



NO GYM NEEDED

30-Day Health & Weight Loss
Challenge

L I S E C A R T W R I G H T

No Gym Needed 30-Day Health & Weight Loss Challenge

**A 30-Day No-Fuss, No-Gym
Exercise and Eating Plan for
Kick-Starting Your Health and
Weight Loss Journey**

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This is a preview copy — you have access to the first 7 days of the challenge only

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Introduction

Welcome to the *No Gym Needed 30-Day Health & Weight Loss Challenge!*

I'm excited you're here and that you're ready to take things up a level. Being healthy and achieving a weight you're happy with is never an easy path to take, particularly as we get older.

Weight seems to stick to our bodies like glue does to paper... no matter how many times you try to shake it off, it doesn't seem to wanna shift.

This is something I've been battling with since I turned 30. Up until that point, I had lived a very charmed health and weight-free life, eating what I wanted and never seeming to put any weight on.

Then I turned 30... and it progressively went downhill from there. Now, I'm 38 and have had to make a conscious effort to be healthy and exercise to keep my weight at the level I'm comfortable with.

No more eating what I want without planning for the consequences... but you know what, that's just life. We can make all the excuses we want about how we SHOULD be able to eat what we want and NOT have to exercise every day, but the reality is, once you reach a certain age, your metabolism slows down.

And if you've not been active and living a healthy lifestyle up to this same point, the clock strikes 12 and the pretty carriage you were riding along in suddenly turns into a pumpkin and prince charming is no where in sight!

Ladies, it's time to take responsibility for where you are in your health and weight loss journey and understand that nothing is going to happen unless you're prepared to take action and make the changes.

In my experience, one of the easiest ways to do that is by completing challenges. Living a healthy lifestyle can be boring, particularly if you've got a sweet tooth like me! So for me to stay on track, I like to do 30-day challenges where I set myself an exercise and eating plan.

At the end of the 30 days, I'll then do another one, constantly chopping and changing what I do exercise wise and what I eat, all while focusing on the goal to be healthy, stay fit in as little as 45 minutes per day, 5 times per week.

Is This Challenge Right For Me?

Absolutely... if you've gotten a little stagnant on the exercise front, don't want to think about what exercise programme you're doing for the next 30 days and want to have fun while you're at it, then this is the challenge for you.

There's only one thing you need to remember: if you don't physically get up and do the exercises, nothing will happen, nothing will change.

Also, it's really important that you follow the eating plan too. I have learned (the hard way) that food is 80% of your weight loss journey, exercise is only 20%. So if your food intake isn't right, no amount of exercise is going to make more than 20% of difference in your weight.

Your Results Are Personal To You

This is really important. You should NEVER compare yourself to anyone else, particularly when it comes to your own personal results during a weight-loss challenge.

Our bodies are all different and unique, which means we'll burn fat at different rates, and the changes you see will be different to another's. That's just life. There is no point worrying about how quickly or slowly someone else's results are. All that matter are your own.

Please keep this in mind as you work through the challenge. There is nothing more demotivating than comparing yourself to someone else and expecting to achieve the same results.

So don't do it!

How the Challenge Works

Simply follow along the daily workouts. You'll see that there is an eating plan too.

The challenge works best if you do both, but I understand that eating healthy and exercising are big changes, so if you're just getting started in your healthy lifestyle decision, choose to do the eating plan for 30 days FIRST, then come back and add the exercise challenge for the next 30 days.

Remember, weight loss is 80% what you eat, and 20% exercise. If what you're eating is 80% crap, then you are going to be very disappointed with your results.

There are 4 weeks of daily workouts, with videos to go along with them.

You'll receive an email reminder each day letting you know what you should be doing. If you need to take a day off in the middle of the week, then just start where you left off.

Most importantly, schedule time to do the challenge. You should need no more than 45 minutes to complete each exercise routine, more often than not, it will only be 30 minutes, because no-one likes to workout longer than that, right? Certainly not me!

My Weight Loss Journey

After 18 months of working from home, self-employed, I had gained extra weight, felt really lethargic and was not 100% happy with the way I looked. In short, I had an honest dislike for my body.

Don't get me wrong; I LOVE working for myself and being at home, surrounded by all my creature comforts, never having to get dressed up or leave the house if I don't want to.

And there's part of the problem for me...

