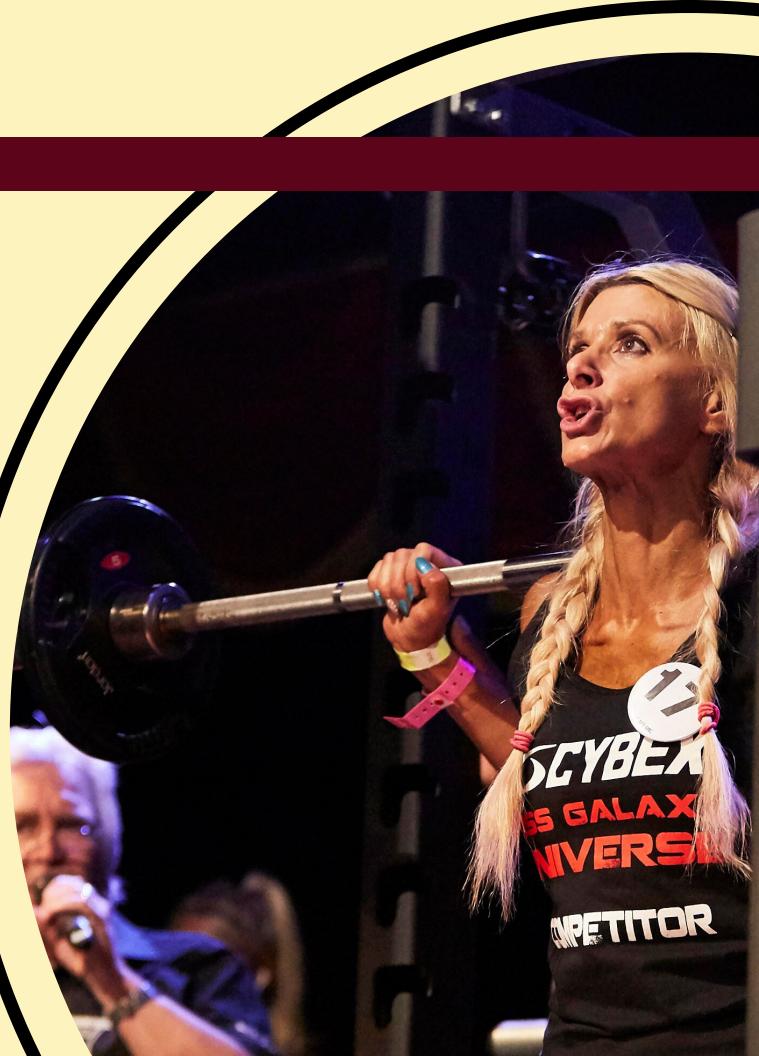




STRONG WOMEN FITNESS

The 30 Day GYM-FREE
Fitness Guide

Details at
www.strongwomenfitness.com



WHAT YOU WILL NEED?



- Basic Timer
- Comfortable Clothes
- Interval Time App

10-Min Stretch Series (to be repeated throughout month)

Tricep Stretch

- 30 sec. per Side

Chest Stretch

- 30 sec. per Side

Forward Fold

- 60 sec

Standing Calf Stretch

- 30 sec. per Side

Seated Hamstring Stretch

- 30 sec. per Side



Shoulder Stretch

- 30 sec. per Side

Quad Stretch

- 30 sec. per Side

Hip Flexor Stretch

- 30 sec. per Side

Supine Figure-4 Stretch

- 30 sec. per Side

Butterfly Stretch

- 60 sec.

