

START MOVING

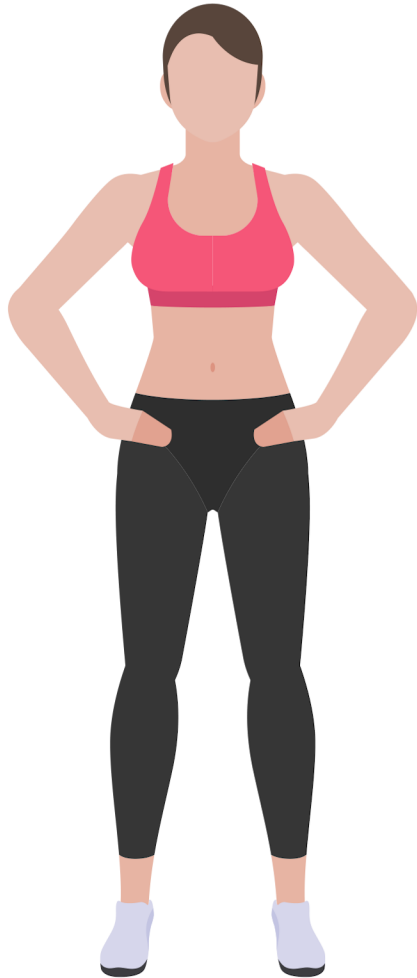
Bonus Supplement



30 Day Fitness Challenge

FreeHealthCalculators.com

Measurements



NECK

BUST

ARM

WAIST

HIPS

THIGH

KNEE

CALF

ANKLE

Goals

NECK

BUST

ARM

WAIST

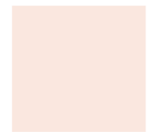
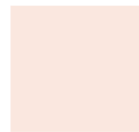
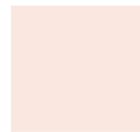
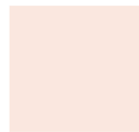
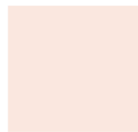
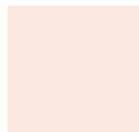
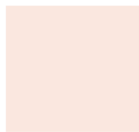
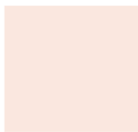
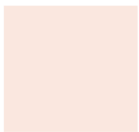
HIPS

THIGH

KNEE

CALF

ANKLE



Daily Workout Tracker

SUN

MON

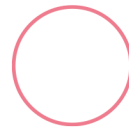
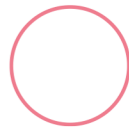
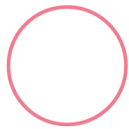
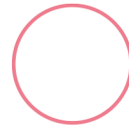
TUE

WED

THU

FRI

SAT



Hydration Tracker

Week:

SUN



MON



TUE



WED



THU



FRI



SAT



Week:

SUN



MON



TUE



WED



THU



FRI



SAT



30-Day Tracker

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Push ups:

The push-up is a fundamental bodyweight exercise that primarily targets the chest, shoulders, and triceps. It also engages the core and lower back muscles. Here's a step-by-step guide on how to perform a standard push-up correctly:

Starting Position:

Begin in a high plank position with your hands slightly wider than shoulder-width apart. Ensure your palms are flat on the ground, fingers pointing forward, and your body forms a straight line from head to heels. Engage your core, squeeze your glutes, and maintain a neutral spine throughout the movement.

Descent:

Lower your body by bending your elbows and keeping them close to your torso (avoid flaring out your elbows). Lower yourself until your chest nearly touches the ground or your elbows form approximately a 90-degree angle. Keep your head aligned with your spine and maintain a straight line from your head to your heels. Ensure your hips don't sag or pike upwards.

Ascent:

Press through your palms and extend your elbows to push yourself back to the starting position. Fully extend your arms without locking out your elbows at the top. Keep your core engaged, maintain a straight line from head to heels, and avoid overarching or rounding your back.

Breathing:

Inhale as you lower your body towards the ground. Exhale forcefully as you push yourself back up to the starting position.

