



Unleash

30 minutes daily home workout



A kind reminder

Always check with your doctor before starting any physical training.

To avoid injuries always start your training with a Warm Up and Stretches. This book does not include them.

Finish your workout with a cool down and a session of stretches to reduce muscles soaring.

This workout program was created for beginners, but even more experienced persons can benefit through this training adding weight, more reps or sets.

Do not start this program if you have an injury, you are recovering from one and didn't complete recovering yet.

Be aware that any exercise training has a risk of injury, and you are starting this program by your own will.

Do not forget to drink water to keep your body hydrated.

Enjoy your transformation!



Journey

Start Point

Feeling: _____

Challenges: _____

Date: _____
Weight (Kg): _____
Waist (cm): _____
Abs (cm): _____
Hips (cm): _____

Day 1-7

Overview

Day 1 - Lower body

Day 2 - Upper Body

Day 3 - Core

Day 4 - Lower Body

Day 5 - Upper Body

Day 6 - Core

Day 7 - Cardio

Challenge of the Week: Negative Push up

Every day perform negative push ups 2-3 times till you can not keep going. Objective: 70 -140 reps in the week.
(10-20 reps per day)

Day 1

Squat

Sets: 3

Time: 1min

rest:30sec

Deadlift

Sets: 3

Time: 1min

rest:30sec

Lateral leg elevation (each)

Sets: 3

Time: 1min

rest:30sec

Reverse lunge

Sets: 3

Time: 1min

rest:30sec

Lateral jump

Sets: 3

Time: 1min

rest:30sec

Back kick (each)

Sets: 3

Time: 1min

rest:30sec

Knee to elbow

Sets: 3

Time: 1min

rest:30sec

Calf raise

Sets: 3

Time: 1min

rest:30sec

Chanllenge: Negative Push ups
reps of the day:_____

Notes:_____

Day 2

Incline push ups

Sets: 3 Time: 1min rest:30sec

Renegade row

Sets: 3 Time: 1min rest:30sec

Push back

Sets: 3 Time: 1min rest:30sec

Reverse angel

Sets: 3 Time: 1min rest:30sec

Mountain climber

Sets: 3 Time: 1min rest:30sec

Chest press

Sets: 3 Time: 1min rest:30sec

Triceps dips

Sets: 3 Time: 1min rest:30sec

Soaring superman

Sets: 3 Time: 1min rest:30sec

Chanllenge: Negative Push ups
reps of the day:_____

Notes:_____

Day 3

Abs Crunch

Sets: 3

Time: 1min

rest:30sec

Reverse Crunch

Sets: 3

Time: 1min

rest:30sec

Bicycle

Sets: 3

Time: 1min

rest:30sec

V sit

Sets: 3

Time: 1min

rest:30sec

Heel touch

Sets: 3

Time: 1min

rest:30sec

Flutter kick

Sets: 3

Time: 1min

rest:30sec

Hip thrust (floor)

