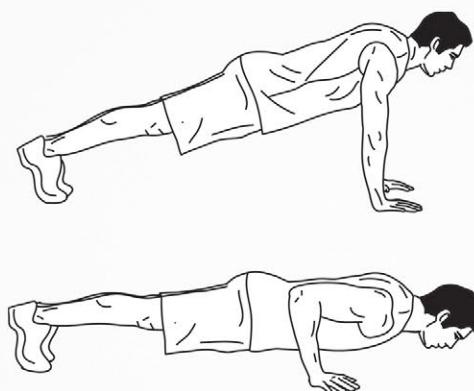
## cardio

10 minutes - light jog or walk

10 minutes - run at 80%

10 minutes - jog

10 minutes - run at 80%



### sprints

up to 60 second  
rest between sprints

### push-ups

right after the sprint  
[reps for each level]

### squats

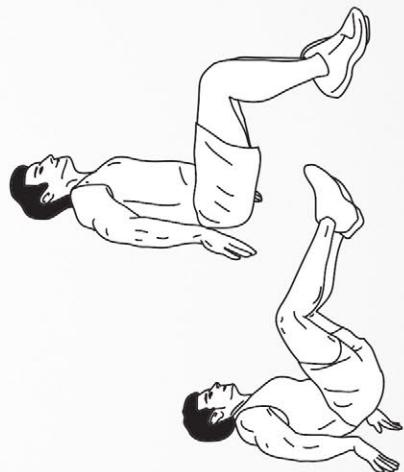
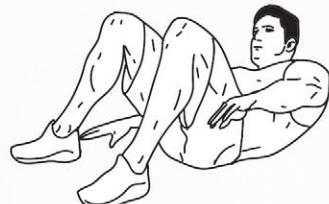
right after the push-up  
[reps for each level]

1. 30 second sprint → I: 4 II: 8 III: 15 → I: 6 II: 12 III: 30
2. 20 second sprint → I: 6 II: 12 III: 18 → I: 8 II: 16 III: 40
3. 10 second sprint → I: 10 II: 16 III: 22 → I: 12 II: 20 III: 50
4. 20 second sprint → I: 6 II: 12 III: 18 → I: 8 II: 16 III: 40
5. 30 second sprint → I: 4 II: 8 III: 15 → I: 8 II: 12 III: 30

# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 2 minutes

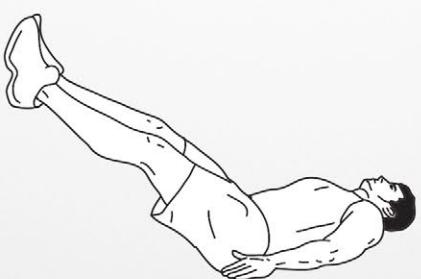
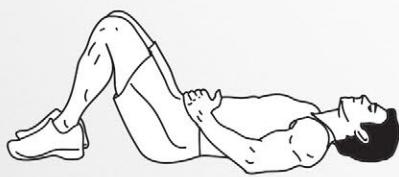
reps   **LEVEL I:** 6 reps   **LEVEL II:** 10 reps   **LEVEL III:** 20 reps  
sets   **LEVEL I:** 3 sets   **LEVEL II:** 4 sets   **LEVEL III:** 6 sets



