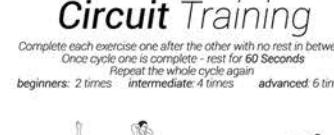
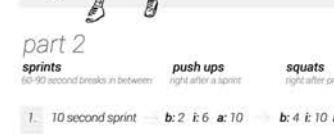
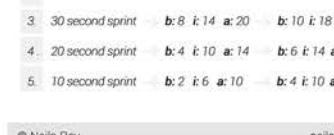
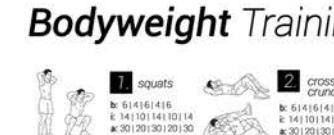
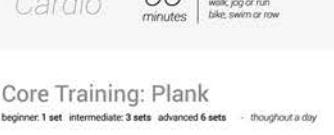


**FREE program**

# 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	day 5	30 Days of Change	day 7	30 Days of Change	day 8	30 Days of Change
 <b>cardio</b> 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	 <b>1. plank</b> 3 times during the day beginners: 30 seconds intermediate: 2 minutes advanced: 5 minutes  - no breaks -	 <b>Circuit Training</b> 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. wall sit 10 reps on each arm 2. twisting push ups 10 reps 3. squats 10 reps 4. push ups 10 reps 5. jump squats 10 reps 6. forward lunges 10 reps each leg 7. crab walk 5 meters - twice	 <b>Bodyweight Training</b> 1. high knees 60 seconds 2. push ups b: 5   i: 3 k: 10   a: 16 a: 15   12   10 3. forward lunges b: 10   i: 6 k: 10   15   10 a: 50   40   30  4. crunches b: 12   i: 10   8 k: 20   18   16 a: 60   40   20 5. squats b: 12   i: 10   8 k: 20   18   16 a: 40   30   20 6. knee pull-ins b: 12   i: 10   8 k: 20   18   16 a: 40   30   20  rest between sets:	 <b>part 1</b> <b>Running</b> 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  1. 10 second sprint b: 2   i: 6   a: 10 2. 20 second sprint b: 4   i: 10   a: 14 3. 30 second sprint b: 8   i: 14   a: 20 4. 20 second sprint b: 4   i: 10   a: 14 5. 10 second sprint b: 2   i: 6   a: 10 b: 4   i: 10   a: 20			
 <b>Cardio</b> 60 minutes   spread throughout the day walk, jog or run bike, swim or row							
day 11	30 Days of Change	day 12	30 Days of Change	day 13	30 Days of Change	day 17	30 Days of Change
 <b>Core Training: Plank</b> 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	 <b>Stopwatch Workout</b> 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  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	 <b>part 1</b> <b>cardio</b> 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  <b>part 2: bodyweight training</b> forward lunges b: 6   i: 10   6   10 k: 12   14   12   14 a: 20   24   20   20 Russian twists b: 6   i: 8   6   8 k: 16   20   16   20 a: 20   24   20   20 squats b: 8   i: 10   8   10 k: 14   18   14   18 a: 20   30   20   30 push ups b: 6   i: 10   6   10 k: 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	 <b>cardio</b> Running /distance beginners: run, jog or walk 2 miles intermediate: run or jog 4 miles advanced: run 6 miles				

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.**

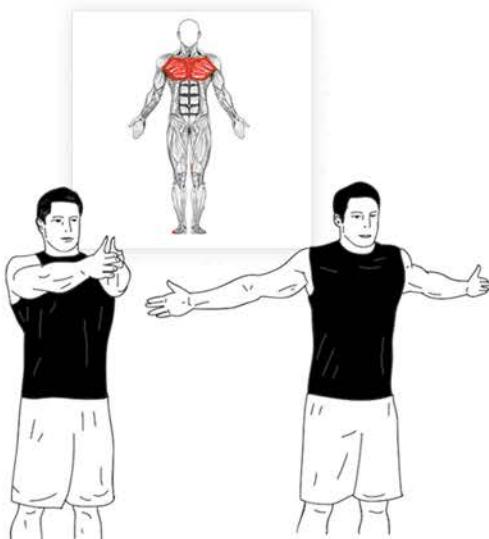
Different daily workouts will ensure that your body doesn't adapt to the same routine so you'll see progress a lot sooner than with any other program.

**b** – beginner fitness level  
**i** – intermediate  
**a** – advanced

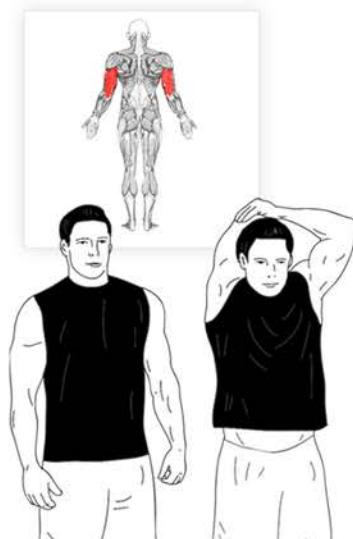
**This is a FREE program**  
*Hashtag for the program: #30daysofchange*

# stretching

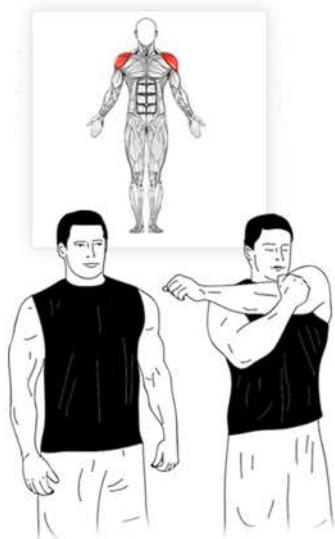
pre-workout [optional]  
20 seconds each