Sets: 3

Time: 1min

rest:30sec

Superman

Sets: 3

Time: 1min

rest:30sec

Chanllenge: Negative Push ups
reps of the day:_____

Notes:_____

Day 4

Sumo squat

Sets: 3

Time: 1min

rest:30sec

good morning

Sets: 3

Time: 1min

rest:30sec

Squat walk

Sets: 3

Time: 1min

rest:30sec

Lateral Lunge

Sets: 3

Time: 1min

rest:30sec

Donkey kick

Sets: 3

Time: 1min

rest:30sec

Fire hydrant

Sets: 3

Time: 1min

rest:30sec

Bird dog Right side

Sets: 3

Time: 1min

rest:30sec

Bird dog left side

Sets: 3

Time: 1min

rest:30sec

Chanllenge: Negative Push ups
reps of the day:_____

Notes:_____

Day 5

Plank walk

Sets: 3 Time: 1min rest:30sec

Hand walk out

Sets: 3 Time: 1min rest:30sec

Prayer lats row

Sets: 3 Time: 1min rest:30sec

Bent over row

Sets: 3 Time: 1min rest:30sec

Shoulder press

Sets: 3 Time: 1min rest:30sec

Incline push up

Sets: 3 Time: 1min rest:30sec

Biceps curl

Sets: 3 Time: 1min rest:30sec

Triceps kick

Sets: 3 Time: 1min rest:30sec

Chanllenge: Negative Push ups
reps of the day: _____

Notes: _____

Day 6

V sit rainbow

Sets: 3

Time: 1min

rest:30sec

Hundred

Sets: 3

Time: 1min

rest:30sec

Double crunch

Sets: 3

Time: 1min

rest:30sec

Lying scissors

Sets: 3

Time: 1min

rest:30sec

Plank

Sets: 3

Time: 1min

rest:30sec

Lateral plank right

Sets: 3

Time: 1min

rest:30sec

Lateral plank left

Sets: 3

Time: 1min

rest:30sec

Reverse plank

Sets: 3

Time: 1min

rest:30secc

Chanllenge: Negative Push ups
reps of the day:_____

Notes:_____

Day 7

Fast feet

Set: 4 time:40sec rest:20sec

Jump jacks

Set: 4 time:40sec rest:20sec

Kick butt

Set: 4 time:40sec rest:20sec

High knees

Set: 4 time:40sec rest:20sec

Ali shuffle

Set: 4 time:40sec rest:20sec

Squat punches

Set: 4 time:40sec rest:20sec

Knee to elbow

Set: 4 time:40sec rest:20sec

Shuffle touch floor

Set: 4 time:40sec rest:20sec

Do all 8 exercises,
then rest for 1-2 min before start again. Do it till finish the 4 sets

Chanllenge: Negative Push ups
reps of the day:_____

Notes:_____

Day 1-7

Review

Feeling: _____

Challenges: _____

Week challenge results : _____

Date: _____

Weight (Kg): _____

Waist (cm): _____

Abs (cm): _____

Hips (cm): _____

Day 8-14

Overview

Day 8 - Lower body

Day 9 - Upper Body

Day 10 - Core

Day 11 - Lower Body

Day 12 - Upper Body

Day 13 - Core

Day 14 - Cardio

Challenge of the Week: 12 Minutes Plank

Every day perform 3 reps of 1 min of plank, lateral plank (both sides) and reverse plank. If you can hold longer do it. Objective: 84 + minutes of plank in the week

Day 8

Split squat pulse (right)

Sets: 3 Time: 1min rest:30sec

Split squat pulse (left)

Sets: 3 Time: 1min rest:30sec

Shuffle Knee

Sets: 3 Time: 1min rest:30sec

Alternate lunges

Sets: 3 Time: 1min rest:30sec

Lying lateral elevation (right)

Sets: 3 Time: 1min rest:30sec

Lying lateral elevation (left)

Sets: 3 Time: 1min rest:30sec

Hamstring pulse

Sets: 3 Time: 1min rest:30sec

Rainbow

Sets: 3 Time: 1min rest:30secc

Chanllenge: 12 Minutes Plank
minutes per day:_____

Notes:_____

Day 9

Push ups

Sets: 3 Time: 1min rest:30sec

Lying rear fly

Sets: 3 Time: 1min rest:30sec

Shoulder under and over

Sets: 3 Time: 1min rest:30sec

Prayer row

Sets: 3 Time: 1min rest:30sec

Bear up and down

Sets: 3 Time: 1min rest:30sec

Single arm row (right)

Sets: 3 Time: 1min rest:30sec

Single arm row (left)

