

Week Five

HOME WORKOUTS
Lacey Spallitta

Day 1

LOW CARB DAY + TABATA

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

4 X 4 HIIT CIRCUITS

Do each move for 1 minute each. Rest for 1-2 minutes between circuit. Rest for a little as possible during the circuit.

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

CARDIO CIRCUIT

[Toe Taps](#)

[X Jacks](#)

[Jump Squat](#)

[Crisscross Squats](#)

1-2 minutes rest

STRENGTH CIRCUIT

[Reverse Lunge with Shoulder Press](#)

[Forearm Push Ups](#)

Wall sit with [Overhead single, single double](#)

[Side Plank with Thread the Needle](#)

1-2 minute rest

CARDIO CIRCUIT

[Butt Kicks](#)

[Scissor Jumps](#)

[Tuck Jumps](#)

[Sumo Jump Squat](#)

1-2 minute rest

AB CIRCUIT

[In and Outs](#)

[Mountain Climbers on Steroids](#)

[Twist Crunches](#)

[Flutter Kicks](#)

1-2 minute rest

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 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 + 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.
 - o Sprint at 100% effort for 20 seconds or 100 meters. Then enjoy 40 seconds of a slow recovery pace. Repeat for 10 minutes.

AB CIRCUIT

Dead Bug: 2 sets of 20 reps per side

Leg Lift: 2 sets of 20 reps per side

Medicine Ball Twist: 4 sets of 10 reps

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.

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

LEGS

Reverse Lunge with Dumbbell Passthrough (per leg): 2 sets of 12 reps - warm up

Dumbbell Deadlift: 3 sets of 12-15 reps

Calf Raises with weight: 3 sets of 12-15 reps

Curtsey Lunge with weight (per leg): 2 sets of 12 reps

WORKING SUPER SETS (LEGS)

Perform 1 set of first exercise followed immediately by second exercise. Rest for 90 seconds after (Example: 1 set of 12 reps Front Squat with weight, 15 Jump Lunges, rest, Repeat for a total of 2X)

Front Squat (hold weight at shoulders): 2 sets of 12-15 reps

Jump Lunges (per leg): 15 reps (after each above set)

CHEST

Chest Press (lay on floor if no bench): 3 sets of 12-15 reps

Dumbbell Fly: 3 sets of 12-15 reps

SHOULDERS

Wall sit with Shoulder Raise

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 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.

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

BACK

[Pull-Ups](#) or [Push-Ups](#) if n/a: 2 sets of 15 reps - warm up

[Bent Over Row](#): 3 sets of 12-15 reps

[Bent over Reverse Fly](#): 3 sets of 12-15 reps

[Bridge](#): 3 sets of 12-15 reps

BICEPS

[Hammer Curl](#): 3 sets of 12 reps

[Bicep Curl](#): 3 sets of 12 reps

TRICEPS

[Tricep Kickback](#): 3 sets of 12 reps

[Tricep Extension](#): 3 sets of 12 reps

AB CIRCUIT

[Bicycle twist](#): 2 sets of 30 reps per side

[Plank with Knee Taps](#): 5 sets of 10 per side

[Mountain Climbers with a Twist](#): 4 sets of 10 reps

FINISHERS (ADVANCED/OPTIONAL)

[X Jacks](#): 20 reps

[Forearm Push-Up](#): 20 reps per side

[In and Outs](#): 20 reps

5 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

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 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 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.

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

LEGS

Side Lunge with Squat(with weights): 3 sets of 12 reps - warm up

Single Leg Deadlifts (per leg): 3 sets of 10 reps - warm up

Goblet Squat: 3 sets of 12 reps

Calf Raises on leg press: 3 sets of 12-15 reps

Bulgarian Split Squat (per leg): 2 sets of 12 reps

WORKING SUPER SETS

Perform 1 set of first exercise followed immediately by second exercise. Rest for 90 seconds after
(Example: 1 set of 12 reps Deadlifts, 20 jump squats, rest, Repeat 2X)

Dumbbell Deadlift: 2 sets of 12-15 reps

Jump Squat: 20 reps (after each above set)

FINISHERS 2X

Box Jump: 20 reps

Reverse Lunge with Single Leg Hop: 20 reps (per leg)

Skiers: 20 reps (per box)

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](#)

- 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).