

GROWNSTRONG

30 DAYS OF BODYWEIGHT FITNESS



FITNESS

**FOR ALL
LEVELS
EVERYWHERE**



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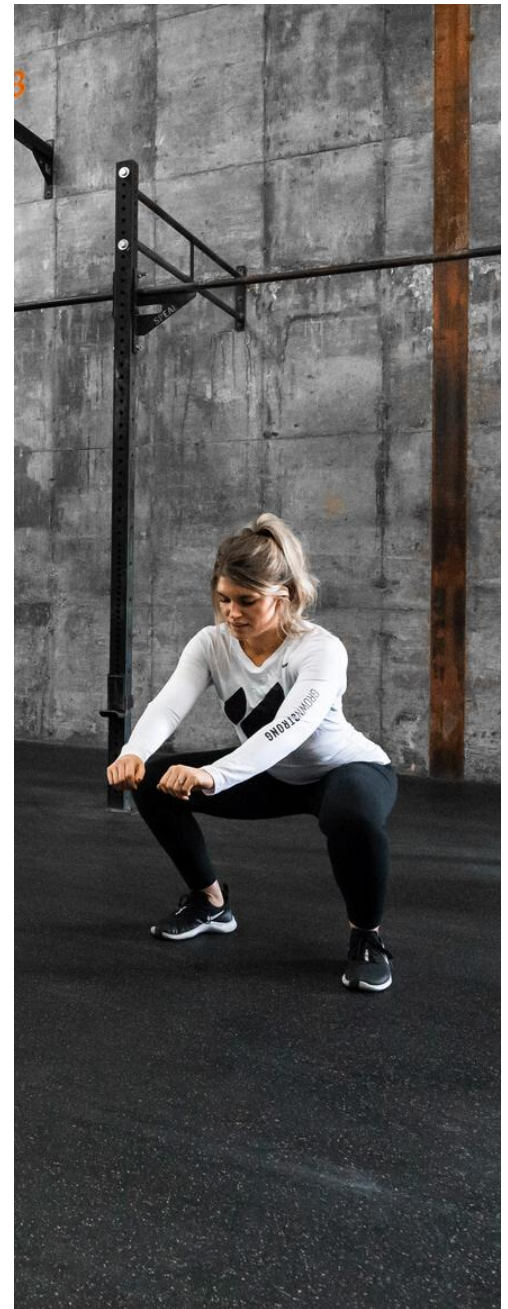
THE GROWN STRONG BODYWEIGHT FITNESS

Welcome to the Grown Strong 30 days Bodyweight Fitness Guide!

With everything going on in the world right now, you might be spending majority of the time at home. In fact you might not even be able to go to the gym either because it's closed or because it's unsafe. However that should not stop you from getting in your fitness. We are dedicated towards helping you maintain your active and healthy lifestyle even if that's from home.

Our mission at Grown Strong is to help you become the strong and confident woman you always knew you could be so you can be that inspiration for someone else. And just because everyone is going through some crazy times right now that doesn't stop us from believing in our mission and neither should you!

Success starts from within—it's crafted by discipline and earned through hard work and dedication to your goals, which brought us to create the Grown Strong Bodyweight Fitness Guide—we're giving you the tools to stay fit from home. Once everything has returned to "normal" you should be able to get right back at where you left off. Maybe you'll even see some improvements, who knows.



WHAT CAN YOU EXPECT FROM THIS GUIDE AND WHAT IS THE GOAL?

- Continue your fitness journey, even through obstacles.
- Develop the right mindset to overcome roadblocks.
- Learn how to balance health with your everyday life.
- Develop a solid foundation of general fitness and nutrition.
- Increase body awareness through basic and fundamental movements.
- Develop an understanding of how to modify fitness when needed.
- Become a total badass.

MEET YOUR COACH:

Grown Strong is all about tapping into your inner athlete. The skills you'll master throughout this program will help you to not only reach your health and fitness goals, but also be used as a stepping stone to develop the habits needed to achieve success in all areas of life. We believe that everyone possesses the strength to persevere through hardships that stand in the way of reaching your goals, no matter the circumstance—but one thing we've learned throughout our own journey is that you can't do it alone.

Surrounding yourself with people who can guide you toward success is the key to unlocking the greatness that lives within you—and just how professional athletes have a team of professionals helping them reach their goals, we are fully dedicated to providing you with the most elite coaches to support you along your fitness journey. Our coaches are experts in their respective fields and have a proven track record of success in fitness and nutrition. So, with that said, are you ready to meet your coaches?

LAUREN FISHER

Lauren Fisher established herself as one of the country's most promising up-and-coming elite athletes. Her life as an athlete began at 18 when Lauren placed 12th at the CrossFit NorCal Regionals. At age 20, she represented Team USA at the Junior World Championships in Weightlifting. And in 2014, she finished 9th overall at the CrossFit Games as the youngest athlete in the competition. Lauren's secret to success is simple: stay dedicated and work a little harder than everyone else - success will follow.





