



# 30 days of **change** v4.0

Neila Rey

#30daysof**change**

# cardio

**LEVEL I:** 30 minutes of walking

**LEVEL II:** 30 minutes of jogging

**LEVEL III:** 30 minutes of running

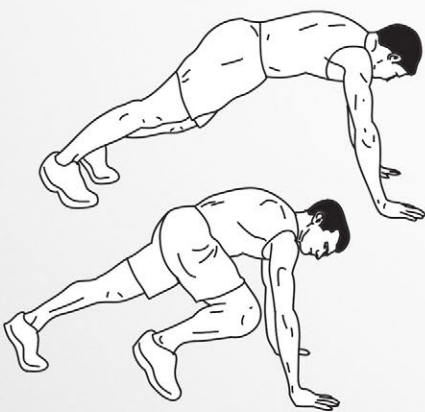
**LEVEL I:**

10 climbers

10 lunges

10 squats

x 3 sets



1. climbers

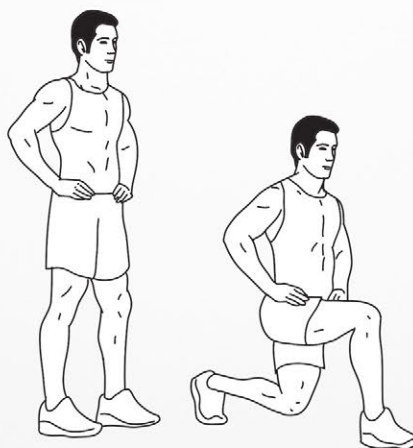
**LEVEL II:**

20 climbers

20 lunges

20 squats

x 3 sets



2. lunges

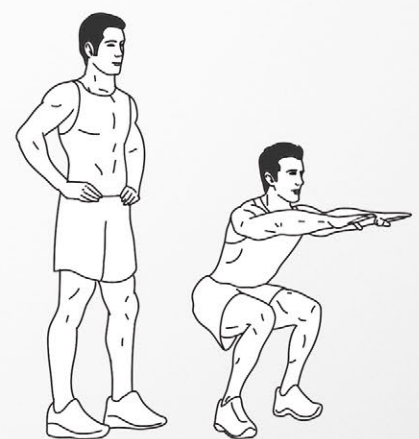
**LEVEL III:**

30 climbers

30 lunges

30 squats

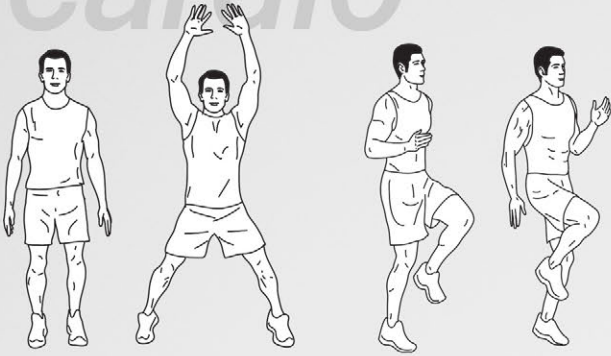
x 3 sets



3. squats

rest between sets: **Level I:** up to 2 min **Level II:** up to 45 sec **Level III:** 30 sec

# cardio



*jumping jacks*    *high knees*

**- no breaks -**

<b>jumping jacks</b>	5 seconds
<b>high knees</b>	10 seconds
<b>jumping jacks</b>	20 seconds
<b>high knees</b>	30 seconds
<b>jumping jacks</b>	40 seconds
<b>high knees</b>	50 seconds
<b>jumping jacks</b>	40 seconds
<b>high knees</b>	30 seconds
<b>jumping jacks</b>	20 seconds
<b>high knees</b>	10 seconds
<b>jumping jacks</b>	5 seconds