Jumping jacks:

Jumping jacks are a classic cardiovascular exercise that engages multiple muscle groups, improves coordination, increases heart rate, and enhances overall fitness. Here's a step-by-step guide on how to perform a jumping jack correctly:

Starting Position:

Stand upright with your feet together and arms resting comfortably at your sides. Maintain a straight posture, engage your core, and relax your shoulders.

Execution:

Simultaneously jump your feet out to the sides while raising your arms above your head. Your arms should form a "V" shape or overhead clap position. Keep your legs straight (but not locked) as you jump, ensuring your toes point forward and your knees remain soft upon landing. Land softly on the balls of your feet with your feet shoulder-width apart and your knees slightly bent to absorb the impact. At the same time, your arms should move fluidly upwards to meet above your head or lightly clap above your head. Maintain a slight bend in your elbows throughout the movement to reduce strain on your joints and prevent hyperextension.

Return to Starting Position:

Jump your feet back together while simultaneously lowering your arms back to your sides. Ensure a smooth transition between each repetition, moving at a consistent pace, and maintaining control throughout the exercise.

Breathing:

Inhale as you jump your feet out to the sides and raise your arms above your head. Exhale as you jump your feet back together and lower your arms to the starting position.

Squats:

Starting Position:

Stand tall with your feet slightly wider than shoulder-width apart. Your toes can be pointing forward or slightly turned outwards, depending on your comfort and mobility. Ensure your spine is in a neutral position, shoulders are relaxed and pulled back, chest is upright, and gaze is forward. Extend your arms straight in front of you or place your hands on your hips to help with balance and alignment.

Execution:

Initiate the squat movement by hinging at your hips, pushing your hips back, and bending your knees to lower your body towards the ground. Imagine sitting back into an imaginary chair, ensuring your weight is distributed evenly through your heels and the balls of your feet. Lower your body down until your thighs are parallel to the ground or as low as your flexibility, mobility, and comfort allow. Keep your knees aligned with your toes and do not collapse inward. Keep your chest lifted, back straight, and core engaged throughout the movement to maintain stability, balance, and proper alignment. Make sure your knees do not extend beyond your toes to prevent excessive stress, strain, or potential injury.

Ascent:

Push through your heels, engage your glutes and thighs, and extend your hips and knees simultaneously to return to the starting position. Maintain a controlled and steady pace, focusing on using your lower body muscles to lift your body back up.

Breathing:

Inhale as you lower your body down into the squat position. Exhale forcefully as you push through your heels and return to the starting position.

High knees:

Starting Position:

Stand upright with your feet hip-width apart, arms hanging naturally by your sides, and shoulders relaxed. Maintain a straight posture, engage your core muscles, and keep your gaze forward.

Execution:

Begin the high knees exercise by lifting your right knee towards your chest as high as possible while simultaneously raising your left arm to shoulder height or higher. Ensure your back remains straight, and avoid leaning back excessively as you lift your knee. Quickly lower your right leg back to the ground and simultaneously lift your left knee towards your chest, raising your right arm to shoulder height or higher. Continue alternating between lifting your right and left knees while swinging your arms in a coordinated and rhythmic motion.

Pace & Tempo:

Perform the high knees exercise at a moderate to fast pace, so each knee lift is explosive, controlled, and synchronized with the opposite arm movement. Maintain a consistent rhythm, pace, and tempo throughout the exercise, aiming for quick and fluid transitions between each repetition.

Breathing:

Inhale deeply through your nose as you lift your knee towards your chest. Exhale forcefully through your mouth as you lower your knee back to the ground and switch to the opposite leg.

Plank:

Starting Position:

Begin in a prone position on the floor, facing downwards, with your forearms and toes supporting your body weight. Align your elbows directly below your shoulders, and ensure your forearms are parallel to each other, forming a 90-degree angle at the elbows. Place your palms flat on the floor, spreading your fingers wide for optimal stability and support. Extend your legs behind you, positioning your toes on the floor, and maintain a straight line from your head to your heels. Engage your core muscles, squeeze your glutes, and stabilize your hips to maintain proper alignment and stability throughout the exercise.

