

The word '90' is in a large, pink, flame-like font. 'MINUTE' is in a blue, brush-stroke font. A blue bar with a white stripe is positioned above the 'I' in 'MINUTE'.

90 MINUTE

**30 DAY
STRENGTH
TRAINING
TEMPLATE**

FIT WOMENS WEEKLY

FREE!

WEEK 1 FIT QUICKIES

Fitness: Complete 5 minutes of stretching every day for the week.

If you join Ignite 30... you'll get a stretch routine for the week. It targets your entire body and include simple but effective stretches you can do after a workout or right before bed.

Nutrition: Choose one - specific - nutrition vice that you know you can improve.

It could be drinking a certain amount of water, cutting added sugar you consume in half, or avoiding eating out for lunch.

If you join Ignite 30... you'll get a specific nutrition goal to focus on AND have the support of others to stay consistent!

WEEK 1 OVERVIEW

4 Workouts

1 Stretch

2 Rest Days

That's a solid week. Four workouts might be a lot... but this is a challenge after all.

Were you able to find good workouts?

If you weren't, did that lead to skipping workouts?

Having everything planned out is key, so if you need help...

Join the next session of Ignite (or if this session hasn't started, sign up!)

Not only will you get this plan completely filled out with workouts... but you'll have me bugging you to keep you motivated and accountable to get this done.

Take some time and plan a little for week 2.

This will be over before you know it.

MONDAY



WEEK 1

PRIMARY GOAL:

30 Minute Total Body
Cardio Strength

BUSY GOAL:

10 Minute Total Body
Cardio Strength

TUESDAY



WEEK 1

PRIMARY GOAL:

30 Minute Total Body
Pure Strength

BUSY GOAL:

10 Minute Total Body
Pure Strength

WEDNESDAY



WEEK 1

PRIMARY GOAL:

30 Minute Upper Body
Strength

BUSY GOAL:

Complete 2x:
[All Arms Circuit](#)

THURSDAY



WEEK 1

PRIMARY GOAL:

Rest Day
Stretch or walk 15 min

BUSY GOAL:

Rest Day

FRIDAY



WEEK 1

PRIMARY GOAL:

30 Minute Total Body
Pure Strength

BUSY GOAL:

10 Minute Total Body
Pure Strength

WEEKEND



WEEK 1

SATURDAY:

Rest Day
Stretch or walk 15 min

SUNDAY:

Rest Day

MONDAY



WEEK 2

PRIMARY GOAL:

60 Minute Total Body Cardio Strength

BUSY GOAL:

30 Minute Total Body Cardio Strength

TUESDAY



WEEK 2

PRIMARY GOAL:

60 Minute Total Body Pure Strength

BUSY GOAL:

30 Minute Total Body Pure Strength

WEDNESDAY



WEEK 2

PRIMARY GOAL:

30 Minute Lower Body Strength

BUSY GOAL:

Complete 2x: [Leg Workout Sturdy](#)

THURSDAY



WEEK 2

PRIMARY GOAL:

Rest Day
Stretch or walk 15 min

BUSY GOAL:

Rest Day

FRIDAY



WEEK 2

PRIMARY GOAL:

30 Minute Total Body Pure Strength

BUSY GOAL:

20 Minute Upper Body Strength

WEEKEND



WEEK 2

SATURDAY

Walk At Least 30 Minutes

SUNDAY:

Rest Day and Stretch

WEEK 2 FIT QUICKIES

Fitness: Choose an exercise you want to improve on and complete a set number of reps each day.

If you join Ignite 30... you'll get a specific exercise and rep goal for the week!

Nutrition: Choose another nutrition vice that you can add to the previous week's challenge. Water, fiber, meal prep... just a few ideas!

If you join Ignite 30... you'll get a specific nutrition fit quickie to focus on and have the support of others to help stay consistent

And you don't have to think about what the best nutrition goal should be.

WEEK 2 OVERVIEW

4 Workouts

1 Stretch

2 Rest Days

We upped the intensity a bit with 60 minute workouts.

Trainer Confession: You don't need 60 minutes to get strong and stay healthy.

But making 60 minute workouts part of your routine will speed up results!

Remember, as an Ignite member... I've built all of this for you.