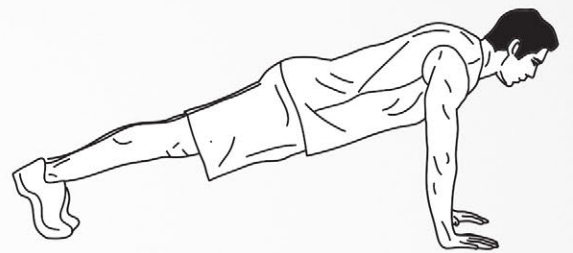
## 1. plank

3 times during the day

**LEVEL I:** 30 seconds

**LEVEL II:** 2 minutes

**LEVEL III:** 3 minutes



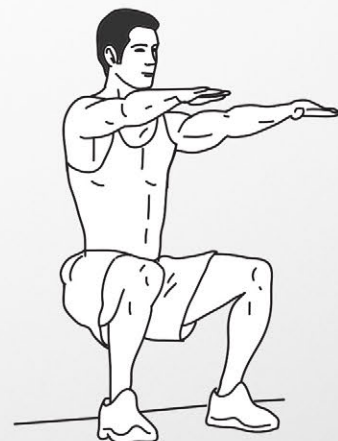
## 2. wall sit

3 times during the day

**LEVEL I:** 30 seconds

**LEVEL II:** 2 minutes

**LEVEL III:** 5 minutes



cardio

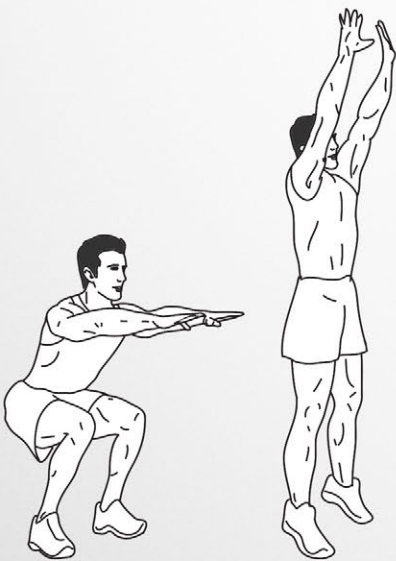
**60**  
minutes

*spread throughout the day*  
*walk, jog or run*  
*bike, swim or row*

**LEVEL I:**  
throughout the day  
one set at a time

5 jump squats  
5 plank jump-ins  
3 push-ups

x5 sets

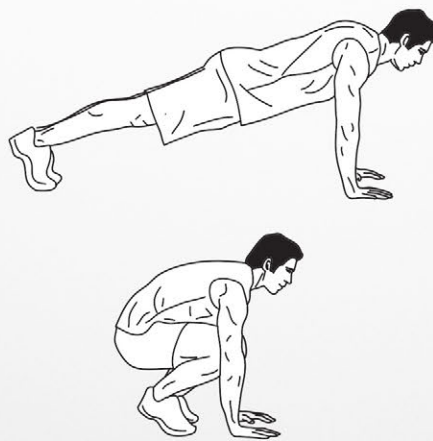


1. jump squats

**LEVEL II:**  
rest between sets  
up to 60 seconds

10 jump squats  
15 plank jump-ins  
10 renegade rows

x5 sets

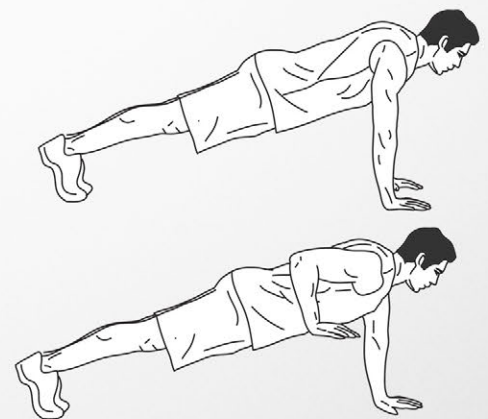


2. plank jump-ins

**LEVEL III:**  
rest between sets  
30 seconds

20 jump squats  
20 plank jump-ins  
20 renegade rows

x5 sets



3. renegade rows

# cardio

warm-up **2 minute walk**

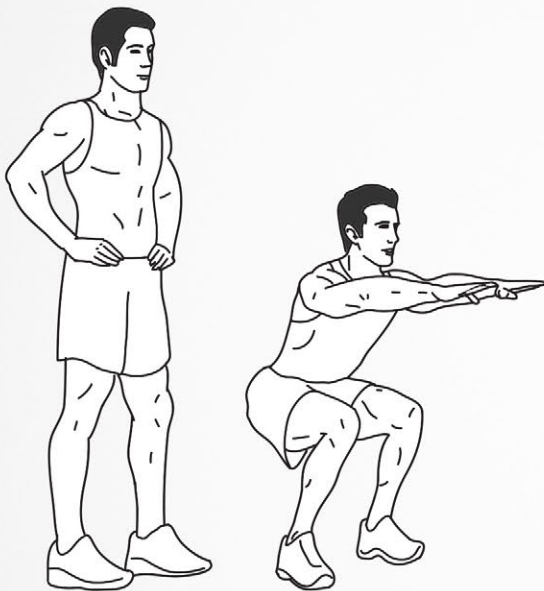
**1 minute** run then **1 minute** walk

**2 minute** run then **2 minute** walk

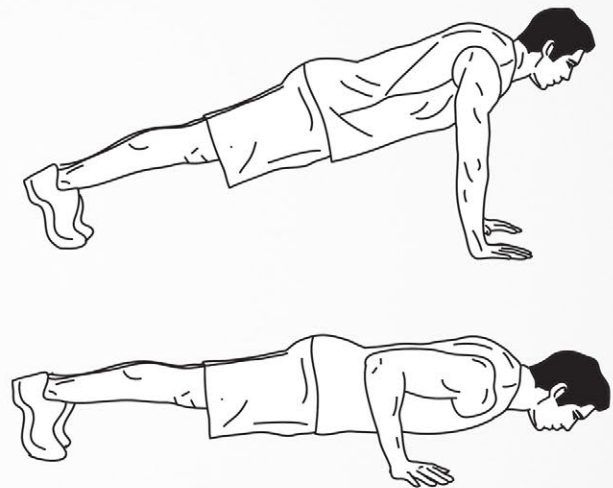
**3 minute** run then **3 minute** walk

**4 minute** run then **4 minute** walk

cool-down light jog for **5 minute**



**1. squats**



**2. push-ups**

<b>level I:</b>	<b>level II:</b>	<b>level III:</b>
16 reps	20 reps	40 reps
14 reps	18 reps	32 reps
12 reps	16 reps	24 reps
10 reps	14 reps	18 reps

<b>level I:</b>	<b>level II:</b>	<b>level III:</b>
2 reps	16 reps	24 reps
4 reps	14 reps	20 reps
6 reps	12 reps	18 reps
8 reps	10 reps	12 reps

rest between sets: **Level I:** up to 3 min **Level II:** up to 2 min **Level III:** 60 sec

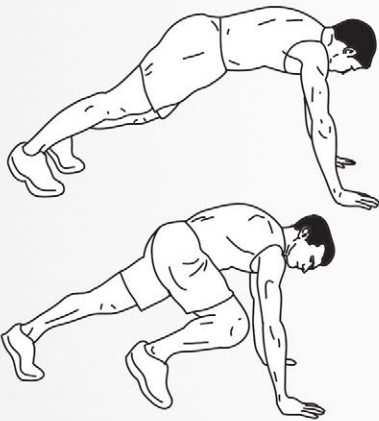
# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 60 Seconds

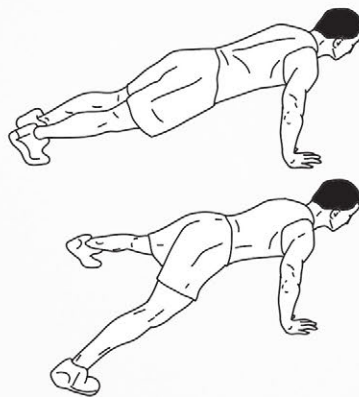
Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

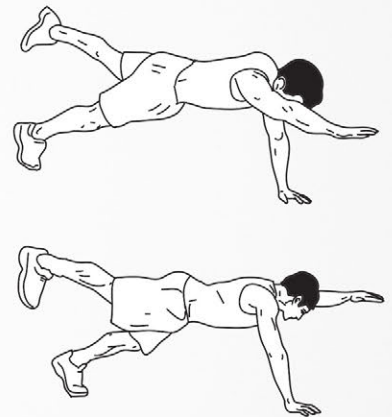
10 reps each



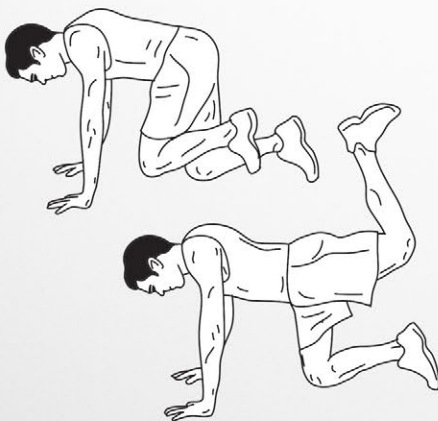
1. climbers



2. plank jacks



3. alt arm/leg raise planks



4. donkey kicks



5. duck walk

5 steps forward  
5 steps back

# cardio

**LEVEL I:** run or jog for 2 miles ( 3 km )

**LEVEL II:** run 4 miles ( 6 km )

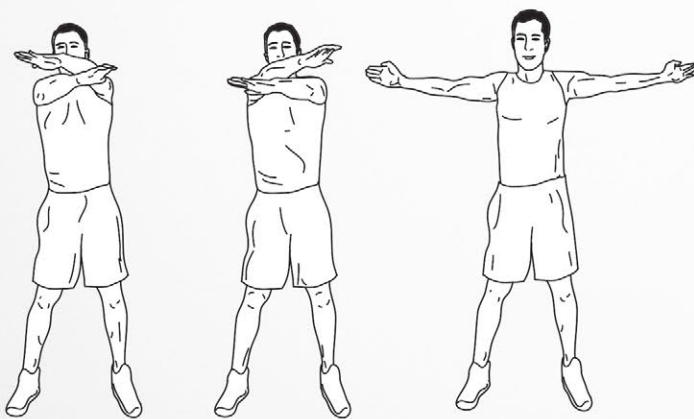
**LEVEL III:** run 6 miles ( 10 km )

**LEVEL I:**

**5 reps each**

rest between sets  
up to 5 minutes

**x 5 sets**



**1. criss-cross chest extentions**

**LEVEL II:**

**10 reps each**

rest between sets  
up to 2 minutes

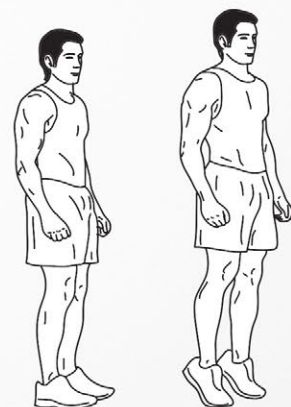
**x 5 sets**

**LEVEL III:**

**20 reps each**

rest between sets  
up to 60 seconds

**x 5 sets**



**2. calf raises**



**3. up & down planks**

# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 2 minutes

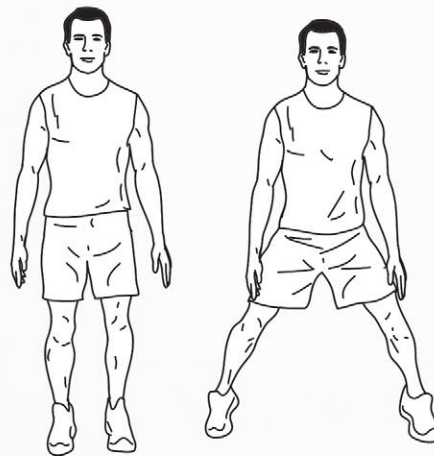
Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

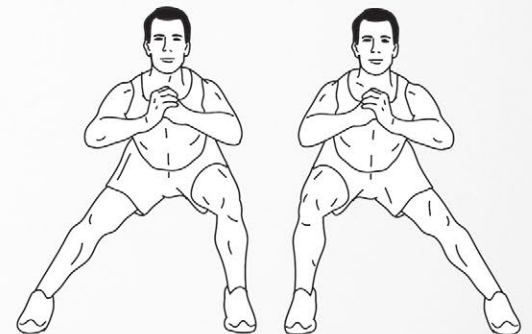
10 reps each



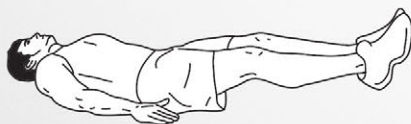
1. high knees



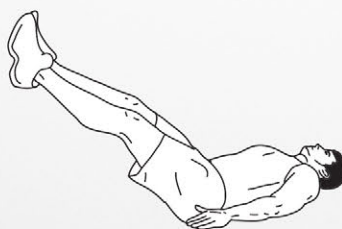
2. half jacks



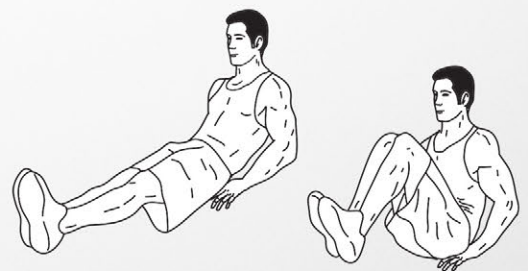
3. side-to-side lunges



4. sprinters



5. leg raises



6. leg pull-ins

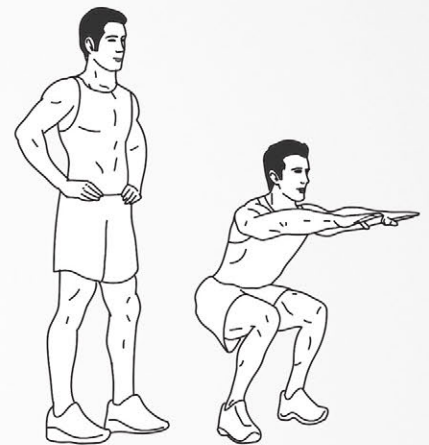
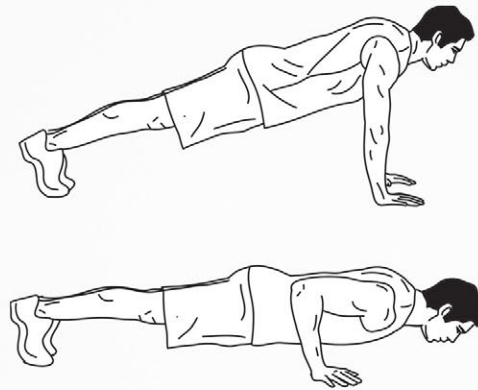


