

A woman with blonde hair tied back, wearing a white athletic tank top and black leggings, stands outdoors with her hands on her hips. The background is a blurred natural setting with green foliage and a body of water.

Week  
3/29 - 4/4

HOME WORKOUTS  
Lacey Spallitta

# Day 1

## LOW CARB DAY + 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 + SPRINT INTERVALS

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

### STRETCHING

### 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

# Day 2

## 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 3

## REGULAR MACRO DAY + STRENGTH 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.

### **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:

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

- Take the day off
  - OR Consider a trip to the sauna
  - 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).



# Day 5

## REGULAR MACRO DAY/ STRENGTH 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.

### 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.

Push Ups: 2 sets of 15 reps - warm up

#### Bent Over Row:

3 set of 12

#### Bent over Reverse Fly:

3 set of 12

#### Leg Lifts on Stomach:

3 set of 12

#### V Squeeze

**3 sets of 12**

#### Vertical Chest Press:

3 set of 12

#### Standing Chest Fly:

3 set of 12

#### Front Raise:

3 set of 12

#### Tricep Pulse

**3 sets of 12**

#### Bicep Curl

**3 sets of 12**

#### Side Arm Curl:

3 set of 12

#### **ABS**

Medicine Ball/Russian Twists: 1 minute

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

**5 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 + STRENGTH 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

Reverse Lunge with Weight Pass Through (per leg):

3 set of 12

Deadlift:

3 set of 12

Sumo Squat with Weight:

3 set of 12

Calf Raises with weight:

3 set of 12

Front Squat:

3 set of 12

Bulgarian Split Squat (per leg):

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

Rockers: 1 minute

**5 MINUTES OF ELLIPTICAL, BIKE OR WALKING TO COOL DOWN**

# Day 6

## 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 7

## REGULAR MACRO DAY + ACTIVE RECOVERY DAY

### GUIDELINES

- Take the day off
  - OR Consider a trip to the sauna
  - 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
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- 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).
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