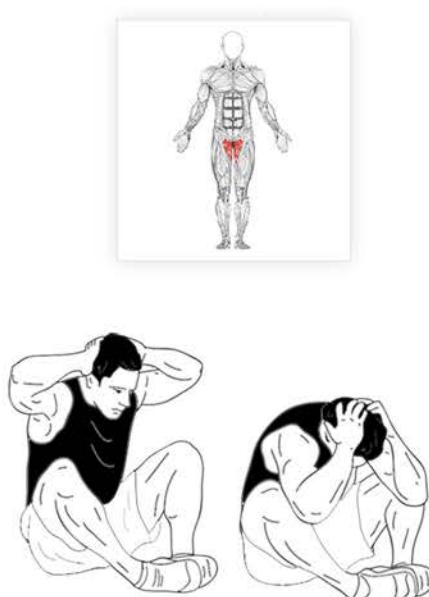
1. dynamic chest



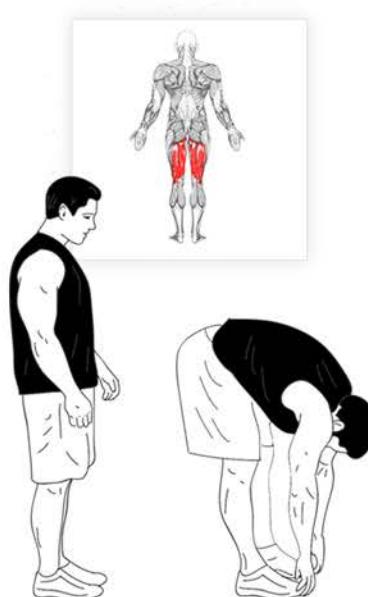
2. triceps



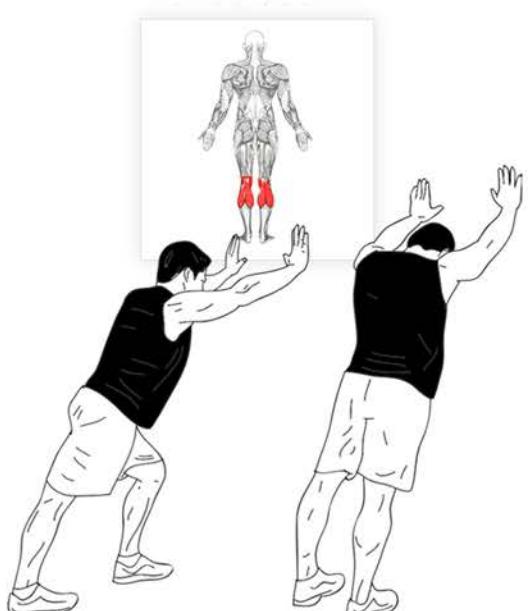
3. shoulder



4. groin and back



5. standing toe



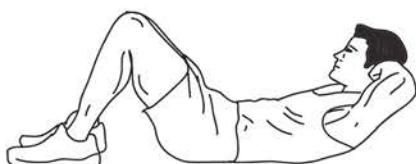
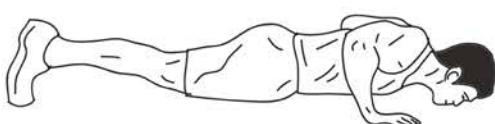
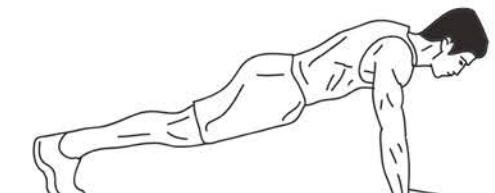
6. calf  
hands against wall

# 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

**beginner:** as long as you need

**intermediate:** up to 2 minutes

**advanced:** 60 seconds

## rest between sets

# 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**

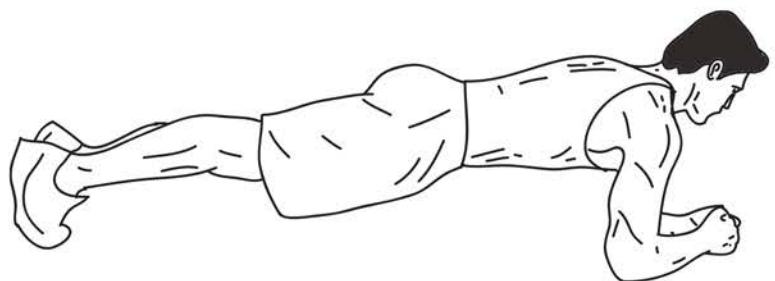
30 seconds

**high knees**

20 seconds

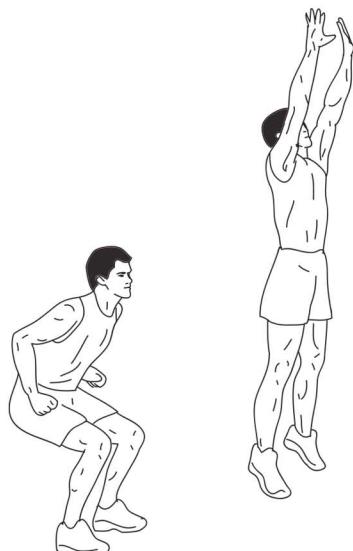
**jumping jacks**

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

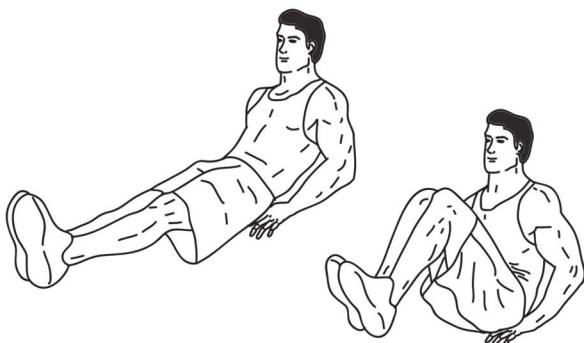
**Long run / jog / walk**  
60 minutes at any speed



## 1. high jumps

5 sets

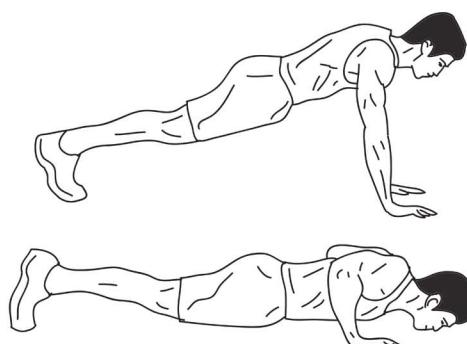
- b:** 5 | throughout the day
- i:** 10 | 2-3 minute break
- a:** 15 | 1 minute break



## 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

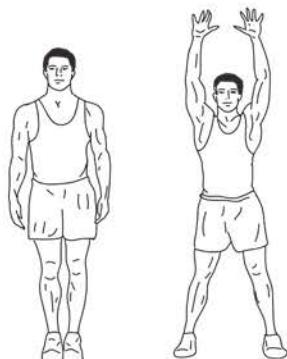
2 minutes hard then 2 minutes easy

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

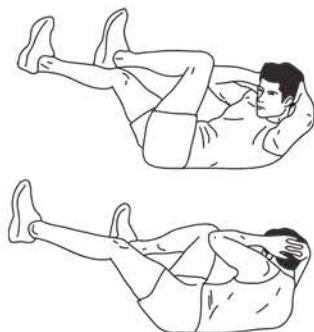


### 1. jumping jacks

**b:** 16|14|12|10|8

**i:** 20|18|16|14|12

**a:** 40|32|24|18|16

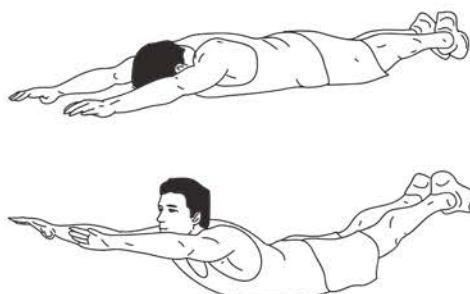


### 2. cross-body crunches

**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

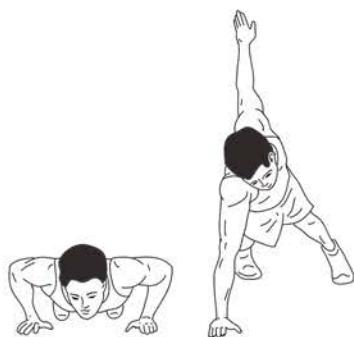
**advanced:** 60 seconds

# Circuit Training

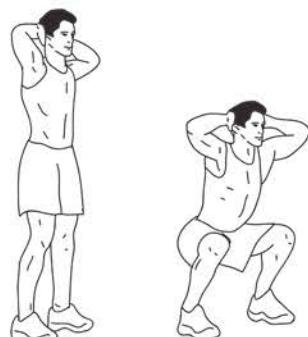
Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for **60 Seconds**