# cardio

**20 minutes** - low speed or walk

**10 minutes** - medium speed  
at comfortable pace

**10 minutes** - run at your 80%



## sprints

up to 60 second  
rest between sprints

## push-ups

right after the sprint  
[reps for each level]

## squats

right after the push-up  
[reps for each level]

- |    |                  |                       |                        |
|----|------------------|-----------------------|------------------------|
| 1. | 10 second sprint | → I: 2 II: 6 III: 10  | → I: 4 II: 10 III: 20  |
| 2. | 15 second sprint | → I: 4 II: 10 III: 14 | → I: 6 II: 14 III: 30  |
| 3. | 20 second sprint | → I: 8 II: 14 III: 20 | → I: 10 II: 18 III: 40 |
| 4. | 15 second sprint | → I: 4 II: 10 III: 14 | → I: 6 II: 14 III: 30  |
| 5. | 10 second sprint | → I: 2 II: 6 III: 10  | → I: 4 II: 10 III: 20  |

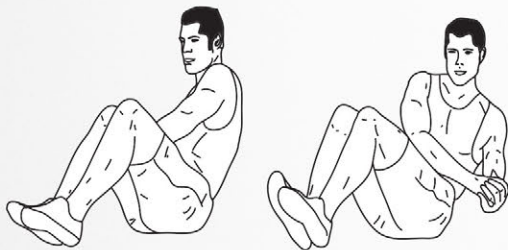
# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 2 minutes

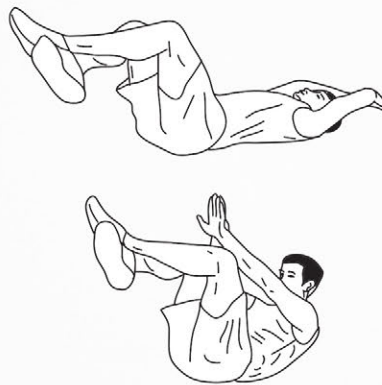
Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

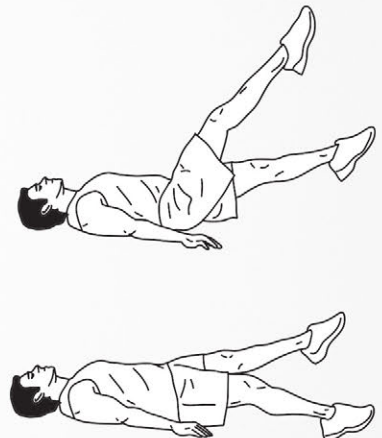
10 reps each



1. Russian twists



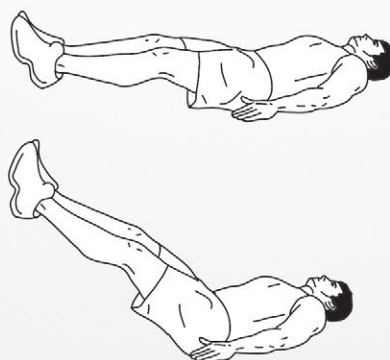
2. knee crunches



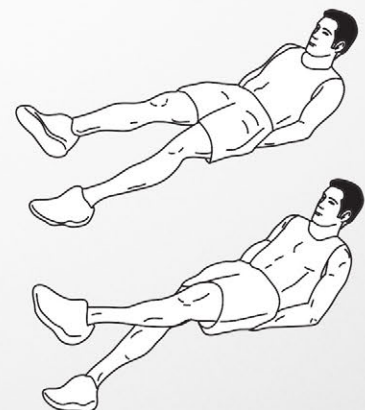
3. flutter kicks



4. cycling crunches



5. leg raises



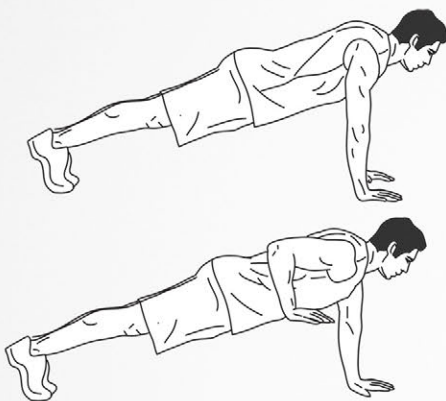
6. scissors

# cardio

20 minutes of walking/ jogging/ running

5 x 200 feet [ 60 meters ] sprint  
30 second breaks in between sprints

## 1. Renegade Rows



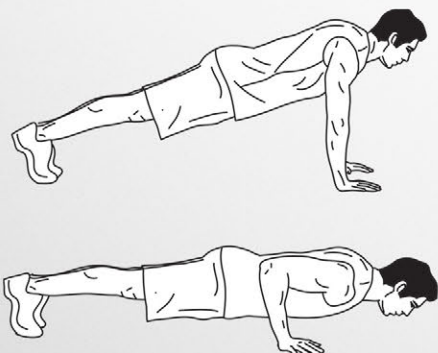
level I:	level II:	level III:
12 reps	20 reps	60 reps
10 reps	30 reps	80 reps
12 reps	20 reps	60 reps
10 reps	30 reps	80 reps

## 2. Planks w/ Rotations



level I:	level II:	level III:
14 reps	18 reps	20 reps
16 reps	20 reps	30 reps
14 reps	18 reps	20 reps
16 reps	20 reps	30 reps

## 3. Push-Ups



level I:	level II:	level III:
4 reps	10 reps	24 reps
6 reps	15 reps	28 reps
4 reps	10 reps	24 reps
6 reps	15 reps	28 reps

*cardio*

**60**  
*minutes*

*spread throughout the day*  
*walk, jog or run*  
*bike, swim or row*

## Core Training

**LEVEL I:** 1 set **LEVEL II:** 3 sets **LEVEL III:** 5 sets - throughout the day

60 second elbow plank – rest 60 seconds

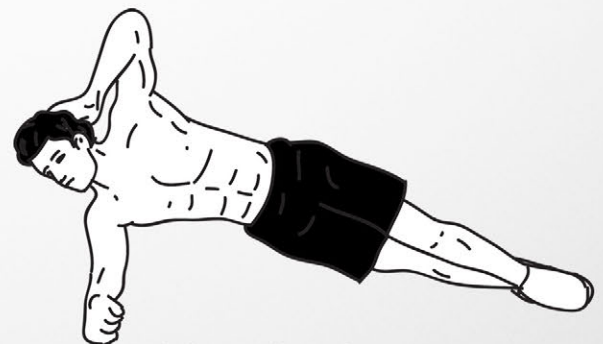
30 second side plank on each side – rest 60 seconds

60 second elbow plank – rest 60 seconds

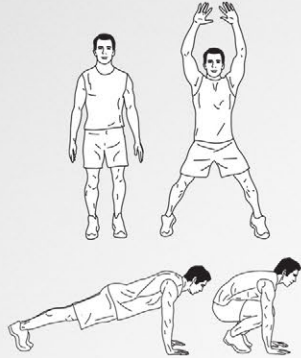
30 second side plank on each side



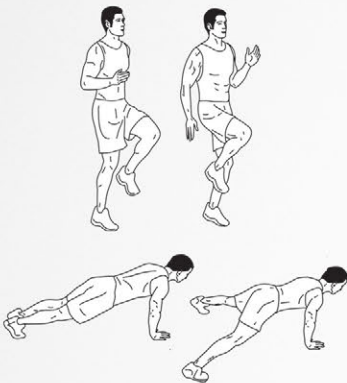
*elbow plank*



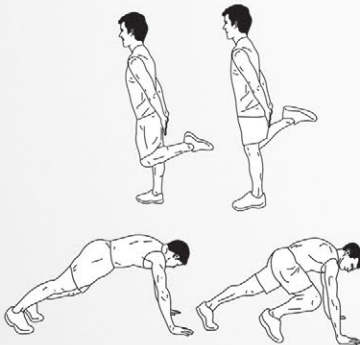
*side plank*



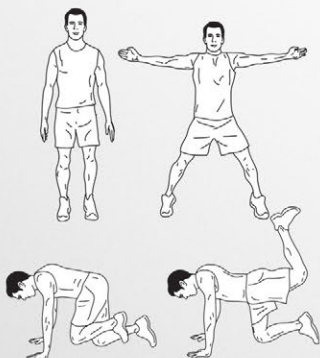
**10 sec** – jumping jacks  
**10 sec** – plank jump-ins  
**10 sec** – rest



