

# 30-DAY WORKOUT PROGRAM

AT HOME



A stylized illustration of a person with dark hair in a bun, wearing a pink sports bra and grey leggings, performing a wide-legged yoga pose with arms raised. The person is centered in the background.

# DISCLAIMER

*The information provided in this guide, encompassing text, graphics, images, and other materials, is intended strictly for informational purposes. None of the content in this guide should be considered a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified healthcare provider for any questions regarding a medical condition or treatment. Before embarking on a new healthcare routine, consult with them and do not disregard professional medical advice or delay seeking it based on information gleaned from this guide.*

# WELCOME

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START DATE:

# SET YOUR GOALS

*WHAT IS MY GOAL?*

*WHY DO I WANT TO ACHIEVE THIS?*

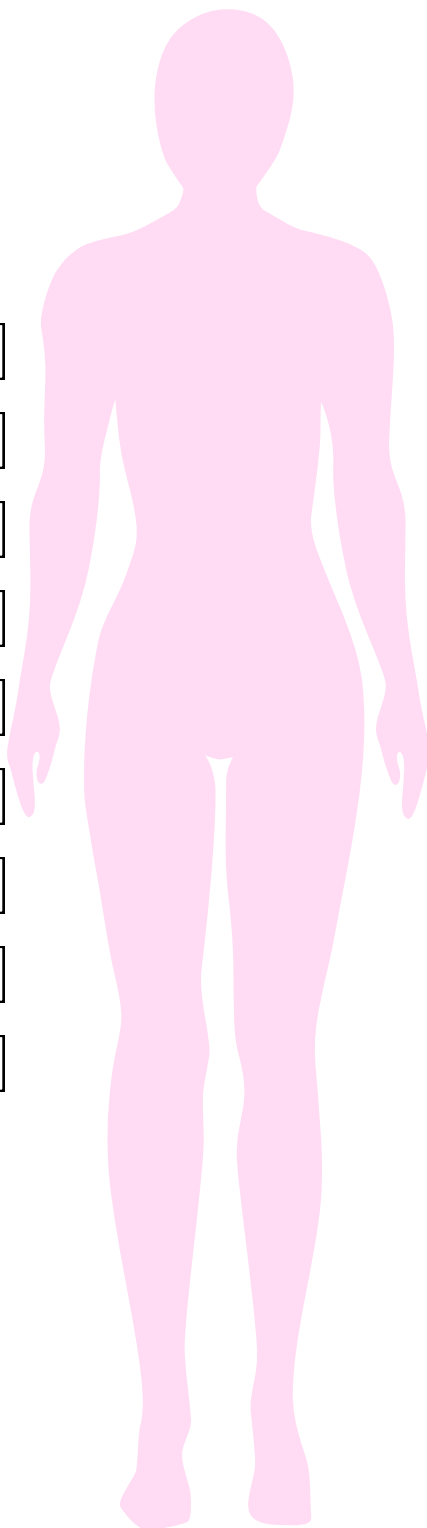
*WHEN WILL I ACHIEVE THIS?*



# TAKE YOUR MEASUREMENTS

<i>Week</i>	<i>Weight</i> <i>(kg)</i>	<i>Hips</i> <i>(cm)</i>	<i>Waist</i> <i>(cm)</i>
<i>1</i>			
<i>2</i>			
<i>3</i>			
<i>4</i>			
<i>5</i>			
<i>6</i>			
<i>7</i>			
<i>8</i>			