Repeat the whole cycle again

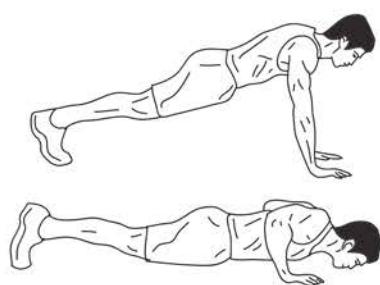
**beginners:** 2 times    **intermediate:** 4 times    **advanced:** 6 times



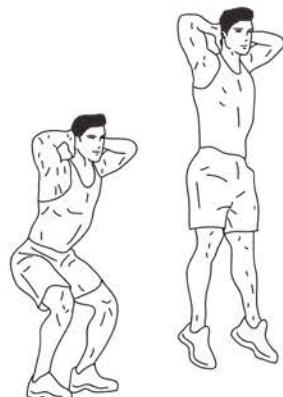
**1.** twisting push ups  
10 reps on each arm



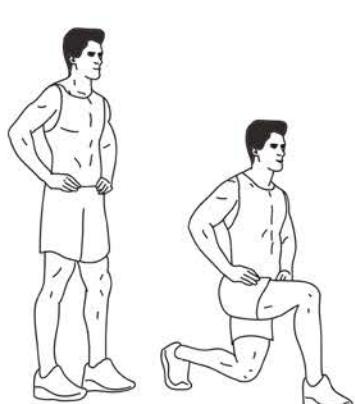
**2.** squats  
10 reps



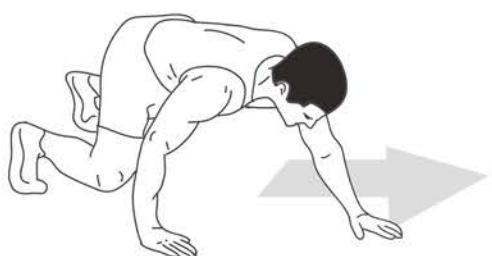
**3.** push ups  
10 reps



**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

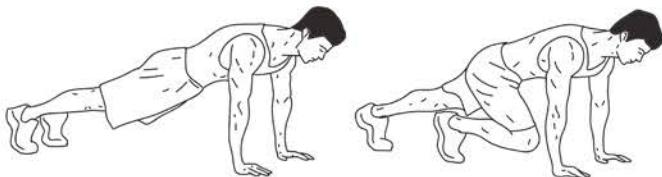
**beginner:** 5 reps

**intermediate:** 10 reps

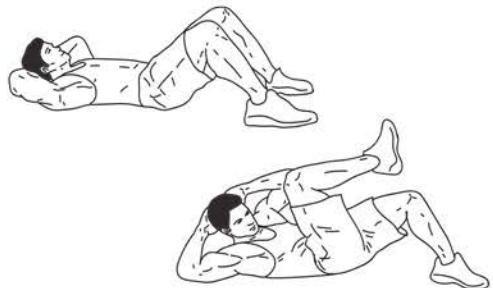
**advanced:** 20 reps

**sets:** 5 sets

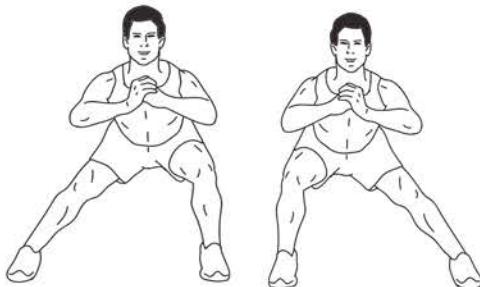
1. mountain climbers



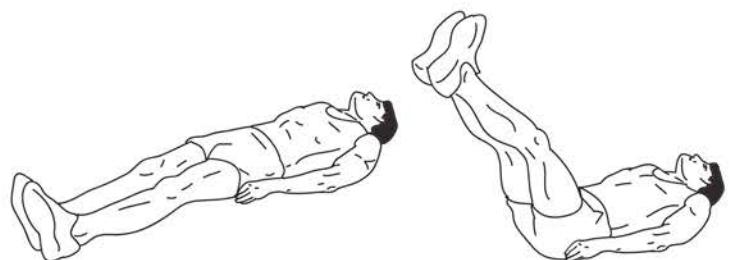
2. cross-body crunches



3. side-to-side lunges



4. leg raises



rest between sets

**beginner:** as long as you need

**intermediate:** up to 2 minutes

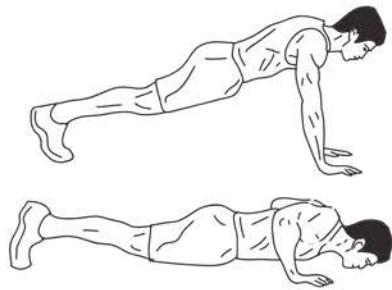
**advanced:** 60 seconds

# Bodyweight Training

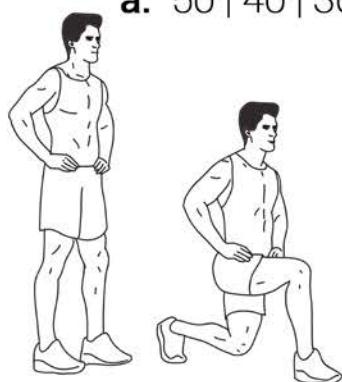
**1.** high knees  
60 seconds



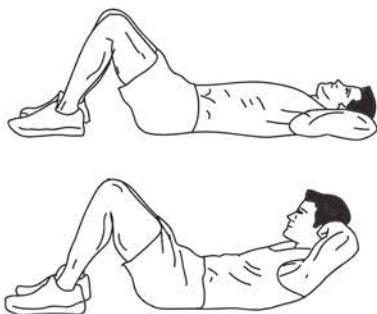
**2.** push ups  
**b:** 5|4|3  
**i:** 10|8|6  
**a:** 15|12|10