All of the workouts and fit quickies are designed (and you can join me live).

Plus, you get access to me and Dan for help whenever you need it.

Like... if you have a rough couple of days... ask for some tough love and I'll get you pumped up again ready to get back to kicking butt!



MONDAY



WEEK 3

PRIMARY GOAL:

60 Minute Total Body
Cardio Strength

BUSY GOAL:

30 Minute Total Body
Cardio Strength

TUESDAY



WEEK 3

PRIMARY GOAL:

60 Minute Total Body
Pure Strength

BUSY GOAL:

30 Minute Total Body
Pure Strength

WEDNESDAY



WEEK 3

PRIMARY GOAL:

30 Minute Upper Body
Strength

BUSY GOAL:

Complete 2x:
[Cardio Chest Burn](#)

THURSDAY



WEEK 3

PRIMARY GOAL:

Rest Day
Stretch & Walk 15 Min

BUSY GOAL:

Rest Day

FRIDAY



WEEK 3

PRIMARY GOAL:

30 Minute Lower Body
Strength

BUSY GOAL:

Complete 2x:
[Sturdy Leg Workout](#)

WEEKEND



WEEK 3

SATURDAY

30 Minute Total Body
Cardio

SUNDAY:

Rest Day and
Stretch

WEEK 3 FIT QUICKIES

Fitness: Move more. The easiest is to set a step goal each day, but also don't be afraid to get creative. Jump rope, bike, etc. for a set amount of time each day.

If you join Ignite 30... you'll get a specific daily movement goal to aim for.

Nutrition: Choose another nutrition vice to add to the previous challenges. Water, fiber, meal prep, more vegetables, no alcohol... just a few ideas!

If you join Ignite 30... I have it all planned out so you don't have to think about what the best nutrition goal should be.

WEEK 3 OVERVIEW

6 Workouts

1 Stretch

1 Rest Day

This was a similar schedule to week 2 but we added an extra day! Hopefully, it was more manageable to get the 60 minute workouts in.

Remember... in the beginning you HAVE to force yourself to do things to build the habit.

Challenge yourself to get those 60 minute workouts in.

This is why joining the Ignite program is so valuable. Every week I go LIVE for a motivation and mindset coaching session.

This is to help you stay present, not give up, and get you pumped up for the next week.

Join the next session of Ignite and let me help you get next level results.



WEEK 4 FIT QUICKIES

Fitness: Choose a Fit Quickie from a previous week to repeat.

Is there any way to make it a little more challenging but still doable to finish strong?

Nutrition: Last nutrition challenge! Can you complete all 3 challenges PLUS one final challenge for week 4?

And finally, because this is week 4, make a special effort to complete the “Primary Goals”.

Congrats on getting to week 4!

WEEK 4 OVERVIEW

6 Workouts

1 Stretch

1 Rest Day

This was the final week! Challenges like this go by so fast.

How did you do?

If you loved the format of Ignite and had the best of intentions of completing it but had a hard time following through...

Sign up for the next real Ignite 30 Session.

It's not just the workouts. You get the coaching, the community support and my support and training to make your chances of completing this program extremely high.

Aren't you curious to know what you can accomplish with a new trainer, a new style of workout, and new support system?

Let's find out!

MONDAY



WEEK 4

PRIMARY GOAL:

30 Minute Total Body Cardio Strength

BUSY GOAL:

20 Minute Steady State Cardio

TUESDAY



WEEK 4

PRIMARY GOAL:

60 Minute Total Body Pure Strength

BUSY GOAL:

30 Minute Total Body Pure Strength

WEDNESDAY



WEEK 4

PRIMARY GOAL:

30 Minute Upper Body Strength

BUSY GOAL:

Complete 3x: [Kettlebell All Arms](#)

THURSDAY



WEEK 4

PRIMARY GOAL:

Rest Day And Stretch (30 Minutes)

BUSY GOAL:

Rest Day

FRIDAY



WEEK 4

PRIMARY GOAL:

30 Minute Lower Body Strength

BUSY GOAL:

30 Minute Lower Body Strength

WEEKEND



WEEK 4

SATURDAY

60 Minute Total Body Kettlebell

SUNDAY:

30 Minute Total Body Kettlebell

