30 DAYS OF
#NoExcuses
DUMBBELL 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 dumbbells. 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 <u>workouts can be found here.</u> Day 1 typically focuses on upper body, day two is lower body and day three is core.

All of the <u>mobility videos can be found here.</u> 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:

- <u>Burpee</u>
- <u>Push Up</u>
- <u>Squat</u>

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	5 single arm DB cleans/side, 10 plank pull throughs, 10 DB snatches, 10 plank pull throughs
DAY 2	10 reverse lunges, 5 single leg DL/side, 5 push press
DAY 3	5 burpees, 5 thrusters, 30 second rest
DAY 4	Active rest and mobility
DAY 5	5 single arm push press/side, 6 bent over rows/side, 8 standing twists
DAY 6	4 DB deadlifts, 4 DB cleans, 4 burpees
DAY 7	10 Cossack lunges, 8 supine DB press, 8 dead bug legs
DAY 8	Active rest and mobility
DAY 9	10 plank rows, 10 clean + press, 30 second rest
DAY 10	10 DB snatches, 10 goblet squats, 10 reverse lunges

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DAY 11   5 single leg DLs/side, 10 lateral bends, 10 standing twists

DAY 12   Active rest and mobility

DAY 13   10 lungsters, 5 bent over rows, 5 burpees

DAY 14   5 single arm DB cleans/side, 10 jump switch lunges, 20 mountain climbers

DAY 15   5 DB burpee + thruster, 30 second rest

DAY 16   Active rest and mobility

DAY 17   12 DB snatches, 6 push ups, 20 second plank

DAY 18   10 Cossack lunges, 10 wide leg deadlifts, 10 jump squats

DAY 19   6 plank rows, 6 thrusters, 6 burpees

DAY 20   Active rest and mobility

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DAY 21   8 single arm DB cleans + press, 8 plank pull throughs

DAY 22   10 front rack reverse lunges, 10 goblet squats, 20 mountain climbers

DAY 23   10 SDHP, 10 burpees, 30 second rest

DAY 24   Active rest and mobility

DAY 25   5 single leg DLs/side, 10 Cossak lunges, 5 strict press

DAY 26   10 OH walking lunges, 10 bent over rows, 20 second rest

DAY 27   10 seated twists, 10 supine toe touches, 10 plank shoulder taps

DAY 28   Active rest and mobility

DAY 29   10 lungesters, 10 deadlifts, 10 burpees

DAY 30   10 DB snatches, 10 plank pull throughs, 5 clean + press/side, 10 plank pull throughs

