

# MOVE 2 IMPROVE - LEVEL UP



## YOUR 30-DAY PLAN

See what is coming and check off each completed workout.

**STRENGTH** **CARDIO** **RECOVERY**

|               |                                                                          |                          |
|---------------|--------------------------------------------------------------------------|--------------------------|
| <b>DAY 1</b>  | <b>TOTAL BODY STRENGTH</b><br>24 MIN   Dumbbells                         | <input type="checkbox"/> |
| <b>DAY 2</b>  | <b>CARDIO INTERVALS + CORE</b><br>25 MIN   No equipment                  | <input type="checkbox"/> |
| <b>DAY 3</b>  | <b>LOWER BODY STRENGTH</b><br>27 MIN   Dumbbells                         | <input type="checkbox"/> |
| <b>DAY 4</b>  | <b>UPPER BODY PUSH + PULL</b><br>25 MIN   Dumbbells                      | <input type="checkbox"/> |
| <b>DAY 5</b>  | <b>STRENGTH + LOW-IMPACT CARDIO</b><br>28 MIN   Dumbbells                | <input type="checkbox"/> |
| <b>DAY 6</b>  | <b>HIIT, SHORT BURSTS</b><br>20-25 MIN   No equipment                    | <input type="checkbox"/> |
| <b>DAY 7</b>  | <b>STRETCH + RECOVER</b><br>15 MIN   No equipment                        | <input type="checkbox"/> |
| <b>DAY 8</b>  | <b>STRENGTH + CORE, UNILATERAL</b><br>29 MIN   Dumbbells, optional chair | <input type="checkbox"/> |
| <b>DAY 9</b>  | <b>STEADY-STATE CARDIO</b><br>25 MIN   No equipment                      | <input type="checkbox"/> |
| <b>DAY 10</b> | <b>GLUTES + LEGS + POWER</b><br>30 MIN   Dumbbells                       | <input type="checkbox"/> |
| <b>DAY 11</b> | <b>UPPER BODY BURN</b><br>25 MIN   Dumbbells, optional bench             | <input type="checkbox"/> |
| <b>DAY 12</b> | <b>TABATA-STYLE CARDIO + CORE</b><br>25 MIN   No equipment               | <input type="checkbox"/> |
| <b>DAY 13</b> | <b>STRETCH + RECOVER</b><br>29 MIN   Mat and chair                       | <input type="checkbox"/> |
| <b>DAY 14</b> | <b>TOTAL BODY, COMPOUND MOVES</b><br>Dumbbells                           | <input type="checkbox"/> |
| <b>DAY 15</b> | <b>CARDIO + CORE</b><br>24 MIN   Optional mat                            | <input type="checkbox"/> |
| <b>DAY 16</b> | <b>LOWER BODY STRENGTH</b><br>29 MIN   Dumbbells, optional mat           | <input type="checkbox"/> |
| <b>DAY 17</b> | <b>HIIT, 45/15</b><br>25 MIN   No equipment                              | <input type="checkbox"/> |
| <b>DAY 18</b> | <b>UPPER BODY STRENGTH</b><br>25 MIN   Dumbbells, optional chair         | <input type="checkbox"/> |
| <b>DAY 19</b> | <b>LOW-IMPACT CARDIO + CORE</b><br>26 MIN   No equipment                 | <input type="checkbox"/> |
| <b>DAY 20</b> | <b>TOTAL BODY STRENGTH</b><br>Dumbbells                                  | <input type="checkbox"/> |
| <b>DAY 21</b> | <b>STRETCH + MOBILITY</b><br>Mat for comfort                             | <input type="checkbox"/> |
| <b>DAY 22</b> | <b>UPPER BODY + CORE</b><br>24 MIN   Dumbbells                           | <input type="checkbox"/> |
| <b>DAY 23</b> | <b>TABATA CARDIO</b><br>26 MIN   No equipment                            | <input type="checkbox"/> |
| <b>DAY 24</b> | <b>LOWER BODY STRENGTH</b><br>30 MIN   Dumbbells                         | <input type="checkbox"/> |
| <b>DAY 25</b> | <b>CARDIO KICKBOXING</b><br>20 MIN   No equipment                        | <input type="checkbox"/> |
| <b>DAY 26</b> | <b>FULL-BODY STRENGTH</b><br>30 MIN   Dumbbells                          | <input type="checkbox"/> |
| <b>DAY 27</b> | <b>STRETCH + RECOVERY</b><br>20 MIN   Mat                                | <input type="checkbox"/> |
| <b>DAY 28</b> | <b>CARDIO MASH-UP</b><br>28 MIN   Light dumbbells                        | <input type="checkbox"/> |
| <b>DAY 29</b> | <b>TOTAL BODY CHALLENGE</b><br>30 MIN   Dumbbells                        | <input type="checkbox"/> |
| <b>DAY 30</b> | <b>CARDIO MIX + CELEBRATION</b><br>30 MIN   No equipment                 | <input type="checkbox"/> |

