

A woman with blonde hair, wearing a white sports top and blue shorts, is captured in the middle of a burpee on a blue mat. She is outdoors, with a blurred background of a field and a bright sky. The text is overlaid on the top and bottom of the image.

Week
4/12 - 4/18

GYM WORKOUTS

Lacey Spallitta

Day 1

LOW CARB + TABATA

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

STRETCHING

50/50 CIRCUIT

Do each circuit with a 1 minute rest between circuits 1 - 2 and 2 - 3. Repeat entire 50/50 circuit 2X total.

Circuit 1

50 [Knee Tucks](#)

10 [Sumo Jump Squat](#)

20 [Criss Cross Squats](#)

20 [Bicycle Crunch](#)

Rest 1 minute

Circuit 2

50 [Jumping Jacks](#)

10 [Vertical Thrusters](#)

20 [Donkey Kick](#)

20 [Full body Crunch](#)

Rest 1 minute

Circuit 3

50 [Toe Taps](#)

10 [Single Leg Lung Shoulder Press](#)

20 [Moguls](#)

20 [SeeSaw Plank](#)

Rest 1 minute

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 AND HIIT

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

4 X 4 HIIT

Complete each circuit in full before moving to the next one.

Do 45 seconds per exercise and then repeat the circuit for a total of 2X per circuit. Rest as needed between rounds. If a weight is needed, go light!

Circuit 1

[Jump Squat](#)

[Mountain Climbers on Steroids](#)

[Side Lunge with Single Leg Jump](#)

Sprint

Circuit 2

[Lower Body In and Outs](#)

[Tilted Knee to Chest](#)

[Burpee](#)

Sprint

Circuit 3

[Box Jumps](#)

[Boxing Jab with Weights](#)

[Criss Cross Jump Squats](#)

Sprint

Circuit 4

[Skier with Jump](#)

[Russian Twist with Bicycle Legs](#)

[Bird Dog](#)

Sprint

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

Back Lunge with Band Pull ::

3 set of 12

Side Lunge with Arm Curl:

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

Toe Touch Crunch: 3 sets of 20

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

Tricep Extension

3 sets of 12

Tricep Pulse

3 sets of 12

Bicep Curl with Shoulder Press

3 sets of 12

Side Arm Curl:

3 set of 12

Wall walk: 1 set of 5

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

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

Criss Cross Squat with Weight

3 sets of 12

Squat with Pules

3 sets 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

Rockers: 1 minute

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).