WEEK 1

Day One

- Easy Walk - 10 - 20 min.
- Initial Assessment - How many can you do in 60 sec: (make a note to mark progress)
 1. Squats
 2. Push-ups
 3. Planks
- 10 min. Stretch series (See Above)

Day Two

- Four Six Minute Circuits
 1. 45 sec. each with 15 sec. rest
 2. Prisoner Squats
 3. Plank
 4. Alternating Lunges
 5. Oblique Twists
 6. Single-leg deadlift (switch legs)
 7. Bird-dog extension

Day Three

- Circuit #1
(Complete 3 times)
 1. Inchworms
 2. Push-ups
 3. Leg-lifts
- Circuit #2
(Complete 3 times)
 1. Crab Walks
 2. Superman Lat Pulls
 3. V-Sits
- Circuit #3
(Complete 3 times)
 1. Mountain Climbers
 2. Triceps dips
 3. Plank

Day Four

- Option #1
 1. 30 min Walk/Jog Circuit
 2. Alternate 2 min. Walk/1 min. Jog
- Option #2
 1. Perform each exercise for 60 sec.
 2. 4 rounds for 20 minutes total
 - Twisting March
 - Jumping Jacks
 - Burpees
 - Skaters
 - Jog in place
- 10 min. Stretch series (See Above)

Day Five

- Four Six-Minute Circuits
 1. 45 sec. with 15 sec. rest
 2. Prisoner Squats
 3. Plank
 4. Alternating Lunges
 5. Single-Leg deadlift (switch legs)
 6. Bird-dog Extension

Day Six

- Circuit #1
(Complete 3 times)
 1. Inchworms
 2. Push-ups
 3. Leg-lifts
- Circuit #2
(Complete 3 times)
 1. Crab Walks
 2. Superman Lat Pulls
 3. V-Sits
- Circuit #3
(Complete 3 times)
 1. Mountain Climbers
 2. Triceps dips
 3. Plank

Day Seven

- Option #1
 1. 30 min Walk/Jog Circuit
 2. Alternate 2 min. Walk/1 min. Jog
- Option #2
 1. Perform each exercise for 60 sec.
 2. 4 rounds for 20 minutes total
 - Twisting March
 - Jumping Jacks
 - Burpees
 - Skaters
 - Jog in place
- 10 min. Stretch series (See Above)



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- 30 sec. per Side

Chest Stretch

- 30 sec. per Side

Forward Fold

- 60 sec

Standing Calf Stretch

- 30 sec. per Side

Seated Hamstring Stretch

- 30 sec. per Side



Shoulder Stretch

- 30 sec. per Side

Quad Stretch

- 30 sec. per Side

Hip Flexor Stretch

- 30 sec. per Side

Supine Figure-4 Stretch

- 30 sec. per Side

Butterfly Stretch

- 60 sec.

Pyramid Exercise

Round 1

- 10 Reps of each

Round 2

- 09 Reps of each

Round 3

- 08 Reps of each

Round 4

- 07 Reps of each

Round 5

- 06 Reps of each

Round 6

- 05 Reps of each

Round 7

- 04 Reps of each

Round 8

- 03 Reps of each

Round 9

- 02 Reps of each

Round 10

- 01 Reps of each



WEEK 2 (DAYS 8-14)

Day Eight

- Yoga Series
 - 1. 3 Rounds, 20-30 min.
 - 2. Sub Salutation B
 - 3. 4 Min. of Mediation

Day Nine

- 10 rounds of 4-exercise Circuit
 - 1. Follow Pyramid Exercises (see above)
 - 2. Squat Jump
 - 3. Side Lunges (1 of each side)
 - 4. Curtsy Lunges (1 of each side)
 - 5. Glute Bridge

Day Ten

- 10 rounds of 4-exercise Circuit
 - 1. Follow Pyramid Exercises (see above)
 - 2. Side Shuffle
 - 3. Plank Up-Downs
 - 4. Shoulder Push-ups
 - 5. Tricep Dips

Day Twelve

- 10 rounds of 4-exercise Circuit
 - 1. Follow Pyramid Exercises (see above)
 - 2. Squat Jump
 - 3. Side Lunges (1 of each side)
 - 4. Curtsy Lunges (1 of each side)
 - 5. Glute Bridge
- Try to beat your Day 2 Score in times or Reps.