DAY

1

## TOTAL BODY STRENGTH



24 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Full-body strength with continuous movement

**FORMAT** Timed circuits, 45 sec work / 15 sec rest, 3 rounds

**EQUIPMENT** Dumbbells

| EXERCISE                               | WEIGHT USED          |
|----------------------------------------|----------------------|
| Squat with overhead press              | <input type="text"/> |
| Dead row                               | <input type="text"/> |
| Wide squat + overhead tricep extension | <input type="text"/> |
| Chest press + glute bridge             | <input type="text"/> |
| Crunches                               | <input type="text"/> |

## How did you feel on Day 1?

## WEIGHTS + MODIFICATIONS

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## REFLECTION

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**DAY**  
**2**

# CARDIO INTERVALS + CORE


**25 MIN**

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ **COMPLETED**

**FOCUS** Endurance and core stability

**FORMAT** 40 sec work / 20 sec rest, 2 rounds, plus core finisher

**EQUIPMENT** No equipment

## CARDIO INTERVALS

- **Low-impact jacks**
- **Squat + reach**
- **Alternating knee drives**
- **Side-to-side steps**
- **X-jacks**
- **March, with a jog option**

## CORE FINISHER

- **Dead bug, 45 sec**
- **Forearm plank, 30 sec**
- **Standing side crunch, 45 sec**
- **Rest, 30 sec**

**How did your energy feel today?**

### MODIFICATIONS

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### REFLECTION

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DAY  
3

# LOWER BODY STRENGTH



27 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Legs, glutes and stability

**FORMAT** AMRAP, complete as many quality rounds as possible

**EQUIPMENT** Dumbbells

## BLOCK 1, 8 MINUTES

- Goblet squat, 12 reps
- Reverse lunge, 10 each side
- Romanian deadlift, 12 reps

## BLOCK 2, 8 MINUTES

- B-stance deadlift, 10 each side
- Wide squat, 15 reps
- Calf raises, 20 reps

Repeat each block in order for the full 8 minutes.

Record the weights you used today.

WEIGHTS + MODIFICATIONS

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REFLECTION

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**DAY**  
**4**

# UPPER BODY PUSH + PULL


**25 MIN**

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ **COMPLETED**

**FOCUS** Upper-body strength  
**FORMAT** Supersets, 45 sec per move, 3 sets per pair  
**EQUIPMENT** Dumbbells

| EXERCISE               | WEIGHT USED          |
|------------------------|----------------------|
| Chest press or push-up | <input type="text"/> |
| Bent-over row          | <input type="text"/> |
| Overhead press         | <input type="text"/> |
| Reverse fly            | <input type="text"/> |
| Bicep curl             | <input type="text"/> |
| Tricep kickback        | <input type="text"/> |

## Which move felt strongest today?

### WEIGHTS + MODIFICATIONS

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### REFLECTION

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**DAY**  
**5**

# STRENGTH + LOW-IMPACT CARDIO

28 MIN



DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Strength and cardiovascular endurance

**FORMAT** 45 sec work / 30 sec rest, 2 rounds

**EQUIPMENT** Dumbbells

| EXERCISE               | WEIGHT USED          |
|------------------------|----------------------|
| Wide squat + curl      | <input type="text"/> |
| Leg curls / butt kicks | NO WEIGHT            |
| Deadlift + row         | <input type="text"/> |
| Knees up               | NO WEIGHT            |
| Reverse lunge + press  | <input type="text"/> |
| Jacks or taps          | NO WEIGHT            |
| Squat to calf raise    | <input type="text"/> |
| Heels or fast heels    | NO WEIGHT            |

