



# iTrainer Workouts

EXERCISE TODAY. CHANGE YOUR TOMORROW

# 30

DAY  
CHALLENGE

*Change your life  
beginning today!*

**A step by step  
30 day health &  
fitness plan you  
can do at home.**

Certified Personal Trainer:  
Kyle Gillette works with you for all 30 days.



**PLUS**

---

Bonus tips on  
diet and  
accountability  
strategies.

# iTrainer's Note

*A 30 day challenge with the full support of a personal trainer equals a great opportunity for life and health change. Let's take this journey together!*



## The Heart of the 30 Day Challenge

The 30 Day Challenge is created from a heart of simplicity, consistency, and difficulty, I want to challenge you in your workouts, your diet, and your mentality. This is done in a simple and easy to understand 30 day process. One day at a time. As in any real life challenge, most of your success comes from your effort, and the people you put around you for support. The first step in any challenge is commitment, I want you to know you have mine throughout the whole process, I promise.

## Workout Design

I have designed the workouts with simplicity in mind. There are 3 different workout types that you will see: Cardio, Weight Lifting, and Full Body Training. Each workout will have its own challenges, and will push you mentally and physically. They are designed to be very challenging, but I have also left plenty of room for modifications to make them easier or harder. The difficulty level has a lot to do with your effort and the intensity you bring to the workouts.

## Final Thoughts

If you push yourself in these workouts, follow through on the tips, and fully commit to all 30 days - this challenge will change your life. Are you ready to commit?

KYLE GILLETTE

**Owner/Certified  
Personal Trainer**

**iTrainerWorkouts • Exercise Today. Change Your Tomorrow.**



## What's Inside?

- Explanation of equipment needs.
- Accountability tips and advice.
- Two Full Body Training programs.
- Two Core Training programs.
- Two Cardio Training programs.
- Two Weight Training programs.
- Warm-up and Stretching program.
- Health and Diet Tips.
- Day by day instructions for each day of the challenge.
- Exercise demos provided by: [sparkpeople.com](http://sparkpeople.com)

*To contact your personal trainer, go to the website below and click the contact us link, or go to your membership page.*

[www.itrainerworkouts.com](http://www.itrainerworkouts.com)

---

---

# Day 1

## Full-Body Training 1

### *Bonus Tips*

- Eat 5-6 well-balanced healthy meals every day.
- Eliminate one food from your diet that is giving you extra calories.
- Remove this food from your diet for all 30 days of the challenge.
- Elimination examples: sugary coffee drinks, burger at a fast food place, soda, etc.
- Weigh yourself and record the weight DO NOT weigh yourself again until Day 15.
- Choose an inspirational book to read during the challenge.
- Optional: Take a full body picture for comparison to on day 30.

---

---

# Day 27

## Full-Body Training 1

### *Bonus Tips*

- Try the burpees with dumbbells today if you haven't yet.
- Go for 4 rounds today.
- If you haven't been doing pull-ups, try today, see if you can get 1 or 2.
- Start planning your gym dates with friends for accountability to working out.
- Find a sports team or fitness class you can join to keep you moving.
- Finish up with your motivational book today if you haven't already.

---

---

# Day 30!!!

## Do Your Favorite Challenge Workout

### *Bonus Tips*

- Email your trainer to tell them you completed the challenge.
- Weigh yourself today and record the change.
- Tell your friend thank you for the support they provided along the way.
- Take a full body picture of your progress.
- And of course find some way to reward yourself for a job well done!