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

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.
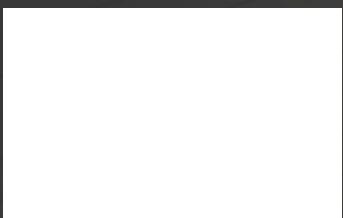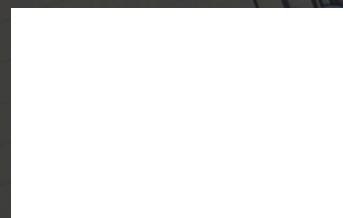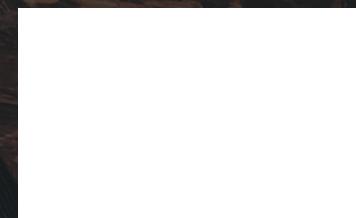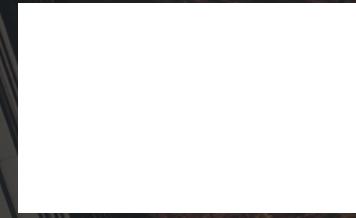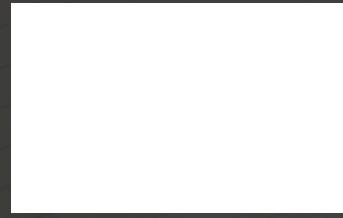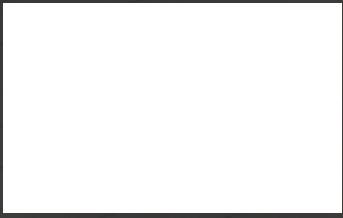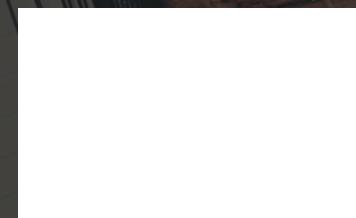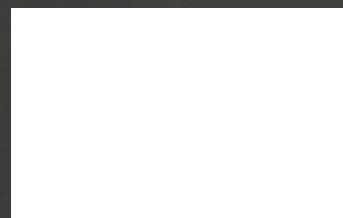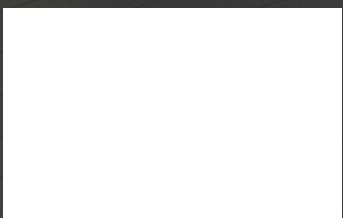
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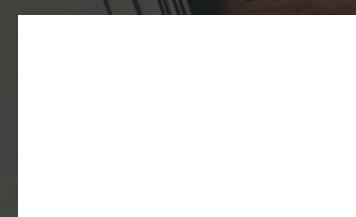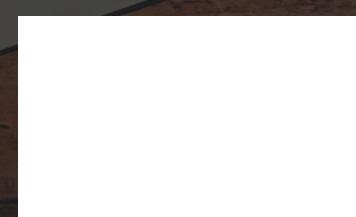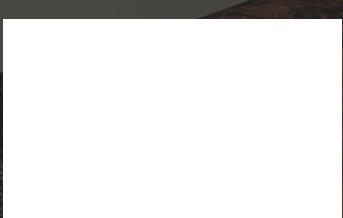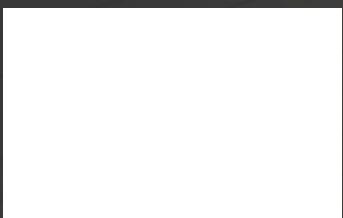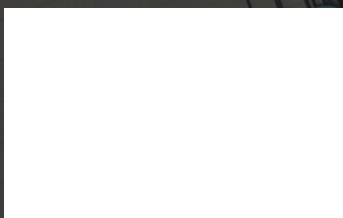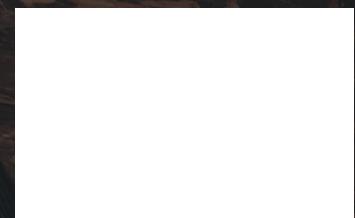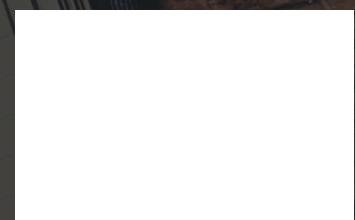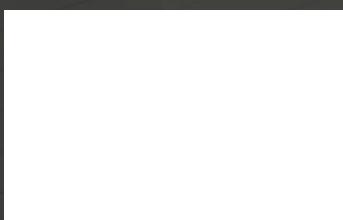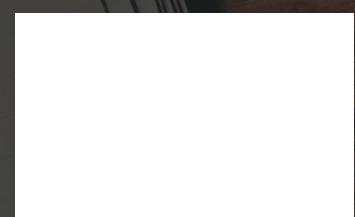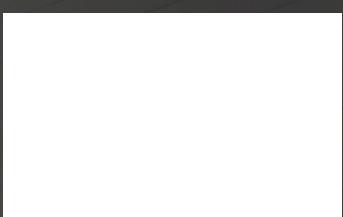