# TAKE YOUR MEASUREMENTS



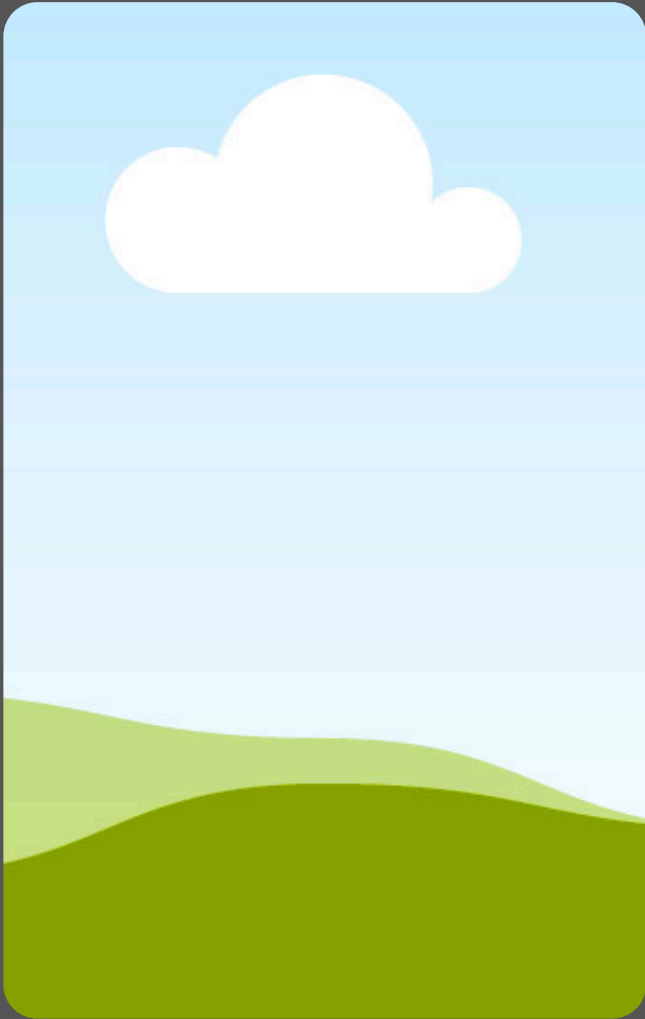
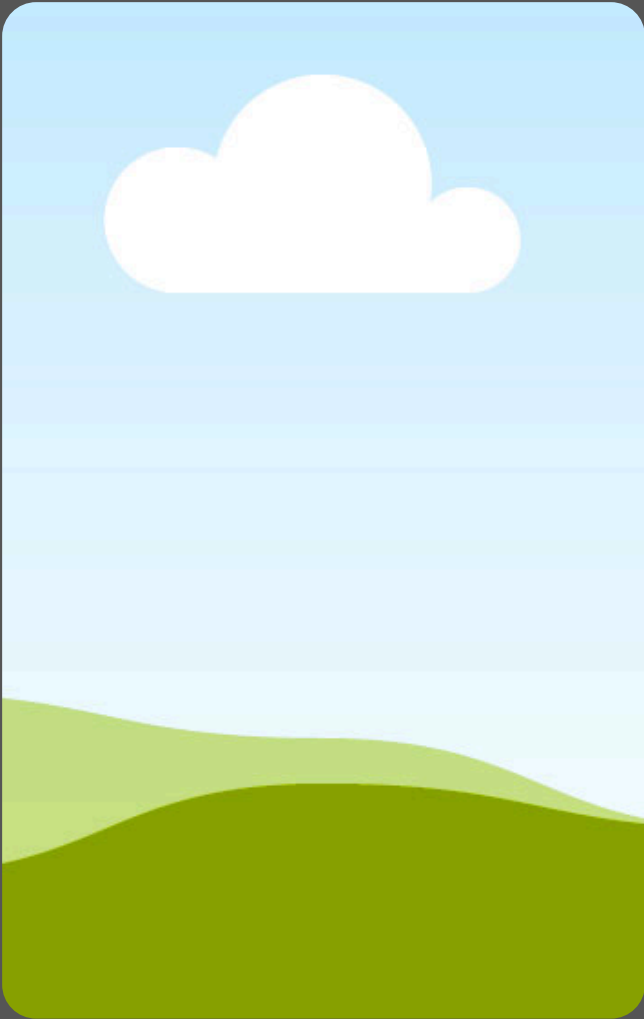
DATE	<input type="text"/>
DAY	<input type="text"/>
MONTH/YEAR	<input type="text"/>
RIGHT ARM	<input type="text"/>
RIGHT THIGH	<input type="text"/>
RIGHT KNEE	<input type="text"/>
RIGHT CALF	<input type="text"/>
RIGHT ANKLE	<input type="text"/>
WEIGHT	<input type="text"/>

NECK	<input type="text"/>
CHEST	<input type="text"/>
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# COMPARE YOURSELF

*BEFORE*

*AFTER*



*START DATE:*

*COMPLETION DATE:*



# NUTRITION

# HEALTHY DIET

A healthy diet is a balanced and varied approach to nourishment that prioritizes the intake of nutrient-dense foods. It emphasizes a diverse range of whole foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. This nutritional philosophy seeks to provide the body with essential vitamins, minerals, antioxidants, and other vital nutrients to support overall well-being. Additionally, a healthy diet is mindful of portion sizes, promotes hydration through adequate water consumption, and limits the intake of processed foods, added sugars, and excessive salt. It is a sustainable and enjoyable way of eating that contributes not only to physical health but also to sustained energy levels, mental clarity, and optimal functioning of the body.

