

WELCOME



LAURUXFITNESS

28-DAY

FULL-BODY-SHRED

PROGRAM OVERVIEW

Welcome to LAURUXFITNESS by Laura 28-DAY FULL-BODY SHRED. This guide has been written for individuals who are looking to challenge themselves and make positive changes to their bodies and fitness levels.

- ❖ PAGE 1 – WELCOME
- ❖ PAGE 2 – PROGRAM OVERVIEW
- ❖ PAGE 3 – TIPS & TRICS
- ❖ PAGE 4 – HOW TO CHOOSE
- ❖ PAGE 5 – ACCOUNTABILITY PHOTOS & MEASUREMENTS
- ❖ PAGE 6 – LEGAL RIGHTS – WARM UP-COOL DOWN
- ❖ PAGE 7 – HIIT TRAINING – EXPLAINED
- ❖ PAGE 8 – LETS START- TRAINING- WEEK 1
- ❖ PAGE 9 – WEEK 2
- ❖ PAGE 10 –WEEK 3
- ❖ PAGE 11 –WEEK 4
- ❖ PAGE 12 - UPPER BODY EXERCISES
- ❖ PAGE 16 – LOWER BODY
- ❖ PAGE 18 – CORE & FULL BODY
- ❖ PAGE 21 – YOU DID IT - CONTACTS

MAKE CHANGES WITH ME

- No gym required
- Minimal equipment
- Time efficient
- Effective full body transformation
- Exercise explanation included

LAURUXFITNESS 28-DAY FULL-BODY SHRED consists of:

- ✓ A FULL 28 days' worth of workouts
- ✓ LAURUXFITNESS Nutrition Help
- ✓ What is HIIT Training and Why it is so Effective?
- ✓ Goal Setting
- ✓ Progress Tracking
- ✓ Frequently Asked Questions



Equipment needed: Dumbbells (DB), Skipping Rope, Floor Sliders, Bench/Chair.

This program is targeted at all fitness levels. You have the ability to push yourself as hard as you can at the level you are at. If you are finding something too easy, increase your weights.

Keep me updated on your progress via [Instagram](#) using [#lauruxfitness28](#) or lauruxfitness@gmail.com and following me [@lauruxfitness](#) [Instagram](#) or on [Facebook](#) [@lauruxfitness](#).

Tips & Tricks

- **Plan ahead!** Prepare your meals a few days in advance so you have no excuses! Plan your workouts so they fit in with your schedule.

- **Take pics & measurements weekly!** Take a pic front on, side on and a back view in similar lighting, clothing and same time of day. This is the best way to monitor your results!

I'd love to see your results at the end of the 28 days so please feel free to submit your photos to Lauruxfitness@gmail.com

- **Don't go by what the scales say!** They don't take into account muscle weight! The worst thing you can do is stress about your weight - it may actually cause your body to hold onto fat! It's how you look & feel that's important!

- **Drink plenty of water!** Drink at least 2L of water a day and more if you train

- **You can have coffee and tea!** If you would like to have milk choose either almond milk or oats. Fat free or low fat food is usually full of chemicals and sugar!

- **Aim to get 6-8 hours sleep a night.** (Preferably 8+) Recovery after workouts is so much more important as you think.

- **Buy fresh, organic food when possible!** - Check out your local food market!

- **Don't under eat!** This will only cause your metabolism to slow down and hold onto body fat, or worse store more!

If you not moving as much, working from home or office and feel you don't need as much energy, feel free to adjust the serving sizes or intake of carbs (brown rice, quinoa, pumpkin, sweet potato, bread, pasta)

- **Try Gluten Free food!** Gluten is a protein found in bread, pasta, many breakfast cereals and many other foods containing wheat, spelt, barley or rye.

Even though you might not be gluten intolerant or celiac, research shows that gluten is not good for anyone! It stimulates appetite - making you hungrier, may have addictive properties, can cause inflammation in your intestines, degeneration in the intestinal lining, bloating, stool inconsistency and fatigue. Gluten can also have sever effects on the brain.

- **Increase Protein intake.** Make sure u having around 20g of protein with every meal. This could be from animal meats, fish, or vegetables. Health guidance every individual needs to consume at least 1g of protein per kg of your weight. So if you weight 60kg you need to have at least 60 g of protein per day. People who training need 1,2-1,5 per body weight or individuals for age over 40.

Protein powders could help, They contain the amino acids needed to form a protein molecule. These assist with muscle growth and recovery. In other words, it helps you build muscle, which in turn assists with fat burning, and also helps you recover with muscle soreness after a workout.

The two most common types of protein powder are whey and soy, pea. Whey is the most common type and is water-soluble.

Soy increases your body's level of estrogen and a high level of estrogen causes your body to store fat, particularly on your hips and stomach. Hello 'love' handles.

But if you over 40' pre /post menopause it's definitely suitable for you because of hormone changes. I recommend a whey-based protein that is low in carbohydrates and has no added sugar. Many protein powders do contain carbohydrates, but to match our meal plans you are best to get a very low carb protein powder and then add in carbohydrates as required.

How To Choose?

Look for a whey-based protein powder that:

- has less than 5 grams of carbohydrates per 100 grams
- has as little ingredients as possible, aim for 5 ingredients or less (the purer it is, the better for you)
- doesn't contain chemicals, if it has words in it that you can't pronounce pop it back on the shelf!
- has no added sugar



• Consider EAA (essential amino acids) WHAT IS IT?

Essential amino acids are the amino acids that your body cannot produce so you need to consume them. EAAs are essential to muscle growth and repair. If you do not receive adequate EAAs, your body will not be able to grow muscle effectively. EAA's also assist with reducing the rate of muscle breakdown. Why would your muscle break down?

If you are reducing your calories, it can cause your body to burn fat as well as muscle. The addition of EAAs to your diet can reduce the likelihood of the muscle breakdown. This is great as not only will this assist with helping you maintain your shape, but it will also help you burn more fat as the more muscle you have, the more fat you burn.