**20 sec** – high knees  
**20 sec** – plank jacks  
**20 sec** – rest



**20 sec** – butt kicks  
**20 sec** – climbers  
**20 sec** – rest



**10 sec** – jumping Ts  
**10 sec** – donkey kicks

## extra

1 mile [ 1.5 km ]  
walk/jog

## sets

**LEVEL I:** 3 sets

**LEVEL II:** 5 sets

**LEVEL III:** 7 sets

**rest**  
**between sets**

**LEVEL I:** 3 min

**LEVEL II:** 60 sec

**LEVEL III:** 40 sec

run/jog/walk  
with extra weight 2 lbs [ 1 kg ]

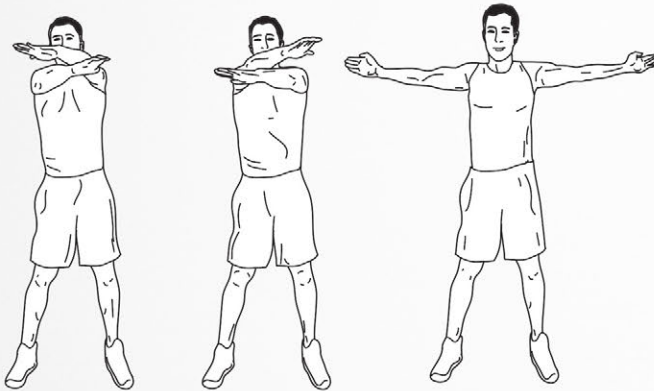
**LEVEL I:** 2 miles [ 3 km ]

**LEVEL II:** 3 miles [ 5 km ]

**LEVEL III:** 6 miles [ 10 km ]

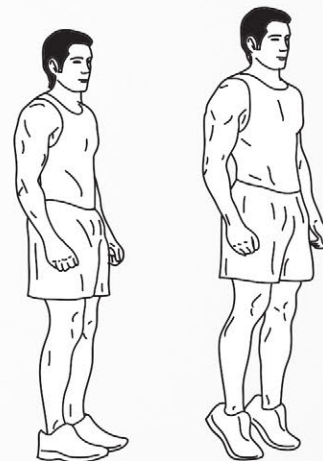
use a backpack  
or hold a dumbbell  
in each arm

*cardio*



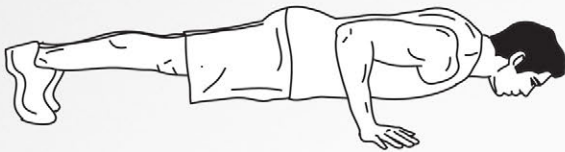
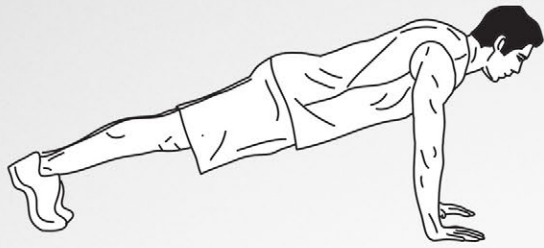
**1. criss-cross chest extentions**

<b>level I:</b>	<b>level II:</b>	<b>level III:</b>
6 reps	12 reps	16 reps
8 reps	14 reps	20 reps
6 reps	12 reps	16 reps
8 reps	14 reps	20 reps



**2. calf raises**

<b>level I:</b>	<b>level II:</b>	<b>level III:</b>
8 reps	14 reps	20 reps
10 reps	18 reps	30 reps
8 reps	14 reps	20 reps
10 reps	18 reps	30 reps



### 1. push-ups

level I:	level II:	level III:
2 reps	10 reps	15 reps
4 reps	15 reps	25 reps
6 reps	20 reps	30 reps



### 2. squats

level I:	level II:	level III:
10 reps	20 reps	30 reps
12 reps	30 reps	40 reps
14 reps	40 reps	50 reps



JAB



CROSS



HOOK



UPPERCUT

## shadow boxing

**5 minutes** - move as fast as you can **X 5 sets**  
use the moves above

rest between sets: **Level I:** up to 5 min **Level II:** up to 2 min **Level III:** 60 sec

# cardio

**LEVEL I:** run or jog for 2 miles [ 3 km ]  
**LEVEL II:** run 4 miles [ 6 km ]  
**LEVEL III:** run 6 miles [ 10 km run ]

**LEVEL I:**  
6 reps each  
rest between sets  
up to 3 minutes

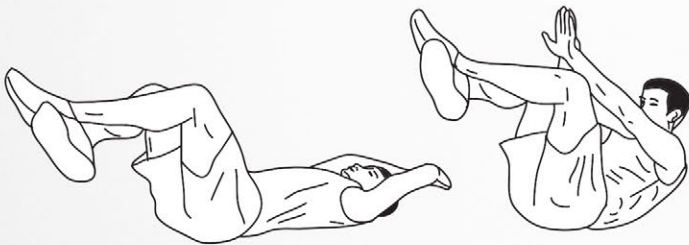
**LEVEL II:**  
10 reps each  
rest between sets  
up to 60 seconds

**LEVEL III:**  
20 reps each  
rest between sets  
up to 30 seconds

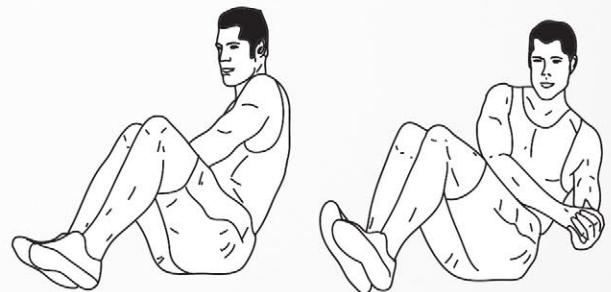
x 4 sets

x 4 sets

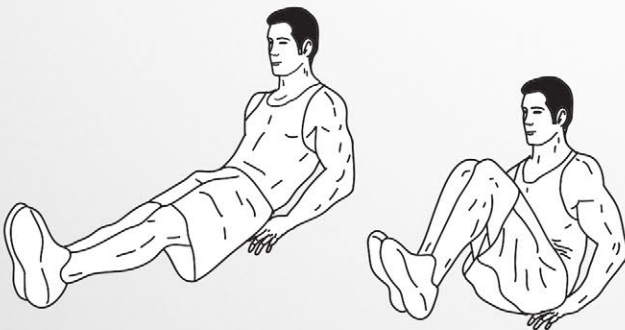
x 4 sets



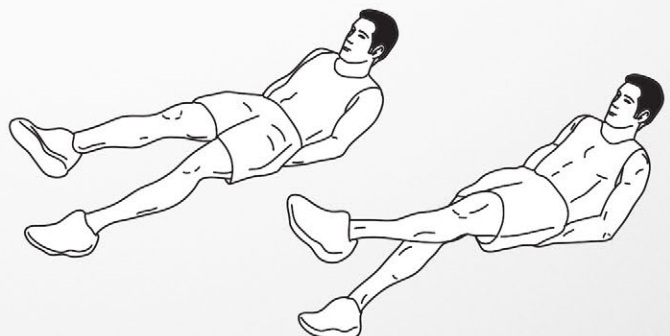
1. knee crunches



2. Russian twists



3. leg pull-ins



4. scissors

rest between sets: **Level I:** up to 2 min **Level II:** up to 45 sec **Level III:** 30 sec



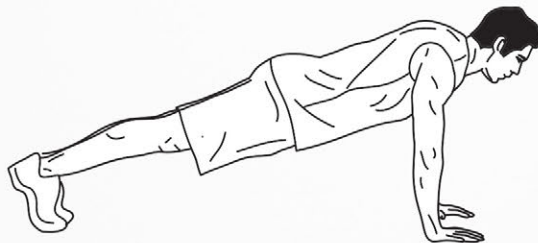
# Static Workout

Complete each exercise one after the other with no rest in between  
**LEVEL I:** 10 seconds **LEVEL II:** 20 seconds **LEVEL III:** 30 seconds  
**x3 times** during the day