THE GROWN STRONG SUCCESS PYRAMID

This guide is designed to not only help you continue to crush your fitness goals, but will also set you up for success over the long-term. By following the success pyramid, you will be prepared to overcome any obstacles that prevent you from reaching your goal. Here's how it works...



FOUNDATION: GOAL SETTING

It's important to think about your goals and what you're looking to accomplish. Proper goal setting helps lay a solid foundation in order for you to understand where you're headed and the path you need to take to get there—which is why it's the bedrock of our pyramid.

When setting your goals, you should consider using the S.M.A.R.T. formula. This acronym is a simple way to remember the five different criteria needed to create goals you'll actually stick to long-term. S.M.A.R.T. stands for:

- Specific
- Measurable
- Attainable
- Relevant
- Timely

Specific:

Make sure your goals are focused, specific, and identify a tangible outcome. For example, if your goal is to build strength, you should decide what that means to you, specifically. Do you want to be able to increase your back squat weight by five percent? Ten percent? Or if you want to transform your physique, how much body fat do you want to lose and how much muscle do you want to gain?

You see, without the specifics you run the risk of your goal being too vague to achieve. Being specific helps you identify what you want to achieve and what resources you are going to leverage to find success.

Measurable:

Whatever your goal may be, you should have a clear definition of success and a way to track your progress. Working with the same examples, logging the weight progressions on your back squat or getting your body fat percentage and lean mass checked regularly are great ways to ensure you are on track to reaching your goal.

Attainable:

Next, you should determine if your goal is realistic for you. It should be challenging, but still reasonable to achieve and within the realm of possibility. Taking a moment to reflect on this component can help identify any potential roadblocks that you may need to overcome in order to be successful. It's also an opportunity to outline the action steps you're planning to take to achieve it.

For example, if you want to improve your cardiovascular endurance and get back into jogging after a long exercise hiatus, but you're just now getting back into your workout groove, signing up to run the full marathon within a few weeks of racing day might not be within the realm of possibility. However, setting a goal to run a 5k or 10k is challenging, but still reasonable for you to achieve.

Relevant:

Next, you'll want to ensure that your goal is relevant to your wants and needs. This component is about getting real with yourself to ensure that your goal aligns with your values and if its a priority focus for you right now. This is the time to determine your primary motivation and your "why" for wanting to achieve this goal.

Timely:

Every goal needs a target date. Giving yourself a deadline on when your goal should be met not only keeps you motivated, but also applies the focus and discipline necessary to achieve it. When you can see the light at the end of the tunnel you are less likely to become discouraged throughout the process. It's also important to be realistic when setting a time-bound goal. If you want to lose 15 lbs, it would be unrealistic to allow yourself two weeks to do it.

MINDSET & DISCIPLINE

With any goal, you'll reach a point in the process where you'll be tired, exhausted, and feel like you want to give up and throw in the towel. BUT, Grown Strong is all about overcoming obstacles, no matter what! Discipline is doing what you need to do even if you don't want or feel like doing it. So, if you want to be successful, it's important to understand how to develop self-discipline and change your mindset in order to move passed these types of roadblocks, and here's how to do it



Know Your Weaknesses & Remove Temptation:

Having the ability to be real and honest with yourself about your weaknesses isn't easy—but understanding your kryptonite is the only way you'll be equipped to face it head on. If you know your weakness is late night snacking, for example, rid your cupboards and fridge of any temptation and replace it with a healthy alternative.

Create New Habits & Keep It Simple:

Oftentimes, people try to do too much too fast. When you do this, you can easily burn yourself out short of reaching your goal. We suggest changing one or two of your habits at a time and focusing on those, so not to overwhelm yourself. Once you've successfully adopted these healthier habits into your routine, you can move on to other ones.

Change Your Perspective:

When it comes to temptations, your ability to stay in control of your choices can determine your success. However, willpower is something that is best developed over time. There will be slip ups every once in a while but changing your perspective about willpower and understanding that it's not a sprint but a marathon will make the process that much easier.

Accept Slip-Ups & Move On:

Slip-ups can, and most likely, will happen. Forgiving yourself and moving forward when you've had a slip up will help you continue working toward your goal. Oftentimes, people believe that health and fitness is an all-or-nothing mentality and that you have to be in it 100% or not at all. But that is not what Grown Strong is about. We believe in balance—and when you have a slip up, we simply accept it and move on. We don't dwell on it or use it as an excuse to quit. The goal isn't to achieve perfection, it's to achieve results you can maintain over the long-term, and being kind to yourself is an important part of that process.



ACCOUNTABILITY

There's a reason successful people surround themselves with a solid support system. Whether its a team of experts, coaches, advisors, or even trustworthy family and friends that give honest advice when they need it, having a support system is crucial to overcoming any obstacles along your journey. So be mindful of the company you keep. Are they bringing you up? Supporting you? Giving you words of encouragement? If not, you should consider inviting people into your life that can help you during hard times. And remember, your Grown Strong community always has your back!