GET ALL SUPPLIMENTS I'M USING FROM MY LINK WITH 40% DISCOUNT <https://bit.ly/3lKy9yP>



ACCOUNTABILITY PHOTOS & MEASUREMENTS

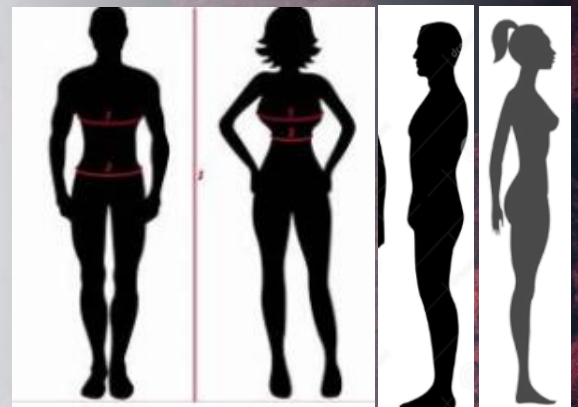
IN ORDER TO FAIRLY EVALUATE YOUR PROGRESS THROUGH YOUR ACCOUNTABILITY PICTURES, IT IS IMPORTANT TO KEEP AS MANY VARIABLES IN YOUR PHOTOS AS ALIKE AS POSSIBLE.



Here are a few tips for taking your **Accountability Photos**:

- Wear the same sports bra/crop top and shorts/underwear each time.
- Take the photo in the same three positions each time: front, side, and back - with your legs and arms in the same position.
- Take the photo in the same, FULL length mirror, in the same lighting.
- Use White (light or bold colour), Clean background
It can be distracting to your progress and we want these pictures to highlight the amazing changes in your body! Don't forget to smile ! :)

Front Back Both Sides



Measurements

Measure with measuring tape: measure thighs, lower belly, waist, bust, and your arms. See picture

**Let's Measure
Make Your Goals
Achievable**

Laurux Fitness

1. All around shoulders next to/included armpits
2. Biceps - one arm only mid area
3. Around chest
4. Under chest
5. Waist line/belt area
6. Lower waist area/widest point
7. Hips including Bum
8. Legs- Top/Mid/Lower area

LEGAL & HEALTH DISCLAIMER

- YOU DO NOT HAVE TO BEGIN THIS PROGRAM ON A MONDAY. "DAY 1" CAN BE ANY DAY OF THE WEEK. WITH THIS BEING SAID, YOUR REST DAY DOESN'T NEED TO FALL ON A SATURDAY.
- IN ORDER TO SEE RESULTS, YOU MUST FOLLOW A HEALTHY DIET. EMAIL ME IF YOU HAVE ANY QUESTIONS.
- YOU SHOULD TRY TO INCREASE THE AMOUNT OF WEIGHT YOU ARE LIFTING AFTER EACH SET, AS WELL AS EACH WEEK – PROGRESSIVE OVERLOAD !
- THE **LAURUXFITNESS 28 DAY SHRED GUIDE** IS SUBJECT TO STANDARD TERMS & CONDITIONS, DISCLAIMER & IS PROTECTED BY COPYRIGHT.COPYRIGHT2022.T&C @Lauruxfitness .CONTENT CREATED BY USING SOURCES BY LAURUXFITNESS.PHOTOS BY @JOANAPHOTOGRAPHY, IT IS NOT ALLOWED TO SHARE IT, SELL IT, OR COPY IT , WITHOUT PERMISSION OF LAURUXFITNESS.
- I CANNOT BE HELD RESPONSIBLE FOR ANY INJURY YOU MAY INCUR. IT IS RECOMMENDED THAT YOU CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE OR WEIGHT-LOSS REGIMEN.

WARM UP

It is extremely important to gradually warm your muscles & increase your heart rate prior to each workout in the **LAURUXFITNESS 28 DAY SHRED** in order to prepare your body for exercise & prevent it from injury.

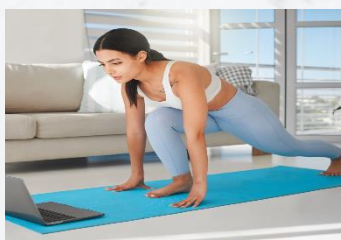
Begin each warm up with 5-10 minutes of steady cardio on a piece of exercise equipment (treadmill, bike, stair-stepper, rower, elliptical, etc. OR at home jumping jacks, side /front lunges , skipping.) Gradually increase your effort until you start to slightly sweat.

COOL DOWN

Cooling down after a workout is just as important as warming up. After physical activity, your heart is still beating faster than normal, your body temperature is higher & your blood vessels are dilated. A cool-down after physical activity allows a gradual decrease at the end of your workout.

It's good to stretch when you're cooling down because your limbs, muscles and joints are still warm. Stretching can help reduce the buildup of lactic acid, which can lead to muscles cramping and stiffness.

After each workout in this guide, don't forget to stretched for 15-30 seconds or more.



Hiit Training - High Intensity Interval Training,

High Intensity Interval Training, otherwise known as HIIT, is a form of anaerobic, fast-paced exercise that has been proven to burn through calories in a short amount of time. HIIT gets your heart rate close to its max & then lets you rest briefly before you do it all again. By alternating between moderate intensity exercises & high intensity ones, you are able to accomplish a lot more in a briefer time period.

HIIT is a great way to get stronger, faster, build endurance, burn more calories (even while you sleep) & improve your overall physical performance. It's also great for boosting your metabolism, preserving mass & gaining cardiovascular & fat burning benefits.

Yes, HIIT should be intense, but pushing too hard, too fast can result in injuries & other setbacks. It is important to listen to your body, modify as needed, & complete each movement with proper form.

“

Your mindset is your biggest piece of equipment!

POSITIVITY & OPTIMISM go a long way in the training. They are what push you through your workouts & helps you succeed....

LauruxFitness

”



TRAINING Week-1 LETS DO THIS !