I got to a point where I actually loathed having to dress up to leave the house. Mainly because nothing fit me anymore — jeans were too tight around my thighs, tops were less than flattering and shorts just highlighted my dimply thighs... Couple this with not having exercised for at least 6 months, I was feeling like a big heifer (translation — big moo cow!), with no reason to really venture out anywhere.

Something had to change. I couldn't happily exist like this anymore.

I searched for an answer on Google, and was pretty disappointed with what I found. Sure there were gym workouts that you could do at home, but they all involved having to buy dumbbells and other gym equipment, something I wasn't prepared to do until I figured out what type of exercise I was going to enjoy doing (if any!).

Which is what led me to writing No Gym Needed. I adapted the exercises I found online that required weights, to make sense in a home environment, where you wouldn't normally find a pair of dumbbells or kettle bells just hanging out!

Instead, No Gym Needed is all about using bodyweight and household items to build strength and create a body that matches your body type.

Out of No Gym Needed came the need for something a little more though. And to be honest, I found within myself the need for something a bit more structured too. I wanted a program that I could do over a 30 day period that I didn't have to think about.

Enter the No Gym Needed 30-Day Challenge!

The ideas and hacks that you'll be presented with throughout this challenge are all personally tested and tried by me. Everything you read and see in this program has worked for me.

Using the challenge, I've created a body I'm beginning to enjoy again, as is my husband...!

The challenge is split into weeks. Simply start at week 1, day 1 and follow along.

You'll get two days off per week, and these are typically the weekend, however, you can choose to have them at any point in your week, just pick up where you left off.

The aim is to focus on your form, build on strength and exercise using a technique called "time under tension" — you'll understand what that looks like once you jump into the videos! And believe me, it will hurt, but in a good way.

I'm really excited to have you join me on this journey as well. I'm still on my weight-loss journey, my body is not perfect, but then it never was meant to be perfect.

I've accepted that I'm curvy and that's a good thing. You need to accept your body shape for what it is, and then exercise to tone and show off all your best bits.

This isn't so much a weight-loss program, it's more of a body-enhancing program. Take whatcha mamma gave ya and use it to the best of your abilities!

Eating Plan

The eating plan that I've had the most success with is a combination of the Slow Carb Diet and eating seasonal foods, with little to no gluten.

I first learned about the Slow Carb Diet in Tim Ferriss's [The 4-Hour Body book](#), which is a great resource for anyone looking to really redesign their body.

Here's a brief run-down on how the Slow Carb Diet works from Tim's book:

Rule #1: Avoid "white" carbohydrates

Avoid any carb that is, or can be, white. The following foods are prohibited, except for within 30 minutes of finishing a resistance-training workout:

- *All bread*
- *Rice (including brown)*
- *Cereal*
- *Potatoes*
- *Pasta*
- *Tortillas*
- *Fried food with breading*

Generally, if it's white, avoid it, unless it's a vegetable other than a potato.

Rule #2: Eat the same few meals over and over again

The most successful dieters, regardless of whether their goal is muscle gain or fat-loss, eat the same few meals over and over again.

Mix and match from the following list, constructing each meal with one pick from each of the three groups. Those that are starred produced the fastest fat-loss for Tim Ferriss:

Proteins:

**Egg whites with 1-2 whole eggs for flavour*

**Chicken breast or thigh*

**Beef (grass-fed)*

**Fish*

Pork

Legumes:

**Lentils or dal*

**Black beans*

Pinto beans

Red beans

Soybeans

Vegetables:

**Spinach*

**Mixed vegetables (including broccoli, cauliflower, or any other cruciferous vegetables)*

**Sauerkraut, kimchee*

Asparagus

Peas

Broccoli

Green beans

You can eat as much as you like of the above food items, but keep it simple.

Make sure you have your first meal within an hour of waking, this is an important part of the slow carb diet effectiveness.

Rule #3: Don't drink calories

Drink massive quantities of water and as much unsweetened tea, coffee (with no more than two tablespoons of cream; I suggest using cinnamon instead of sugar) or other no-calorie/low-calorie beverages as you like. Do not drink milk (including soy milk), normal soft drinks, or fruit juice. Limit diet soft drinks to no

more than 16 ounces per day if you can, as the aspartame can stimulate weight gain.

You can drink two glasses of red wine each day, but no white wine or other alcohol.