Achieving a balanced diet involves making mindful choices and incorporating a variety of nutrient-rich foods into your daily meals. Here are some key principles to help you attain a well-balanced diet:

1. **Include a Variety of Food Groups:** Consume a diverse range of foods from all major food groups, including fruits, vegetables, whole grains, lean proteins, and healthy fats. This ensures a broad spectrum of essential nutrients.
2. **Portion Control:** Be mindful of portion sizes to avoid overeating. Use smaller plates and listen to your body's hunger and fullness cues.
3. **Prioritize Whole Foods:** Choose whole, minimally processed foods over highly processed and refined options. Whole foods retain more nutrients and offer better long-term health benefits.
4. **Colorful Plate:** Aim for a colorful plate by including a variety of fruits and vegetables. Different colors often indicate different nutrients, providing a wide range of health benefits.
5. **Lean Proteins:** Include sources of lean protein in your diet, such as poultry, fish, beans, legumes, tofu, and low-fat dairy. Protein is essential for muscle health and overall body function.
6. **Healthy Fats:** Incorporate sources of healthy fats, such as avocados, nuts, seeds, and olive oil. These fats are crucial for brain health and nutrient absorption.
7. **Limit Added Sugars and Salt:** Reduce the intake of foods and beverages high in added sugars and sodium. Opt for natural sources of sweetness and flavor, and use herbs and spices for seasoning.
8. **Stay Hydrated:** Drink plenty of water throughout the day. Water is essential for digestion, nutrient transport, and overall bodily functions.
9. **Meal Planning:** Plan your meals ahead of time to ensure a balanced intake of nutrients. This can help you make healthier choices and avoid relying on convenience foods.
10. **Moderation and Variety:** Practice moderation and enjoy a variety of foods. No single food can provide all the necessary nutrients, so embracing diversity is key to a well-rounded diet.

# UNDERSTANDING MACRONUTRIENTS

Macronutrients are essential components of our diet that provide the energy necessary for bodily functions. There are three main types of macronutrients: carbohydrates, proteins, and fats. Each plays a unique role in supporting overall health and well-being.

## **Carbohydrates:** The Body's Primary Energy Source

Carbohydrates are a key macronutrient that serves as the primary energy source for the body. Found in foods like grains, fruits, and vegetables, carbohydrates are broken down into glucose, which is then used by cells for energy. It's crucial to include both simple carbohydrates, like those found in fruits, and complex carbohydrates, found in whole grains, for sustained energy levels. (4 calories per Gram)

## **Proteins:** Building Blocks for Growth and Repair

Proteins are essential for the body's growth, repair, and maintenance. Found in sources such as meat, dairy, legumes, and nuts, proteins are made up of amino acids that play a vital role in building and repairing tissues. Including a variety of protein sources in your diet ensures you get a spectrum of amino acids necessary for optimal health and function. (4 calories per Gram)

## **Fats:** Essential for Health and Function

Fats, another crucial macronutrient, are vital for overall health and proper bodily function. Found in sources like avocados, nuts, seeds, and oils, fats play key roles in energy storage, hormone production, and the absorption of fat-soluble vitamins (A, D, E, and K). While it's important to choose healthy fats, such as monounsaturated and polyunsaturated fats, in moderation, they contribute to satiety and support various physiological processes, making them an integral part of a well-rounded diet. (9 calories per Gram)

# EXAMPLES OF FOODS FOR EACH MACRONUTRIENT

## PROTEINS

- ☐ Chicken Breast
- ☐ Chicken thigh
- ☐ Chicken drumstick
- ☐ Pork medallion
- ☐ Kangaroo Fillet
- ☐ Beef filet
- ☐ Lamb chop
- ☐ Turkey breast
- ☐ Veal
- ☐ Beef sausage
- ☐ Pork sausage
- ☐ Tofu
- ☐ Seitan
- ☐ Tempeh
- ☐ Edamame
- ☐ Hempseed
- ☐ Salmon
- ☐ COD
- ☐ Canned tuna
- ☐ Shrimp
- ☐ Pollock