- ❖ Let's take a quick look at how the workouts are presented in this guide to make sure we
- ❖ don't accidentally skip over any important details! There are circuits in each Training Day.
- ❖ Each circuit should be done in the same order as they are listed.
- ❖ Take **10 sec** rest between exercises and **60 sec** rest after first circuit.
- ❖ Exercise for two sides – like lunges, abs twist ,left and right side counts as **ONE REP.**
- ❖ Follow this routine for number of rounds, which should take from **30-45 minutes**, then stretch.
- ❖ If you taking longer than stated time, don't worry, you will get there, take extra breaks!
- ❖ Keep track of your time each week and you will be amazed how quickly you will progress!
- ❖ Lastly, don't forget to write the notes of each day, weights you used, time , reps, difficulty.
- ❖ Each week **increase DB weight** or **reduce break time** when resting , **challenge yourself !**

DAY 1

LEGS & BUM

REPEAT x 5 ROUNDS

- 20 x DB Squats
- 20 x DB Walking Lunges
- 20 x DB Squat Pulses
- 20 x DB Donkey Glute Kickbacks
- 20 x Spiders
- 20 x DB Squat Jumps
- 20 x DB Single Leg Rom Deadlift

DAY 2

HIIT TABATA & CORE

REPEAT x 5 ROUNDS

- 30-second Sprint
- 10 x Burpees
- 30-second Sprint
- 20 x Toe Taps
- 30-second Sprint
- 20 x Mountain Climbers
- 30-second Sprint
- 20 x Jumping Jacks
- 15 x Sit-Ups
- 10 x Toe Touches
- 10 x Plank Hip Dips

DAY 3

UPPER BODY

REPEAT x 5 ROUNDS

- 15 x Push-Ups
- 15 x Shoulder Taps
- 15 x DB Thrusters
- 15 x DB Tricep Extensions
- 12 x DB Bicep Curl into Shoulder Press
- 15 x Tricep Dips

DAY 4

CORE CIRCUIT EASY CARDIO

REPEAT x 5 ROUNDS

- 30-second Leg Raises
- 30-second Bicycles
- 30-second Reverse Crunches
- 30-second Ankle Taps
- 30-second Plank
- + 10K steps or 5km walk

DAY 5

LOWER BODY

REPEAT x 5 ROUNDS

- 20 x DB Straight into Curtsy Lunges
- 20 x Frog Jumps
- 10 x Bulgarian Split Squats
- 15 x Frog Kicks
- 15 x DB Donkey Glute Kickbacks
- 20 x DB Single Leg Deadlifts

DAY 6

UPPER BODY

REPEAT x 5 ROUNDS

- 15x DB Bent-Over Rows
- 15 x Tricep Push-Ups
- 15 x DB Chest Press
- 12 x Seated DB Shoulder Press
- 10 x Plank Arm Raises
- 15 x DB Bicep Curls

DAY 7

Rest Day

TRAINING Week - 2

DAY 8

LOWER BODY

REPEAT x 5 ROUNDS

- 20 x DB Static Single Lunges
- 20 x Squat Jumps
- 20 x Squat Into Side Kick**
- 20 x DB Hip Thrusts (Wide feet)
- 20 x Bench Up & Overs
- 20 x DB Sumo Squats

DAY 9

HIIT CARDIO & CORE

REPEAT x 5 ROUNDS

- 30-second Skip
- 10 x Plank Hip Dips
- 30-second Skip
- 20 x High Knees
- 30-second Punches
- 20 x Bench Up & Overs
- 30-second Skip
- 20 x Squat Jumps
- 10 x Crunches
- 10 x Spidermans
- 10 x DB Russian Twists

DAY 10

UPPER BODY

REPEAT x 5 ROUNDS

- 15 x DB Flys
- 15 x DB Lateral Raises
- 15 x DB Pullovers
- 15 x DB Plank One Arm Row
- 12 x DB Front Raises
- 15 x Push-Ups

DAY 11

STEADY STATE CARDIO & CORE

45 Minute Walk

CORE CIRCUIT

REPEAT x 5 ROUNDS

- 30-second Side Plank
- 30-second Toe Touches
- 30-second Sit-Ups
- 30-second Opposite Single Arm Toe Touches
- 30-second V-Sits

DAY 12

LOWER BODY

REPEAT x 5 ROUNDS

- 10 x Side Step Into Squat Jump
- 20 x Squat Pulses
- 10 x Static Lunge Pulses
- 15 x Spiders with Sliders
- 15 x DB Romanian Deadlifts
- 20 x DB Donkey Glute Kickbacks

DAY 13

UPPER BODY

REPEAT x 5 ROUND

- 15 x Shoulder Taps**
- 15 x DB Bicep Curls**
- 15 x Triceps Dips
- 15x DB Thrusters
- 10x DB Push-Up Rows
- 15 x DB Chest Press

DAY 14

REST DAY
OR
WALK
OR
STEADY CARDIO
45 -60 MIN

TRAINING Week - 3

DAY 15

LOVER BODY

REPEAT x 5 ROUNDS

- 20 x Laying Side Leg Raises (Band)
- 20 x DB Bench Step-Ups
- 20 x DB Hip Thrusts (Narrow feet)
- 20 x DB Sumo Squats
- 20 x Bench/Box Jumps
- 20 x DB Single Leg Romanian Deadlifts

DAY 16

HIIT CARDIO & CORE

REPEAT x 5 ROUNDS

- 40-second Sprint
- 10 x Tuck Jumps
- 40-second Sprint
- 20 x Supermans
- 40-second Sprint
- 20 x Side Step Into Squat
- Jumps
- 30-second Sprint
- 20 x Bench Step-Ups
- 15 x Leg Kicks
- 15 x Crunches

DAY 17

UPPER BODY

REPEAT x 5 ROUNDS

- 15 x DB Reverse Flyes
- 15 x DB Punches
- 15 x DB Tricep Extensions
- 15 x DB Bent Over Rows
- 12 x DB Burpees
- 15 x Tricep push ups (elbows close to waist)

DAY 18

CORE CIRCUIT

REPEAT x 5 ROUNDS

- 40-second Flutter Kicks
- 40-second Ankle Taps
- 40-second V-Sits
- 40-second Bicycles
- 40-second Plank

STEADY STATE CARDIO

**45 Minute Walk or
20 min easy Jog.**

DAY 19

LOWER BODY

REPEAT x 5 ROUNDS

- 12 x DB Squat Jumps
- 20 x DB Walking Lunges
- 10 x DB Squats
- 15 x DB Back and Curtsy Lunges
- 15 x Single Leg DB Romanian Deadlifts
- 20 x Squat Into Side Kick