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



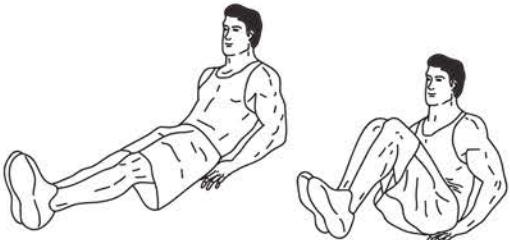
**4.** crunches  
**b:** 12|10|8  
**i:** 20|18|16  
**a:** 60|40|20



**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

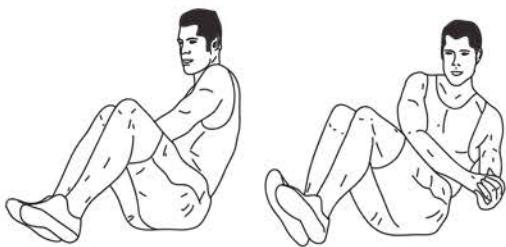
1. 10 second sprint → **b: 2 i: 6 a: 10** → **b: 4 i: 10 a: 20**
2. 20 second sprint → **b: 4 i: 10 a: 14** → **b: 6 i: 14 a: 30**
3. 30 second sprint → **b: 8 i: 14 a: 20** → **b: 10 i: 18 a: 40**
4. 20 second sprint → **b: 4 i: 10 a: 14** → **b: 6 i: 14 a: 30**
5. 10 second sprint → **b: 2 i: 6 a: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

each exercise  
**10 reps**

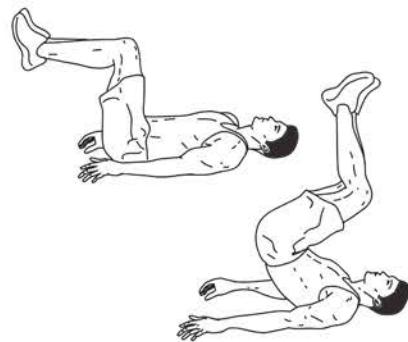
sets

**beginner** 2 sets  
**intermediate** 5 sets  
**advanced** 7 sets

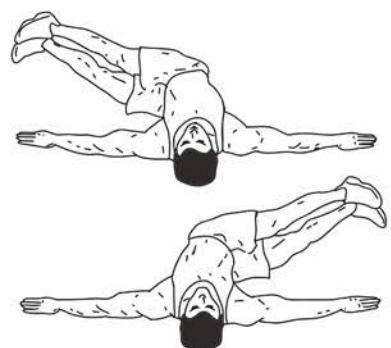
1. Russian twists



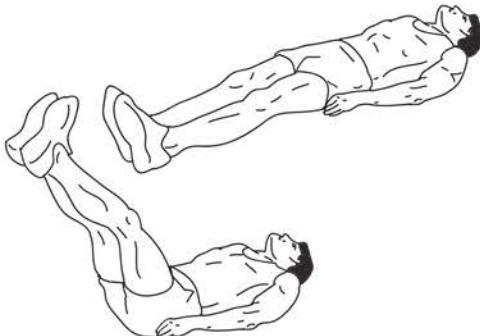
2. reverse crunches



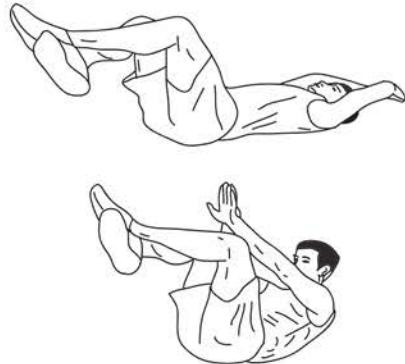
3. windshield wipers



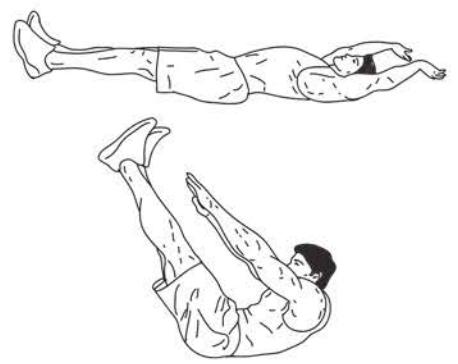
4. leg raises



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

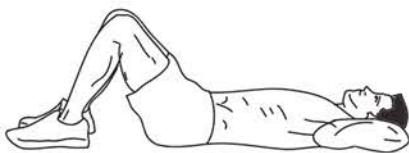
part 1

20 minutes of walking/ jogging/ running

part 2

**5 x** 100 meters sprint

up to 30 second breaks in between

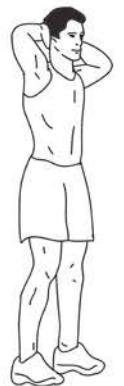


### 1. crunches

**b:** 12 | 10 | 12 | 10

**i:** 20 | 30 | 20 | 30

**a:** 60 | 80 | 60 | 80

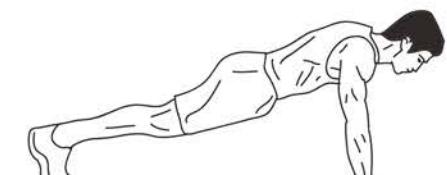


### 2. squats

**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

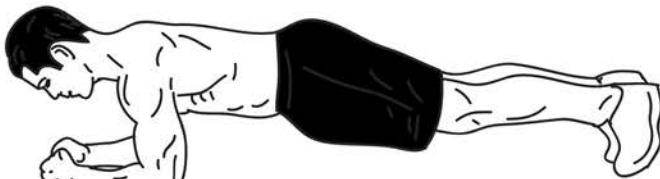
beginner: 1 set intermediate: 3 sets advanced 6 sets - throughout the day

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

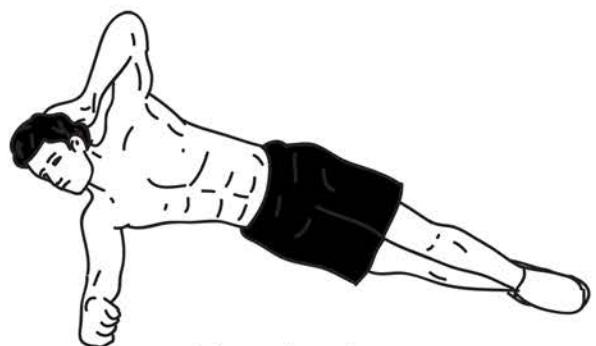
**30-second side plank on each side** – rest 60 seconds after both are done