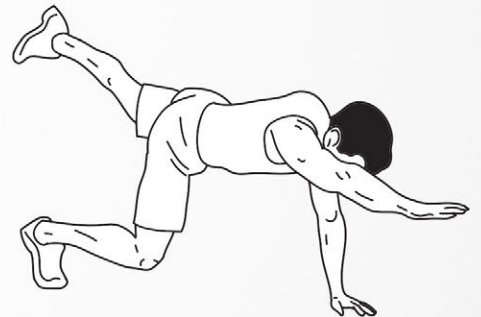
1. wall sit



2. plank



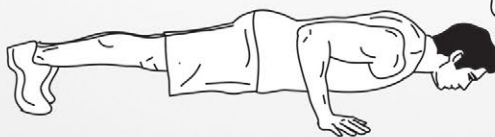
3. alt arm/leg plank  
plank (each side)



4. modified V-sit



5. push-up plank



6. superman



# cardio

**LEVEL I:** run or jog for 2 miles [ 3 km ]

**LEVEL II:** run 4 miles [ 6 km ]

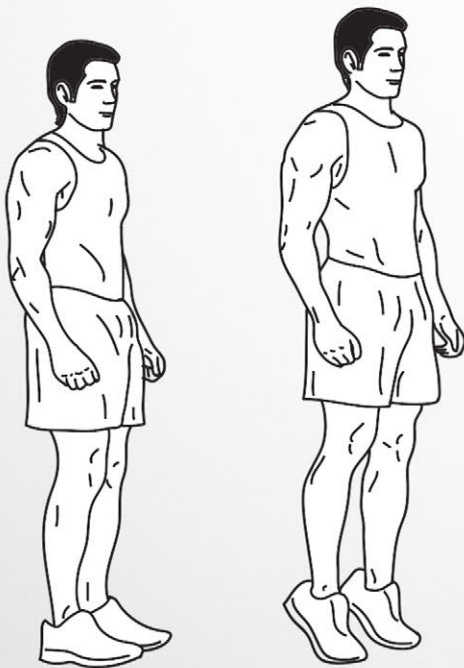
**LEVEL III:** run 6 miles [ 10 km ]

**LEVEL I:**

10 reps each

rest between sets  
up to 30 seconds

x 3 sets



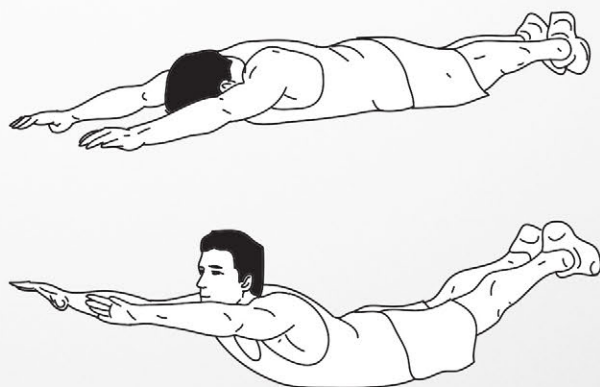
1. calf raises

**LEVEL II:**

20 reps each

rest between sets  
up to 30 seconds

x 3 sets



2. supermen

**LEVEL III:**

30 reps each

rest between sets  
up to 30 seconds

x 3 sets

# cardio

**LEVEL I:** 30 minutes of walking

**LEVEL II:** 40 minutes of walking

**LEVEL III:** 60 minutes of walking

**LEVEL I:**

5 reps each

rest between sets  
up to 3 minutes

x 5 sets

**LEVEL II:**

10 reps each

rest between sets  
up to 2 minutes

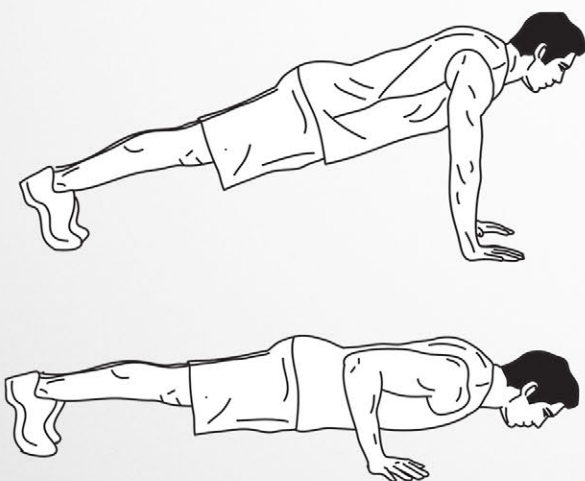
x 5 sets

**LEVEL III:**

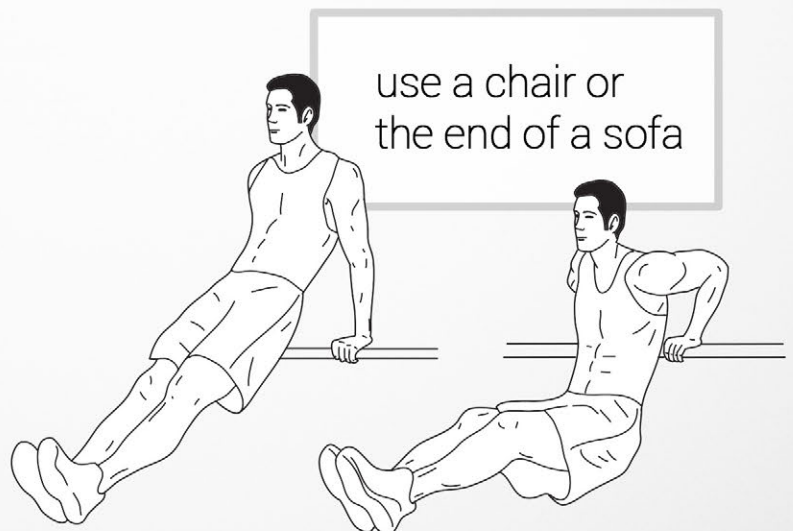
20 reps each

rest between sets  
up to 60 seconds

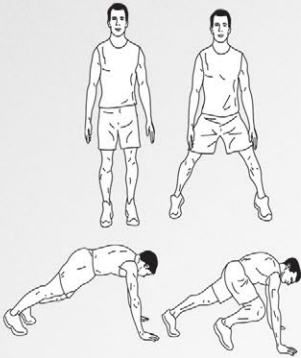
x 5 sets



1. push-ups



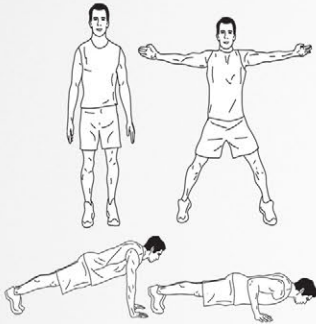
2. tricep dips



20 sec – half jacks

20 sec – climbers

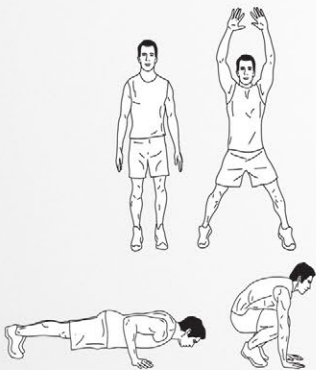
20 sec – rest



10 sec – jumping Ts

10 sec – push-ups

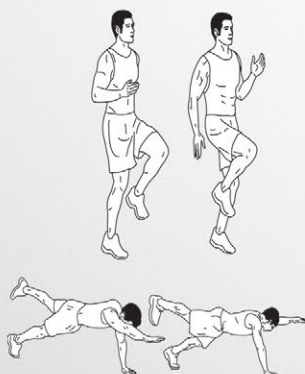
10 sec – rest



20 sec – jumping jacks

20 sec – plank jump-ins

20 sec – rest



10 sec – high knees

10 sec – alt arm/leg planks

## extra

1 mile [ 1.5 km ]  
walk/jog

## sets

**LEVEL I:** 4 sets

**LEVEL II:** 6 sets

**LEVEL III:** 10 sets

rest  
between sets

**LEVEL I:** 3 min

**LEVEL II:** 60 sec

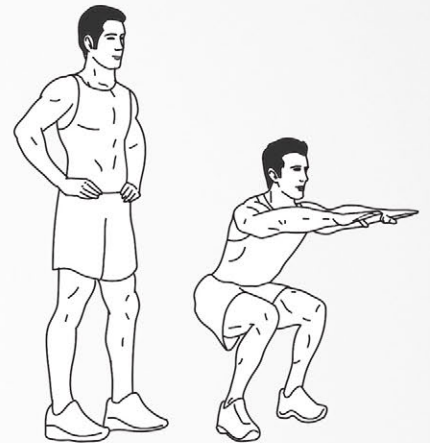
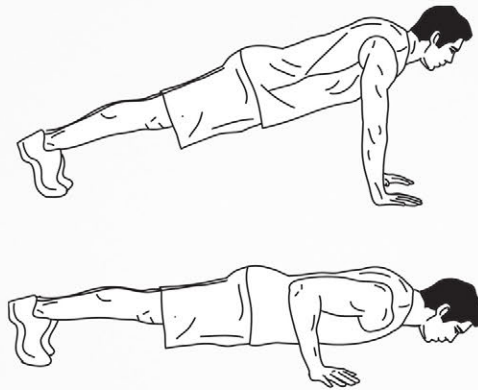
**LEVEL III:** 40 sec