DAY 20

UPPER BODY

REPEAT x 5 ROUNDS

- 15 x DB Thrusters
- 15 x Tricep Push-Ups
- 15 x DB Flys
- 12 x Single Arm Rows
- 10 x Plank Arm Raises
- 15 x Burpees

DAY 21

**REST DAY
OR
EASY PACE JOGGING
OR
WALKING**

TRAINING Week – 4

DAY 22

LOVER BODY

REPEAT x 5 ROUNDS

- 20 x Laying Resistance Band Side Raises
- 20 x DB Bench Step Ups
- 20 x DB Hip Thrusts (Narrow feet) add Band (optional)
- 20 x DB Sumo Squats
- 20 x Bench/Box Jumps
- 20 x DB Single Leg Romanian Deadlifts

DAY 23

HIIT TABATA & CORE

REPEAT x 5 ROUNDS

- 40-second Skip
- 10 x Up & Overs
- 40-second Skip
- 20 x Mountain Climbers
- 40-second Skip
- 20 x Bench/Box Jumps
- 30-second Skip
- 20 x Burpees
- 15 x Supermans
- 15 x DB Russian Twists
- 15 x Reverse Crunches

DAY 24

UPPER BODY

REPEAT x 5 ROUNDS

- 15 x Push-Ups
- 15 x DB Seated Shoulder Press
- 15 x Plank Shoulder Taps
- 15 x DB Chest Press
- 12 x Triceps Push-Ups
- 15 x DB Lateral Raises

DAY 25

STEADY STATE CARDIO & CORE

60 Minute Walk

CORE CIRCUIT

REPEAT x 5 ROUNDS

- 40-second Spiderman sliders
- 40-second V -Sit-Ups
- 40-second Bicycles
- 40-second Toe Touches
- 40-second Plank Hip Dips

DAY 26

LOVER BODY

REPEAT x 5 ROUNDS

- 10 x Jumping Up Lunges
- 20 x DB Hip Thrusts (Wide feet)
- 10 x DB Step-Ups
- 15 x DB Romanian Deadlifts
- 15 x DB Squat Pulses
- 20 x Frog Jumps

DAY 27

UPPER BODY

REPEAT x 5 ROUNDS

- 15 x DB Front Raises
- 15 x DB Reverse Flyes
- 15 x DB Tricep Extensions
- 12 x DB Push-Up Rows
- 10 x DB Bicep Curls Into Shoulder Press Ups.
- 15 x Tricep Dips

DAY 28

REST DAY

NO MEASURE YET!

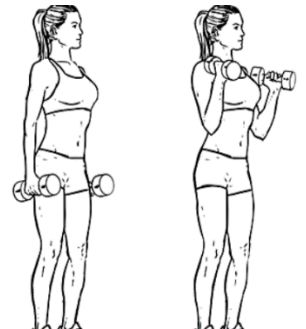
After 3 DAYS !

UPPER BODY- 1

DB BICEP CURLS

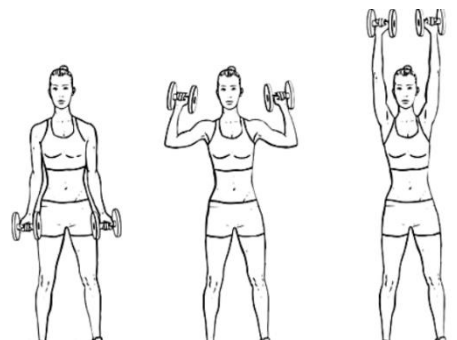
Stand up straight with a dumbbell in each hand keeping your elbows close to your torso and rotate the palms of your hands until they are facing forward. Now keeping the upper arms stationary, exhale and curl the weights while contracting your biceps. Hold the contracted position for a brief pause as you squeeze your biceps then inhale and slowly begin to lower the

dumbbells back to the starting position.



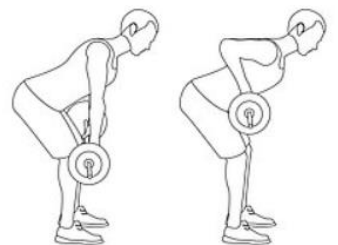
DB BICEP CURL IN TO SHOULDER PRESS

Your arms should be hanging at your sides with your palms facing forward each with a dumbbell. Initiate the movement by flexing the elbows to curl the weight, execute the pressing movement by extending the arm, flexing and abducting the shoulder to rotate the arm as you press above your head. Pause before reversing the movement to return to the starting position



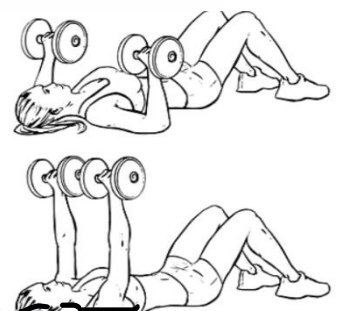
DB BENT-OVER ROWS

Assume a standing position while holding a dumbbell in each hand with a neutral grip. Hinge forward until your torso is roughly parallel with the floor (or slightly above) and then begin the movement by driving the elbows behind the body while retracting the shoulder blades. Pull the dumbbells towards your body until the elbows are at (or just past) the midline and then slowly lower the dumbbells back to the starting position under control.



DB CHEST PRESS

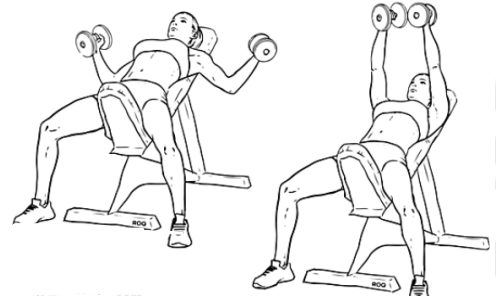
Lie on the bench with a dumbbell in each hand and your feet flat on the floor, push the dumbbells up so that your arms are directly over your shoulders and your palms are up. Lower the dumbbells down and a little to the side until your elbows are slightly below your shoulders, roll your shoulder blades back and down. Push the weights back up.



