

A woman with blonde hair in a ponytail, wearing a white sports bra and patterned leggings, is seen from behind, stretching her arms upwards with her hands clasped. She is standing on a path in a park with trees and foliage in the background.

Week
4/5 - 5/11

GYM WORKOUTS

Lacey Spallitta

Day 1

REGULAR MACRO DAY

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.

SUPER SET

DO EACH MOVE IN THE SET ONE AFTER THE OTHER WITH NO REST

Rest 1-2 mins between sets

SET 1

[Cable Upright Row](#) 3 sets of 20

[Face Pull](#): 3 sets of 10

[Plank Walk](#): 3 sets of 20

SET 2

[Shoulder Press](#): 3 sets of 20

[Side Lateral Raise](#) ; 3 sets of 10

[Star Jack](#): 3 sets of 20

SET 3

[Front Raise](#): 3 sets of 20

[Tricep Pulse](#): 3 with 10

[Shoulder Taps](#): 3 sets of 20

SET 4

[Assisted Tricep Dip](#): 3 sets of 20

[Front Raise to Lat. Raise](#): 3 sets of 10

[Push Ups](#): 3 sets of 20

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

DOWN or to help tone more add 30 Minutes of cardio

Day 1

REGULAR MACRO DAY GUIDELINES

- Use the MyFitnessPal app recommendations to calculate your regular macro 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 2

LOW CARB DAY

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 Tabata round is 8 rounds of 20 seconds on and 10 seconds off for a total of 4 minutes. Finish each seconds on/ 10 seconds rest, then move #2 20 seconds on, 10 seconds rest)

Tabata Round 1 (Alternate moves)

Squat Jab Kick: 20 seconds on/ 10 seconds rest

Forarm Pushups: 20 seconds on/ 10 seconds rest

Repeat for 4 minutes

Tabata Round 2 (Alternating moves)

Donkey Kicks: 20 seconds on/ 10 seconds rest

Sumo Jump Squats: 20 seconds on/ 10 seconds rest

Repeat for 4 minutes

Tabata Round 3 (Alternate moves)

Knee Tucks: 20 seconds on/ 10 seconds rest

Side Lunge Single Leg Hops: 20 seconds on/ 10 seconds rest

Repeat for 4 minutes

Tabata Round 4 (Alternate moves)

Mountain Climbers on Steroids: 20 seconds on/ 10 seconds rest

180 Jump Squats: 20 seconds on/ 10 seconds rest

Repeat for 4 minutes

Tabata Round 5 (Alternate moves)

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

Plank Pull Back: 20 seconds on/ 10 seconds rest

Repeat for 4 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)

5-10 MINUTES OF ELLIPTICAL, BIKE, OR WALKING TO COOL DOWN
or to help tone more add 30 Minutes of cardio

Day 2

LOW CARB DAY FOOD GUIDELINES

- **Your goal is to eat 100 grams of carbs on this day. (not net carbs)**
- Avoid too many fruits and starchy carbs (root veggies, grains) but with getting 100 grams you can have some carbs.
- 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

LOW CARB DAY

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.

SUPER SET

DO EACH MOVE IN THE SET ONE AFTER THE OTHER WITH NO REST

Rest 1-2 mins between sets

SET 1

[Assisted Pull Ups](#) 3 sets of 20

[Assisted Tricep Dips](#): 3 sets of 10

[Shoulder Kettle Bell Swing](#): 3 sets of 20

SET 2

[Bent Over Row with Barbell](#): 3 sets of 20

[Plank with Row](#); 3 sets of 10 each arm

[Burpee](#): 3 sets of 10

SET 3

[Row Machine](#): 3 sets of 200 meters

[Push Up](#): 3 with 20

SET 4

[Deadlift](#): 3 sets of 20

[Straight Arm Pull Over](#): 3 sets of 10

[In and Outs](#): 3 sets of 20

SET 5

[Chest Press](#): 3 sets of 20

[Plank](#): 3 sets of 30 sec

[Chest Fly](#): 3 sets of 20

5-10 MINUTES OF ELLIPTICAL, BIKE, OR WALKING TO COOL DOWN or to help tone more add 30 Minutes of cardio