Maintain Proper Alignment:

Keep your head in a neutral position, aligning it with your spine to avoid straining your neck or looking up. Keep your shoulders relaxed, away from your ears, and maintain a straight line from your head to your heels throughout the exercise. Engage your core muscles by drawing your navel towards your spine and bracing your abdominal muscles to stabilize your torso and pelvis.

Hold & Breathe:

Hold the plank position for a specified duration, such as 20 seconds, 30 seconds, 60 seconds, or longer based on your fitness level, goals, and capabilities. Focus on maintaining proper form, technique, alignment, and engagement of the core, upper body, lower body, and stabilizing muscles throughout the exercise. Breathe deeply and rhythmically throughout the plank, inhaling through your nose and exhaling through your mouth to optimize oxygenation, energy production, and performance.

Mountain climbers:

Starting Position:

Begin in a high plank position with your hands positioned directly below your shoulders, arms extended, and legs fully extended behind you. Ensure your body forms a straight line from your head to your heels, and maintain a neutral spine, engaging your core muscles, and bracing your abdominals for stability.

Execution:

Initiate the mountain climber exercise by flexing your right knee and hip, drawing your right knee towards your chest as close as possible. Simultaneously extend your left leg behind you, ensuring your left foot remains in contact with the ground or slightly elevated off the floor. Quickly switch legs by extending your right leg back to the starting position while flexing your left knee and hip, drawing your left knee towards your chest. Continue alternating between bringing your right and left knees towards your chest in a running or sprinting motion, maintaining a rapid and fluid pace throughout the exercise.

Maintain Proper Alignment:

Keep your shoulders stabilized, wrists aligned, and hands firmly positioned on the floor to support your body weight. Keep your hips stable, and avoid excessive rotation, lifting, or sagging during the exercise. Engage your core muscles, glutes, and stabilizing muscles to maintain proper form, alignment, and control throughout each repetition.

Breathing:

Inhale deeply through your nose as you draw your knee towards your chest. Exhale forcefully through your mouth as you extend your leg back to the starting position.

Dumbbell rows:

Starting Position:

Begin by selecting an appropriate dumbbell weight that challenges you while allowing you to maintain proper form throughout the exercise. Stand with your feet hip-width apart, knees slightly bent, and hinge forward at your hips to create a slight bend in your torso, ensuring a neutral spine and flat back. Hold a dumbbell in your right hand with an overhand grip (palm facing towards your body) and place your left hand on a bench or sturdy surface for support. Extend your right arm fully towards the floor, maintaining a slight bend in your elbow, and ensure your shoulders are relaxed and pulled back.

Execution:

Initiate the dumbbell row by retracting your right shoulder blade, pulling the dumbbell towards your hip, and bending your elbow, keeping it close to your body throughout the movement. Focus on squeezing your back muscles, maintaining a neutral spine, and avoiding any rotation or twisting of your torso during the exercise. Continue pulling the dumbbell towards your hip until your elbow forms a 90-degree angle or the dumbbell is close to your side, ensuring proper contraction of the targeted muscles. Pause momentarily at the top of the movement, ensuring a full contraction of the back muscles, and then slowly lower the dumbbell back to the starting position in a controlled manner.

Repeat & Switch Sides:

Perform the repetitions with your right arm, focusing on maintaining proper form, technique, alignment, and engagement throughout each repetition. Switch sides and repeat the exercise with your left arm, ensuring symmetry, balance, and equal engagement of both sides of your back muscles.

Burpees:

Starting Position:

Begin in a standing position with your feet hip-width apart, arms by your sides, and core engaged.

Squat Down & Place Hands on Floor:

Lower your body into a squat position by bending your knees, pushing your hips back, and keeping your chest upright. Place your hands flat on the floor shoulder-width apart in front of you, ensuring your weight is evenly distributed between your hands and feet.

Jump Back into Plank Position:

Jump both feet back simultaneously into a plank or push-up position, ensuring your body forms a straight line from your head to your heels. Engage your core, stabilize your shoulders.