## How did the strength and cardio mix feel?

### WEIGHTS + MODIFICATIONS

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### REFLECTION

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DAY  
**6**

# HIIT, SHORT BURSTS



20-25 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Cardiovascular conditioning and power

**FORMAT** 30 sec work / 15 sec rest, 3 rounds

**EQUIPMENT** No equipment

## THE MOVES

- 1 **Squat pulses**
- 2 **Step-back lunges**
- 3 **Speed skaters, low-impact option**
- 4 **Standing punches**
- 5 **Mountain climbers, slow or fast**

**Work with intensity while maintaining good form. Use low-impact options whenever you need them.**

## Which move challenged you most?

### MODIFICATIONS

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### REFLECTION

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**DAY**  
**7**

# STRETCH + RECOVER


**15 MIN**

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_


**COMPLETED**

|                  |                                                              |
|------------------|--------------------------------------------------------------|
| <b>FOCUS</b>     | Recovery, flexibility and mobility                           |
| <b>FORMAT</b>    | Slow stretch flow with longer holds and controlled breathing |
| <b>EQUIPMENT</b> | No equipment                                                 |

**Slow down, breathe deeply and give your body time to recover.  
Move only within a comfortable range.**

## THE MOVES

- 1 Neck + shoulders**
- 2 Standing hamstrings**
- 3 Hip flexors**
- 4 Figure 4**
- 5 Spinal twists**
- 6 Deep breathing**

## WEEK 1 COMPLETE

**How did this recovery session feel?**

### MODIFICATIONS

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### REFLECTION

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**DAY**  
**8**

# STRENGTH + CORE, UNILATERAL

29 MIN



DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Single-side strength and core stability

**FORMAT** 45 sec work / 15 sec rest, 3 rounds

**EQUIPMENT** Dumbbells, optional chair

| EXERCISE                         | WEIGHT USED          |
|----------------------------------|----------------------|
| Single-arm row, right            | <input type="text"/> |
| Single-arm row, left             | <input type="text"/> |
| Reverse lunge, right             | <input type="text"/> |
| Reverse lunge, left              | <input type="text"/> |
| Single-arm overhead press, right | <input type="text"/> |
| Single-arm overhead press, left  | <input type="text"/> |
| Plank                            | <input type="text"/> |

## How was your first day of Week 2?

### WEIGHTS + MODIFICATIONS

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### REFLECTION

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DAY  
9

# STEADY-STATE CARDIO



25 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Cardiovascular endurance  
**FORMAT** Continuous steady-state cardio  
**EQUIPMENT** No equipment

Today is an easy-to-follow, low-impact cardio workout designed to improve cardiovascular endurance and coordination. Do the best you can, without judgment, and enjoy the movement.

Did you enjoy this type of workout? YES / NO

**MODIFICATIONS**

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**REFLECTION**

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DAY  
**10**

# GLUTES + LEGS + POWER



30 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Lower-body strength

**FORMAT** 18-minute AMRAP with a 4-minute power finisher

**EQUIPMENT** Dumbbells

| EXERCISE                      | WEIGHT USED          |
|-------------------------------|----------------------|
| Heels-elevated squat, 12 reps | <input type="text"/> |
| Romanian deadlift, 12 reps    | <input type="text"/> |
| Curtsy lunge, right, 10 reps  | <input type="text"/> |
| Curtsy lunge, left, 10 reps   | <input type="text"/> |
| Glute bridge, 15 reps         | <input type="text"/> |

## POWER FINISHER, 4 MIN

- 40 sec work / 20 sec rest
- Squat pulses
- Squat to calf raise or hop

## How was your first AMRAP workout?

### WEIGHTS + MODIFICATIONS

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### REFLECTION

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DAY  
**11**

# UPPER BODY BURN



25 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Upper-body muscular endurance

**FORMAT** 45 sec work / 15 sec rest, 3 rounds per superset

**EQUIPMENT** Dumbbells, optional bench

| EXERCISE          | WEIGHT USED          |
|-------------------|----------------------|
| <b>SUPERSET 1</b> |                      |
| Chest press       | <input type="text"/> |
| Pullover          | <input type="text"/> |
| <b>SUPERSET 2</b> |                      |
| Curl + press      | <input type="text"/> |
| Lateral raises    | <input type="text"/> |
| <b>SUPERSET 3</b> |                      |
| Wide curls        | <input type="text"/> |
| Tricep kickback   | <input type="text"/> |

Which superset was your favorite?