Rule #4: Don't eat fruit

Humans don't need fruit six days a week, and they certainly don't need it year-round. The only exception to the no-fruit rule are tomatoes and avocados, and the latter should be eaten in moderation (no more than one cup or meal per day). Otherwise, just say no to fruit and its principal sugar, fructose, which is converted to glycerol phosphate more efficiently than almost all other carbohydrates. Glycerol phosphate = triglycerides (via the liver) = fat storage.

On your cheat day, you can eat fruit...

Rule #5: Take one day off per week

Tim recommends Saturdays as your cheat day or Dieters Gone Wild (DGW) day. You're allowed to eat whatever you want on Saturdays, and Tim goes out of his way to eat ice cream, Snickers, Take 5, and all of his other vices in excess.

Tim makes himself a little sick each Saturday, which makes him not want to look at any junk food for the rest of the week. Paradoxically, dramatically spiking caloric intake in this way once per week increases fat-loss by ensuring that your metabolic rate (thyroid function and conversion of T4 to T3, etc) doesn't downshift from extended caloric restriction.

Start the slow carb diet at least five days before your designated cheat day. If you choose Saturday, for example, then start your diet on a Monday.

While it might seem strict, it's not. The best part about the Slow Carb Diet is that it incorporates a 'cheat' day, where you get to eat whatever you like for a 24 hour period.

This is great news for me, because I have a massive sweet tooth and crave sweets and chocolate after about 5 days straight of good, healthy eating!

There are a couple of key differences to the Slow Carb Diet that you'll need to remember in order to get the most out of it:

- By sticking to the same meals every day, you'll notice weight starting to disappear faster than if you change your meals all the time
- On your cheat days, make sure you follow the guidelines (see Damage Control) about how to make the most of these and how to not do too much damage to the work you've already accomplished
- There are optional supplements you can take that will increase your results on the Slow Carb Diet, and you'll find these listed at the beginning of the eating plan
- You **MUST** eat your first meal within 60 minutes of waking up, otherwise this won't work as well for you

Damage Control on Cheat Day

Follow these principles to minimize the amount of crap that you consume on cheat day staying in your body. The goal is to either have the crap go into muscle tissue or out of your body unabsorbed.

Principle #1: Minimize the release of insulin, a storage hormone

1. Ensure that your first meal of the day is not a binge meal. Make it high in protein (at least 30 grams) and insoluble fiber (legumes will handle this). Shoot for 300-500 calories.
2. Consume a small amount of fructose, fruit sugar, in grapefruit juice **BEFORE** the second meal, which will be your first crap meal of the day.
3. Consume citric juices, whether lime juice squeezed into water, lemon juice on food, or a beverage like a citrus kombucha throughout the day.

Principle #2: Increase the speed of gastric emptying, or how quickly food

exists the stomach

On cheat day, you want the food (or some of it) to pass through your gastrointestinal tract so quickly that its constituent parts aren't absorbed well. To accomplish this, the best way is drinking caffeine and yerba mate tea. Aim to consume 100-200 milligrams of caffeine, or 16 ounces of cooled yerba mate tea at your most carb-laden meals. This will help the carb food to exit your body much quicker.

Warning: You may experience a light form of diarrhea, which is why it's important to eat the fiber in your first meal to counteract this.

Principle #3: Engage in brief muscular contraction through the cheat day

For muscular contractions, the best options are air squats, wall presses (tricep extensions against a wall), and chest pulls with an elastic band. All of these are portable and can be done anywhere by anyone. The aim is to do 60-90 seconds of each exercise BEFORE you eat and then about 90 minutes following your meal.

The reason for doing this is to bring glucose transporter type 4 (GLUT-4) to the surface of muscle cells, opening more gates for the calories to flow into. The more muscular gates we have open before insulin triggers the same GLUT-4 on the surface fat cells, the more we can put in the muscle instead of fat.

Suggested Supplements

Tim recommends that you take potassium, magnesium, and calcium while on the Slow Carb Diet, as it will cause you to lose excess water, and electrolytes can go along with it.

You can get your potassium fix during meals by using potassium-enriched salt, or by eating extra guacamole. Avocados contain 60% more potassium than bananas. They also contain 75% insoluble fiber, which helps keep you regular. If you prefer to take pills instead, a 99-milligram tablet with meals will do the trick too.

Magnesium and calcium are easiest to consume in pill form. 500 milligrams of magnesium before bed will improve your sleep.

The doses:

- Potassium - 4,700 milligrams
- Calcium - 1,000 milligrams
- Magnesium - 500 milligrams

It's up to you whether you consume these supplements or not, they are not required, just suggested.