Sets: 3 Time: 1min rest:30sec

Rotators swing

Sets: 3 Time: 1min rest:30secc

Chanllenge: 12 minutes Plank
minutes per day:_____

Notes: _____

Day 10

V sit knee tuck

Sets: 3

Time: 1min

rest:30sec

Diagonal crunch

Sets: 3

Time: 1min

rest:30sec

Sit up

Sets: 3

Time: 1min

rest:30sec

Dead bug

Sets: 3

Time: 1min

rest:30sec

Knife crunch

Sets: 3

Time: 1min

rest:30sec

Double leg lower

Sets: 3

Time: 1min

rest:30sec

Lower wind wiper

Sets: 3

Time: 1min

rest:30sec

Butterfly crunch

Sets: 3

Time: 1min

rest:30sec

Chanllenge: 12 minutes Plank
minutes per day:_____

Notes:_____

Day 11

Squat jump

Sets: 3 Time: 1min rest:30sec

Reverse lunge kick

Sets: 3 Time: 1min rest:30sec

Single leg dead lift (right)

Sets: 3 Time: 1min rest:30sec

Single leg dead lift (left)

Sets: 3 Time: 1min rest:30sec

Donkey kick extended leg (each)

Sets: 3 Time: 1min rest:30sec

Single leg bridge (right)

Sets: 3 Time: 1min rest:30sec

Single leg bridge (left)

Sets: 3 Time: 1min rest:30sec

Half squat get up

Sets: 3 Time: 1min rest:30sec

Chanllenge: 12 minutes Plank
minutes per day:_____

Notes: _____

Day 12

Arms scissors

Sets: 3

Time: 1min

rest:30sec

Shoulders 3 in 1

Sets: 3

Time: 1min

rest:30sec

Plank renegade

Sets: 3

Time: 1min

rest:30sec

Push back

Sets: 3

Time: 1min

rest:30sec

Prayer row

Sets: 3

Time: 1min

rest:30sec

Push ups

Sets: 3

Time: 1min

rest:30sec

Biceps curl

Sets: 3

Time: 1min

rest:30sec

Triceps extension

Sets: 3

Time: 1min

rest:30sec

Chanllenge: 12 minutes Plank
minutes per day:_____

Notes:_____

Day 13

Mountain climber

Sets: 3 Time: 1min rest:30sec

Bicycle

Sets: 3 Time: 1min rest:30sec

Table crunch

Sets: 3 Time: 1min rest:30sec

Diagonal crunch reach toe

Sets: 3 Time: 1min rest:30sec

Bridge hold

Sets: 3 Time: 1min rest:30sec

Crab reach out

Sets: 3 Time: 1min rest:30sec

High scissor crunch

Sets: 3 Time: 1min rest:30sec

Touch heels

Sets: 3 Time: 1min rest:30sec

Challenge: 12 minutes Plank
minutes per day: _____

Notes: _____

Day 14

High kicks

Set: 4 time:40sec rest:20sec

Half burpee

Set: 4 time:40sec rest:20sec

Squat stagger

Set: 4 time:40sec rest:20sec

Lateral jump touch floor

Set: 4 time:40sec rest:20sec

High knees Touching foot

Set: 4 time:40sec rest:20sec

Kick through

Set: 4 time:40sec rest:20sec

Sumo squat fast feet

Set: 4 time:40sec rest:20sec

Russian twist

Set: 4 time:40sec rest:20sec

Chanllenge: 12 minutes Plank
minutes per day:_____

Notes: _____

Day 8-14

Review

Feeling: _____

Challenges: _____

Week challenge results : _____

Date: _____

Weight (Kg): _____

Waist (cm): _____

Abs (cm): _____

Hips (cm): _____

Day 15-21

Overview

Day 15 - Lower body

Day 16 - Upper Body

Day 17 - Core

Day 18 - Lower Body

Day 19 - Upper Body

Day 20 - Core

Day 21 - Cardio

Challenge of the Week:

Wall Sit

Every day perform 3 Wall sit in different time of the day. Hold the longer you can, set the timer and mark the sum of minutes for every day. Objective: 21 + minutes in the week