## CARBS

- ☐ White rice
- ☐ Brown rice
- ☐ White pasta
- ☐ Whole-wheat pasta
- ☐ Gluten-free pasta
- ☐ Couscous
- ☐ Quinoa
- ☐ White potatoes
- ☐ Sweet potatoes
- ☐ White slice of bread
- ☐ Wholegrain slice
- ☐ Popcorn
- ☐ Apple
- ☐ Orange
- ☐ Grapefruit
- ☐ Banana
- ☐ Red grapes
- ☐ Green grapes
- ☐ Peach
- ☐ Strawberries
- ☐ Blueberries
- ☐ Raspberries

## HEALTHY FATS

- ☐ Avocados
- ☐ Eggs
- ☐ Almonds
- ☐ Hazelnuts
- ☐ Brazil nuts
- ☐ Peanuts
- ☐ Pistachios
- ☐ Cashews
- ☐ Chia seeds
- ☐ Olive oil
- ☐ Flaxseed oil
- ☐ Coconut oil
- ☐ Cheddar cheese
- ☐ Mozzarella
- ☐ Parmesan
- ☐ Feta cheese
- ☐ Manchego
- ☐ Brie
- ☐ Roquefort
- ☐ Whole milk
- ☐ Semi-skimmed milk
- ☐ Greek yogurt

# CALORIES

Calories are units of energy that the body derives from the food and beverages consumed. The energy obtained from calories is essential for maintaining bodily functions, sustaining physical activity, and supporting overall health.

Our Total Daily Energy Expenditure (TDEE) is the total number of calories our body uses in a day. It includes the energy we need for basic functions like breathing and digestion, the calories burned during physical activities, and the energy used to process the food we eat. To maintain our current weight, we should aim to eat about the same number of calories as our TDEE.

If we want to lose weight, we need to create a calorie deficit by eating fewer calories than our TDEE. This can be done by eating a bit less and being more active.

A safe rate of weight loss is about 1-2 pounds per week.

On the other hand, if we want to gain weight, we need a calorie surplus. This means eating more calories than our TDEE. It's important to focus on healthy foods and consider strength training to build muscle mass.





# EXERCISE PLAN

# THE 30 DAY HOME BASED WORK OUT PROGRAM

Embark on a transformative 30-day at-home abs workout program meticulously crafted to redefine your core strength.

This carefully designed regimen strategically engages every muscle in your abdominal region, sculpting a comprehensive and toned midsection.

Program Highlights:

- Detailed Exercise Plan: The left side outlines the exercises for execution.
- Sets and Reps Specification: The right side details sets and reps for each exercise.

Each set comprises a sequence of consecutive repetitions, with reps representing individual motions of an exercise.

For example, if the plan indicates "3 x 12 crunches," perform 12 crunches to complete one set. Repeat the 12 repetitions for the subsequent two sets. Transition smoothly to the next exercise after completing one set, following the workout sequence as instructed for the designated number of sets.