UPPER BODY- 2

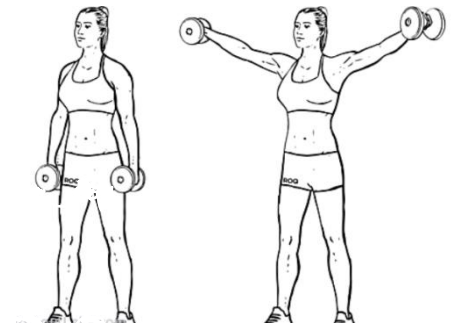
DB FLYES

Lie down on a flat bench with a dumbbell on each hand resting on top of your thighs. Using your thighs to help raise the dumbbells, lift the dumbbells one at a time so you can hold them in front of you at shoulder width with the palms of your hands facing each other. With a slight bend on your elbows in order to prevent stress at the biceps, lower your arms out at both sides in a wide arc until you feel a stretch on your chest. on



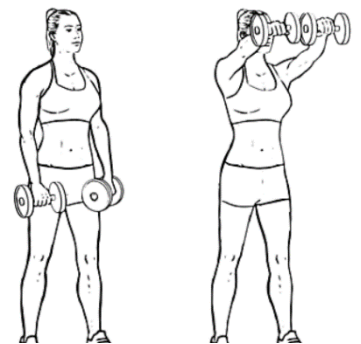
DB LATERAL RAISES

Grasp dumbbells in front of thighs with elbows slightly bent. Bend over slightly with hips and knees bent slightly then raise upper arms to sides until elbows are shoulder height. Maintain elbows' height above or equal to wrists then lower and repeat.



DB FRONT RAISES

Sit down on an incline bench while holding a dumbbell on each hand, extend your arms straight in front of you and have your palms facing down with the dumbbells raised. Slowly raise the dumbbells straight up until they are slightly above your shoulders, while keeping your elbows locked. Squeeze at the top for a second and make sure you breathe out during this portion of the movement then lower the arms back to the starting position as you inhale.



DB SINGLE-ARM ROWS

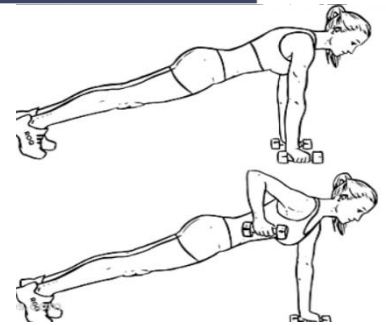
Place the right leg on top of the end of the bench, bend your abdomen forward from the waist until your upper body is parallel to the floor, and place your right hand on the other end of the bench for support. Use the left hand to pick up the dumbbell on the floor and hold the weight while keeping your lower back straight. Pull the resistance straight up to the side of your chest, keeping your upper arm close to your side and keeping the torso stationary, only the arms should move.



UPPER BODY- 3

DB PUSH-UP ROWS

Assume push-up position with light dumbbells in hands, perform push-up then row with right arm. Perform push-up then row with left arm.



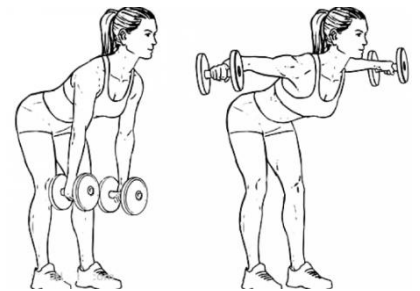
DB PUNCHES

Stand upright with your feet wider than your shoulders and your knees slightly bent. Sit down into your hips and engage your abdominals. Hold dumbbells in each hand just above shoulder level and your elbows should be bent close to your body, and the dumbbells held with palms facing each other.



DB REVERSE FLYS

Lie down on an incline bench with the chest and stomach pressing against the incline having the dumbbells in each hand. Extend the arms in front of you so that they are perpendicular to the angle of the bench with the legs stationary while applying pressure with the ball of your toes. Maintaining the slight bend of the elbows, move the weights out and away from each other.



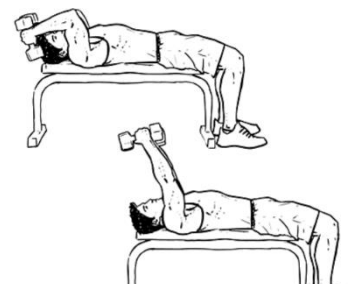
DB THRUSTERS

Grab a pair of dumbbells and hold them just above your shoulders with palms facing each other standing with feet shoulder-width apart. Lower body down into a squat by bending knees and lowering hips down until thighs are at least parallel to the floor. Push yourself back up to starting position, while simultaneously pushing dumbbells straight up above head and thrusting your hips forward.



DB PULLOVERS

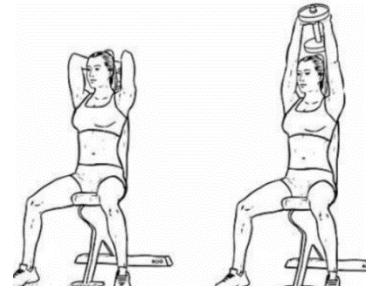
Keeping your upper arms perpendicular to the floor only extending your elbows, lower the weight under control. As you power the weight back up, stop just short of full extension so that you're unable to rest in the top position. Keep your elbows in tight as much as possible and avoid elbow flare.



UPPER BODY- 4

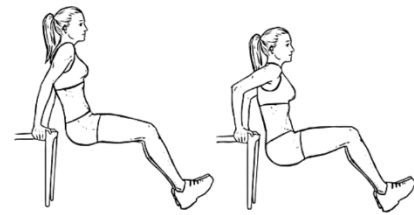
DB TRICEP EXTENSIONS

Stand up with a dumbbell held by both hands your feet being about shoulder width apart from each other, use both hands to grab the dumbbell and lift it over your head until both arms are fully extended. Keeping your upper arms close to your head with elbows in and perpendicular to the floor, lower the resistance in a semicircular motion behind your head until your forearms touch your biceps.



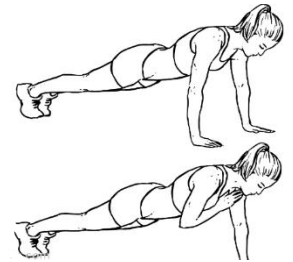
TRICEP DIPS

Hold your body at arm's length with your arms nearly locked above the bars, inhale and slowly lower yourself downward. Lower yourself until there is a 90 degree angle formed between the upper arm and forearm. Then, exhale and push your torso back up using your triceps to bring your body back to the starting position.



