

Week
3/29 - 4/4



GYM WORKOUTS

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Day 1

LOW CARB + TABATA

SUPER TABATA CIRCUITS

Download a free tabata timer: <http://www.fitlb.com/tabata-timer>

*You will complete each exercise as a “Tabata round” before moving to the next exercise.

A Super Tabata round is 16 rounds of 20 seconds on and 10 seconds off for a total of 8 minutes. Finish each seconds on/ 10 seconds rest, then move #2 20 seconds on, 10 seconds rest)

Tabata Round 1 (Alternate moves)

Criss Cross Jump Squats: 20 seconds on/ 10 seconds rest

Hook, Hook, Jab, Jab: 20 seconds on/ 10 seconds rest

Donkey Kicks: 20 seconds on/ 10 seconds rest

Sumo Jump Squats: 20 seconds on/ 10 seconds rest

Repeat for 8 minutes

Tabata Round 5 (Alternate moves)

Bridge with Band and Pulse 20 seconds on/ 10 seconds rest (Pulse for the full 20 sec)

Walking Squat with Bands: 20 seconds on/ 10 seconds rest

Side Leg Lift With band: (rotate legs every other round) 20 seconds on/ 10 seconds rest

Back Leg Lift With Band: (rotate legs every other round) 20 seconds on/ 10 seconds rest

Repeat for 8 minutes

Tabata Round 2 (Alternate moves)

Knee Tucks: 20 seconds on/ 10 seconds rest

Skiers: 20 seconds on/ 10 seconds rest

Forearm Push Ups: 20 seconds on/ 10 seconds rest

X Jacks: 20 seconds on/ 10 seconds rest

Repeat for 8 minutes

Abs

Dead Bug: 3 sets of 20

Leg Lifts: 3 sets of 20

Flutter Kicks: 3 sets of 20

Boat Pose: 3 sets of 10 (hold pose for 10 sec each)

15 MINUTES OF LOW INTENSITY CARDIO

Consider using a bike, treadmill, elliptical, stairmaster. Keep your heart rate in “fat burning zone.” (Maintain a conversational pace)

Day 1

LOW CARB DAY GUIDELINES

- **Your goal is to eat fewer than 50 grams of net carbs on this day. Total carbs minus fiber = net carbs.**
- Break your fast around noon and maintain an 8 hour (or less) feeding window.
- Avoid fruits and starchy carbs (root veggies, grains)
- Eat protein at each meal
- Eat lots of leafy and cruciferous veggies
- Eat when you're hungry and stop when you're full

Day 2

LOW CARB DAY + SPRINTS INTERVALS

SPRINTS

- “**Sprint intervals**” on the elliptical, bike, or track. I do not recommend sprinting on a treadmill but if you prefer treadmill intervals, please do so at your own risk.
 - Sprint at 100% effort for 20 seconds or 100 meters. Then enjoy 40 seconds of a slow recovery pace. Repeat for 20 minutes.

ABS

Straight Arm Crunch: 2 sets of 20

Plank: 2 sets hold for 1 minute

Seesaw Plank: 2 sets of 20

Stomach vacuum with a twist: 2 sets of 20 twists (10 on each side)

15 MINUTES OF LOW INTENSITY CARDIO

Consider using a bike, treadmill, elliptical, stairmaster. Keep your heart rate in “fat burning zone.” (Maintain a conversational pace).

Day 2

LOW CARB DAY FOOD GUIDELINES

- **Your goal is to eat fewer than 50 grams of net carbs on this day. Total carbs minus fiber = net carbs.**
- Break your fast around noon and maintain an 8 hour (or less) feeding window.
- Avoid fruits and starchy carbs (root veggies, grains)
- Eat protein at each meal
- Eat lots of leafy and cruciferous veggies
- Eat when you're hungry and stop when you're full

Day 3

REGULAR MACRO DAY + STRENGTH TRAINING

5 MINUTES OF WALKING, JOGGING, OR ELLIPTICAL FOR WARM-UP

Do not push it or pre-exhaust your workout. If you push too hard for the cardio, you will not maximize your lifting workout.

Full Body Workout - Super Sets

Do one move then the next right after - Take 10 sec. Break then do next set of each move until you reach 3 sets.

Curtsy Lunge with weight (per leg)

3 set of 12

Hammer Curl:

3 set of 12

Squat, Arm Curl to Shoulder Press:

3 set of 12

Calf raises :

3 set of 12

Back Squat:

3 set of 12

Dumbbell Deadlift, High Pull, Back Lunge:

3 set of 12

Tricep Dips on Machine:

3 set of 12

Superman with weights in hands::

3 set of 12

Chest Scoop:

3 set of 12

Kettle Bell Swing:

3 set of 12

Abs

Dead Bug: 3 sets of 20

Leg Lifts: 3 sets of 20

Flutter Kicks: 3 sets of 20

Boat Pose: 3 sets of 10 (hold pose for 10 sec each)

5-10 MINUTES OF ELLIPTICAL, BIKE, OR WALKING TO COOL DOWN

Day 3

REGULAR MACRO DAY GUIDELINES

- Use the MyFitnessPal app recommendations to calculate your regular calorie day goals.
- Each time you eat you should at least include protein & fiber (other than the odd apple here or there).
- At meals, your plate should be: $\frac{1}{2}$ fibrous veggies, $\frac{1}{4}$ protein, $\frac{1}{4}$ starchy carbs & oils & fats.
- Liquid meals: 2 handfuls of fibrous veggies (spinach, swiss chard), 1 palm size portion clean protein (almond butter, hemp seeds), $\frac{1}{2}$ -1 handful starchy carbs/fruit & $\frac{1}{2}$ shot of fit fats (flax oil or coconut oil).