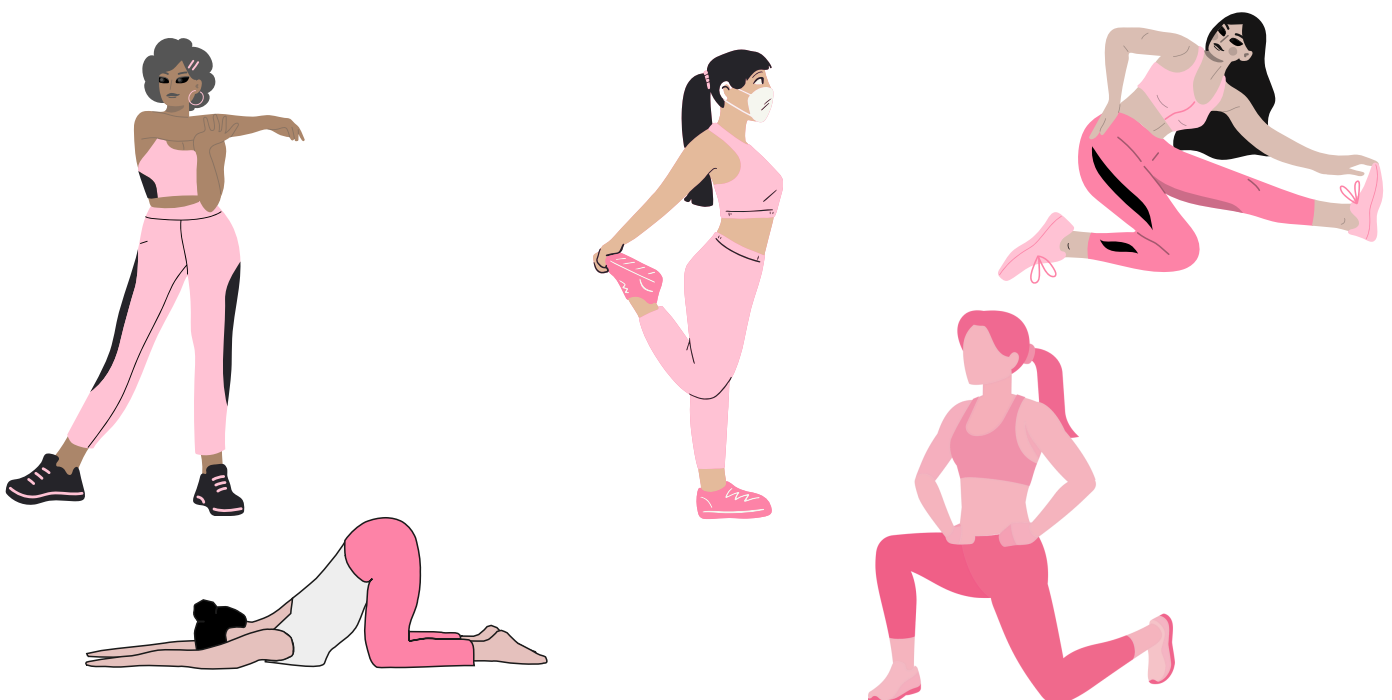
# SHOULD I USE WEIGHTS FOR THIS PROGRAM?

Incorporating weights into your routine is an excellent strategy to enhance your advancements and shape your physique—a concept commonly known as progressive overload. This principle involves systematically elevating the weights as your strength improves. By doing so, your muscles are compelled to develop and fortify, enabling them to effectively perform the exercises you engage in. If you have dumbbells or kettlebells available at home, it's highly recommended to integrate them into your workout routine for optimal results.

## WARM UP AND STRETCH

Ensure you warm up & stretch before each workout session, this helps prevent injury and ensures you are ready to perform at your best. especially if you decide to add weights to the program.

Below are some examples of stretches you can perform, but do what works best for you.



# WEEK 1 & 2

## DAY 1

### HIGH KNEES

SETS X REPS  
1 x 1 min

### SQUATS

SETS X REPS  
1 x 30

### PLANK TAPS

SETS X REPS  
1 x 16 (8 each side)

### PLANK

SETS X REPS  
1 x 30 secs

### BACKWARDS LUNGES

SETS X REPS  
1 x 30

### PLANK SIDE HOPS

SETS X REPS  
1 x 16 (8 each side)

### MOUNTAIN CLIMBERS

SETS X REPS  
1 x 30 secs

### SIDE PLANK

SETS X REPS  
1 x 30 secs (each side)

# WEEK 1 & 2

## DAY 2

### CRUNCHES

SETS X REPS  
1 x 20

### REVERSE CRUNCHES

SETS X REPS  
1 x 16

### HEEL TOUCHES

SETS X REPS  
1 x 30

### PLANK

SETS X REPS  
1 x 45 secs

### PULSING CRUNCHES

SETS X REPS  
1 x 22

### TOE TOUCHES

SETS X REPS  
1 x 18

### TORTURE TUCKS

SETS X REPS  
1 x 12

### SIDE PLANK

SETS X REPS  
1 x 30 secs (each side)

# WEEK 1 & 2

## DAY 3

### SQUATS

SETS X REPS

1 x 35

### POWER LUNGES

SETS X REPS

1 x 16 (each leg)

### REACH AND JUMP

SETS X REPS

1 x 8 (each leg)

### SIDE PLANK AND KICK

SETS X REPS

1 x 8 (each side)

### SKATER JUMPS

SETS X REPS

1 x 30 secs

### PLANK T ROTATIONS

SETS X REPS

1 x 8 (each side)