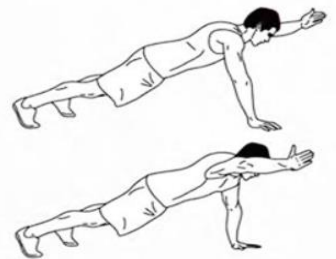
SHOULDER TAPS

Slowly bend both arms, until you almost touch the ground with your upper body, stretch the arms but not completely touching one shoulder. With the opposite hand hold up the hip, the back straight and the body in a line. Put the hand to the ground again and go over to the next push-up then touch the same or the opposite shoulder.



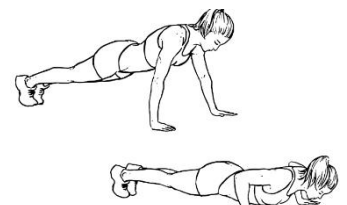
PLANK RAISES

Get into a pushup position on the floor with arms directly beneath your shoulders and hips forming a straight line from your shoulders to your feet. Without moving your body, extend one hand out in front of you until it is parallel to floor. Pause then slowly lower the hand back to the floor.



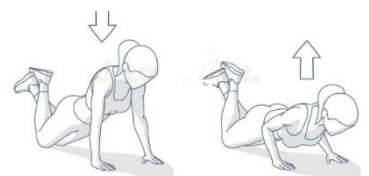
PUSH-UPS

Place your hands firmly on the ground, directly under shoulders. Ground your toes into the floor to stabilize your lower half, begin to lower your body until your chest grazes the floor. Draw shoulder blades back and down, keeping elbows tucked close to your body.



TRICEP PUSH-UPS

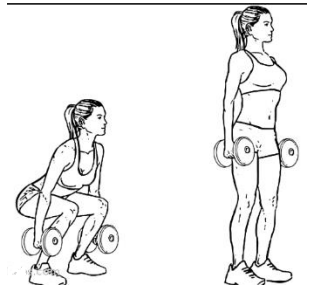
Walk your hands together so that your thumbs and forefingers form a triangle. Bend elbows to lower your torso toward the ground to do a complete push-up.



LOWER BODY- 1

SQUATS

Start by standing up tall, with shoulders back, feet about shoulder width apart, and toes pointed forward. With all your weight on your heels, inhale as you squat back by bending at the knee and sticking your butt back as you lower. Keep your head and chest up, and your eyes looking forward.



SIDE STEP SQUAT JUMPS

Stand with your feet slightly apart and your toes facing forward. Contract your abdominals and place your hands together in front of your body, rest your hands on your hips or extend your arms out to the sides for balance. Step out your right foot to the right to a distance slightly wider than your hips keeping your weight in your heels lowering as far as you are able, but not beyond your thighs parallel to the floor. You then perform a squat jump. Repeat by stepping back to the left.



SQUAT JUMPS

Stand with your feet hip-width apart. Sit your hips back and down into a squat position. Jump straight up into the air and land softly back into the squat position. Repeat.



LUNGES

Start by standing up straight with your feet hip-width apart and flat on the ground. Ensure one leg is positioned forward with knee bent and foot flat on the ground while the other leg is positioned behind.



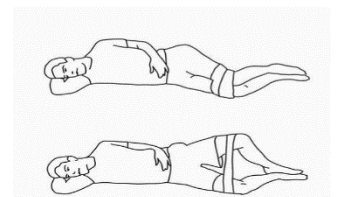
FROG JUMPS

Stand straight with feet shoulder width apart. Now go into a squat, as deep as you feel comfortable and then leap forward. You should leap at least one foot forward. Now keep going as many steps as you can.



LAYING LEG SIDE RAISES

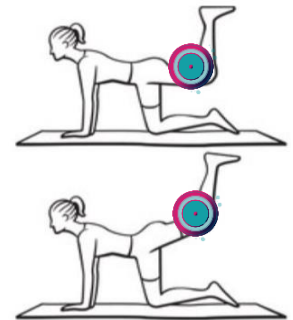
Lie on your side with your legs one on top of the other. Tighten your core and bend your leg at the knee bringing your heel toward your glutes as far as you can comfortably go. Slowly return your leg to starting position and repeat.



LOWER BODY- 2

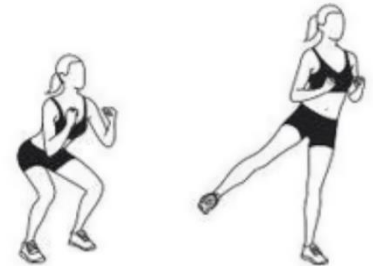
Donkey DB Glute Kickbacks

Kneel on the ground on all fours (as seen in the picture) Lift your leg up until it is at a 90-degree angle. If you are performing these weighted your calf will be bent in order to hold the weight but if you are doing these using only your bodyweight or with res band try to keep your calf perpendicular.



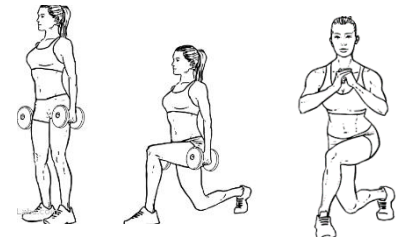
SQUAT INTO SIDE KICK

Stand with your feet shoulder-width distance apart, feet parallel holding your hands out in front of you for balance. Bend your knees, lowering your hips deeply into a squat, keeping weight back in your heels, rise back up, straightening the legs completely and lifting the right leg out to the side. As you step the foot back into shoulder-width distance position, squat down again, stand up and do a side leg lift on the left side.



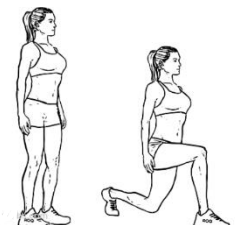
DB BACK LUNGE INTO CURSY LUNGE

From standing straight with one leg step back 90 degrees back and then same leg move to curtsy position behind opposite leg. Repeat two movements as one rep until all reps done, move to other leg.



