

FIT IN 30



MAY 5- JUN 2, 2025

The Program

Fit in 30 is a 4 week program built for busy schedules—30 minutes a day, and you’re done. We’re hitting muscle, strength, and endurance with straight sets, circuits, supersets, and some unilateral moves to keep things fresh. If you loved Vitalize, this one’s right up your alley. Get ready to work hard and see results.

We’ll have 4 workouts per week, 1 full rest day, and two active rest days with cardio. Equipment used: dumbbells, yoga block, band, and bench.

THURSDAY SPRINTING DAY

Thursday Sprint Challenge:
*** Do 10 intervals of 30 seconds of sprinting, followed by 30-60 seconds of rest between each sprint. Focus on explosive effort during each sprint and full recovery between intervals. Can be:running, biking, swimming, rowing, skipping rope etc)

STEPS CHALLENGE

Track your total steps throughout the week and match the set goal by Saturday. Remember, it’s a weekly total, not daily, so pace yourself and hit that target by the end of the week!

SUN	MON	TUE	WED	THU	FRI	SAT
REST AND RECHARGE	FULL BODY COMPOUNDS 1	UPPER BODY PUSH / PULL 2	LOWER BODY STRENGTH 3	SPRINTS 4	FULL BODY METCON 5	WEEKLY TOTAL STEPS: 70K 6
REST AND RECHARGE 7	FULL BODY HYPERTROPHY CIRCUITS 8	LOWER BODY CIRCUITS 9	UPPER BODY GIANT SETS 10	SPRINTS 11	FULL BODY SUPERSETS 12	WEEKLY TOTAL STEPS: 80K 13
REST AND RECHARGE 14	UPPER BODY CHEST, BACK 15	GLUTES ABS / CORE 16	TOTAL ARMS 17	SPRINTS 18	LOWER QUADS / HAMS 19	WEEKLY TOTAL STEPS: 90K 20
REST AND RECHARGE 21	FULL BODY POWER & STRENGTH 22	POSTERIOR CHAIN 23	FULL BODY HYPERTROPHY CIRCUITS 24	SPRINTS 25	FULL BODY UNILATERAL CORE 26	WEEKLY TOTAL STEPS: 100K 27
REST AND RECHARGE 28	FINALE 29					