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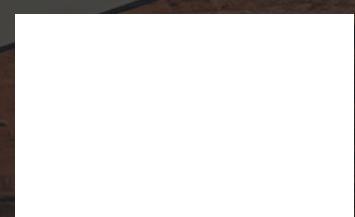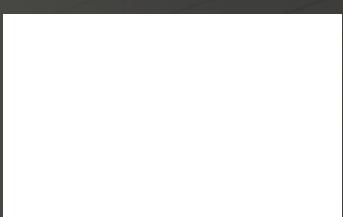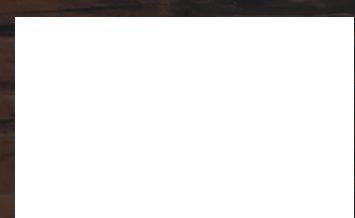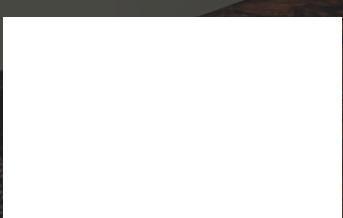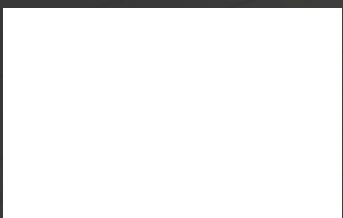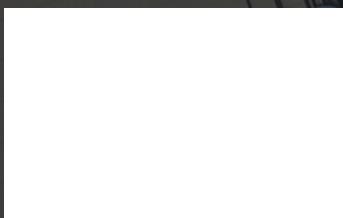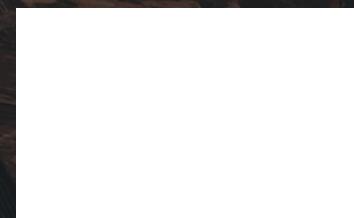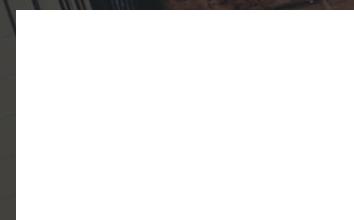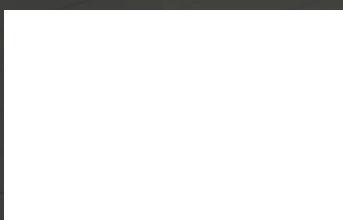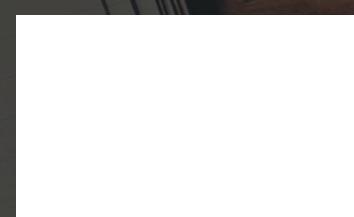
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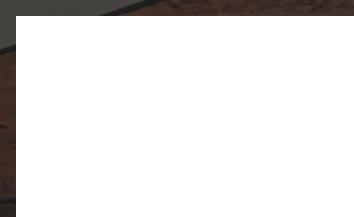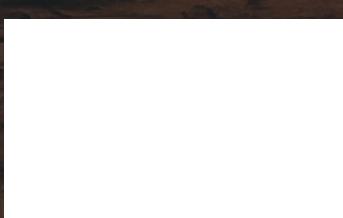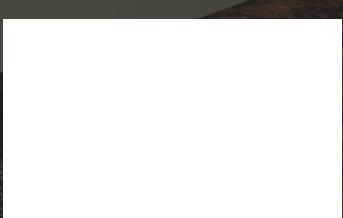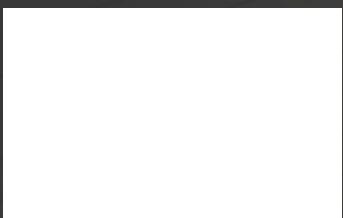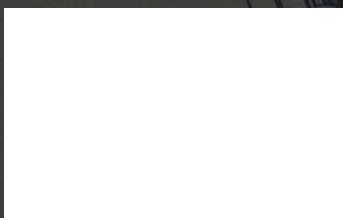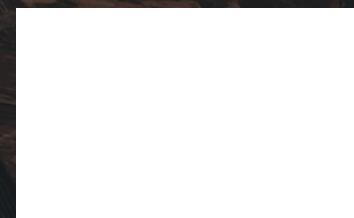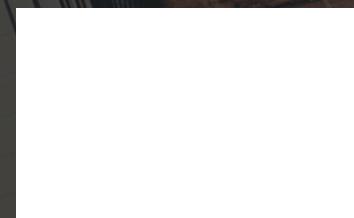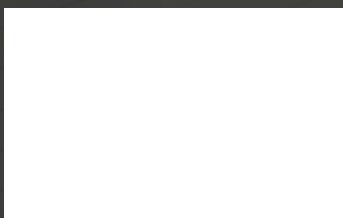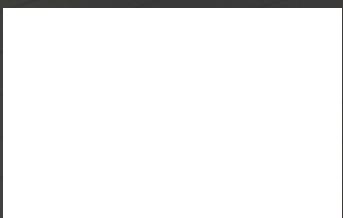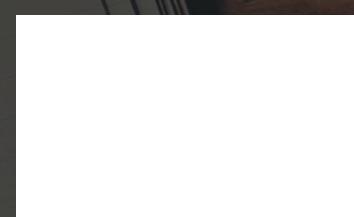
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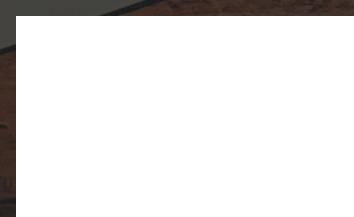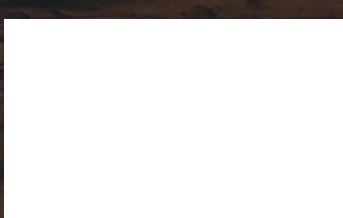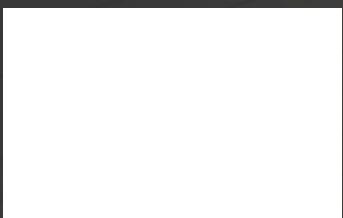
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