# cardio

10 minutes - low speed or walk

10 minutes - medium speed  
at comfortable pace

10 minutes - run at your 80%



## sprints

up to 60 second  
rest between sprints

## push-ups

right after the sprint  
[reps for each level]

## squats

right after the push-up  
[reps for each level]

1. 10 second sprint → I: 4 II: 8 III: 15 → I: 6 II: 12 III: 30
2. 20 second sprint → I: 6 II: 12 III: 18 → I: 8 II: 16 III: 40
3. 30 second sprint → I: 10 II: 16 III: 22 → I: 12 II: 20 III: 50
4. 20 second sprint → I: 6 II: 12 III: 18 → I: 8 II: 16 III: 40
5. 10 second sprint → I: 4 II: 8 III: 15 → I: 8 II: 12 III: 30

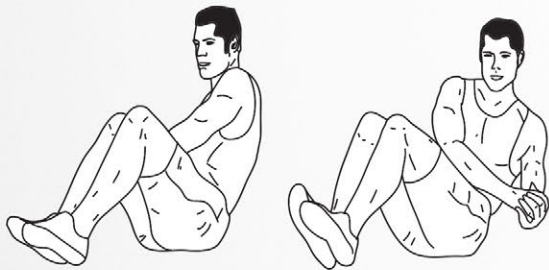
# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 2 minutes

Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

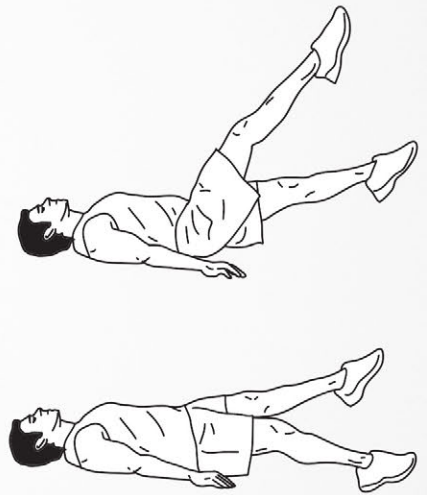
10 reps each



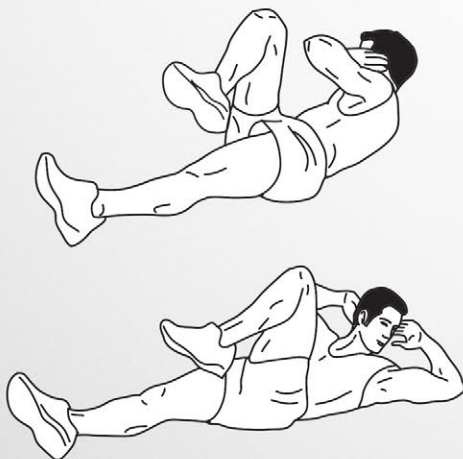
1. Russian twists



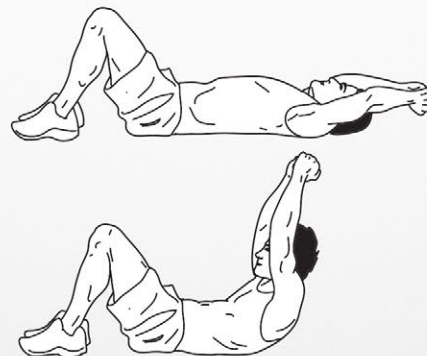
2. leg pull-ins



3. flutter kicks



4. cycling crunches



5. long arm crunches



6. heel touches

# cardio

**LEVEL I:** run or jog for 2 miles [ 3 km ]

**LEVEL II:** run 4 miles [ 6 km ]

**LEVEL III:** run 6 miles [ 10 km ]

**LEVEL I:**

20 reps each

rest between sets  
up to 60 seconds

x 3 sets

**LEVEL II:**

30 reps each

rest between sets  
up to 40 seconds

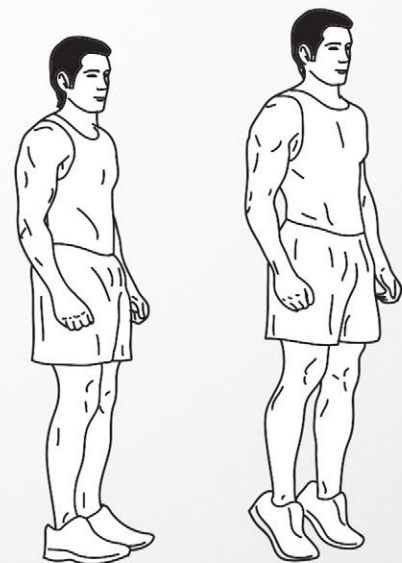
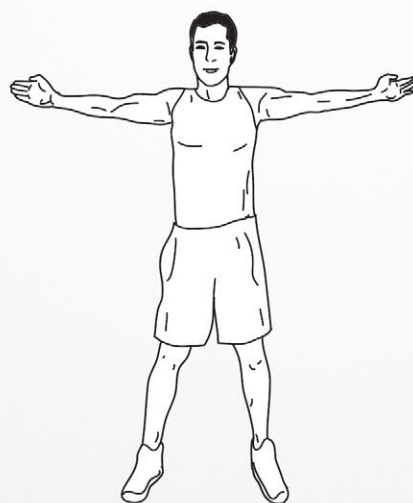
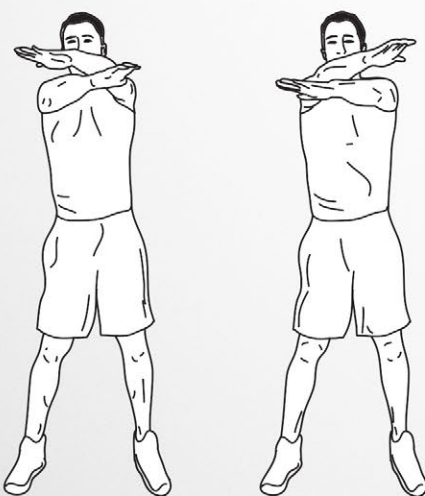
x 3 sets

**LEVEL III:**

40 reps each

rest between sets  
up to 30 seconds

x 3 sets



1. criss-cross chest extentions

2. calf-raises

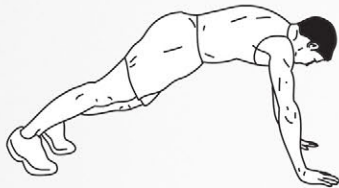
# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 2 minutes

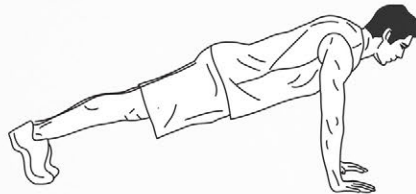
Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