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

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

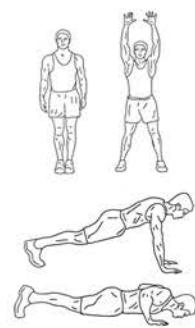


elbow plank



side plank

# Stopwatch Workout



10 sec – Jumping Jacks

10 Sec – Push Ups

10 Sec – Rest

**1 mile**  
walk/jog **warmup**



20 Sec – High Knees

20 Sec – Knee Tuck Jumps

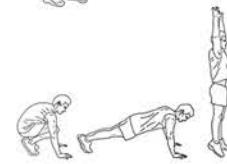
20 Sec – Rest

## sets

**beginner:** 3 sets

**intermediate:** 5 sets

**advanced:** 7 sets



30 Sec – Burpees

30 Sec – Mountain Climbers

30 Sec – Rest

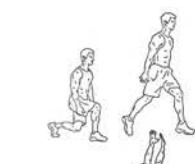


## rest between sets

**beginner:**  
as long as you need

**intermediate:**  
up to 60 seconds

**advanced:**  
40 seconds



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

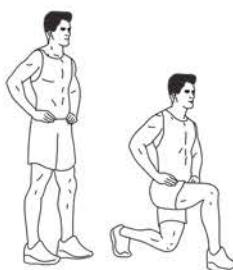
**intermediate:** 3 miles

**advanced:** 6 miles



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

## part 2: bodyweight training



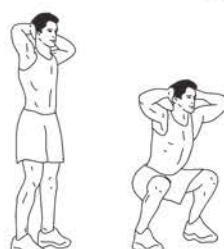
*forward lunges*

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



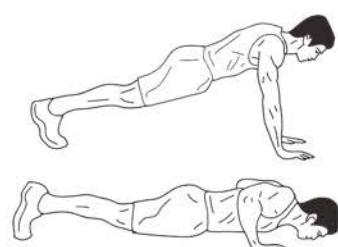
*Russian twists*

**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*

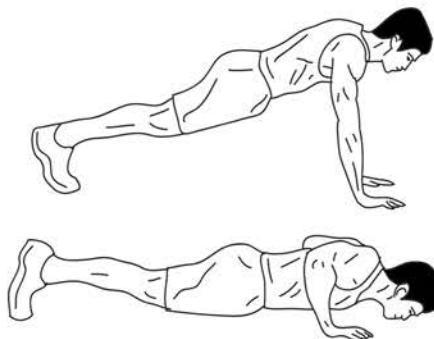
**b:** 6|10|6|10  
**i:** 16|20|16|20  
**a:** 18|20|18|20

**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

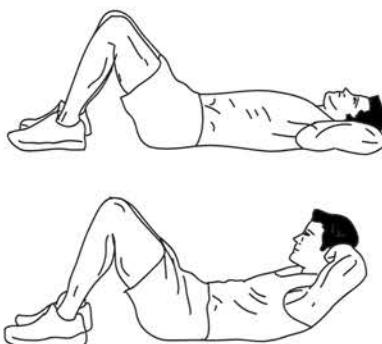


**push ups**

b: 2 | 4 | 6

i: 10 | 15 | 20

a: 15 | 25 | 30



**crunches**

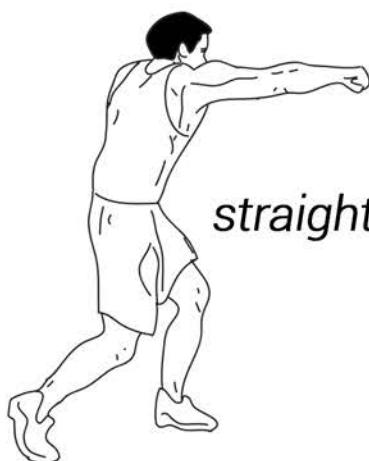
b: 10 | 12 | 14

i: 20 | 30 | 40

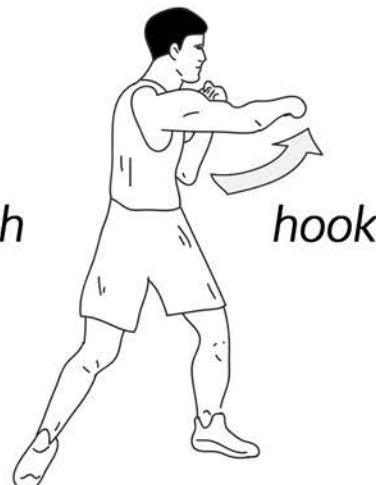
a: 30 | 40 | 50

## Part 2 - shadow boxing

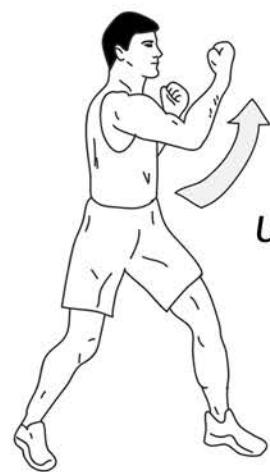
5 minutes - move as fast as you can **X 5 sets** - use the moves below:



*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

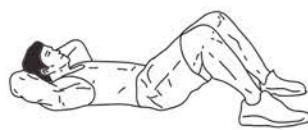
**intermediate:** run 4 miles

**advanced:** run 6 miles

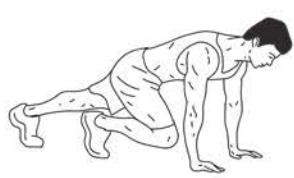
# Bodyweight Training



1. mountain climbers



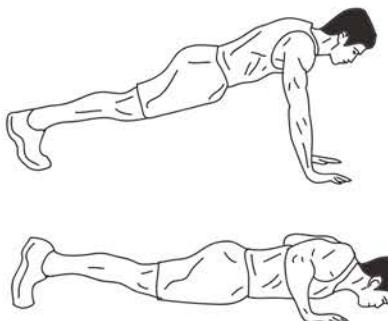
2. cross-body crunches



**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*

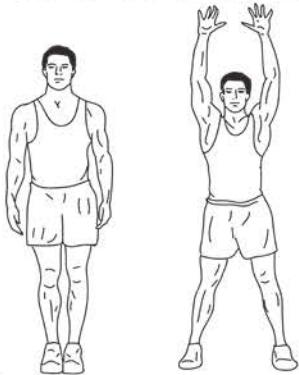
**beginner:** as long as you need

**intermediate:** up to 60 seconds

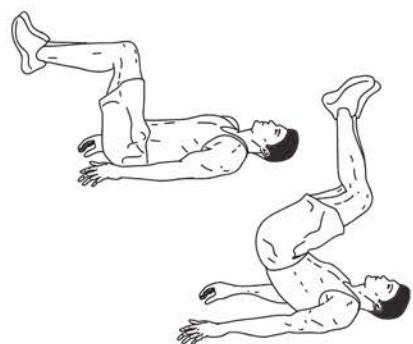
**advanced:** up to 45 seconds

# Bodyweight Training

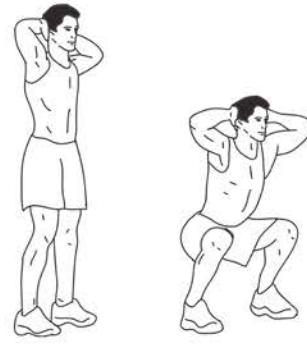
1. jumping jacks  
**b:**10 **i:** 20 **a:** 30