WEIGHTS + MODIFICATIONS

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REFLECTION

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DAY  
**12**

# TABATA-STYLE CARDIO + CORE



25 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

## FOCUS

Cardio conditioning and core strength

## FORMAT

20 sec work / 10 sec rest, two moves per 4-minute round

## EQUIPMENT

No equipment

### TABATA 1

**Squat press, alternating**  
**Knee drives**

### TABATA 2

**Circle jacks**  
**Front kicks**

### TABATA 3

**Jacks**  
**Plank**

### TABATA 4

**Bicycle**  
**Heel drops**

Which Tabata round was your favorite?

#### MODIFICATIONS

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#### REFLECTION

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DAY  
**13**

# STRETCH + RECOVER



29 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_



COMPLETED

|                  |                                                   |
|------------------|---------------------------------------------------|
| <b>FOCUS</b>     | Mobility and recovery                             |
| <b>FORMAT</b>    | Slow stretch flow, 60 sec per stretch or movement |
| <b>EQUIPMENT</b> | Mat and chair                                     |

**Today you will hold full-body stretches, with a chair available for support. Relax, breathe and give your muscles time to loosen.**

**Where did you feel the most tightness today?**

**MODIFICATIONS**

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**REFLECTION**

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DAY  
**14**

# TOTAL BODY, COMPOUND MOVES



DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Total-body compound strength

**FORMAT** 50 sec work / 10 sec rest, 3 rounds, 60 sec between rounds

**EQUIPMENT** Dumbbells

| EXERCISE                           | WEIGHT USED          |
|------------------------------------|----------------------|
| Squat press                        | <input type="text"/> |
| Dead row                           | <input type="text"/> |
| Reverse lunge + curl               | <input type="text"/> |
| Wide squat + tricep extension      | <input type="text"/> |
| Chest press + glute bridge on toes | <input type="text"/> |
| BONUS, standing knee-ups           | <input type="text"/> |

**WEEK 2 COMPLETE**

## What improved during Week 2?

### WEIGHTS + MODIFICATIONS

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### REFLECTION

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DAY  
**15**

# CARDIO + CORE

24 MIN



DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Cardio endurance and core stability

**FORMAT** 45 sec work / 15 sec rest, 2 rounds

**EQUIPMENT** Optional mat

## THE MOVES

- 1 **3-point jacks**
- 2 **Side crunch repeater knee, right**
- 3 **Side crunch repeater knee, left**
- 4 **Side-to-side lunge + punch**
- 5 **Wide squat side bends**
- 6 **Knee cross side leg lift, right**
- 7 **Modified climbers**
- 8 **Knee cross side leg lift, left**

## What changes are you feeling?

### WEIGHTS + MODIFICATIONS

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### REFLECTION

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DAY  
**16**

# LOWER BODY STRENGTH



29 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Glutes, quads and hamstrings

**FORMAT** AMRAP-style timed strength blocks

**EQUIPMENT** Dumbbells, optional mat

## BLOCK 1, 10 MIN

- **Wide squat, 12 reps**
- **Reverse lunge, 10 each side**
- **Squat to RDL, 10 reps**

## BLOCK 2, 10 MIN

- **Calf raise, 12 reps**
- **Side-to-side squat, 12 total**
- **B-stance RDL, 12 each side**

Record the weights you used today.

WEIGHTS + MODIFICATIONS

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REFLECTION

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DAY  
**17**

# HIIT, 45/15

25 MIN



DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_



COMPLETED

**FOCUS** Cardio power and stamina

**FORMAT** 45 sec work / 15 sec rest, 2 rounds

**EQUIPMENT** No equipment

## THE MOVES

- 1 **March or jog up + back**
- 2 **Four knees, right and left**
- 3 **Heels with speed-bag arms**
- 4 **Knee kicks**
- 5 **Inchworm or squat to floor**
- 6 **Single and double curls**
- 7 **X-jack**
- 8 **Plank with options**

Which low-impact or high-impact options did you use?