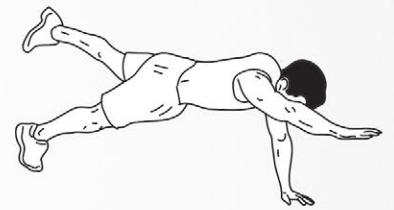
10 reps each



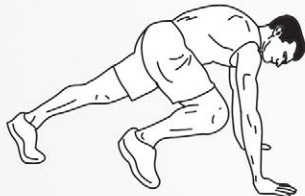
1. climbers



2. renegade row



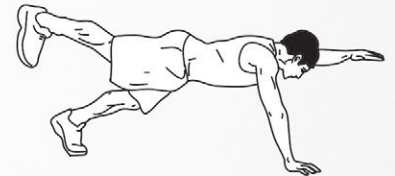
3. alt arm/leg planks



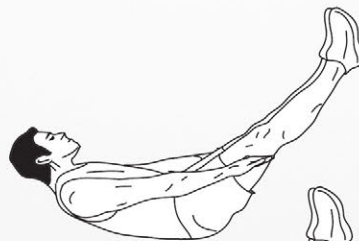
4. heel touches



5. hundreds



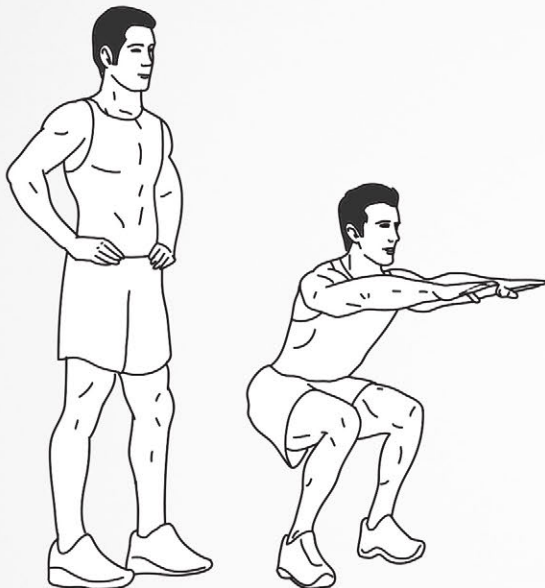
6. donkey kicks





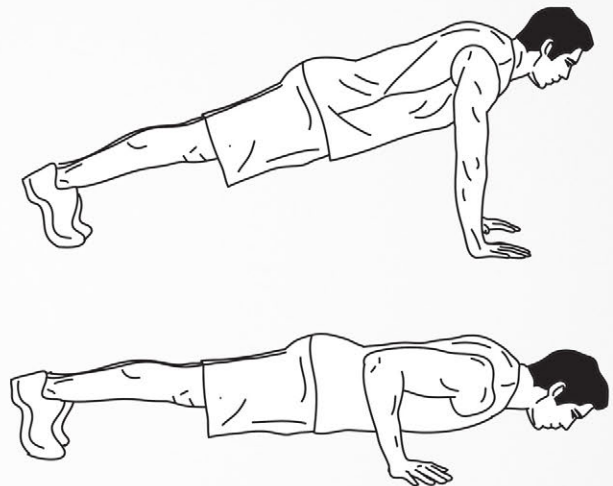
# cardio

20 minutes of running or jogging  
1 minute at 100% speed  
1 minute at 50% speed



1. squats

level I:	level II:	level III:
8 reps	14 reps	20 reps
10 reps	18 reps	30 reps
8 reps	14 reps	20 reps
10 reps	18 reps	30 reps



2. push-ups

level I:	level II:	level III:
6 reps	12 reps	16 reps
8 reps	14 reps	12 reps
6 reps	12 reps	16 reps
8 reps	14 reps	12 reps

rest between sets: **Level I:** up to 5 min **Level II:** up to 2 min **Level III:** 60 sec

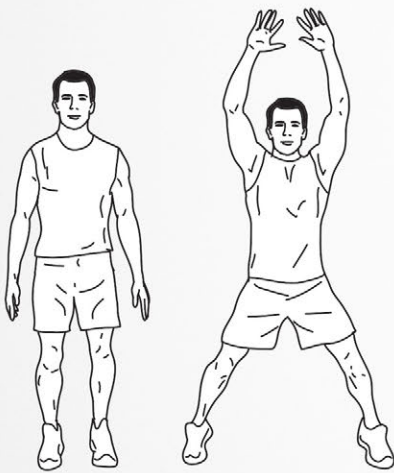
# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 2 minutes

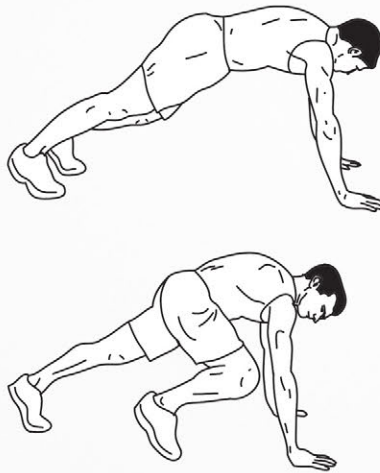
Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

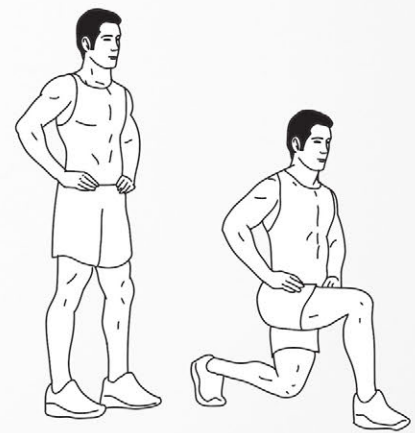
10 reps each



1. jumping jacks



2. climbers



3. lunges



4. sit-ups



5. leg raises



6. flutter kicks

*cardio* **60**  
**minutes**

*spread throughout the day*  
*walk, jog or run*  
*bike, swim or row*

## Core Training

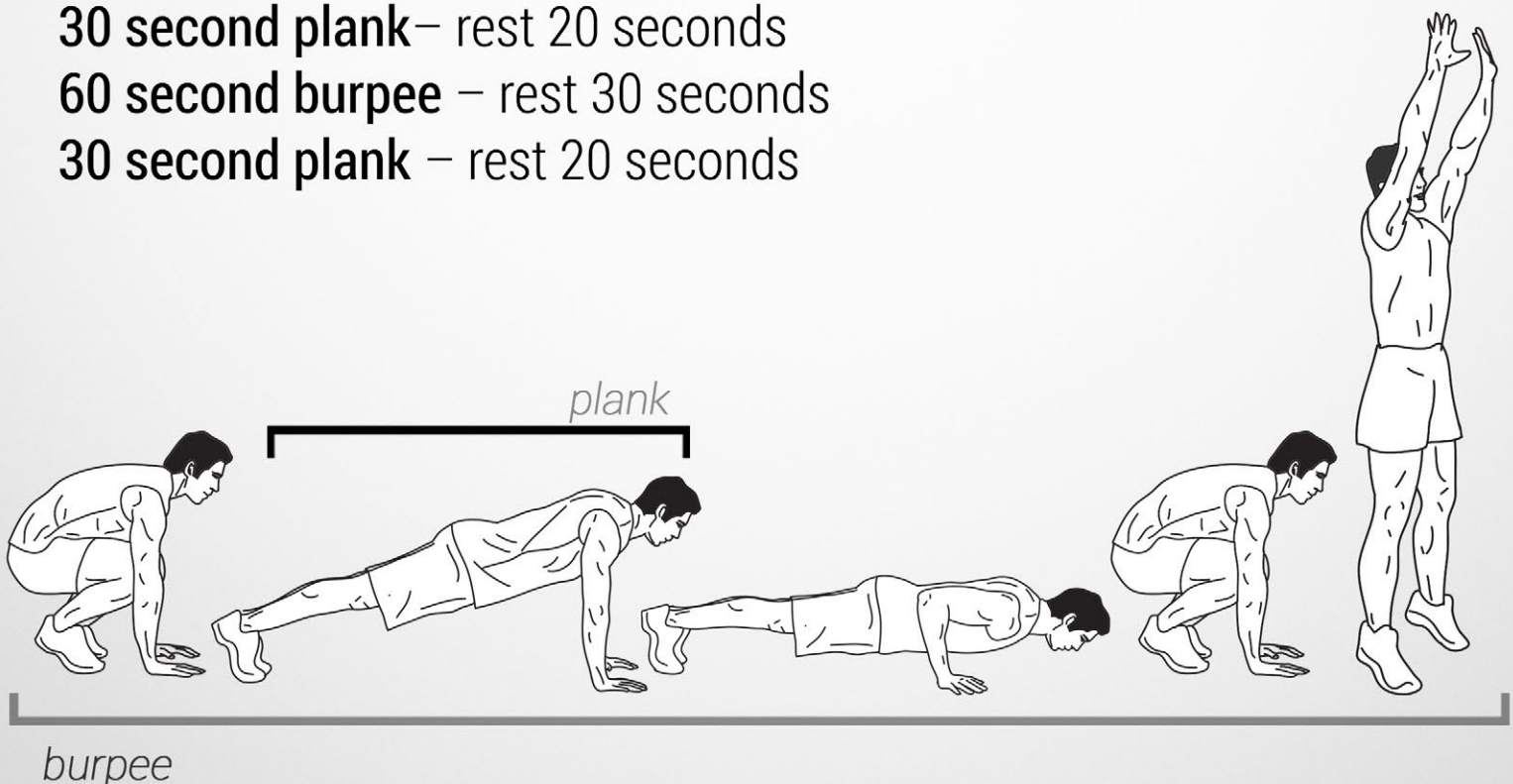
**LEVEL I:** 1 set **LEVEL II:** 3 sets **LEVEL III:** 5 sets - throughout the day