Jump Forward & Return to Standing Position:

Jump both feet forward towards your hands, landing softly with your feet flat on the floor and maintaining a squat position. Explode upwards by extending your legs, propelling your body upwards into the air, and reaching your arms overhead in a dynamic motion. Land softly on the balls of your feet, lower into a squat position, and immediately transition into the next repetition or movement in a fluid and continuous manner.

Lunges:

Starting Position:

Begin by standing tall with your feet hip-width apart, shoulders relaxed, and arms by your sides.

Step Forward:

Take a controlled step forward with your right foot, ensuring your heel lands first and your right foot is positioned far enough in front of you to create a 90-degree angle at both knees when you lower your body. Keep your left heel lifted off the ground, and your left toes are in contact with the floor to maintain stability and balance.

Lower Your Body:

Lower your body towards the floor by bending both knees simultaneously, ensuring your right knee aligns with your right ankle, and your left knee points towards the ground. Keep your torso upright, chest lifted, shoulders back, and avoid leaning forward or rounding your back during the movement. Lower your body until your right thigh is parallel to the ground or your right knee forms a 90-degree angle, ensuring your right knee remains aligned with your ankle and does not extend beyond your toes.

Push Back & Return to Starting Position:

Push through your right heel, engage your right quadriceps, hamstrings, and glutes, and straighten your right leg to return to the starting position. Ensure a smooth and controlled movement. Complete the desired number of repetitions with your right leg and then switch sides, performing lunges with your left leg to target both lower body sides symmetrically and effectively.

Jump rope:

Proper Grip & Position:

Hold the handles of the jump rope in each hand with a comfortable grip, ensuring your wrists are relaxed, elbows are close to your sides, and palms are facing forward. Position your hands slightly above your hips and maintain a relaxed and neutral posture throughout the exercise.

Correct Stance & Posture:

Stand tall with your feet together, shoulders relaxed, chest lifted, and eyes focused straight ahead.

Initiate Jumping Motion:

Begin swinging the jump rope over your head and towards the ground in a circular motion using your wrists, forearms, and shoulders. Coordinate the movement of your wrists and forearms to maintain control, rhythm, and momentum of the jump rope throughout the exercise.

Jumping Technique:

Jump over the rope using both feet simultaneously, ensuring a light and soft landing on the balls of your feet. Maintain a consistent and rhythmic pace, allowing the jump rope to pass under your feet with each rotation. Land softly, minimize impact, and avoid excessive bouncing, jumping too high, or stomping your feet during the exercise.

Practice & Progress:

Start with basic jumps, and gradually increase the speed, intensity, and complexity of your jumps.

Tricep dips:

Starting Position:

Sit on the edge of a sturdy bench, chair, or step with your hands placed next to your hips, gripping the edge of the surface firmly. Position your palms shoulder-width apart, fingers facing forward or slightly turned inward, and ensure your elbows are straight. Extend your legs in front of you with your heels resting on the floor and maintain a slight bend in your knees to avoid locking them.

Lower Your Body:

Slide your hips off the edge of the bench or chair, ensuring your hands remain securely positioned next to your hips. Keep your back close to the bench or chair, elbows pointing backward, and lower your body towards the floor by bending your elbows. Lower your body until your upper arms are parallel to the floor, or you feel a stretch in your triceps, ensuring your elbows remain close to your body throughout the movement.

Push Back Up:

Extend your elbows fully, lift your body upwards, and maintain control, stability, and proper form throughout the exercise. Ensure a smooth and controlled movement, avoid locking your elbows at the top of the movement, and maintain tension on your triceps throughout each repetition.

Repeat & Perform Sets:

Perform the desired number of repetitions, focusing on proper form, technique, engagement, and control throughout each dip.

Yoga stretching:

Downward-Facing Dog Pose (Adho Mukha Svanasana):

Begin on your hands and knees in a tabletop position, aligning your wrists directly under your shoulders and your knees beneath your hips. Spread your fingers wide apart, press firmly into your palms, and distribute your weight evenly across your hands and feet.