Day 15

Squat walk

Sets: 2 -3

time:2min

rest:30sec

Sumo squat pulse

Sets: 2 -3

time:2min

rest:30sec

Lat. leg raise/back kick (right)

Sets: 2 -3

time:2min

rest:30sec

Lat. Leg raise/back kick (left)

Sets: 2 -3

time:2min

rest:30sec

Hamstring pulse

Sets: 2 -3

time:2min

rest:30sec

Fire hydrant (right)

Sets: 2 -3

time:2min

rest:30sec

Fire hydrant (left)

Sets: 2 -3

time:2min

rest:30sec

Rainbow

Sets: 2 -3

time:2min

rest:30sec

Chanllenge: Wall Sit
minutes per day:_____

Notes:_____

Day 16

Push ups

Sets: 2 -3

time:2min

rest:30sec

Bear up and down

Sets: 2 -3

time:2min

rest:30sec

Plank row

Sets: 2 -3

time:2min

rest:30sec

Prayer lats row

Sets: 2 -3

time:2min

rest:30sec

Lying rear fly

Sets: 2 -3

time:2min

rest:30sec

Shoulder press

Sets: 2 -3

time:2min

rest:30sec

Triceps push

Sets: 2 -3

time:2min

rest:30sec

Chest press

Sets: 2 -3

time:2min

rest:30sec

Chanllenge: Wall Sit
minutes per day:_____

Notes:_____

Day 17

Crunch

Sets: 2 -3

time:2min

rest:30sec

V knee tuck

Sets: 2 -3

time:2min

rest:30sec

Touch heel

Sets: 2 -3

time:2min

rest:30sec

Reverse crunch

Sets: 2 -3

time:2min

rest:30sec

Star crunch

Sets: 2 -3

time:2min

rest:30sec

Plank knee to elbow

Sets: 2 -3

time:2min

rest:30sec

Double crunch hug

Sets: 2 -3

time:2min

rest:30sec

V sit hold

Sets: 2 -3

time:2min

rest:30sec

Chanllenge: Wall Sit
minutes per day:_____

Notes:_____

Day 18

Squat jump

Sets: 2 -3

time:2min

rest:30sec

Single leg deadlift (right)

Sets: 2 -3

time:2min

rest:30sec

Single leg deadlift (left)

Sets: 2 -3

time:2min

rest:30sec

Reverse lunge kick

Sets: 2 -3

time:2min

rest:30sec

Squat in and out

Sets: 2 -3

time:2min

rest:30sec

Leg swing

Sets: 2 -3

time:2min

rest:30sec

Single calf raise (right)

Sets: 2 -3

time:2min

rest:30sec

Single calf raise (left)

Sets: 2 -3

time:2min

rest:30sec

Chanllenge: Wall Sit
minutes per day:_____

Notes:_____

Day 19

Incline push ups jump

Sets: 2 -3

time:2min

rest:30sec

Plank touch shoulders

Sets: 2 -3

time:2min

rest:30sec

Reverse angel

Sets: 2 -3

time:2min

rest:30sec

Push back

Sets: 2 -3

time:2min

rest:30sec

Hand walk out

Sets: 2 -3

time:2min

rest:30sec

Soaring superman

Sets: 2 -3

time:2min

rest:30sec

Triceps dips

Sets: 2 -3

time:2min

rest:30sec

Bicep curl

Sets: 2 -3

time:2min

rest:30sec

Chanllenge: Wall Sit
minutes per day:_____

Notes:_____

Day 20

Mountain jump

Sets: 2 -3 time:2min rest:30sec

Plank kick crunch alternated

Sets: 2 -3 time:2min rest:30sec

Quadruped core rot. (right)

Sets: 2 -3 time:2min rest:30sec

Quadruped core rot. (left)

Sets: 2 -3 time:2min rest:30sec

Crab reach out

Sets: 2 -3 time:2min rest:30sec

Lateral plank star (right)

Sets: 2 -3 time:2min rest:30sec

Lateral plank star (left)