Weekly Meal Plans

To make things easier for you, you'll find the meal plans laid out for each week below, and the recipes in a separate page following the meal plans.

Week 1 Meal Plan

Meal Type	Option 1	Option 2	Option 3
Breakfast	Tasty Egg Muffins	Smoked Paprika Scrambled Eggs	Bacon & Eggs
Lunch	Mini-Veggie Pancakes	Zucchini Fritters	Bacon, Chicken & Avocado Salad
Dinner	Curried Salmon Salad	Leon's Lentils	Burrito Bowl

Note: You have three options to choose from. It's best to try and stick with the same meals each day, but if you find that difficult, stick to the same breakfast each day this week, then next week, make it the same breakfast and lunch etc.

Recipes

In this section you'll find all the recipes you'll need to make the delicious and

nutritious meals outlined in each weekly meal plan.

There are a mixture of vegetarian meals, so if you are vegetarian, just opt for the meals throughout the weeks that are meat-free.

Week 1 Recipes

BREAKFAST

Tasty Egg Muffins (Serves 6-8)

INGREDIENTS:

- 6-8 eggs
- 1/2 cup diced bell peppers
- 3-4 tbsp ricotta cheese
- 1/2 cup chopped cilantro
- Tbsp of water
- Salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 350 Fahrenheit/180 Celsius. Grease your muffin trays with butter or coconut oil, or if needed, use baking paper to line your tray.
2. In a bowl, beat the eggs using a whisk.
3. Add water, chopped cilantro, bell peppers and salt and pepper to taste. Stir to combine ingredients.
4. Using a tablespoon, spoon the mixture evenly into the muffin trays. 1/2 fill each cup.
5. Using a teaspoon, add a teaspoon of ricotta cheese to the middle of each muffin cup.
6. Bake for 15-20 minutes until a knife inserted in the center comes out almost clean. Remove from the oven and leave to cool for 10 minutes.
7. Serve with guacamole or salsa.

Smoked Paprika Scrambled Eggs (Serves 2)

INGREDIENTS:

- 4 eggs
- 1 tsp of smoked paprika
- Tbsp of water
- Salt and pepper to taste

DIRECTIONS:

1. In a bowl, beat the eggs using a whisk. Add the water and salt and pepper.

2. Heat a frying pan on a medium heat with some coconut oil or olive oil.
3. When the pan is ready, begin cooking the eggs, adding half a teaspoon of smoked paprika. Cook them until there is no liquid visible.
4. Pour the scrambled eggs onto a plate and sprinkle the remainder of the smoked paprika over top.
5. Serve with guacamole or salsa.

Bacon & Eggs (Serves 2)

INGREDIENTS:

- 4 eggs
- 4 rashers of bacon
- Salt and pepper to taste

DIRECTIONS:

1. Heat a frying pan on medium heat with some olive oil.
2. Cook the bacon to your liking.
3. Remove bacon once cooked and place on a paper towel to drain the fat and keep warm.
4. Cook your eggs as desired; scrambled, poached or fried.
5. Add salt and pepper to taste. Serve warm with guacamole or salsa.

LUNCH

Mini-Veggie Pancakes (Serves 2)

INGREDIENTS:

- 1/4 cabbage chopped rough
- 1/4 onion chopped fine
- 1 whole egg
- 1 egg white, beaten
- 1 sundried tomato, chopped fine
- 1/4 tsp paprika
- 1/4 tsp mixed herbs
- Salt to taste

DIRECTIONS:

1. Mix all ingredients together in a bowl.
2. Heat a non-stick frying pan on medium to high heat.
3. Drop a tablespoon of the mixture into the pan, and press down lightly for a few seconds with a spatula to flatten.

4. Cook on one side, flip, and press down again until mixture is cooked through (about 1.5 minutes each side).
5. Serve warm with guacamole or salsa.