Inhale deeply, tuck your toes under, and lift your hips towards the ceiling, straightening your arms and legs to create an inverted V-shape with your body. Press your chest towards your thighs, lengthen your spine, and straighten your arms while maintaining a slight bend in your elbows. Allow your head to hang freely between your arms, relax your neck, and gaze towards your navel or thighs to maintain a neutral alignment.

Ensure your feet are hip-width apart, heels reaching towards the ground, and toes pointing forward or slightly turned inward. Engage your quadriceps, lift your sit bones towards the ceiling, and press your heels towards the ground to stretch your calves, hamstrings, and Achilles tendons. Rotate your upper arms outward, broaden your collarbones, and draw your shoulder blades towards your tailbone to open your chest and shoulders.

Breathing & Relaxation:

Take slow, deep breaths, inhaling through your nose and exhaling through your mouth, to relax your body, calm your mind, and deepen the stretch. Maintain the downward-facing dog pose for 5-10 breaths or longer, focusing on lengthening your spine, releasing tension, and aligning your body.

To release the pose, exhale deeply, bend your knees, and lower your hips towards the ground, transitioning back to a tabletop position or child's pose for relaxation and recovery. Rest in child's pose, with your knees wide apart, big toes touching, and sit back on your heels, extending your arms forward or alongside your body to stretch your back, shoulders, hips, and thighs.

Bicep curls:

Starting Position:

Stand tall with your feet shoulder-width apart, knees slightly bent, and maintain a neutral spine with your chest lifted and shoulders relaxed. Hold a dumbbell in each hand, allowing your arms to fully extend down by your sides with your palms facing forward or slightly turned inward.

Grip & Alignment:

Grip the dumbbells firmly with an underhand grip (palms facing forward), ensuring your wrists are straight, elbows are close to your body, and arms are fully extended. Keep your shoulders stabilized, core engaged, and maintain proper alignment of your head, shoulders, hips, knees, and feet throughout the exercise.

Perform the Bicep Curl:

Exhale deeply, engage your biceps, and slowly bend your elbows to lift the dumbbells towards your shoulders in a controlled and smooth motion. Keep your upper arms stationary, wrists straight, and focus on contracting your biceps to lift the dumbbells while maintaining proper form, technique, and alignment. Continue lifting the dumbbells until they are close to your shoulders, and your biceps are fully contracted or slightly below a 90-degree angle at your elbows.

Lower & Extend:

Inhale deeply, slowly lower the dumbbells back to the starting position in a controlled and smooth motion, ensuring a full range of motion, proper form, and engagement of your biceps. Repeat the bicep curl exercise for the desired number of repetitions, focusing on maintaining consistent tempo, intensity, and engagement throughout each set.

Pilates:

Begin by lying on your back on a mat with your knees bent, feet flat on the floor, and arms resting by your sides. Maintain a neutral spine by aligning your head, neck, and back in a straight line, engaging your core muscles, and relaxing your shoulders.

Pelvic Curl:

Inhale deeply, engage your core, and slowly lift your hips towards the ceiling, one vertebra at a time, while maintaining a neutral spine. Exhale as you pause at the top of the movement, ensuring your shoulders remain relaxed, hips lifted, and knees aligned with your hips and ankles. Inhale again, slowly lower your spine back to the starting position, one vertebra at a time, and repeat the pelvic curl for several repetitions, focusing on spinal articulation, core engagement, and controlled movement.

The Hundred:

Lie on your back with your knees bent, engage your core, and lift your head, neck, and shoulders off the mat, extending your arms straight by your sides. Inhale deeply through your nose for a count of five, and exhale forcefully through your mouth for a count of five, pumping your arms up and down in a controlled and rhythmic motion. Continue breathing and pumping your arms for a total of one hundred counts, focusing on core stability, abdominal engagement, and coordinated breathing.

Single Leg Stretch:

Lie on your back with your knees bent and hips aligned, lift your head, neck, and shoulders off the mat, and extend your right leg straight up towards the ceiling while holding your left knee into your chest. Inhale deeply, switch legs, and exhale as you extend your left leg straight up towards the ceiling and hold your right knee into your chest. Alternate legs.