Day Thirteen

- 10 rounds of 4-exercise Circuit
 - 1. Follow Pyramid Exercises (see above)
 - 2. Side Shuffle
 - 3. Plank Up-Downs
 - 4. Shoulder Push-ups
 - 5. Tricep Dips
- Try to beat your Day 2 Score in times or Reps.

Day Eleven

- Option #1
 - Bodyweight Tabatas
 - 1. Do as many as possible in 20 sec. w/ 10 sec. rest, Repeat 4x w/ 2 min. rest after 2nd Rep
 - 2. Squat Jacks
 - 3. Mountain Climbers
 - 4. Bear Crawls
 - 5. Broad Jump to Backward Hop
- Option #2
 - Sprint Tabatas
 - 1.5 - 10 min. warmup
 - 2. Sprint as fast for 20 sec.
 - 3. Rest 10 Sec.
 - 4. Walk slowly for 1 min., Repeat 4x
 - 5. 10 min. Stretch series (See Above)

Day Fourteen

- Option #1
 - Bodyweight Tabatas
 - 1. Do as many as possible in 20 sec. w/ 10 sec. rest, Repeat 4x w/ 2 min. rest after 2nd Rep
 - 2. Squat Jacks
 - 3. Mountain Climbers
 - 4. Bear Crawls
 - 5. Broad Jump to Backward Hop
- Option #2
 - Sprint Tabatas
 - 1.5 - 10 min. warmup
 - 2. Sprint as fast for 20 sec.
 - 3. Rest 10 Sec.
 - 4. Walk slowly for 1 min., Repeat 4x
 - 5. 10 min. Stretch series (See Above)

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10-Min Stretch Series (to be repeated throughout month)

Tricep Stretch

- 30 sec. per Side

Chest Stretch

- 30 sec. per Side

Forward Fold

- 60 sec

Standing Calf Stretch

- 30 sec. per Side

Seated Hamstring Stretch

- 30 sec. per Side



Shoulder Stretch

- 30 sec. per Side

Quad Stretch

- 30 sec. per Side

Hip Flexor Stretch

- 30 sec. per Side

Supine Figure-4 Stretch

- 30 sec. per Side

Butterfly Stretch

- 60 sec.

AMRAP : As Many Reps as possible

WEEK 3 (DAYS 15-21)

Day Fifteen

- Yoga Series
 - 1. 3 Rounds, 20-30 min.
 - 2. Sub Salutation B
 - 3. 4 Min. of Mediation

Day Seventeen

- AMRAP #1
 - Complete as many Circuits as possible in 10 min.
 - 1. 50 Jumping Jacks
 - 2. 10 Push ups
 - 3. 10 Superman Lat Pulls
 - 4. 15 oblique Twists
 - Repeat 3x

Day Eighteen

- Option #1
 - 1. 30 min. walk/jog circuit
 - 2. Alternate 1 min. walk/ 2 min. jog
- Option #2
- AMRAP #1
- Complete as many Circuits as possible in 12 min.
 - 1. 10 Burpees
 - 2. 10 Ski Wings
 - 3. 10 Skaters
 - Each Rep, Decrease Amount (9x, 8x, etc)
- AMRAP #2
- Complete as many Circuits as possible in 12 min.
 - 1. 10 Mountain Climbers
 - 2. 10 Jumping Jacks
 - 3. 10 Twisting March
 - Each Rep, Decrease Amount (9x, 8x, etc)
- 10 min Stretch Series (See above)

Day Twenty

- Option #1
 - 1. 30 min. walk/jog circuit
 - 2. Alternate 1 min. walk/ 2 min. jog
- Option #2
- AMRAP #1
- Complete as many Circuits as possible in 12 min.
 - 1. 10 Burpees
 - 2. 10 Ski Wings
 - 3. 10 Skaters
 - Each Rep, Decrease Amount (9x, 8x, etc)
- AMRAP #2
- Complete as many Circuits as possible in 12 min.
 - 1. 10 Mountain Climbers
 - 2. 10 Jumping Jacks
 - 3. 10 Twisting March
 - Each Rep, Decrease Amount (9x, 8x, etc)
- 10 min Stretch Series (See above)