60 second burpee – rest 30 seconds

30 second plank – rest 20 seconds

60 second burpee – rest 30 seconds

30 second plank – rest 20 seconds



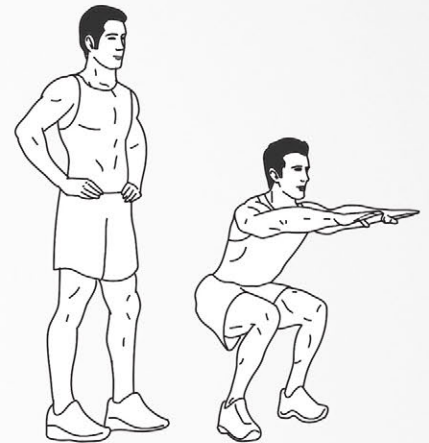
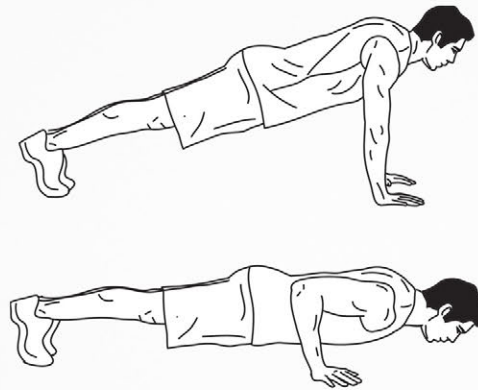
# cardio

10 minutes - light jog or walk

10 minutes - run at 80%

10 minutes - jog

10 minutes - run at 80%



## sprints

up to 60 second  
rest between sprints

## push-ups

right after the sprint  
[reps for each level]

## squats

right after the push-up  
[reps for each level]

- |    |                  |                        |                        |
|----|------------------|------------------------|------------------------|
| 1. | 30 second sprint | → I: 4 II: 8 III: 15   | → I: 6 II: 12 III: 30  |
| 2. | 20 second sprint | → I: 6 II: 12 III: 18  | → I: 8 II: 16 III: 40  |
| 3. | 10 second sprint | → I: 10 II: 16 III: 22 | → I: 12 II: 20 III: 50 |
| 4. | 20 second sprint | → I: 6 II: 12 III: 18  | → I: 8 II: 16 III: 40  |
| 5. | 30 second sprint | → I: 4 II: 8 III: 15   | → I: 8 II: 12 III: 30  |

# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 2 minutes

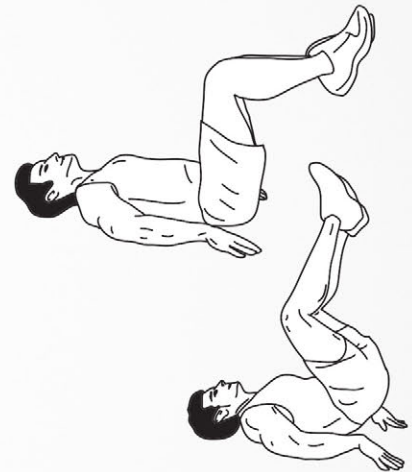
reps **LEVEL I:** 6 reps **LEVEL II:** 10 reps **LEVEL III:** 20 reps  
sets **LEVEL I:** 3 sets **LEVEL II:** 4 sets **LEVEL III:** 6 sets



1. knee crunches



2. heel touches



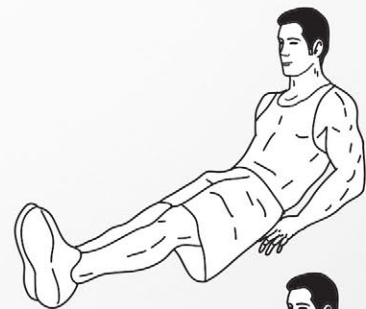
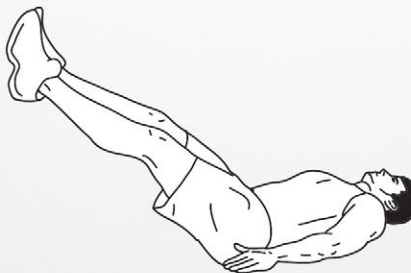
3. reverse crunches



4. hip thrusts

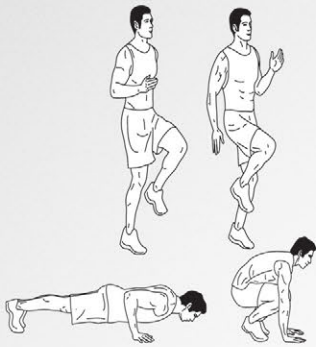


5. leg raises

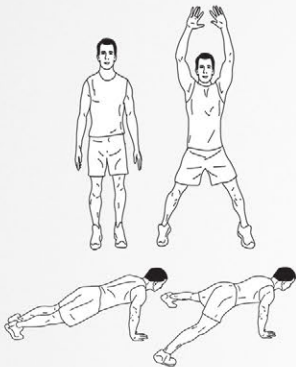


6. leg pull-ins

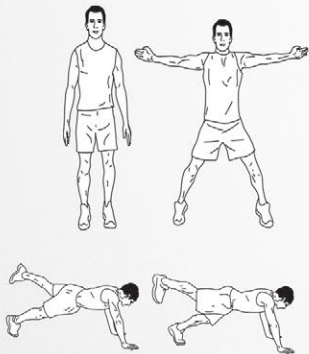




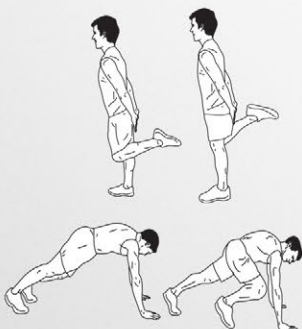
10 sec – high knees  
10 sec – plank jump-ins  
20 sec – rest



20 sec – jumping jacks  
20 sec – plank jacks  
10 sec – rest



20 sec – jumping Ts  
20 sec – plank leg lifts  
20 sec – rest



10 sec – butt kicks  
10 sec – climbers

## extra

2 miles [ 3 km ]  
walk/jog

## sets

**LEVEL I:** 3 sets  
**LEVEL II:** 5 sets  
**LEVEL III:** 7 sets

rest  
between sets

**LEVEL I:** 2 min  
**LEVEL II:** 60 sec  
**LEVEL III:** 30 sec

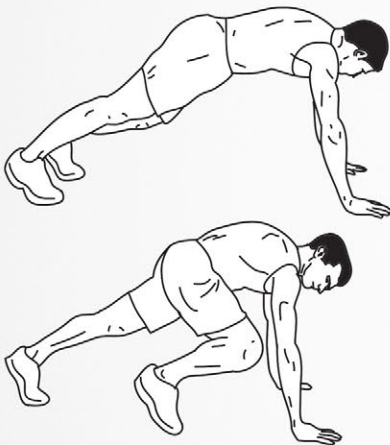
# Bodyweight Workout

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 60 Seconds

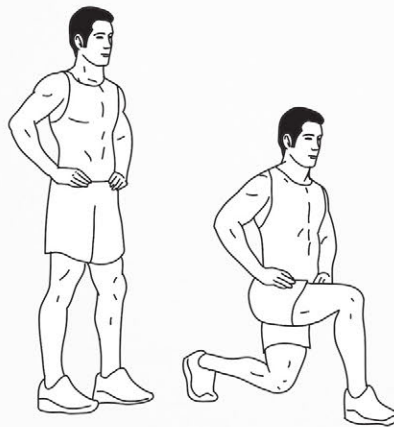
Repeat the whole cycle again

**LEVEL I:** 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

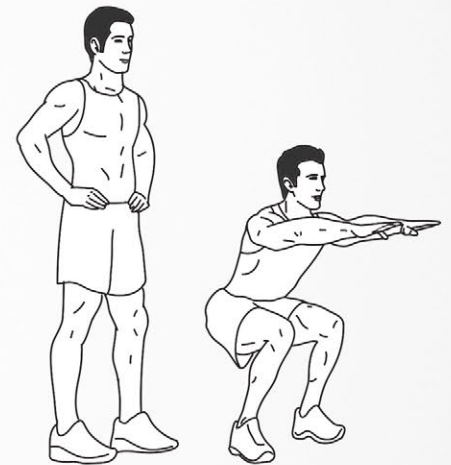
10 reps each



1. climbers



2. lunges



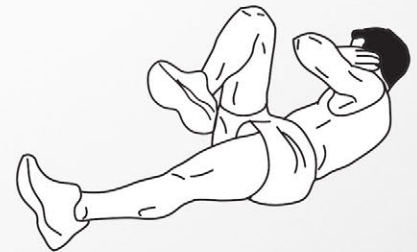
3. squats



4. push-ups



5. flutter kicks



6. cycling crunches

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a different amount



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