Leg raises:

Starting Position:

Lie flat on your back on a mat or a comfortable surface, extending your legs straight and placing your arms by your sides with your palms facing down. Engage your core muscles, press your lower back into the mat, and maintain a neutral spine throughout the exercise to support your lower back and stabilize your pelvis.

Hand Placement:

Place your hands underneath your hips or glutes with your palms facing down to provide additional support, stability, and leverage during the leg raise exercise.

Leg Raise Execution:

Inhale deeply, tighten your core, and slowly lift both legs off the ground simultaneously without bending your knees or arching your lower back. Continue raising your legs until they are perpendicular to the floor or as high as comfortable without straining your lower back or sacrificing proper form. Exhale as you hold the top position for a brief moment, focusing on engaging your lower abdominals, maintaining stability, and keeping your legs straight and aligned.

Lowering & Recovery:

Inhale deeply, engage your core, and slowly lower your legs back to the starting position in a controlled and smooth motion without touching the ground. Maintain tension on your abdominal muscles, control the descent of your legs, and avoid dropping them suddenly to prevent strain or injury to your lower back.

Shoulder press:

Starting Position:

Begin by sitting on a bench with back support or standing upright with feet shoulder-width apart, maintaining a neutral spine, and relaxed shoulders. Hold a pair of dumbbells at shoulder height with your palms facing forward, elbows bent at a 90-degree angle, and wrists aligned with your forearms to initiate the shoulder press movement.

Perform the Shoulder Press:

Inhale deeply, engage your core, and exhale as you press the dumbbells overhead by extending your arms fully, straightening your elbows, and lifting the dumbbells towards the ceiling in a controlled and smooth motion. Keep your wrists stable, elbows slightly in front of your shoulders, and maintain a slight bend in your knees to provide a stable base of support. Ensure your head remains aligned with your spine, gaze forward or slightly upward, and avoid shrugging your shoulders or tensing your neck during the upward phase of the movement.

Full Extension & Alignment:

Fully extend your arms overhead until your elbows are straight but not locked, dumbbells are aligned with or slightly behind your head, and your shoulders are fully engaged, elevated, and stable. Maintain tension on your shoulder muscles, stabilize your core, and focus on achieving a full range of motion, proper form, and consistent alignment throughout the shoulder press exercise.

Lowering & Recovery:

Inhale deeply, engage your core, and slowly lower the dumbbells back to the starting position in a controlled and smooth motion by bending your elbows, lowering the dumbbells towards your shoulders, and maintaining stability, control, and proper form throughout the descent. Continue lowering the dumbbells until your elbows are bent at a 90-degree angle, or the dumbbells are slightly below shoulder height.

Deep stretching:

Deep stretching, often referred to as static stretching, involves holding a specific stretch position for an extended period, typically ranging from 15 to 60 seconds, to target specific muscles, tendons, and connective tissues. This stretching technique aims to increase flexibility, improve range of motion, reduce muscle tension, enhance circulation, promote relaxation, and alleviate muscle soreness or stiffness effectively.

Full-body stretching:

This stretching helps improve posture, enhance circulation, reduce muscle tension, increase range of motion, prevent injuries, alleviate soreness, and promote overall well-being. Examples of full-body stretches include neck rolls, shoulder rolls, arm circles, spinal twists, side stretches, hamstring stretches, quad stretches, calf stretches, hip stretches, chest stretches, and back stretches.

Dynamic stretching:

This stretching technique focuses on moving through a full range of motion, activating multiple muscle groups, improving neuromuscular coordination, increasing blood flow, raising core body temperature, and enhancing overall athletic performance.

Adjust and personalize your stretching routine based on your individual preferences, goals, fitness level, activities, limitations, or specific needs to ensure a balanced, comprehensive, and beneficial stretching program that aligns with your lifestyle, schedule, interests, and journey towards optimal health, wellness, and vitality.