Day Sixteen

- AMRAP #1
 - Complete as many Circuits as possible in 10 min.
 - 1. 15 Squat Thrusts
 - 2. 12 Prisoner Thrusts
 - 3. 10 Single-Leg Deadlifts (per leg)
 - 4. 10 Jumping Lunges (5 per leg)
- AMRAP #2
 - Complete as many Circuits as possible in 10 min.
 - 1. 30 Plank Jacks (each hop counts as 1)
 - 2. 15 side plank with hip dip (per side)
 - 3. 10 leg lifts
- Rest 2 - 4 min. , Repeat AMRAP #2

Day Nineteen

- AMRAP #1
 - Complete as many Circuits as possible in 10 min.
 - 1. 15 Squat Thrusts
 - 2. 12 Prisoner Thrusts
 - 3. 10 Single-Leg Deadlifts (per leg)
 - 4. 10 Jumping Lunges (5 per leg)
- AMRAP #2
 - Complete as many Circuits as possible in 10 min.
 - 1. 30 Plank Jacks (each hop counts as 1)
 - 2. 15 side plank with hip dip (per side)
 - 3. 10 leg lifts
- Rest 2 - 4 min. , Repeat AMRAP #2

Day Twenty-one

- AMRAP #1
 - Complete as many Circuits as possible in 10 min.
 - 1. 50 Jumping Jacks
 - 2. 10 Push ups
 - 3. 10 Superman Lat Pulls
 - 4. 15 oblique Twists
- Repeat 3x

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What you will need

- Basic Timer
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10-Min Stretch Series (to be repeated throughout month)

Tricep Stretch

- 30 sec. per Side

Chest Stretch

- 30 sec. per Side

Forward Fold

- 60 sec

Standing Calf Stretch

- 30 sec. per Side

Seated Hamstring Stretch

- 30 sec. per Side



Shoulder Stretch

- 30 sec. per Side

Quad Stretch

- 30 sec. per Side

Hip Flexor Stretch

- 30 sec. per Side

Supine Figure-4 Stretch

- 30 sec. per Side

Butterfly Stretch

- 60 sec.

WEEK 4 (DAYS 22-29)

Day Twenty Two

- Yoga Series
 - 1. 3 Rounds, 20-30 min.
 - 2. Sun Salutation B
 - 3. 8 Min. of Mediation

Day Twenty Four

- | | |
|--|--|
| <ul style="list-style-type: none">• Series #1<ul style="list-style-type: none">1. 60 sec. Bear Crawls2. 60 sec. Plank Jacks• Rest 1 min. | <ul style="list-style-type: none">• Series #2<ul style="list-style-type: none">1. 60 sec. Crab Walks2. 60 sec. Crab Abs• Rest 1 min. |
| <ul style="list-style-type: none">• Series #3<ul style="list-style-type: none">1. 60 sec. Inchworms2. 60 sec. Shoulder Push-Ups3. 60 sec. Swimmers• Rest 2 min. , Repeat Full Sequence 2x | |

Day Twenty Three

- | | |
|---|--|
| <ul style="list-style-type: none">• Series #1<ul style="list-style-type: none">1. 60 sec. Prisoner Squat2. 60 sec. Wide-leg Squat3. 60 sec. Narrow-leg Squat• Rest 1 min. | <ul style="list-style-type: none">• Series #2<ul style="list-style-type: none">1. 60 sec. Alternating Lunges2. 45 sec. Single-leg Lunges, right leg3. 45 sec. Single-leg Lunges, left leg4. 30 sec. Low-Lunges Pulse, right leg5. 30 sec. Low-Lunges Pulse, left leg• Rest 1 min. |
| <ul style="list-style-type: none">• Series #3<ul style="list-style-type: none">1. 60 sec. Good Mornings2. 45 sec. Single-leg Deadlifts, right leg3. 45 sec. Single-leg Deadlifts, left leg4. 30 sec. Glute Bridges | <ul style="list-style-type: none">• Series #4<ul style="list-style-type: none">1. 60 sec. Plank2. 30 sec. Plank Up-Downs3. 30 sec. Plank Jacks4. 60 sec. Sit-UpsRest 2 - 4 min. , Repeat Full Sequence |