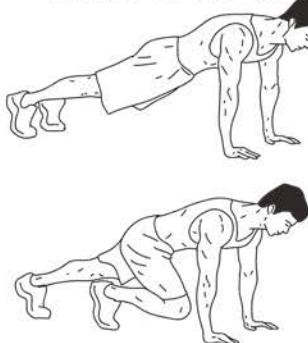
2. reverse crunches  
**b:**10 **i:** 20 **a:** 30



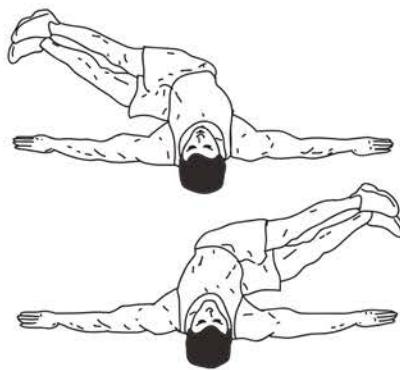
3. squats  
**b:**10 **i:** 20 **a:** 30



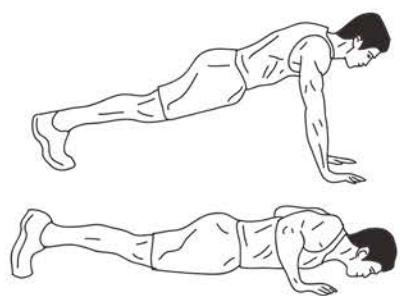
4. mountain climbers  
**b:**10 **i:** 20 **a:** 30



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

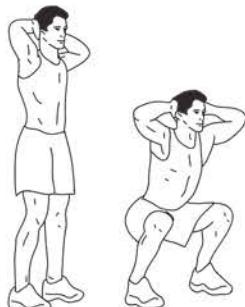
**advanced:** 30 seconds

# cardio

Running /distance

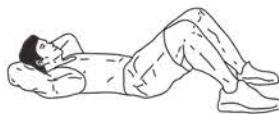
**beginners:** run, jog or walk 2 miles  
**intermediate:** run or jog 4 miles  
**advanced:** run 6 miles

# Bodyweight Training



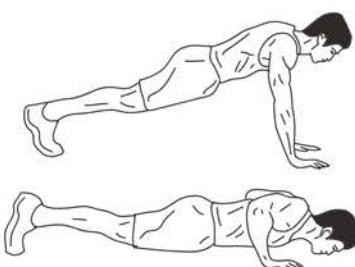
## 1. squats

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



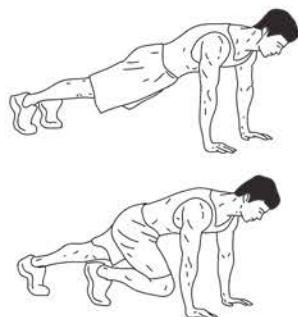
## 2. cross-body crunches

**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*

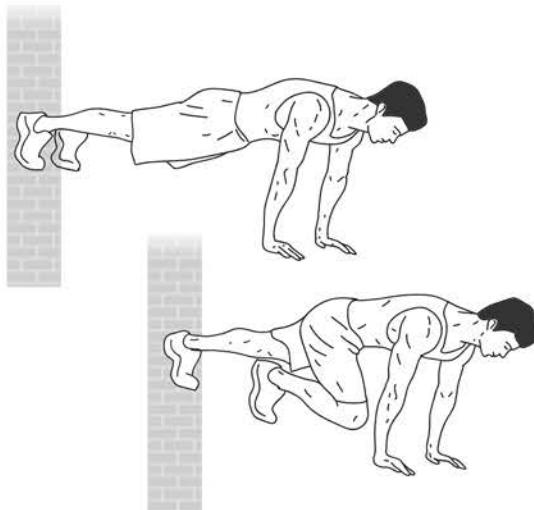
**beginner:** as long as you need  
**intermediate:** up to 60 seconds  
**advanced:** 40 seconds