### MODIFICATIONS

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### REFLECTION

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DAY  
**18**

# UPPER BODY STRENGTH



25 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Upper-body strength

**FORMAT** 40/15 supersets, first two supersets for 3 rounds, plus bonus

**EQUIPMENT** Dumbbells, optional chair

| EXERCISE                  | WEIGHT USED          |
|---------------------------|----------------------|
| <b>SUPERSET 1</b>         |                      |
| Seated overhead press     | <input type="text"/> |
| Bent-over row             | <input type="text"/> |
| <b>SUPERSET 2</b>         |                      |
| Front + side raise        | <input type="text"/> |
| Seated curl + press       | <input type="text"/> |
| <b>SUPERSET 3</b>         |                      |
| Hammer curls              | <input type="text"/> |
| Overhead tricep extension | <input type="text"/> |

Which superset was your favorite?

WEIGHTS + MODIFICATIONS

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REFLECTION

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DAY  
**19**

# LOW-IMPACT CARDIO + CORE



26 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_



COMPLETED

|                  |                                                   |
|------------------|---------------------------------------------------|
| <b>FOCUS</b>     | Steady-state cardio and core engagement           |
| <b>FORMAT</b>    | Continuous cardio with short core work at the end |
| <b>EQUIPMENT</b> | No equipment                                      |

## CARDIO, CONTINUOUS MOVEMENT

- **Keep moving at a pace that works for you. Focus on control, coordination and steady effort.**

## CORE FINISHER, 45/15, 2 ROUNDS

- **Elbow plank**
- **Superman**

How did your endurance feel today?

### MODIFICATIONS

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### REFLECTION

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DAY  
**20**

# TOTAL BODY STRENGTH



DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Full-body strength

**FORMAT** 50 sec work / 10 sec rest, 2 rounds

**EQUIPMENT** Dumbbells

| EXERCISE                   | WEIGHT USED          |
|----------------------------|----------------------|
| Heels-elevated squat       | <input type="text"/> |
| Iso low row                | <input type="text"/> |
| Wide squat + upright row   | <input type="text"/> |
| Lunge + hammer curl        | <input type="text"/> |
| Close press + glute bridge | <input type="text"/> |
| Glute bridge pulse         | <input type="text"/> |
| Skullcrushers              | <input type="text"/> |
| Roll-up + overhead press   | <input type="text"/> |
| BONUS, 60-sec plank        | <input type="text"/> |

How is your energy level today?

WEIGHTS + MODIFICATIONS

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REFLECTION

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DAY  
**21**

# STRETCH + MOBILITY



DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Total recovery, flexibility and range of motion

**FORMAT** Relaxed mobility and stretch session

**EQUIPMENT** Mat for comfort

**Relax and enjoy doing something that helps loosen the muscles you have been working.**

## WEEK 3 RECOVERY

**Do you feel you need more stretching?**

**MODIFICATIONS**

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**REFLECTION**

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DAY  
**22**

# UPPER BODY + CORE



24 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Upper body, core strength and balance

**FORMAT** 45 sec work / 15 sec rest, 2 rounds, with isometric holds

**EQUIPMENT** Dumbbells

| EXERCISE                      | WEIGHT USED          |
|-------------------------------|----------------------|
| Under fly                     | <input type="text"/> |
| Plank hold                    | <input type="text"/> |
| Pausing bent-over row         | <input type="text"/> |
| Side bends                    | <input type="text"/> |
| Tricep kickback, 3-count hold | <input type="text"/> |
| Iso up + over, right          | <input type="text"/> |
| Iso up + over, left           | <input type="text"/> |
| Bicep curl + holds, balanced  | <input type="text"/> |
| Lateral raise iso rotate      | <input type="text"/> |

Were you able to increase your weights?

WEIGHTS + MODIFICATIONS

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REFLECTION

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DAY  
**23**

# TABATA CARDIO

26 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Cardiovascular endurance and coordination

**FORMAT** 20 sec work / 10 sec rest, four 4-minute rounds

**EQUIPMENT** No equipment

## TABATA 1

**Fast feet**  
**Squat kick**

## TABATA 2

**Skater**  
**Circle jacks**

## TABATA 3

**Double knees**  
**Fast cross punches**

## TABATA 4

**Reverse lunge kick, right**  
**Reverse lunge kick, left**

**YOU CAN DO ANYTHING FOR 20 SECONDS**

**Which round made you work the hardest?**

### MODIFICATIONS

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### REFLECTION

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DAY  
**24**

# LOWER BODY STRENGTH

30 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Lower-body strength

**FORMAT** 60 sec work / 15 sec rest, 2 rounds

**EQUIPMENT** Dumbbells

| EXERCISE                    | WEIGHT USED          |
|-----------------------------|----------------------|
| Goblet squat                | <input type="text"/> |
| Romanian deadlift           | <input type="text"/> |
| Side-to-side squat          | <input type="text"/> |
| Stationary lunge, right     | <input type="text"/> |
| Stationary lunge, left      | <input type="text"/> |
| Calf raises                 | <input type="text"/> |
| One-leg glute bridge, left  | <input type="text"/> |
| One-leg glute bridge, right | <input type="text"/> |
| Wall sit                    | <input type="text"/> |