Zucchini Fritters (Serves 4)

INGREDIENTS:

- 2 cups of zucchini, grated & squeezed dry
- 2 eggs, beaten
- 2 Tbsps coconut flour
- 1/2 tsp baking powder
- 1 cup of shaved parmesan
- 1/2 cup of almond flour
- 1/2 cup of onion powder
- 1/2 tsp ground black pepper

DIRECTIONS:

1. Squeeze all excess liquid from the grated zucchini using a clean dish towel, lined with paper towels; roll and squeeze until excess liquid is removed.
2. In a medium bowl, add the zucchini, parmesan, onion powder, baking powder, almond and coconut flours, eggs, and pepper. Mix well. If you find the mixture too wet, add a little more almond flour to the mixture.
3. In a large non-stick frying pan (electric works well too), heat a few tablespoons of oil or butter until hot. Drop heaping tablespoons of the mixture into the pan, pressing lightly. Cook on both sides until golden brown (approx. 1.5 minutes each side).
4. Remove to a plate lined with paper towel to absorb excess oil and keep warm.
5. Serve immediately with guacamole or salsa.

Bacon, Chicken & Avocado Salad (Serves 4)

INGREDIENTS:

- 4-5 slices of bacon, diced
- 1 avocado, peeled, pitted and diced
- 1/4 cup chopped red onion
- 8 boneless, skinless chicken thighs, chopped into strips
- 1 head romaine lettuce, chopped
- 1/2 cup chopped walnut

DIRECTIONS:

1. In a pan, over medium heat, cook the bacon bits until crisp. Remove and set

aside, but keep the bacon grease in the pan.

2. Add the chopped chicken thighs to the pan and sauté in the bacon grease. Cook the chicken and turn so that every side is browned. Allow to simmer over low heat while you prepare rest of salad.
3. Toss the chopped romaine lettuce, avocado, chicken and bacon together. Top with red onion and walnuts (option). Dress with your fav vinaigrette.

DINNER

Curried Salmon Salad (Serves 1)

INGREDIENTS:

- 1 4-6 oz salmon fillet (or canned salmon)
- 1/2 tsp ground cumin
- 1 tbsp coconut oil (for cooking)
- 1/2 avocado, diced
- 2-3 tbsp chopped green onions
- 1/2 tsp coriander
- 1/4 tsp garam masala
- 2 cups romaine lettuce, shredded
- 2 tbsp sliced almonds

Coconut Milk Dressing

- 2-3 tbsp coconut milk
- 1/4 tsp cinamon
- 1/2 tsp of coconut flour to thicken
- 1/2 tsp turmeric
- Dash of cayenne pepper

DIRECTIONS:

1. Season salmon with coriander, cumin and garam masala then pan-fry the fillet in coconut oil.
2. Flake salmon into small pieces and mix with other ingredients.

DRESSING:

1. Whisk dressing ingredients together and drizzle over salad.

Leon's Lentils (Serves 2)

INGREDIENTS:

- 2 Tbsp of olive oil
- 2 cans of beef broth
- 1 bag of Italian lentils
- 2 tsps of chopped garlic
- Rosemary & Italian seasonings

DIRECTIONS:

1. Pour 2 tablespoons of olive oil into a saucepan, along with 2 teaspoons of chopped garlic. Sauté the garlic for a minute or two.
2. Pour two cans of beef broth in the saucepan, and let everything boil for about 5 minutes.
3. Sprinkle a bit of rosemary and Italian seasoning into the broth.
4. Add 1 cup of water.
5. Rinse the lentils (no need to soak them) and pour them into the broth. Cook the lentils at a medium heat for about 20-30 minutes until they are soft.
6. Serve warm with your favorite meat or vegetables.

Burrito Bowl (Serves 2)**INGREDIENTS:**

- 1 tsp butter
- 1 Tbsp coconut oil
- 1 clove garlic, crushed
- 2 tsps sweet paprika
- Sea salt to taste
- 1 cucumber, diced
- 1 avocado, cubed
- Juice of 1 lime
- Lime wedges, to serve
- 1 cob of corn, husk removed
- 1 small onion, diced
- 2 tsps ground cumin
- 1/2 tsp cayenne pepper
- 1/2 small roast chicken, shredded
- 1 red capsicum, diced
- 1 cup coriander leaves, chopped
- 2 cups shredded iceberg lettuce
- 1/2 cupe grated Cheddar cheese

DIRECTIONS:

1. Brush corn with butter and cook in chargrill pan, under grill or on BBQ until charred. Cool and then remove kernels and set aside.
2. Heat oil in a medium frying pan. Add onion. Cook for 5 minutes until softened.
3. Add garlic, spices and salt and cook for another 2 minutes or until fragrant.
4. Stir through chicken. Cook for 5 minutes or until heated through.
5. Meanwhile, combine cucumber, capsicum (bell peppers) and corn in one bowl and avocado, coriander and lime juice in another.

