

# 30 DAYS OF *#NoExcuses*

## BODY WEIGHT 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 do *not* require any equipment. 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 lower body, day two is upper 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 want.

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## 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](#)

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## CONTACT ME

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

DAY 1 5 squats, 10 reverse lunges, 20 mountain climbers

DAY 2 3 push ups, 6 rotating planks, 3 burpees

DAY 3 10 jumping jacks, 3 inch worms, 3 back extensions

DAY 4 Active rest and mobility

DAY 5 8 Cossack lunges, 8 squats, 8 burpees

DAY 6 8 shoulder taps, 6 triceps dips, 10 jumping jacks

DAY 7 8 dead bugs, 10 mountain climbers, 20 second plank hold

DAY 8 Active rest and mobility

DAY 9 10 good mornings, 10 pulse squats, 10 jump switch lunges

DAY 10 4 push ups, 4 inch worms, 20 jumping jacks

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DAY 11 5 burpees, 30 second rest

DAY 12 Active rest and mobility

DAY 13 10 reverse lunges, 10 squats, 10 mountain climbers

DAY 14 10 second plank hold, 6 rotating planks, 6 triceps dips

DAY 15 5 back extensions, 3 push ups, 10 march in place

DAY 16 Active rest and mobility

DAY 17 6 Cossack lunges, 6 wide leg floor to ceilings, 12 standing knee to elbows

DAY 18 3 inch worms, 6 lateral rotations, 3 burpees

DAY 19 5 side plank hip lifts/side, 10 bird dogs, 20 second plank

DAY 20 Active rest and mobility

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- DAY 21 10 squat pulses, 10 lunges, 20 mountain climbers
- DAY 22 4 plank to pike, 4 pike push ups, 20 jumping jacks
- DAY 23 5 glute bridges, 10 supine toe touches, 10 second reverse tabletop
- DAY 24 Active rest and mobility
- DAY 25 8 good mornings, 8 jump squats, 16 march in place
- DAY 26 10 plank shoulder taps, 5 back extensions, 5 push ups
- DAY 27 10 second side plank/side, 20 mountain climbers, 20 second rest
- DAY 28 Active rest and mobility
- DAY 29 3 push ups, 6 squats, 3 triceps dips, 6 Cossack lunges
- DAY 30 6 burpees, 30 second rest

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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

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## 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](#)

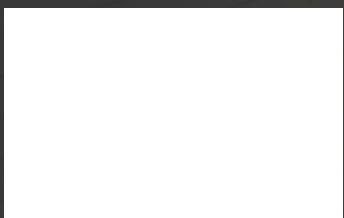
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## WHAT ABOUT DRINKS?

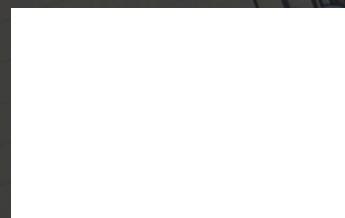
Coffee or tea is okay - just omit the sugar. It's only for 30 days. Drink a glass or two of water before you hone in on the caffeine.

## WORKOUT

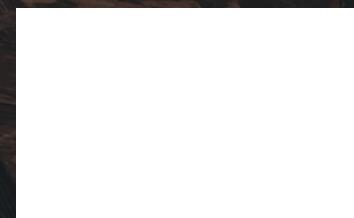
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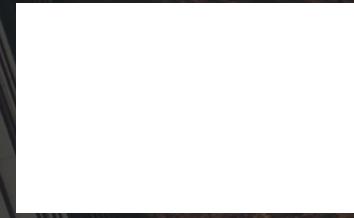
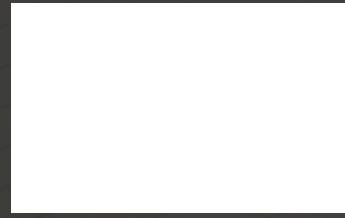
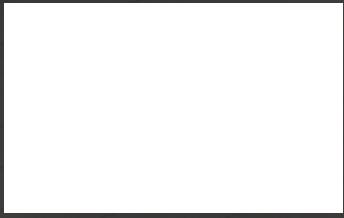
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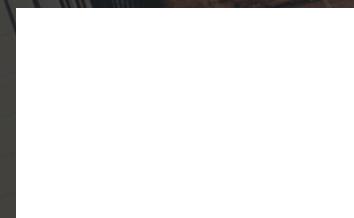
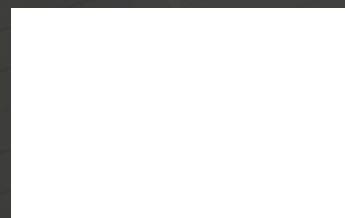
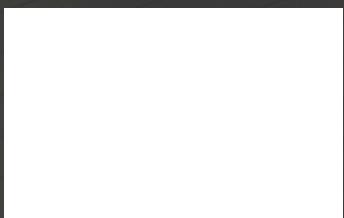
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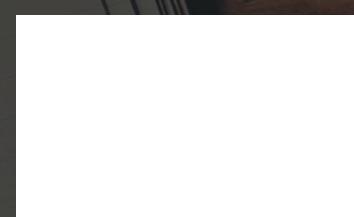
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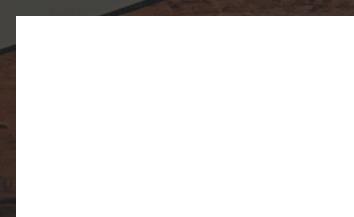
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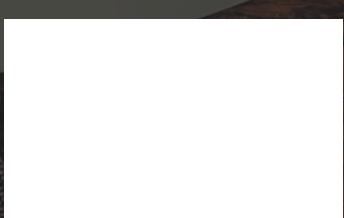
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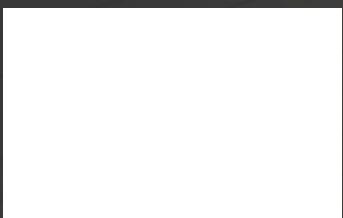