Day 3

LOW CARB DAY FOOD GUIDELINES

- **Your goal is to eat 100 grams of carbs on this day.**
- Avoid too many fruits and starchy carbs (root veggies, grains) but with getting 100 grams you can have some carbs.
- Eat protein at each meal
- Eat lots of leafy and cruciferous veggies
- Eat when you're hungry and stop when you're full

Day 4

LOW CARB DAY

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

Stomach vacuum with a twist: 5 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 4

LOW CARB DAY FOOD GUIDELINES

- **Your goal is to eat 100 grams of carbs on this day.**
- Avoid too many fruits and starchy carbs (root veggies, grains) but with getting 100 grams you can have some carbs.
- Eat protein at each meal
- Eat lots of leafy and cruciferous veggies
- Eat when you're hungry and stop when you're full

Day 5

REGULAR MACRO DAY

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.

SUPER SET

DO EACH MOVE IN THE SET ONE AFTER THE OTHER WITH NO REST

Rest 1-2 mins between sets

SET 1

Leg Extensions 3 sets of 20

Reverse Lunges with Dumbbell pass through: 3 sets of 10 each side

Jump Squats: 3 sets of 20

SET 2

Leg Curl: 3 sets of 20

Leg Extension ; 3 sets of 10

Mountain Climbers with twist: 3 sets of 20

SET 3

Incline Treadmill Walk: 2 sets of 3:00 minutes each at 15 incline

High Knees: 2 with 20

SET 4

Back Squat: 3 sets of 20

Donkey Kicks: 3 sets of 10

Squats no weight: 3 sets of 20

SET 5

Jump lunges: 3 sets of 20

Plank: 3 sets of 35 sec

Full Body Crunches: 3 sets of 20

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

DOWN or to help tone more add 30 Minutes of cardio

Day 5

REGULAR MACRO DAY GUIDELINES

- Use the MyFitnessPal app recommendations to calculate your regular macro 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

LOW CARB DAY

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.

SUPER SET

DO EACH MOVE IN THE SET ONE AFTER THE OTHER WITH NO REST

Rest 1-2 mins between sets

SET 1

[Bicep Curl](#) 3 sets of 20

[Reverse Grip Curl](#): 3 sets of 10

[Jumping Jacks](#): 3 sets of 20

SET 2

[Lateral Raise](#): 3 sets of 20

[Full Range Lateral Raise](#) ; 3 sets of 10

[Dips on bench](#): 3 sets of 20

SET 3

[Lat Pull Down](#): 2 sets of 20

[Up Right Row](#): 2 with 20

SET 4

[Side Bicep Curl](#): 3 sets of 20

[Skull Crusher](#): 3 sets of 10

[Push Ups](#): 3 sets of 20

SET 5

[Tricep cable Push down](#): 3 sets of 20

[Bicep Curl on Cable Machine](#): 3 sets of 20

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

DOWN or to help tone more add 30 Minutes of cardio

Day 6

LOW CARB DAY FOOD GUIDELINES

- **Your goal is to eat 100 grams of carbs on this day.**
- Avoid too many fruits and starchy carbs (root veggies, grains) but with getting 100 grams you can have some carbs.
- Eat protein at each meal
- Eat lots of leafy and cruciferous veggies
- Eat when you're hungry and stop when you're full

Day 7

24 HOUR FAST + ACTIVE RECOVERY DAY

GUIDELINES

- **Fast for 24 hours today**
- Focus on drinking plenty of water and if needed some tea, black coffee, kombucha or bone broth.
- When you break your fast make sure to eat a regular sized meal.

Active Recovery

Take a walk or here is some recovery [yoga](#).