# 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



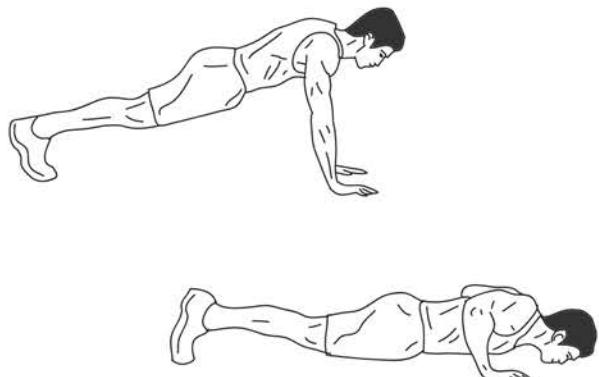
**beginner:**  
14|16|14|16

**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

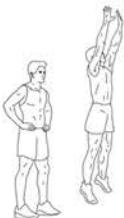
**intermediate:**  
8|10|8|10

**advanced:**  
10|20|10|20

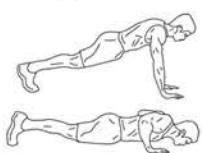
## rest between sets

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

# Stopwatch Workout



15 Sec – High Jumps

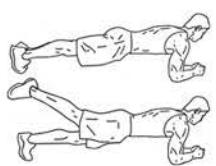


15 Sec – Push Ups

15 Sec – Rest

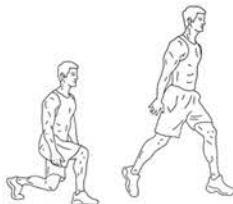


20 sec – Lunge Knee Hops



20 Sec – Plank Leg Lifts

20 Sec – Rest



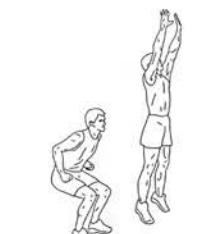
30 Sec – Jumping Lunges



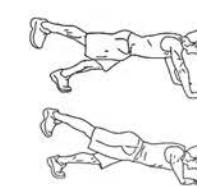
30 Sec – Mountain Climbers



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

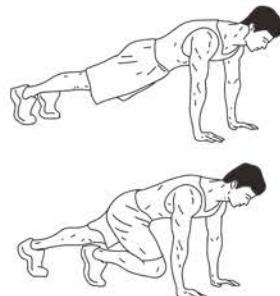
rep: **20**  
seconds each

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

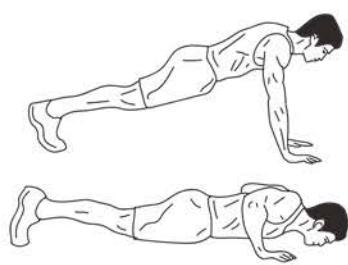
**1.** jumping jacks



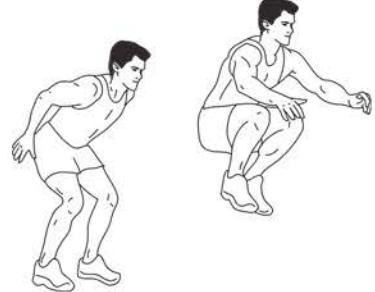
**2.** mountain climbers



**3.** push ups



**4.** knee tuck jumps



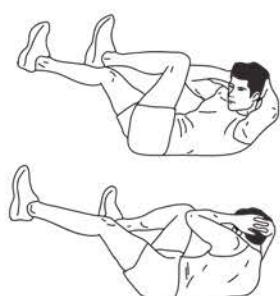
**5.** side-to-side lunges



**6.** squats



**7.** bicycle crunches



**8.** forward lunges



## rest between sets

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

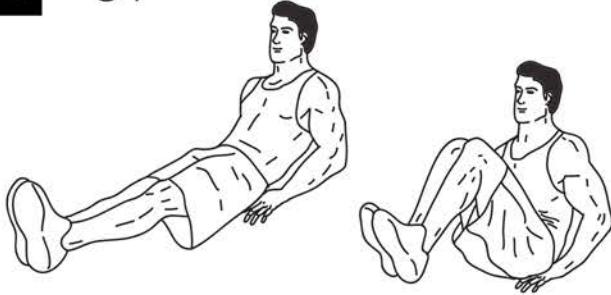
# cardio

Running /distance

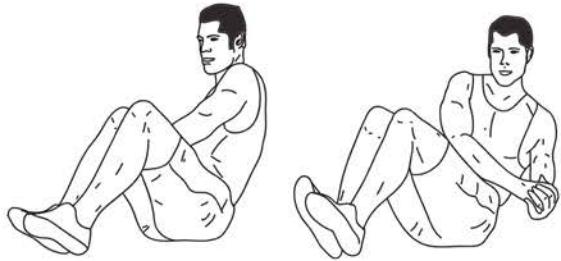
**beginners:** run or jog for 2 miles  
**intermediate:** run 4 miles  
**advanced:** run 6 miles

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

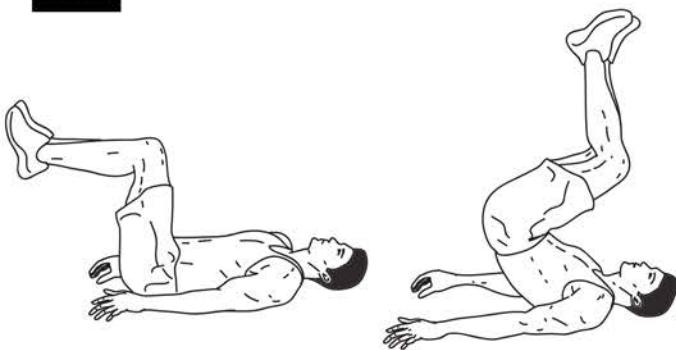
**1.** leg pull ins



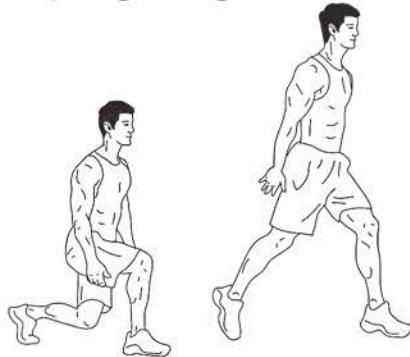
**2.** russian twists



**3.** reverse crunches



**4.** jumping lunges

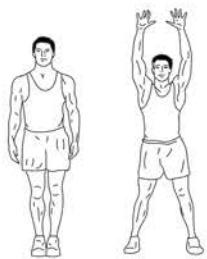


rest between sets

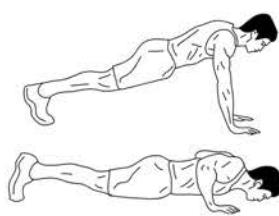
**beginner:** as long as you need  
**intermediate:** up to 60 seconds  
**advanced:** up to 45 seconds

# 5x5 workout

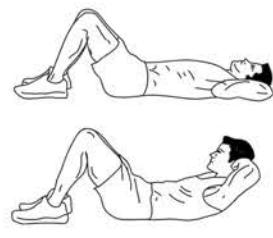
5 reps | 5 sets each



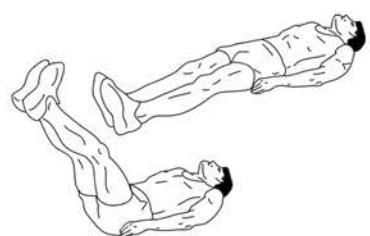
jumping jacks



push ups



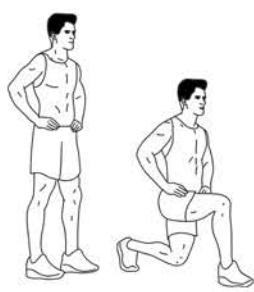
crunches



leg raises



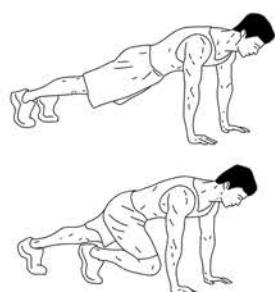
high knees



forward lunges



squats



mountain climbers

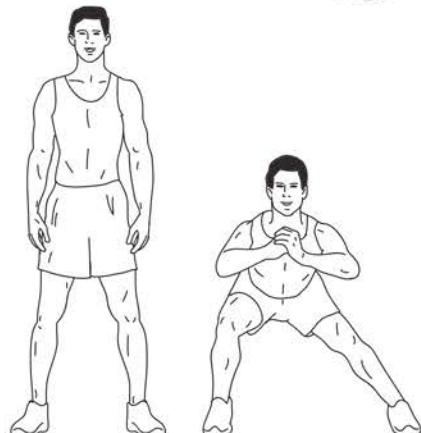
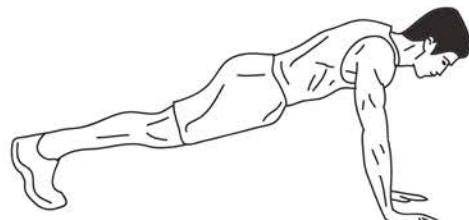
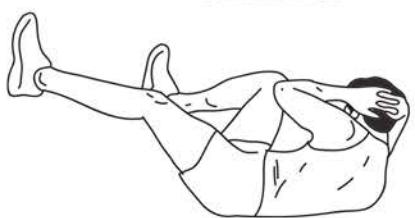
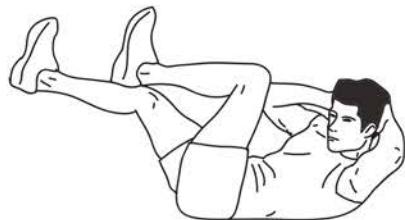
rest between sets