1. knee crunches

2. heel touches

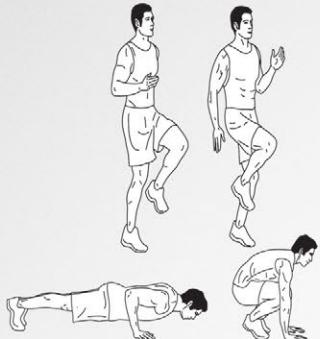
3. reverse crunches



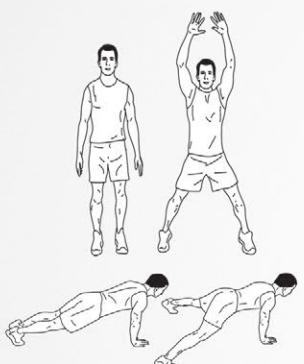
4. hip thrusts

5. leg raises

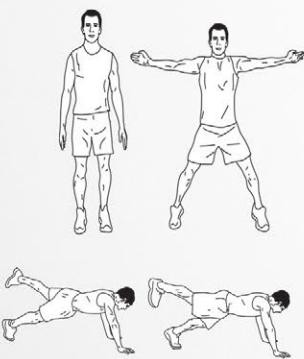
6. leg pull-ins



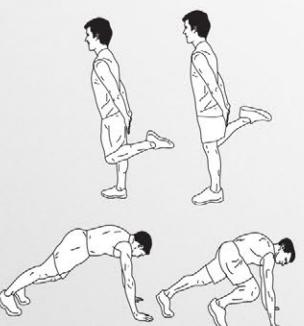
- 10 sec** – high knees  
**10 sec** – plank jump-ins  
**20 sec** – rest



- 20 sec** – jumping jacks  
**20 sec** – plank jacks  
**10 sec** – rest



- 20 sec** – jumping Ts  
**20 sec** – plank leg lifts  
**20 sec** – rest



- 10 sec** – butt kicks  
**10 sec** – climbers

**extra**  
2 miles [ 3 km ]  
walk/jog

## sets

**LEVEL I:** 3 sets  
**LEVEL II:** 5 sets  
**LEVEL III:** 7 sets

## rest between sets

**LEVEL I:** 2 min  
**LEVEL II:** 60 sec  
**LEVEL III:** 30 sec

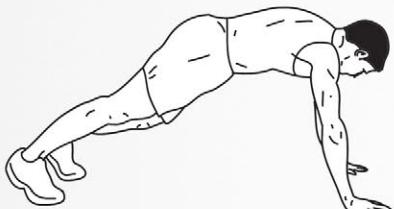
# Bodyweight Workout

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

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

10 reps each



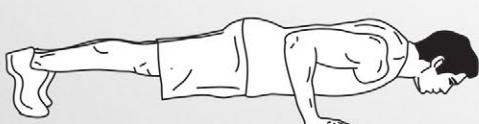
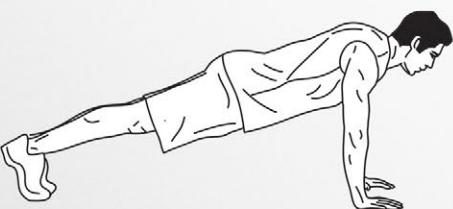
1. climbers



2. lunges



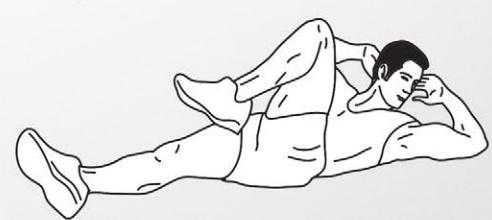
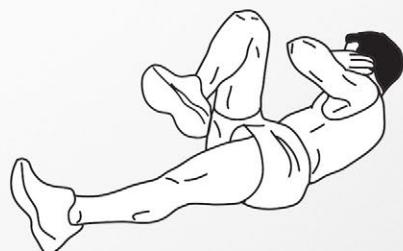
3. squats



4. push-ups



5. flutter kicks



6. cycling crunches

# Support the Project

If you found my work useful and you can afford to make a small donation, please, consider giving back. I keep everything I ever make, every program and every single workout, free and available to anyone who wants it, no matter how much I may need the money or how appealing it may become to put a price tag on my work. It is here, if you need it – take it. If you can give back, please do. **Every little counts and keeps the project and me going.**

give \$1

give \$5

give \$10

donate  
a different amount

**PayPal**



more free workouts & fitness programs at

**neilarey.com**