### FROGGERS

SETS X REPS

1 x 16

### MOUNTAIN CLIMBERS

SETS X REPS

1 x 30 secs

# WEEK 1 & 2

## DAY 4

### SKATER JUMPS

SETS X REPS

1 x 30 secs

### BACK EXTENSIONS

SETS X REPS

1 x 16

### LATERAL LEG RAISES

SETS X REPS

1 x 16 (each leg)

### PLANK

SETS X REPS

1 x 30 secs

### WALKOUTS

SETS X REPS

1 x 30 secs (non-stop)

### PUSH UPS

SETS X REPS

1 x 10

### FROG JUMPS

SETS X REPS

1 x 30

### PLANK RAISES

SETS X REPS

1 x 8 (each side)

# WEEK 3 & 4

## DAY 1

### CRUNCHES

SETS X REPS

1 x 20

### CRUNCHES WITH LEGS RAISED

SETS X REPS

1 x 16

### V UPS

SETS X REPS

1 x 16

### ALTERNATING LEGS V UPS

SETS X REPS

1 x 18 (each side)

### SIT UP TO TWISTS

SETS X REPS

1 x 16

### PLANK SIDE HOPS

SETS X REPS

1 x 8 (each side)

### STANDING UP CRUNCHES

SETS X REPS

1 x 8 (each side)

### MOUNTAIN CLIMBERS

SETS X REPS

1 x 45 secs)



# WEEK 3 & 4

## DAY 2

### SKATER JUMPS

SETS X REPS  
1 x 30 secs

### BACK EXTENSIONS

SETS X REPS  
1 x 16

### LUNGES

SETS X REPS  
1 x 50

### FIRE HYDRANTS

SETS X REPS  
1 x 16 (each side)

### TRUNK ROTATIONS

SETS X REPS  
1 x 10 (each side)

### PUSH UPS

SETS X REPS  
1 x 10

### SQUATS

SETS X REPS  
1 x 50

### WALKOUTS

SETS X REPS  
1 x 30 secs (non stop)

# WEEK 3 & 4

## DAY 3

### SKATER JUMPS

SETS X REPS  
1 x 45 secs

### BACK EXTENSIONS

SETS X REPS  
1 x 16

### PLANK UPS

SETS X REPS  
1 x 8 (each side)

### PLANK T ROTATIONS

SETS X REPS  
1 x 16 (each side)

### HIGH KNEES

SETS X REPS  
1 x 45 secs

### PUSH UPS

SETS X REPS  
1 x 10

### PLANK TAPS

SETS X REPS  
1 x 8 (each side)

### SIDE PLANK KICKS

SETS X REPS  
1 x 10 (each side)

# WEEK 3 & 4

## DAY 4

### SQUATS

SETS X REPS

1 x 50

### REVERSE

### LUNGES

SETS X REPS

1 x 50

### POWER

### LUNGES

SETS X REPS

1 x 15 (each side)

### STEP UPS

SETS X REPS

1 x 20 (each leg)

### SIDE

### LUNGES

SETS X REPS

1 x 25 (each side)

### BULGARIAN

### SPLIT SQUATS

SETS X REPS

1 x 12 (each side)

### REACH AND

### JUMP

SETS X REPS

1 x 10 (each side)

### PLANK SIDE

### HOPS

SETS X REPS

1 x 12 (each side)

# RECOVERY

## Tips

### HYDRATION

Insufficient hydration can cause alterations in blood volume, organ function, and muscle contraction. Therefore, it is crucial to rehydrate post-exercise to facilitate the recovery and preparation of muscles and organs for subsequent workouts.

### PROTEIN

Proteins play a crucial role in fostering muscle growth and facilitating recovery. Without sufficient protein intake, your advancements can be significantly hindered.

### STRETCH

Maintaining flexibility is crucial as it enables a comprehensive range of motion for muscles and joints. Additionally, it contributes to muscle pliability, reducing the risk of injuries. Moreover, fostering flexibility can enhance circulation and promote muscle relaxation.

### CARBS

Carbohydrates (carbs) replenish glycogen (sugar) stores within the muscles which are important to provide energy for the muscles and help them recover.

### SLEEP

Adequate sleep is essential for post-exercise recovery, demonstrating a substantial enhancement in recovery and athletic performance. Quality sleep boosts physical prowess, reaction times, overall mood, and diminishes fatigue. Ensure you get a full 8 hours of sleep each night to optimize these benefits.

# THANK YOU

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