6. Divide lettuce between two bowl's. Divide chicken mix, said mix and avocado between the two. Sprinkle with cheese and serve with lime wedges.

Omit cheese for dairy-free option.

Before You Start

Before you get too excited, there are a couple of things you should do before you start the 30-day health and weight loss challenge.

If you're just getting started with a regular exercise program, then you should seek the guidance and advice of your recommended health professional aka your doctor.

Make sure that you watch the daily videos and take note of the correct form and feet placements for each exercise. This will ensure that you don't injure yourself and that you're working the correct muscle groups appropriately.

In terms of equipment needed, you're not required to run out and buy a thing. Below are some suggestions regarding weights if you want to use weights:

- 2 x 2 or 3-litre milk bottles
- 5-10 lbs bag of potatoes (2-4 kg)
- 2-3 heavy, hardcover books
- 2 x cans of soup or any liquid-in-a-can
- 2 x coffee containers (fill with sand for heavier weights)
- 2 x water bottles (1-litre or more)
- 2 x bulk items like rice or beans - 5-10 lbs (2-4 kg)
- Your kids!

You'll also need a towel and a mat or carpet area for when we do floor exercises. You don't want to be lying down on something that is going to hurt your back.

To ensure you get the most out of this program, the focus is going to be on 'time under tension' — what this means is that when you're doing each exercise, you focus on the down movement as being slow and controlled and then the up movement is like a power drive. The video's will show you what this looks like, but just keep it in mind as your exercising. It ensures that your muscles work their hardest, burning more energy, which in turn burns more fat.

And before you turn the page and start, remember to write down the following:

1. What are your goals? Do you want to lose a certain amount of weight, or just focus on building strength? Write it down.
2. Track your progress. Instead of focusing on how much you weigh, focus on your measurements. Measure your arms, thighs, waist and hips. This will tell you how much body fat you're losing. See the "before you start" video for full details.
3. Scheduling time for exercise. We all have a spare 10 minutes here and there. If you can't block out 30-45 minutes each day, then block out 10 minutes and do what you can in that time, then see if you can fit in another 10 minutes later on in the day. I'm sure if you take it day by day, you'll find yourself with more than 10 minutes to exercise. And if you're sitting in front of the TV for longer than 45 minutes, stop and exercise, then watch TV!

Let's go!

WEEK 1

Day #1

Body Focus: Legs & Butt

For full instructions, watch the videos from your email.

Equipment Needed:

- Heavy weights like 3-litre milk bottles (filled with sand or water)
- Large towel
- Carpet or mat to lie on

Warm-up:

- Jumping jacks x 20
- High knees for 30 seconds
- Butt kicks for 30 seconds
- Jump squats x 10

Your Workout Instructions: Complete one exercise set at a time, with a 60 second rest in between each set. Complete 4 rounds of each exercise.

- 2-phase squats x 15 reps (no weights), x 12 reps (with weights) x 4 rounds
- Walking lunges x 20 reps (no weights) x 4 rounds
- Glute bridge x 20 reps x 4 rounds
- Calf raises x 20 (each leg) x 4 rounds

HIIT Circuit

Complete each exercise below with no rest in between for 5 rounds. Take a 30 second rest between each round.

- Air squats x 20
- Leg lowers x 20
- Stationery lunges x 20
- Wide leg squats x 20

- Mountain climbers x 20

Day #2

Body Focus: Back & Chest

For full instructions, watch the videos from your email.

Equipment Needed:

- Light weights like cans of soup or any liquid in a can
- Large towel
- Carpet or mat to lie on

Warm-up:

- Jumping jacks x 20
- High knees for 30 seconds
- Butt kicks for 30 seconds
- Push-ups x 20

Your Workout Instructions: Complete one exercise set at a time, with a 60 second rest in between each set. Complete 4 rounds of each exercise.

- Bent over rows x 15 reps (no weights), x 12 reps (with weights) x 4 rounds
- Seated bent over back fly x 20 reps x 4 rounds
- Chest press x 20 reps x 4 rounds
- Push-ups (knees) x 20 reps x 4 rounds
- Chest fly x 20 reps x 4 rounds

HIIT Circuit

Complete each exercise below with no rest in between for 5 rounds. Take a 30 second rest between each round.

- Burpees x 20
- Sprint for 60 seconds
- Mountain climbers x 20
- Figure 8's x 20

Day #3

Body Focus: Biceps & Triceps

For full instructions, watch the videos from your email.