Day Twenty Five

- 30 min. Walk
- 10 min Stretch Series (See above)

Day Twenty Seven

- | | |
|--|--|
| <ul style="list-style-type: none">• Series #1<ul style="list-style-type: none">1. 60 sec. Bear Crawls2. 60 sec. Plank Jacks• Rest 1 min. | <ul style="list-style-type: none">• Series #2<ul style="list-style-type: none">1. 60 sec. Crab Walks2. 60 sec. Crab Abs• Rest 1 min. |
| <ul style="list-style-type: none">• Series #3<ul style="list-style-type: none">1. 60 sec. Inchworms2. 60 sec. Shoulder Push-Ups3. 60 sec. Swimmers• Rest 2 min. , Repeat Full Sequence 2x | |

Day Twenty Six

- | | |
|---|--|
| <ul style="list-style-type: none">• Series #1<ul style="list-style-type: none">1. 60 sec. Prisoner Squat2. 60 sec. Wide-leg Squat3. 60 sec. Narrow-leg Squat | <ul style="list-style-type: none">• Series #2<ul style="list-style-type: none">1. 60 sec. Alternating Lunges2. 45 sec. Single-leg Lunges, right leg3. 45 sec. Single-leg Lunges, left leg4. 30 sec. Low-Lunges Pulse, right leg5. 30 sec. Low-Lunges Pulse, left leg• Rest 1 min. |
| <ul style="list-style-type: none">• Series #3<ul style="list-style-type: none">1. 60 sec. Good Mornings2. 45 sec. Single-leg Deadlifts, right leg3. 45 sec. Single-leg Deadlifts, left leg4. 30 sec. Glute Bridges | <ul style="list-style-type: none">• Series #4<ul style="list-style-type: none">1. 60 sec. Plank2. 30 sec. Plank Up-Downs3. 30 sec. Plank Jacks4. 60 sec. Sit-UpsRest 2 - 4 min. , Repeat Full Sequence |

Day Twenty Eight

- 30 min. Walk
- 10 min Stretch Series (See above)

Day Twenty Nine

- Yoga Series
 - 1. 3 Rounds, 20-30 min.
 - 2. Sun Salutation B
 - 3. 10 Min. of Mediation

WEEK 4 (DAYS 30-31)

Day Thirty

- Series #1
 - 1. Stair Climbers
 - 2. Set a timer for 5 min.
 - 3. Climb Up/Down as fast as possible
 - Rest 1 min.
- Series #2
 - 1. Squat Jumps Tabata
 - 2. 8 Rounds of 20 sec. + 10 sec. rest
 - 3. Total of 4 min.
 - Rest 1 min.
- Series #3
 - 1. Jumping Lunges Tabata
 - 2. 8 Rounds of 20 sec. + 10 sec. rest
 - 3. Total of 4 min.
 - Rest 1 min.
- Series #4
 - 1. Skaters Tabata
 - 2. 8 Rounds of 20 sec. + 10 sec. rest
 - 3. Total of 4 min.
 - Rest 1 min.
- Series #5
 - 1. Mountain Climbers Tabata
 - 2. 8 Rounds of 20 sec. + 10 sec. rest
 - 3. Total of 4 min.
 - Rest 1 min.

Day Thirty One

Final Assessment + Cardio

- 1. 30 min. walk/jog Circuit
- 2. Start with 5 min. walk
- 3. 1 min. walk / 1 min. jog for 20 min.
- Finish with 5 min. walk

Final Assessment

- 1. Similar to initial Assessment
- 2. How many can you do in 60 sec.
 - Squats
 - Push-Ups
 - Planks
- Compare to your Initial Numbers

Congrats