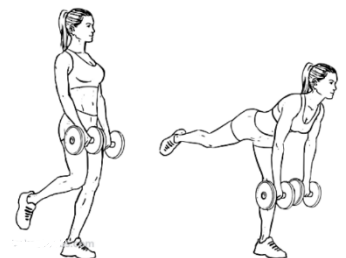
WALKING LUNGES

Begin by standing with your feet shoulder width apart and your hands on your hips. Step forward with one leg flexing the knees to drop your hips. Hold a pair of dumbbells in each hand. Descend until your rear knee nearly touches the ground remaining upright and your front knee should stay above the front foot.



SINGLE LEG ROMANIAN DEADLIFT

Stand with your feet shoulder-width apart and knees slightly bent and raise one leg off the floor. Flex the knee on your standing/support leg about 15-20% to activate the glutes. Without changing the bend in your knee, bend (hinge) at your hips, and lower your torso until it's almost parallel to the floor. Briefly pause at the bottom, then squeeze you glutes, thrust your hips forward, and raise your torso back to the starting position.



SQUAT PULSES

Start by standing with your feet hip-width apart and arms stretched out in front. Perform a squat and hold it at the bottom as you pulse a few inches up and down.



CORE & BODY WEIGHT

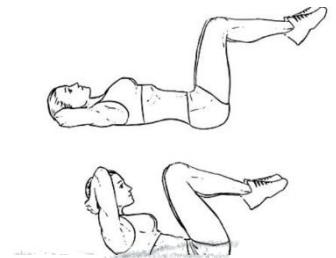
DB RUSSIAN TWISTS

Lie down on the floor placing your feet under something that will not move or by having a partner hold them your legs should be bent at the knees. Elevate your upper body so that it creates an imaginary V-shape with your thighs with your arms fully extended in front of you perpendicular to your abdomen and with the hands clasped, twist your abdomen to the right side until your arms are parallel with the floor while breathing out. Move to the opposite side performing the same techniques you applied to the right side.



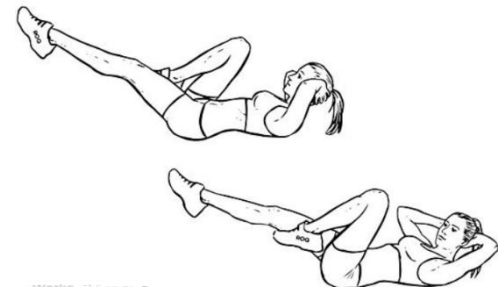
CRUNCHES

Lie flat on your back with your feet flat on the ground, place your hands lightly on either side of your head keeping your elbows in. While pushing the small of your back down in the floor, begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back as you contract your abdominals and exhale and after the one second contraction, begin to come down slowly again to the starting position as you inhale.



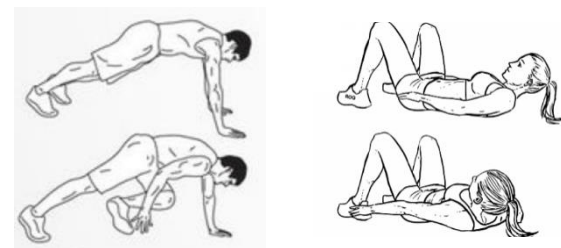
BICYCLES

Lie face up and place your hands behind your head, supporting your neck with your fingers with your back pushed hard against the floor, lift your knees in toward your chest while lifting your shoulder blades off the floor. Rotate to the right bringing the left elbow towards the right knee as you extend the other leg into the air then switch sides.



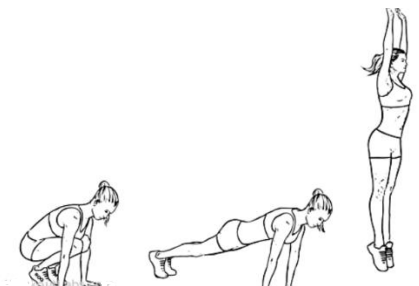
ANKLE TAPS

Lie on your back with your arms next to your sides and your palms facing the floor, position your hips and knees with your thighs perpendicular to the floor and your lower legs parallel to the floor. Maintain these joint positions throughout the movement, slowly lower your left foot to the floor. Tap your toe on the floor lightly and pull your leg back up to the starting position.



BURPEE

Begin in a standing position, drop into a squat position with your hands on the ground. Kick your feet back into a plank position, while keeping your arms extended. Immediately return your feet to the squat position and jump up from the squat position.



CORE & BODY WEIGHT

HIGH KNEES

Begin with your knees bent, your feet shoulder width apart, and your arms bent and at your sides. Flex the hip and bring your right knee up toward your abdomen. As the right leg comes down, bring the left knee up. Repeat this alternatively.



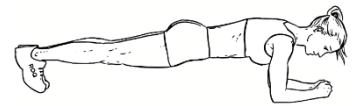
MOUNTAIN CLIMBERS

Begin in a pushup position, with your weight supported by your hands and toes. Flexing the knee and hip, bring one leg until the knee is approximately under the hip. Reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed.



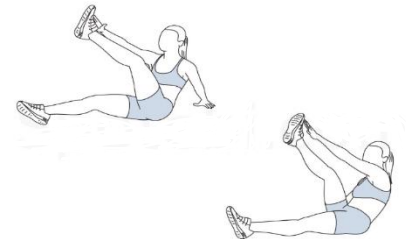
PLANK

Bend your elbows 90 degrees and rest your weight on your forearms. Your elbows should be directly beneath your shoulders with your body forming a straight line from your head to your feet. Hold the position for as long as you can. Your goal should be to hold it for some minutes.



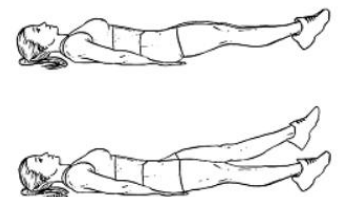
OPPOSITE ARM TO LEG TOE TOUCHES

Lie on a mat with legs flat on ground and arms outstretched overhead next to the head. Lift the right leg and left arm simultaneously, touch toe and then return arms and leg back down to ground and repeat lifting the opposite leg and alternate legs for each.