Sets: 2 -3 time:2min rest:30sec

Reverse plank

Sets: 2 -3 time:2min rest:30sec

Chanllenge: Wall Sit
minutes per day:_____

Notes: _____

Day 21

Pop squat

Set: 4 time:45sec rest:15

Flutter kick

Set: 4 time:45sec rest:15

Crab reach out

Set: 4 time:45sec rest:15

Russian twist

Set: 4 time:45sec rest:15

Half burpee

Set: 4 time:45sec rest:15

Mountain climber

Set: 4 time:45sec rest:15

Jump lunge

Set: 4 time:45sec rest:15

Sumo squat pulse

Set: 4 time:45sec rest:15

Chanllenge: Wall Sit
minutes per day:_____

Notes: _____

Day 15-21

Review

Feeling: _____

Challenges: _____

Week challenge results : _____

Date: _____

Weight (Kg): _____

Waist (cm): _____

Abs (cm): _____

Hips (cm): _____

Day 22-30

Overview

Day 22 - Lower body

Day 23 - Upper Body

Day 24 - Core

Day 25 - Lower Body

Day 26 - Upper Body

Day 27 - Core

Day 28 - Cardio

Day 29 - Lower Body

Day 30 - Upper Body

Challenge of the Week:

Burpee

Do minimum 25 burpees during the day (you can split the reps, also you can increase the number of reps in the day to push yourself harder). Objective: 175 + burpees in the week

Day 22

Split squat pulse (right)

Sets: 2 -3

time:2min

rest:30sec

Split squat pulse (left)

Sets: 2 -3

time:2min

rest:30sec

Shuffle touch floor

Sets: 2 -3

time:2min

rest:30sec

Alternate lunges

Sets: 2 -3

time:2min

rest:30sec

Lying lateral elevation (right)

Sets: 2 -3

time:2min

rest:30sec

Lying lateral elevation (left)

Sets: 2 -3

time:2min

rest:30sec

Hamstring pulse

Sets: 2 -3

time:2min

rest:30sec

Rainbow

Sets: 2 -3

time:2min

rest:30sec

Chanllenge: Burpee
reps of the day:_____

Notes:_____

Day 23

Arms scissors

Sets: 2 -3

time:2min

rest:30sec

Shoulders 3 in 1

Sets: 2 -3

time:2min

rest:30sec

Plank renegade

Sets: 2 -3

time:2min

rest:30sec

Push back

Sets: 2 -3

time:2min

rest:30sec

Prayer row

Sets: 2 -3

time:2min

rest:30sec

Push ups

Sets: 2 -3

time:2min

rest:30sec

Biceps curl

Sets: 2 -3

time:2min

rest:30sec

Triceps extension

Sets: 2 -3

time:2min

rest:30sec

Chanllenge: Burpee
reps of the day:_____

Notes:_____

Day 24

V sit rainbow

Sets: 2 -3

time:2min

rest:30sec

Hundred

Sets: 2 -3

time:2min

rest:30sec

Double crunch

Sets: 2 -3

time:2min

rest:30sec

Lying scissors

Sets: 2 -3

time:2min

rest:30sec

Plank

Sets: 2 -3

time:2min

rest:30sec

Lateral plank right

Sets: 2 -3

time:2min

rest:30sec

Lateral plank left

Sets: 2 -3

time:2min

rest:30sec

Reverse plank

Sets: 2 -3

time:2min

rest:30sec

Chanllenge: Burpee
reps of the day:_____

Notes:_____

Day 25

Squat jump

Sets: 2 -3

time:2min

rest:30sec

Reverse lunge kick

Sets: 2 -3

time:2min

rest:30sec

Single leg dead lift (right)

Sets: 2 -3

time:2min

rest:30sec

Single leg dead lift (left)

Sets: 2 -3

time:2min

rest:30sec

Donkey kick extended leg

Sets: 2 -3

time:2min

rest:30sec

Single leg bridge (right)

