

A woman with blonde hair, wearing a white sports top, is performing a plank exercise on a blue mat outdoors. She is leaning forward with her arms extended, resting on the mat. The background is a bright, outdoor setting with a blurred view of a building and a car.

4/12 - 4/18

HOME WORKOUTS
Lacey Spallitta

Day 1

LOW CARB DAY + 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

Day 1

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 to maintain an 8 hour 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
- Your macro graph will not look "normal". Hit your usual protein goal suggested under the nutrients tab and increase your fats to make the rest of your calories up

Day 2

LOW CARB DAY + HIIT AND SPRINTS

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 to maintain an 8 hour 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
- Your macro graph will not look "normal". Hit your usual protein goal suggested under the nutrients tab and increase your fats to make the rest of your calories up

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.

DIRECTIONS:

Minimize rest between sets and moves. Rest 1-2 mins between circuits (legs)

Warm up (no weights)

20 Squats

10 walking lunges - each side

LEGS

[Weighted Back Lunge with High Knee](#) (per leg): 3 sets of 15-20 reps

[Kettle Bell Swing](#): 3 sets of 15-20 reps

[Goblet Squat](#):

3 sets of 15-20 reps

[Dead Lift to High Pull](#):

3 sets of 15-20 reps,

CHEST

[Chest Press](#): 3 sets of 15-20 reps

[Dumbbell Fly](#): 3 sets of 15-20 reps

Push Up: 1 set of 20 reps

SHOULDERS

[Shoulder Press](#): 3 sets of 15-20 reps

[Side Lateral Raise](#): 3 sets of 15-20 reps

[Wall Walk Up Shoulder Taps](#) - 2 sets of 5

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

Day 3

REGULAR MACRO GUIDELINES

- Use the **MyFitnessPal** app recommendations to calculate your regular macro day goals.
- Break your fast to maintain an 8 hour feeding window.
- 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 example: 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/ 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.

DIRECTIONS:

Minimize rest between sets and moves. Rest 1-2 mins between circuits (back)

BACK

Forearm Push Ups:

3 sets of 12 reps - warm up

Bent Over Row:

3 sets of 15-20 reps

Superman with Pull Back (add light weight)

3 sets of 15-20 reps

Bent over Reverse Fly:

3 sets of 15-20 reps

BICEPS

Bicep Curl: 3 sets of 12-15 reps

Hammer Curl: 3 sets of 12-15 reps

Side Bicep Curl: 3 sets of 12-15 reps

TRICEPS

Tricep Kickback Pulse: 3 sets of 12-15 reps

Tricep Overhead Extension: 3 sets of 12-15 reps

Dips: 3 sets of 15 - 20 reps

AB CIRCUIT

Medicine Ball/Russian Twists: 2 sets of 20 reps per side

Twist Crunches: 2 sets of 10 per side

Side Plank with Thread the Needle: 2 sets of 10 reps per side

Plank: 1 minute

FINISHERS (ADVANCED/OPTIONAL)

Star Jacks: 20 reps

Plank Shoulder Tap: 20 reps per side

Moguls: 20 reps

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

Day 4

REGULAR MACRO GUIDELINES

- Use the **MyFitnessPal** app recommendations to calculate your regular macro day goals.
- Break your fast to maintain an 8 hour feeding window.
- 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 example: 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 + ACTIVE RECOVERY DAY

- Use the **MyFitnessPal** app recommendations to calculate your regular macro day goals.
- Break your fast to maintain an 8 hour feeding window.
- 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 example: 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).

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](#)

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.

WARM UP (2 ROUNDS)

1 minute wall sit

1 minute [In and Outs](#)

1 minute squats (no weight)

DIRECTIONS:

Minimize rest between sets and moves. Rest 1-2 mins between circuits

LEGS

[Sumo Squat with Weight:](#)

3 sets of 15-20 reps

[Calf Raises](#) with weight:

3 sets of 15-20 reps

[Dumbbell Deadlift:](#)

3 sets of 15-20 reps

[Goblet Squat:](#)

3 sets of 15-20 reps

[Walking Lunges](#) with weight(per leg):

3 sets of 15-20 reps

FINISHERS 2X

[Walking Squat with Band:](#) 20 reps (10 per side)

[Hydrant with Band:](#) 20 reps (per leg)

[Bridge with Band:](#) 20 reps

[Side Leg Lifts:](#) 20 reps (per leg)

[Side Leg Circle:](#) 20 reps (per leg)

5 MINUTES OF ELLIPTICAL, BIKE OR WALKING TO COOL DOWN

Day 6

REGULAR MACRO GUIDELINES

- Use the **MyFitnessPal** app recommendations to calculate your regular macro day goals.
- Break your fast to maintain an 8 hour feeding window.
- 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 example: 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](#)