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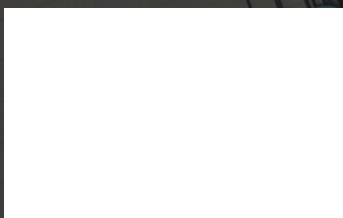
## WORKOUT

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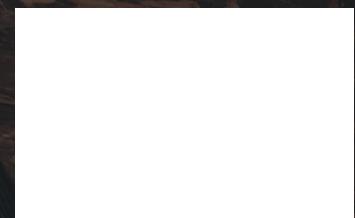


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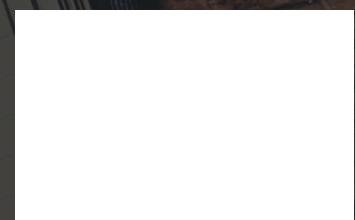
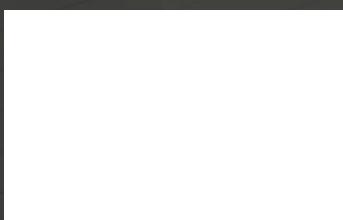
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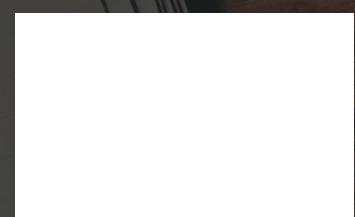
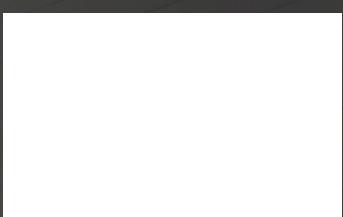
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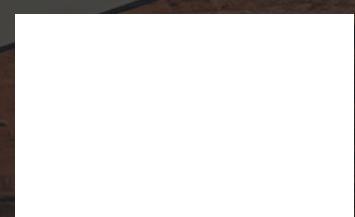
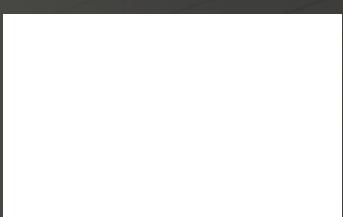
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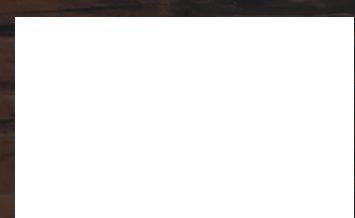
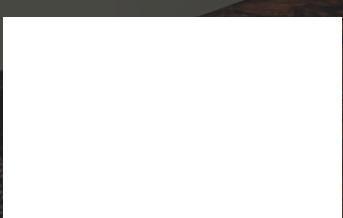
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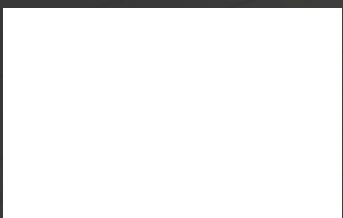


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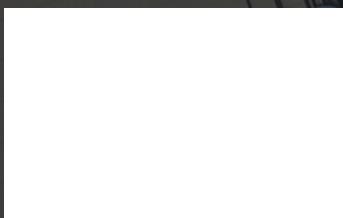
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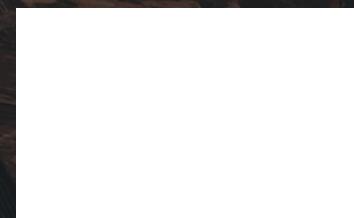