Sets: 2 -3

time:2min

rest:30sec

Single leg bridge (left)

Sets: 2 -3

time:2min

rest:30sec

Half squat get up

Sets: 2 -3

time:2min

rest:30sec

Chanllenge: Burpee
reps of the day:_____

Notes:_____

Day 26

Push ups

Sets: 2 -3

time:2min

rest:30sec

Lying rear fly

Sets: 2 -3

time:2min

rest:30sec

Shoulder under and over

Sets: 2 -3

time:2min

rest:30sec

Prayer row

Sets: 2 -3

time:2min

rest:30sec

Bear up and down

Sets: 2 -3

time:2min

rest:30sec

Single arm row (right)

Sets: 2 -3

time:2min

rest:30sec

Single arm row (left)

Sets: 2 -3

time:2min

rest:30sec

Triceps kick

Sets: 2 -3

time:2min

rest:30sec

Chanllenge: Burpee
reps of the day:_____

Notes:_____

Day 27

V sit knee tuck

Sets: 2 -3

time:2min

rest:30sec

Diagonal crunch

Sets: 2 -3

time:2min

rest:30sec

Sit up

Sets: 2 -3

time:2min

rest:30sec

Dead bug

Sets: 2 -3

time:2min

rest:30sec

Knife crunch

Sets: 2 -3

time:2min

rest:30sec

Double leg lower

Sets: 2 -3

time:2min

rest:30sec

Wind wiper

Sets: 2 -3

time:2min

rest:30sec

Butterfly crunch

Sets: 2 -3

time:2min

rest:30sec

Chanllenge: Burpee
reps of the day:_____

Notes:_____

Day 28

Crab knee and toe

Set: 4 time:45sec rest:15

V sit knee tuck

Set: 4 time:45sec rest:15

Kick through

Set: 4 time:45sec rest:15

Plank touch elbow

Set: 4 time:45sec rest:15

Ali shuffle

Set: 4 time:45sec rest:15

High knees

Set: 4 time:45sec rest:15

Lateral jump touch floor

Set: 4 time:45sec rest:15

Squat jump bunny hops

Set: 4 time:45sec rest:15

Chanllenge: Burpee
reps of the day:_____

Notes: _____

Day 29

Push ups

sets:3

time:2min

rest:30sec

Squat jumps

sets:3

time:2min

rest:30sec

Push back

sets:3

time:2min

rest:30sec

Good morning

sets:3

time:2min

rest:30sec

Push back

sets:3

time:2min

rest:30sec

Lying rear fly

sets:3

time:2min

rest:30sec

Star crunch

sets:3

time:2min

rest:30sec

Soaring superman

sets:3

time:2min

rest:30sec

Chanllenge: Burpee
reps of the day:_____

Notes:_____

Day 30

Jump jack

Set: 4 time:45sec rest:15

Mountain climber

Set: 4 time:45sec rest:15

High to low plank

Set: 4 time:45sec rest:15

Sumo squat calf raises

Set: 4 time:45sec rest:15

Lunge kick (right)

Set: 4 time:45sec rest:15

Lunge kick (left)

Set: 4 time:45sec rest:15

Russian twist

Set: 4 time:45sec rest:15

Pop squat

Set: 4 time:45sec rest:15

Challenge: Burpee
reps of the day:_____

Notes: _____

Day 22-30

Review

Feeling: _____

Challenges: _____

Week challenge results : _____

Date: _____

Weight (Kg): _____

Waist (cm): _____

Abs (cm): _____

Hips (cm): _____

Journey

Ending Point

Feeling: _____

Acknowledge your results: _____

Date: _____
Weight (Kg): _____
Waist (cm): _____
Abs (cm): _____
Hips (cm): _____

Congratulations!

**You have completed the
'Unleash Program'**

You are now...

- **Healthier**
- **Fitter**
- **Stronger**

WHAT'S NEXT?

**Send me a message to personally
guide you on your next step!**

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