Day 4

REGULAR MACRO DAY + ACTIVE RECOVERY DAY

GUIDELINES

- 1 minute walk, 1 minute jog, 2 minute walk, 2 minute jog, 3 minute walk, 3 minute jog, 4 minute walk, 4 minute jog, 5 minute walk, 5 minute jog
- OR 60 minutes of low intensity cardio. Walking, biking, swimming, elliptical, or an exercise of your choice. Keep your heart rate in the fat burning zone.
- Stomach vacuum with a twist: 5 sets of 20 twists (10 on each side)
- OR Yoga

- Use the MyFitnessPal app recommendations to calculate your regular calorie day goals.
- Each time you eat you should at least include protein & fiber (other than the odd apple here or there).
- At meals, your plate should be: $\frac{1}{2}$ fibrous veggies, $\frac{1}{4}$ protein, $\frac{1}{4}$ starchy carbs & oils & fats.
- Liquid meals: 2 handfuls of fibrous veggies (spinach, swiss chard), 1 palm size portion clean protein (almond butter, hemp seeds), $\frac{1}{2}$ -1 handful starchy carbs/fruit & $\frac{1}{2}$ shot of fit fats (flax oil or coconut oil).

Day 5

REGULAR MACRO DAY + STRENGTH TRAINING

5 MINUTES OF WALKING, JOGGING, OR ELLIPTICAL FOR WARM-UP

Do not push it or pre-exhaust your workout. If you push too hard for the cardio, you will not maximize your lifting workout.

Upper Body Workout - Super Sets

Do one move then the next right after - Take 10 sec. Break then do next set of each move until you reach 3 sets.

Pull Ups: 2 sets of 15 reps- warm up (can use machine)

Row Machine:

3 set of 12

Reverse Fly:

3 set of 12

Wide Grip Lat Pulldown:

3 set of 12

Hyperextension Machine

3 set of 12

Dumbbell Bench Press:

3 set of 12

Chest Fly on Bench:

3 set of 12

Horizontal Shoulder Raise:

3 set of 12

Side Arm Curl:

3 set of 12

Bicep Curl with Cable

3 sets of 12

Tricep Pulse

3 sets of 12 pulses at top

ABS

Medicine Ball/Russian Twists: 3 sets of 20 twists (10 on each side)

Weighted Side Bend: 3 sets of 20 twists (10 on each side)

5-10 MINUTES OF ELLIPTICAL, BIKE, OR WALKING TO COOL DOWN

Day 5

REGULAR MACRO DAY GUIDELINES

- Use the MyFitnessPal app recommendations to calculate your regular calorie day goals.
- Each time you eat you should at least include protein & fiber (other than the odd apple here or there).
- At meals, your plate should be: $\frac{1}{2}$ fibrous veggies, $\frac{1}{4}$ protein, $\frac{1}{4}$ starchy carbs & oils & fats.
- Liquid meals: 2 handfuls of fibrous veggies (spinach, swiss chard), 1 palm size portion clean protein (almond butter, hemp seeds), $\frac{1}{2}$ -1 handful starchy carbs/fruit & $\frac{1}{2}$ shot of fit fats (flax oil or coconut oil).

Day 6

REGULAR MACRO DAY + LEG DAY

5-10 MINUTES OF WALKING, JOGGING, OR ELLIPTICAL FOR WARM-UP

Do not push it or pre-exhaust your workout. If you push too hard for the cardio, you will not maximize your lifting workout.

Lower Body Workout - Super Sets

Do one move then the next right after - Take 10 sec. Break then do next set of each move until you reach 3 sets.

WARM UP 2 ROUNDS

Lunge no weight : 1 minute each leg

Squat with no weight: 1 minute

Wall Sit: 1 Minute

LEGS

Reverse Lunge with Weight (per leg):

3 set of 12

Leg Press:

3 set of 12

Leg Extension:

3 set of 12

Leg Curl:

3 set of 12

Abductor Machine:

3 set of 12

Adductor Machine

3 set of 12

FINISHERS 2 ROUNDS

Jump Lunge (per leg then squat, repeat): 1 minute

Walking Squat with band: 1 minute each side

Scissor Jumps: 1 minute

Side to side Toe Tap: 1 minute

5 MINUTES OF ELLIPTICAL, BIKE OR WALKING TO COOL DOWN

Day 6

REGULAR MACRO DAY GUIDELINES

- Focus on eating healthy foods on the approved foods list.
- Break your fast around noon and maintain a 8 hour (or less) feeding window.
- Don't binge or stuff yourself; eat until you are 80% full, not to the point of discomfort
- Ideally, eat your biggest meal after you work out.
- If you can't eat more at any given meal, then graze throughout the day (in between meals) on nuts, fruit or other healthy foods.

Day 7

REGULAR MACRO DAY + ACTIVE RECOVERY DAY

GUIDELINES

- 1 minute walk, 1 minute jog, 2 minute walk, 2 minute jog, 3 minute walk, 3 minute jog, 4 minute walk, 4 minute jog, 5 minute walk, 5 minute jog
- OR 60 minutes of low intensity cardio. Walking, biking, swimming, elliptical, or an exercise of your choice. Keep your heart rate in the fat burning zone.
- Stomach vacuum with a twist: 5 sets of 20 twists (10 on each side)
- OR Yoga

- Use the MyFitnessPal app recommendations to calculate your regular calorie day goals.
- Each time you eat you should at least include protein & fiber (other than the odd apple here or there).
- At meals, your plate should be: ½ fibrous veggies, ¼ protein, ¼ starchy carbs & oils & fats.
- Liquid meals: 2 handfuls of fibrous veggies (spinach, swiss chard), 1 palm size portion clean protein (almond butter, hemp seeds), ½-1 handful starchy carbs/fruit & ½ shot of fit fats (flax oil or coconut oil).