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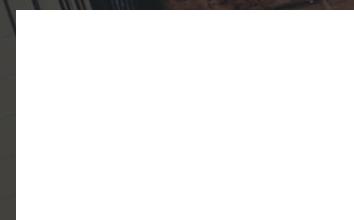
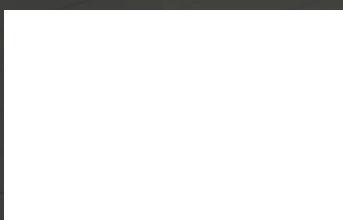
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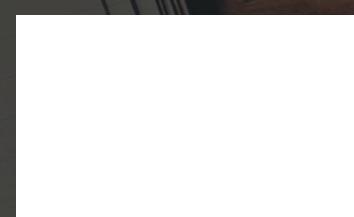
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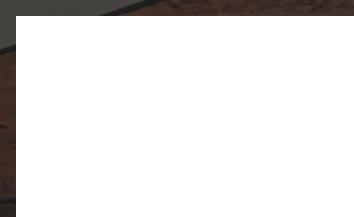
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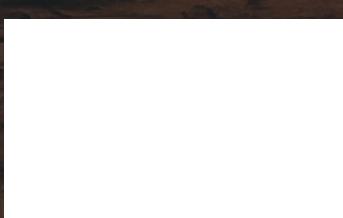
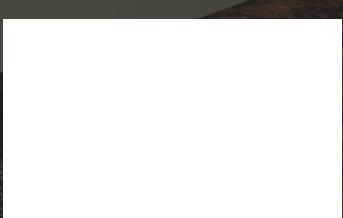
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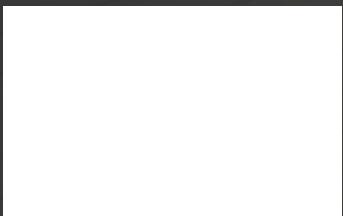


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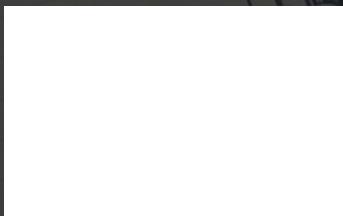
## WORKOUT

DAY 19



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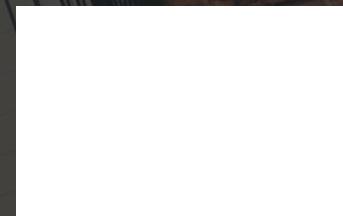
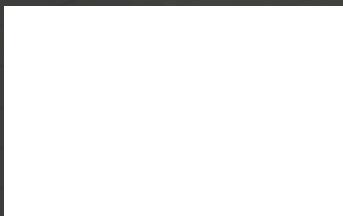
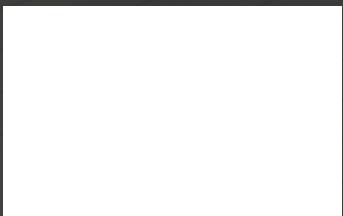
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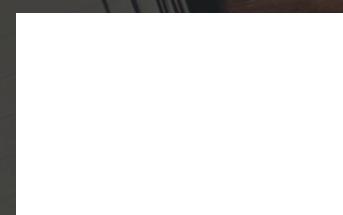
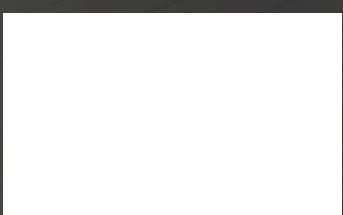
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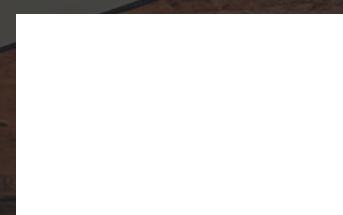
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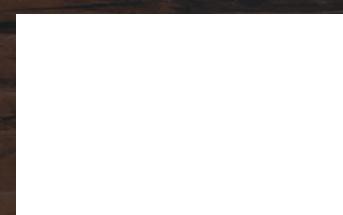
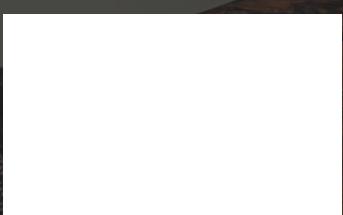
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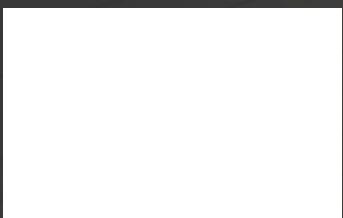


DAY 24



## WORKOUT

DAY 25



## BREAKFAST

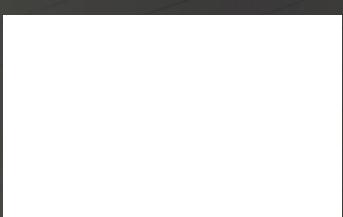
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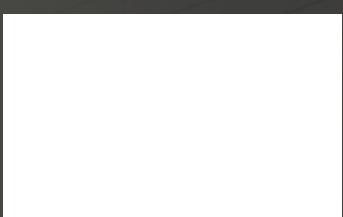
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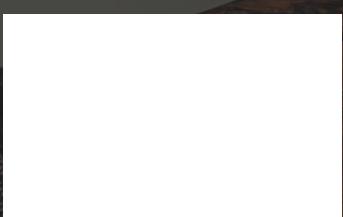
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DAY 29



DAY 30



## MOOD + COMMENTS