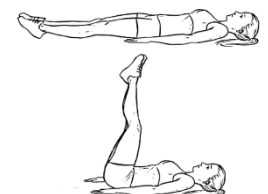
FLUTTER KICKS

Lie face down on a flat bench with your hips at the edge of the bench, the legs straight with toes high off the floor and with your arms on top of the bench holding on to the front edge. Squeeze your hamstrings and straighten the legs until they are level with the hips. Start the movement by lifting the left leg higher than the right leg then lower the left leg as you lift the right leg.



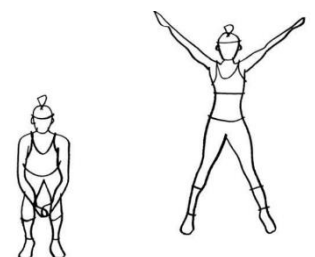
LEG RAISES

Lie with your back flat on a bench and your legs extended in front of you off the end, place your hands either under by the sides holding on to the bench. Raise your legs until they make a 90-degree angle with the floor. Slowly lower your legs back down to the starting position.



JUMPING JACKS

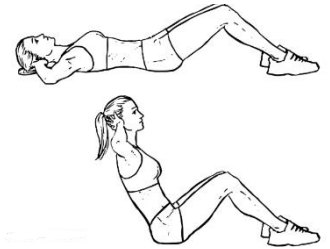
Start by standing with your feet together then in one motion, jump your feet out to the side and raise your arms above your head. Reverse the motion by jumping back to the starting position.



CORE & BODY WEIGHT

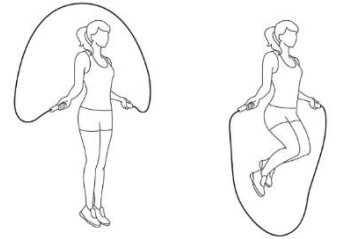
SIT-UPS

Lie with the back on the floor, typically with the arms across the chest or hands behind the head and the knees bent in an attempt to reduce stress on the back muscles and spine, and then elevating both the upper and lower vertebrae from the floor until everything superior to the buttocks is not touching the ground. Do this repetitively.



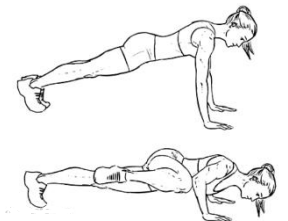
SKIPPING

Begin facing one side with one leg slightly behind the other, drive off the back leg attempting to gain as much height with the hips as possible. Immediately upon landing, drive the other leg forward and upward to gain height and distance, leaping. Land with the same leg that landed on the first skip.



SPIDERMANS SLIDERS

Begin in a prone position on the floor supporting your weight on your hands and toes, with your feet together and your body straight. Initiate the movement by raising one foot off of the ground. Externally rotate the leg and bring the knee toward your elbow, as far forward as possible. Return this leg to the starting position and repeat on the opposite side.



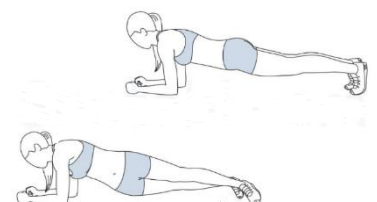
TOE TAPS

Lie on your back with your arms next to your sides and your palms facing the floor, position your hips and knees with your thighs perpendicular to the floor and your lower legs parallel to the floor. Maintain these joint positions throughout the movement, slowly lower your left foot to the floor. Tap your toe on the floor lightly and pull your leg back up to the starting position.



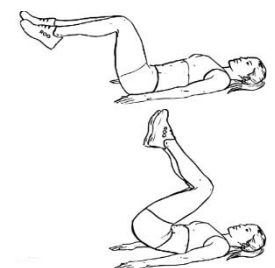
PLANK HIP DIPS

Keep your head in a neutral or looking slightly forward position without dropping the head to look down at your toes. Keep the shoulders directly over the elbows or a little bit forward but not behind as this drives your butt into the sky. Squeeze the butt and thighs together to engage the muscles.



REVERSE CRUNCHES

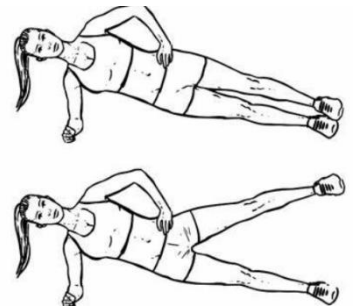
Lie down on the floor with your legs fully extended and arms to the side, move your legs up so that your thighs are perpendicular to the floor and feet are together and parallel to the floor. Move your legs towards the abdomen as you raise your hips off the floor. Hold the contraction for a second and move your legs back to the starting position while exhaling.



CORE & BODY WEIGHT

SIDE PLANK

Start on your side with your feet together and one forearm directly below your shoulder. Contract your core and raise your hips until your body is in a straight line from head to feet then hold the position without letting your hips drop for the allocated time for each set and repeat on the other side.



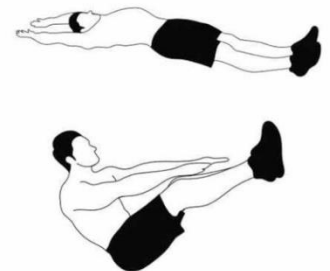
TUCK JUMP

Stand tall in hollow body position with chest up, push your hips back and keep your chest and eyes up. Make sure arms reach back to full extension as the hips hit peak tension in the dip then explode out of the hole and take off in hollow body position. At the apex of the jump compress into a tuck position with hands next to your feet then explode out of the tuck as quickly as possible. Stick the landing in partial squat and arms above eye level.



V-SIT

Begin with your legs straight and elevated and arms straight but parallel to your ears. Raise your legs and arms towards each other, raising your abdominal part to form a V. Exhale at the top of the movement and inhale as you return to starting position.



YOU DID IT!

It's time to measure yourself !

So proud of you - you completed All 28 day challenge!

Don't worry if it wasn't easy or you not there yet, but you definitely became stronger and can carry on in to next month!

Add heavier weights or if you need any help just email me at lauruxfitness@gmail.com or contact me on my [Instagram](#) or [facebook](#) at [@lauruxfitness](#)