Equipment Needed:

- Light weights like cans of soup or any liquid in a can
- Large towel
- Carpet or mat to lie on

Warm-up:

- Jumping jacks x 20
- High knees for 30 seconds
- Butt kicks for 30 seconds
- Push-ups x 20

Your Workout Instructions: Complete one exercise set at a time, with a 60 second rest in between each set. Complete 4 rounds of each exercise.

- Bicep curls x 20 reps (no weights), x 12 reps (with weights) x 4 rounds
- Hammer curls x 20 reps or x 12 reps (with weights) x 4 rounds
- Kneeling bicep curl rotations x 12 reps (with weights) x 4 rounds
- Tricep dips x 12 reps x 4 rounds
- Tricep kick backs x 12 reps (with weights) x 4 rounds
- Overhead tricep extensions x 12 reps (with weight) x 4 rounds

HIIT Circuit

Complete each exercise below with no rest in between for 5 rounds. Take a 30 second rest between each round.

- Plank leg lifts x 20
- Jump squats x 20
- Leg lowers x 10
- Sit throughs x 15

Day #4

Body Focus: Shoulders & Core

For full instructions, watch the videos from your email.

Equipment Needed:

- Large towel
- Carpet or mat to lie on

Warm-up:

- Jumping jacks x 20
- Air squats x 30
- V-ups x 30
- Push-ups x 20

Your Workout Instructions: Complete one exercise set at a time, with a 60 second rest in between each set. Complete 4 rounds of each exercise.

- Shoulder press x 20 reps or x 12 reps (with towel) x 4 rounds
- Upright row x 20 reps or x 12 reps (with towel) x 4 rounds
- Shoulder flys x 20 reps x 4 rounds
- V-ups x 20 reps x 4 rounds
- Leg lowers x 12 reps x 4 rounds
- Russian twists (legs raised) x 30 reps x 4 rounds

HIIT Circuit

Complete each exercise below with no rest in between for 5 rounds. Take a 30 second rest between each round.

- Jumping jacks x 30
- Air squats x 30
- Grasshoppers x 12
- Figure 8's x 20

Day #5

Body Focus: Cardio

For full instructions, watch the videos from your email.

Warm-up:

- Jumping jacks x 20
- Air squats x 30
- V-ups x 30
- Push-ups x 20

Your Workout Instructions: Choose a cardio option below and complete 30 minutes of it.

- Run
- Stair run
- Swim
- A mixture of the previous 4 days of HIIT circuits

Start with the warm-up above, doing this for 5 minutes (keep repeating if needed) then complete 30 minutes of your chosen cardio followed by a cool-down and 15 minute stretch.

Day #6

Rest Day

Important: Don't skip your rest days!

It's important that you don't skip the scheduled rest days throughout the program.

Your body needs time to recover and rebuild muscle.

Enjoy the break and take the time to pamper yourself... now would be a great time to have a full-body massage!

Make sure your cheat day is on one of your rest days too. It is extremely difficult to exercise on your cheat day, particularly if your cheat day includes a lot of saturated fat.

If you want to still keep your body moving, go for a gentle 30-minute walk, but nothing more than that.

Day #7

Rest Day

Important: Don't skip you're rest days!

It's important that you don't skip the scheduled rest days throughout the program.

Your body needs time to recover and rebuild muscle.

Enjoy the break and take the time to pamper yourself... now would be a great time to have a full-body massage!

Make sure your cheat day is on one of your rest days too. It is extremely difficult to exercise on your cheat day, particularly if your cheat day includes a lot of saturated fat.

If you want to still keep your body moving, go for a gentle 30-minute walk, but nothing more than that.

What's Next?

Congratulations! You've just completed 7 days of the NGN 30-Day Challenge. I'm so proud of you.

How are you feeling? I hope you were tracking your progress throughout those 7 days.

Now that you've started, I'm sure you're starting to feel good and notice some changes in your body.

So what's next?

The full 30-Day Challenge of course! You can grab the entire challenge right here: <http://lisecartwright.com/ngn-30-day-challenge/>

Again, congratulations on getting this far and for sticking with it. I know it can be tough, but doing this for yourself is one of the best ways to see changes in your health and well-being. Well done you for taking action and getting off your butt!

To your health and success

A handwritten signature in blue ink that reads "Lise". The signature is written in a cursive, flowing style with a long horizontal stroke at the bottom.

XOX