**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



3 sets

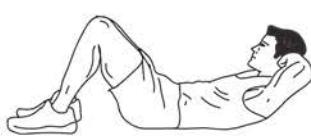
## 2. squats

**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



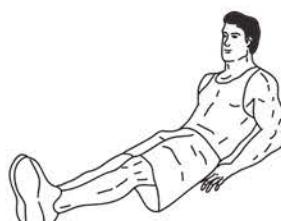
## 5. push ups

**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

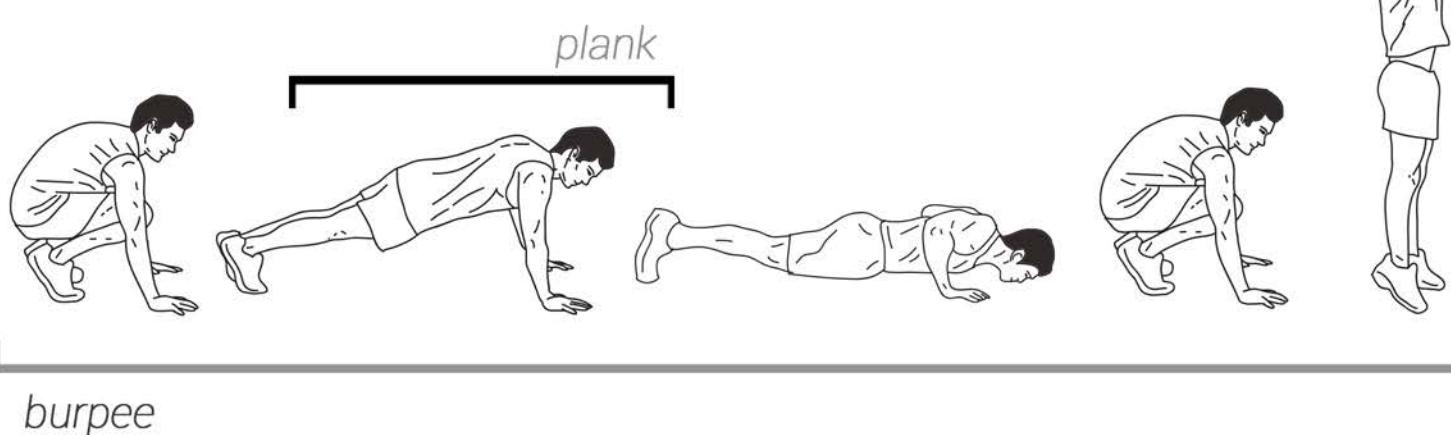
beginner: 1 set intermediate: 3 sets advanced 6 sets - throughout the day

**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**

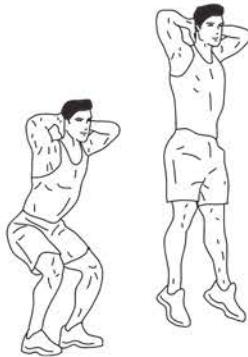
Repeat the cycle again:

**beginners:** 2 times

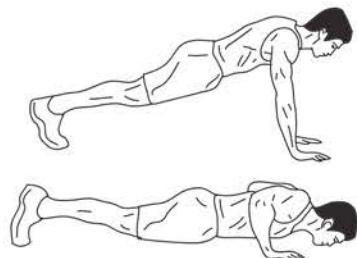
**intermediate:** 4 times

**advanced:** 6 times

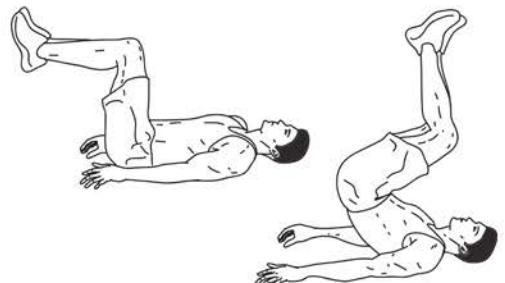
- 1.** jump squats  
10 reps



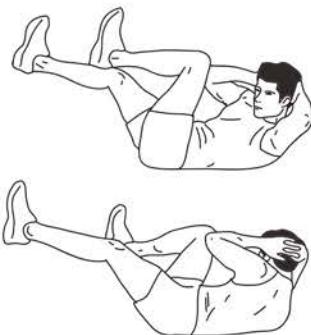
- 2.** push-ups  
10 reps each side



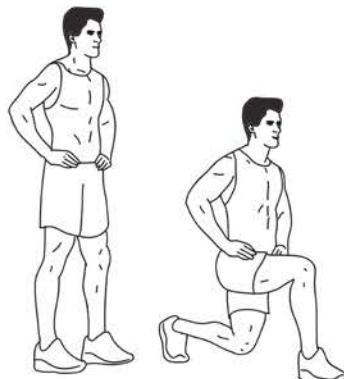
- 3.** reverse crunches  
10 reps



- 4.** bicycle crunches  
10 reps



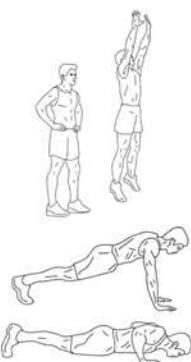
- 5.** forward lunges  
10 reps each leg



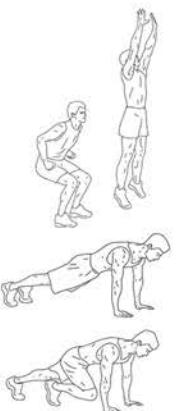
- 6.** side crawl in plank position  
2 meters - left and right  
4 reps



# Stopwatch Workout



15 Sec – High Jumps



20 sec – Jump Squats

20 Sec – Mountain Climbers

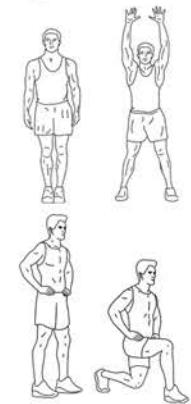


30 Sec – Crunches

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**

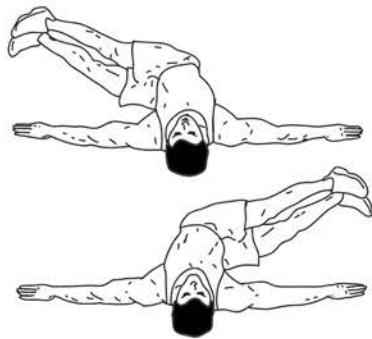
sets

**beginner** 2 sets  
**intermediate** 5 sets  
**advanced** 7 sets

1. high knees



2. windshield wipers



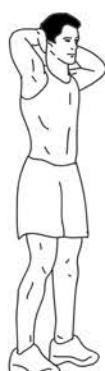
3. leg pull-ins



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/ 1tbs 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.