

30 DAYS OF

#NoExcuses

KETTLEBELL EDITION



Created by Dr. Kristen Mitteness

30 DAYS OF #NOEXCUSES WORKOUTS

These 30 days will focus on full body, high intensity, 10 minute workouts that can be modified for any level. These workouts require kettlebells. If your equipment is too heavy or light for the workout, modify the number of reps to fit your ability. You will workout out three days in a row followed by one active rest and mobility day.

All of the [workouts can be found here](#). Day 1 typically focuses on upper body, day two is lower body and day three is core.

All of the [mobility videos can be found here](#). Active rest can include, walking, running, biking, rowing, yoga, etc and any mobility you need.

MOVEMENT BASICS

Here you will find video instruction and modifications for a few of the movements you will see in the workouts:

- [Burpee](#)
- [Push Up](#)
- [Squat](#)

CONTACT ME

If you have any questions, need exercises or food options clarified or modified, please reach out to me: dr.kmitteness@gmail.com

- DAY 1 10 single arm KBS, 5 push press/arm, 5 bent over rows/arm
- DAY 2 10 wide leg deadlift, 10 goblet squats, 10 Cossack lunges
- DAY 3 20 OH KBS, 3 windmills/side, 20 second rest
- DAY 4 Active rest and mobility
- DAY 5 5 KB snatches/side, 5 bent over rows/side, 10 goblet squats
- DAY 6 5 single leg DL/side, 10 OH reverse lunges, 5 burpees
- DAY 7 10 lateral bends/side, 10 standing twists, 20 mountain climbers
- DAY 8 Active rest and mobility
- DAY 9 10 SDHP, 5 push press/side, 10 reverse lunges
- DAY 10 20 single arm KBS, 10 goblet squats, 5 windmills/side

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DAY 11 10 DLs, 10 KBS, 20 seated twists

DAY 12 Active rest and mobility

DAY 13 5 single arm thrusters/side, 10 OH KBS, 5 burpees

DAY 14 10 Cossack lunges, 10 wide leg deadlifts, 10 goblet squats

DAY 15 4 windmills/side, 5 lateral bends/side, 20 second plank

DAY 16 Active rest and mobility

DAY 17 4 strict press/side, 4 bent over rows/side, 12 single arm KBS

DAY 18 5 single leg DL/side, 10 reverse lunges, 6 burpees

DAY 19 10 KBS, 20 standing twists, 30 mountain climbers

DAY 20 Active rest and mobility

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- DAY 21 6 KB snatches/side, 5 single arm thrusters/side, 10 OH lunges
- DAY 22 10 SDHP, 5 goblet squats, 3 windmills/side
- DAY 23 4 single arm floor press, 3 half get ups, 10 seated twists - switch sides
- DAY 24 Active rest and mobility
- DAY 25 20 single arm KBS, 5 push press/side, 5 bent over rows/side
- DAY 26 8 wide leg deadlifts, 8 Cossack lunges, 8 burpees
- DAY 27 20 OH KBS, 4 windmills/side, 30 second rest
- DAY 28 Active rest and mobility
- DAY 29 6 KB snatches/side, 12 single arm KBS, 12 goblet squats
- DAY 30 10 lungsters, 10 wide leg deadlifts, 10 burpees

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30 DAY BREAKFAST CHALLENGE

These 30 days will focus on high quality (with a focus on high protein) breakfasts. My 30 day breakfast challenge is designed to improve your hormones and ultimately, your health. It doesn't require endless meal prepping or completely overhauling your diet. We're simply working to ensure your first meal of the day supports you and your lifestyle by reducing blood sugar roller coasters. When we eat an optimal breakfast we may experience:

- Decrease in mood swings
- Less cravings and hunger pains
- Improved body composition
- Improved focus and mental clarity
- Increase in motivation
- Decrease in aches and pains
- Improved sleep quality

BASIC RULES

- Meals are composed mostly of animal protein and fat
- No processed grains or sugars
- Limited vegetables or fruit (less than 20% of meal)
- No caloric limits
- Can be eaten at any time, but must be your first meal
- Eat enough to ensure you are satiated for a minimum of four hours

FOODS ALLOWED, IDEAS AND LINKS TO BREAKFAST RECIPES AND INSPIRATION

- Eggs: hard boiled, over easy, fried, scrambled, poached, deviled
- Bacon
- Sausage
- Ground meat
- Steak
- Salmon
- Shrimp
- Chicken
- Pork Chops
- Barbacoa
- Egg Bake
- Crepe filled with meat and cheese
- Bacon wrapped scallops
- Feta Lamb Meatballs
- Bone broth
- Breakfast meatloaf
- Liver pate (can use butter instead of coconut oil)
- Smoked salmon with cream cheese (tastes delicious in a crepe!)
- Pork rind crusted chicken thighs
- Lunch meat
- Cheese (if you tolerate dairy)
- Apple cinnamon meatballs

FOODS ALLOWED, IDEAS AND LINKS TO BREAKFAST RECIPES AND INSPIRATION

- Avocado / Guac
- Olives
- Berries
- Heavy whipping cream (if you tolerate dairy)
- Butter
- Tallow or lard
- Oysters
- Sardines
- Fish
- [Slow Cooker Pulled Pork](#)
- [Liver meatballs](#)
- [Pumpkin sausage](#)
- [Roasted chicken with guac](#)
- [Blueberry Sweet Potato Meatballs](#)
- [Smoked Oyster Tapenade](#)
- [Cajun Shrimp and Sausage Skillet](#)
- [Breakfast Egg Muffins](#)

WHAT ABOUT DRINKS?

Coffee or tea is okay - just omit the sugar. It's only for 30 days. Drink a glass or two of water before you hone in on the caffeine.



WORKOUT

BREAKFAST

MOOD + COMMENTS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6



WORKOUT

BREAKFAST

MOOD + COMMENTS

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

WORKOUT

BREAKFAST

MOOD + COMMENTS

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

WORKOUT

BREAKFAST

MOOD + COMMENTS

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

WORKOUT

BREAKFAST

MOOD + COMMENTS

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30