## How are your legs feeling?

### WEIGHTS + MODIFICATIONS

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### REFLECTION

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**DAY**  
**25**

# CARDIO KICKBOXING

**20 MIN**

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ **COMPLETED**
**FOCUS** Cardio endurance, coordination and power

**FORMAT** 45 sec work / 10 sec rest, 2 rounds

**EQUIPMENT** No equipment

## THE MOVES

- 1 **2 jabs + 2 crosses**
- 2 **Alternating front kicks**
- 3 **Hook jacks**
- 4 **Jack + kick**
- 5 **2 jabs + 2 uppercuts, in + out**
- 6 **Kick walk**
- 7 **Jump rope + hit the bag**

**Do you feel you are getting stronger?**
**MODIFICATIONS**


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**REFLECTION**


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DAY  
**26**

# FULL-BODY STRENGTH

30 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Full-body strength with compound moves

**FORMAT** Counted-rep strength blocks, sets of 15

**EQUIPMENT** Dumbbells

| EXERCISE                               | WEIGHT USED          |
|----------------------------------------|----------------------|
| Squat to overhead press                | <input type="text"/> |
| Dead row                               | <input type="text"/> |
| Wide squat + hammer curl               | <input type="text"/> |
| Wall sit + alternating front raise     | <input type="text"/> |
| Wide squat + overhead tricep extension | <input type="text"/> |
| Glute bridge + chest press             | <input type="text"/> |
| Dead bug                               | <input type="text"/> |
| Reverse curls                          | <input type="text"/> |

## Which exercise felt strongest today?

### WEIGHTS + MODIFICATIONS

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### REFLECTION

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DAY  
**27**

# STRETCH + RECOVERY



20 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Mobility and recovery

**FORMAT** Slow stretch flow

**EQUIPMENT** Mat

**Relax and enjoy doing something that helps loosen the muscles you have been working.**

**What does your body need today?**

**MODIFICATIONS**

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**REFLECTION**

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DAY  
**28**

# CARDIO MASH-UP



28 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Cardio

**FORMAT** Mash-up of cardio formats

**EQUIPMENT** Light dumbbells

**Today brings several cardio styles together in one session. Choose the options that work for you and keep moving at your own pace.**

**How did this session make you feel?**

**WEIGHTS + MODIFICATIONS**

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**REFLECTION**

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DAY  
**29**

# TOTAL BODY CHALLENGE



30 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Full-body strength, endurance and confidence

**FORMAT** 40 sec work / 20 sec rest, 3 rounds

**EQUIPMENT** Dumbbells

| EXERCISE                        | WEIGHT USED          |
|---------------------------------|----------------------|
| Squat to overhead press         | <input type="text"/> |
| Reverse lunge low pulse         | <input type="text"/> |
| Wide squat + wide curls         | <input type="text"/> |
| Dead row                        | <input type="text"/> |
| Glute bridge + chest press      | <input type="text"/> |
| Skullcrusher iso bridge knee-in | <input type="text"/> |
| Leg-extended crunch             | <input type="text"/> |
| FINISHER, 1-minute bonus plank  | <input type="text"/> |

What are you most proud of today?

WEIGHTS + MODIFICATIONS

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REFLECTION

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DAY  
**30**

# CARDIO MIX + CELEBRATION



30 MIN

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ COMPLETED

**FOCUS** Cardiovascular endurance and celebration

**FORMAT** Mixed cardio segments

**EQUIPMENT** No equipment

**Day 30 mixes the cardio formats from this program. I am so proud of you for completing all 30 days. Now you can join me in my daily routines!**

**30 DAYS COMPLETE**

**What changed for you during this program?**

**MODIFICATIONS**

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**REFLECTION**

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