# iTrainer Workouts

## Exercise Today. Change Your Tomorrow

<i><b>ITW</b></i>	Core Workout 1			Length: 45-55 Minutes
Exercise Name	Time/Reps	Transition	Link	Notes/Modifications
<b>3-4 rounds of core</b>				<b>Rest 1-3 minutes after each round.</b>
Reverse Crunch with Ball	60 seconds	10-20 sec	<a href="#">Demo</a>	You can pause 30 seconds in if that will help you to complete the exercise.
Back Extension on Ball	60 seconds	10-20 sec	<a href="#">Demo</a>	Don't try to do this exercise quickly.
Kneeling Roll Out with Ball	60 seconds	10-20 sec	<a href="#">Demo</a>	Keep a straight back and engaged core throughout this exercise.
Mt. Climbers	60 seconds	10-20 sec	<a href="#">Demo</a>	Try and push through this exercise all the way through.
Push-Up and Hold	60 seconds	10-20 sec	<a href="#">Demo</a>	Hold for 3 count extend one arm in front of you for challenge
Plank	60 seconds	10-20 sec	<a href="#">Demo 1</a> <a href="#">Demo 2</a>	Perform on elbows or hands. Or for added difficulty <a href="#">go here</a> .
Bridges on Medicine Ball	60 seconds	10-20 sec	<a href="#">Demo</a>	You can also perform this exercise on an exercise ball. Make sure that your hips are up all the way and your glutes are squeezed at top of motion.
Jack Knife with Ball or Roll	60 seconds	10-20 sec	<a href="#">Demo 1</a> <a href="#">Demo 2</a>	This is a challenging exercise, to make it even harder keep your legs straight as long as you can.
Pendulum with Ball	60 seconds	Rest	<a href="#">Demo</a>	Keep your legs straight for added difficulty. For support, some people find it helpful to place their hands under the small of their back.

# iTrainer Workouts

Exercise Today. Change Your Tomorrow

<b>iTW</b>	<b>Strength Training Workout 2</b>			<b>Length: 60 Minutes</b>
<b>Exercise Name</b>	<b>Time</b>	<b>Transition</b>	<b>Link</b>	<b>Notes/Modifications</b>
<b>2 rounds of core/balance</b>				<b>Rest 1-3 minutes after each round.</b>
Plank to Push-Up	60 seconds	10-20 seconds	See Notes	Hold elbow plank for a 10 count, raise up to push-up position perform 3 push-ups and return to elbow plank. Repeat
Ab Roll Out	60 seconds	10-20 seconds	<a href="#">Demo 1</a> <a href="#">Demo 2</a>	You can use the wheel or ball for this exercise. Keep your core stable during this exercise.
Bridges on Medicine Ball	60 seconds	10-20 seconds	<a href="#">Demo</a>	Make sure that your hips are up all the way and your glutes are squeezed at top of motion. Modify using an exercise ball.
Single Leg Balance with Abduction	10 reps each	10-20 seconds	<a href="#">Demo</a>	The key on this exercise is control, do not be in a rush. Do this on a pillow if at home.
Single Leg Balance with twist	10 reps each	10-30 seconds	See Notes	You can do with the twist and/or the weight for added challenge.
<b>2-3 rounds of resistance</b>		Transition		<b>Rest 1-3 minutes after each round.</b>
Dumbbell Squats	12-15	10-20 seconds	<a href="#">Demo</a>	Allow the weights to just hang at your side, when you lower into the squat let the dumbbells tap the floor.
Step Ups	20-30	10-20 seconds	<a href="#">Demo</a>	Add dumbbells for difficulty. Each time both feet are on top of platform is one rep.
Lateral Raise and Frontal Raise	12-15	10-20 seconds	<a href="#">Demo</a>	Add a frontal raise after lateral raise. Bring weight up from thighs with straight elbows to shoulder height.
Seated Shoulder Press on Ball	12-15	20-30 seconds	<a href="#">Demo</a>	Make sure you keep your abs engaged during this exercise. For heavier weight perform on chair or bench.
Seated Dumbbell Row	12-15	20-30 seconds	<a href="#">Demo</a>	Can be performed on ball or chair as well.
Wall Squat	30-60 seconds	20-30 seconds	<a href="#">Demo</a>	For added challenge lean against an exercise ball or raise one leg off the floor.