

A woman with blonde hair, seen from the back, is stretching her arms overhead in a park. She is wearing a white sports bra with a crisscross back and patterned leggings. The background is a blurred green park with trees and a path.

**Week**  
**4/5 - 4/11**

**HOME 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

[Upright Row](#) 3 sets of 20

[Lateral Raise](#): 3 sets of 10

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

#### SET 2

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

[Tricep Pulse](#) ; 3 sets of 10

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

#### SET 3

[Push Up](#): 2 sets of 15

[Wall Walk](#): 2 with 5

#### SET 4

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

[Tricep Pulse](#): 3 with 10

[Shoulder Taps](#): 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**

Consider using a bike, treadmill, elliptical, stairmaster. Keep your heart rate in “fat burning

# Day 1

## REGULAR CARB DAY FOOD 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

### 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

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

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

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

#### SET 2

[Plank with Row](#): 3 sets of 20 each arm

[Superman with Weighted Pull Back](#) ; 3 sets of 10 each arm

[Burpee](#): 3 sets of 10

#### SET 3

[V Squeeze](#): 3 sets of 20

[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 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 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. (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 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

Skiers 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 Lifts on All Fours: 3 sets of 20 each leg

Single Leg Dead Lift ; 3 sets of 10 each leg

Mountain Climbers with twist: 3 sets of 20

#### SET 3

Curtsey Lunge with Squat and weights: 2 sets of 20 each side

High Knees: 2 with 20

#### SET 4

Squats no weight: 3 sets of 20

Donkey Kicks: 3 sets of 100

Jump Lunges: 3 sets of 20

#### SET 6

Full Body Crunches: 3 sets of 35

Plank: 3 sets of 35 sec

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

DOWN or to help tone more add 30 Minutes of cardio

# Day 5

## REGULAR CARB DAY FOOD 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

Hammer Curl 3 sets of 20 each arm

Half Bicep 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

Bent Over Row: 2 sets of 15

Up Right Row: 2 with 15

#### SET 4

Bicep Curl: 3 sets of 20 each arm

Skull Crusher: 3 sets of 10

Push Ups: 3 sets of 20

#### SET 5

Tricep Extension: 3 sets of 20

Side Bicep Curl: 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 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 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](#).