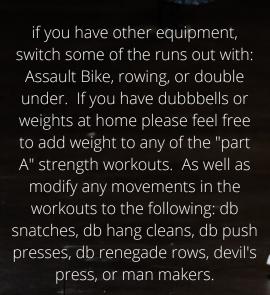


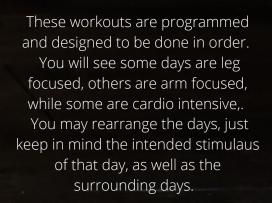
### FIND YOUR FIT NUTRITION

30 DAYS OF AT HOME WORKOUTS

Tag us in your at home workout posts!
@findyourfitnutrition

email me with any questions: emilymakselannutrition@gmail.com





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### Day 1:

Α.

3 rounds super set:
-side plank: 1 minute per side
-single leg glute bridges x 10/ side

В.

4 rounds for time:
25 squat jumps
20 V-ups
15 burpees
10 lunges (10 per leg)

### Day 2:

Α.

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::

Α

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

В.

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

Day 1:

Α.

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:

Α.

4 rounds: -Bench dips x 12 -Plank shoulder taps x 50

В.

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

Α.

3-4 rounds:

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

В.

15 min AMRAP:
5 handstand push-ups\*
10 hollow rocks
15 air squats
\*(sub inch worms, or wall walks)

Day 1:

Α.

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

В.

2 rounds for time:

Run 400m

50 squats

Run 400m

50 lunges

Run 400 m

50 jumping jacks

Day 2:

Α.

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

В.

100 burpees for time

Day 4:

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

Day 3

Α.

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

Day 1:

Α.

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 : unning, hiking, biking, or swimming

Day 3:

Α.

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

В.

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