



## FIND YOUR FIT NUTRITION

### 30 DAYS OF AT HOME WORKOUTS

Tag us in your at home workout posts!  
@findyourfitnutrition

email me with any questions:  
emilymakselannutrition@gmail.com

if you have other equipment, switch some of the runs out with: Assault Bike, rowing, or double under. If you have dumbbells or weights at home please feel free to add weight to any of the "part A" strength workouts. As well as modify any movements in the workouts to the following: db snatches, db hang cleans, db push presses, db renegade rows, devil's press, or man makers.

These workouts are programmed and designed to be done in order.

You will see some days are leg focused, others are arm focused, while some are cardio intensive.

You may rearrange the days, just keep in mind the intended stimulus of that day, as well as the surrounding days.



# WEEK 1

Day 1:

A.

3 rounds super set:

- side plank: 1 minute per side
- single leg glute bridges x 10/ side

B.

4 rounds for time:

- 25 squat jumps
- 20 V-ups
- 15 burpees
- 10 lunges (10 per leg)

Day 2:

A.

3 rounds:

- 5 wall walks (start in plank on ground, and climb wall with feet till inverted in handstand)
- \*rest as needed

40-30-20-10

Push-ups (use a bench, chair, or table to do the push ups to in order to scale)

\*400 m run between every set

Day 4:

30-60 mins of:

Running, hiking, biking, or swimming

Day 3:

- 10 jump overs
- 20 mountain climbers
- 30 sit ups
- 40 air squats
- 50 burpees
- 40 air squats
- 30 sit ups
- 20 mountain climbers
- 10 jump overs

\*jump overs: pick any object - high enough to make it challenging like a box jump, but fully clear the object

Day 5::

A.

3 rounds superset:

- \*Bulgarian split squat x 10 per leg
- kosack squats x 8-10 per side
- plank: 60 seconds
- \*use a chair or bench for back leg

B.

- 5 rounds for reps:
- 30 seconds max air squats
- 30 seconds rest
- 30 seconds max jumping lunges
- 30 seconds rest
- 30 seconds max push-ups
- 30 seconds rest



# WEEK 2

Day 1:

A.

4-5 sets:

- front foot elevated lunges x12/ leg  
(front foot 4"-6" off ground)
- close stance heel elevated squats  
x 10 (heel elevated 1/2" with a  
book, for example. Heels together)

B.

7 min AMRAP:

7 squat jumps

7 burpees

Day 2.

Run 800m

100 air squats

75 sit ups

50 push ups

25 jump overs\*

Run 800m

\*pick an object and jump over it  
entirely either laterally or forward  
facing. Example: a small stool,  
basketball, or small trash container

Day 4:

30-60 minutes of:  
running, hiking, biking, or swimming

Day 3:

A.

4 rounds:

- Bench dips x 12
- Plank shoulder taps x 50

B.

300 mountain climbers for time  
\*at the top of every minute perform 5  
burpees (starts with burpees)

Day 5:

A.

3-4 rounds:

- 1 minute handstand hold (against  
wall or freestanding)
- 1 minute hold in the bottom of a  
squat

B.

15 min AMRAP:

5 handstand push-ups\*

10 hollow rocks

15 air squats

\*(sub inch worms, or wall walks)

# WEEK 3

Day 1:

A.

-glute bridges x30  
-bulgarian split squat x 12 / leg

B.

2 rounds for time:

Run 400m  
50 squats  
Run 400m  
50 lunges  
Run 400 m  
50 jumping jacks

Day 2:

A.

3 rounds:

-diamond push-ups x10-12 (place hands close together to form the shape of a diamond)  
-side plank x 1 minute per side

B.

100 burpees for time

Day 4:

30-60 minutes of:  
running, hiking, biking, or swimming

Day 3

A.

2-3 rounds:  
-broad jumps x5  
-superman to hollow rolls x 5/ side

B.

50-40-30-20-10

hollow rocks (or sit ups)  
Jump overs  
Mountain climbers

Day 5:

20 minute AMRAP:

5 v-ups  
10 push-ups  
15 air squats



# WEEK 4

Day 1:

A.

3-4 rounds:  
-100 m walking lunges  
-100 m broad jumps

B.

7 minute AMRAP:  
9 burpees  
12 jumping lunges  
15 mountain climbers

Day 2:

800 m run  
40 burpees  
800m run  
80 sit-ups  
800m run  
120 air squats

Day 4:

30-60 minutes of:  
unrunning, hiking, biking, or swimming

Day 3:

A.

4 rounds  
-bench dips x 20  
-30-60 second hollow body hold

B.

5 rounds for time:  
5 Inchworms (w/ push up)  
10 Burpees (w/ no push up)  
15 Plank shoulder taps

Day 5:

Run 1 mile

100 push-ups  
200 sit-ups  
300 air squats

Run 1 mile

\*partition reps of middle section as needed. Scale number of reps also if needed. Scale runs to 800m if needed