BALANCE & RESULTS

We all have our own ideas about what strength means to us—but one we know for certain is that strength must be developed over time. The success pyramid is simply a framework for you to develop your own version of strength. Following our methods doesn't mean you'll be indestructible. It simply means that you'll step into your highest sense of self and have the courage to face your fears, the willpower to overcome them, and the fortitude to do it over and over again, no matter the circumstance. The process is never ending. But you'll learn to become the strong and confident woman you always knew you could be so you can be that inspiration for someone else, pass the torch, so they can do the same for others. Together, we'll continue to fight for what we believe in. Together, we're Grown Strong.





30 DAYS OF BODYWEIGHT FITNESS



DAY 1

A

Complete 3 Sets

- 45-60 Seconds Decline Plank
- 45-60 Seconds Wall Sit

B

10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Reps For Time

- Push Ups
 - Sit Ups
- *30 seconds plank hold after each round

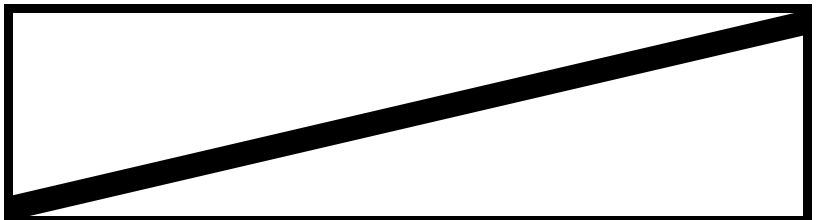
DAY 2

A

As Many Rounds As Possible In 16 Minutes

- 16 Jumping Squats
- 6 Burpees
- 16 Alternating Jumping Lunges
- 6 Burpees
- 16 Mountain Climbers
- 6 Burpees

B





DAY 3

A

Complete 3 Sets

- 5 Minutes Of Running
- *Rest 1 minute between sets

B

Complete 6 Sets

- 10 Seconds Hill/Stair Sprints
- *Rest 1 minute between sets

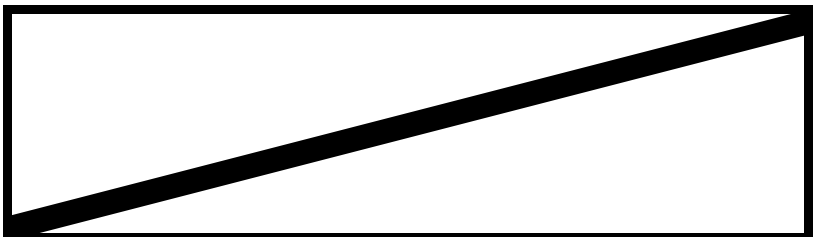
DAY 4

A

Complete 5 Sets For Time

- 5 Push Ups
- 10 High Knees
- 15 Floor Touch To Jump
- 20 Air Squats
- *Rest 1 minute between sets

B



DAY 5

A

Complete 3 Sets

- 30 Seconds Left Side Plank
 - 30 Seconds Right Side Plank
 - 30 Seconds Superman Hold
 - 30 Seconds Hollow Hold
- *Rest 15 seconds between exercises and 1 minute between sets

B

As Many Rounds As Possible In 10 Minutes

- 10 Tuck Jumps
- 10 Cossack Squats
- 10 V-Ups

DAY 6

A

Complete 3 Sets

- 3 Wall Climbs
- 1 Minute Crab Walk/Hold

B

For Time

- | | |
|-----------------|-----------------|
| • 50 Air Squat | • 40 Air Squats |
| • 25 Push Ups | • 20 Push Ups |
| • 30 Air Squats | • 20 Air Squats |
| • 15 Push Ups | • 10 Push Ups |
| • 10 Air Squats | |
| • 5 Push Ups | |



DAY 7

A

Complete 6 Sets

- 16 Alternating Jumping Lunges
Straight Into
- 200 Meter Run (Sprint)
*Rest 1 minute between sets

B

Tabata Hollow Hold - Complete 8 Sets

- 20 Seconds Hollow Hold
- 10 Seconds Rest

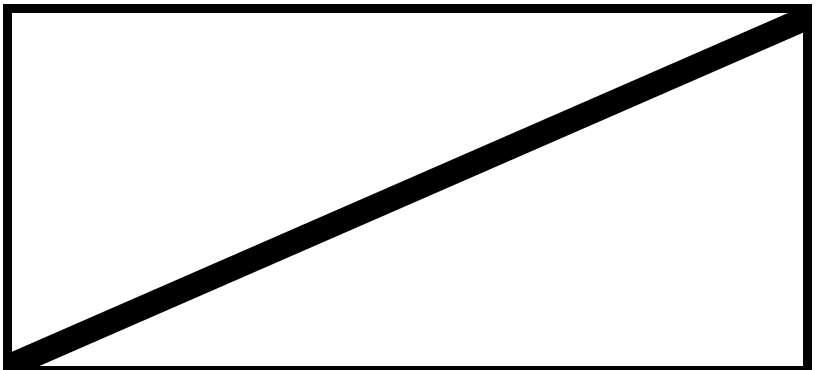
DAY 8

A

As Many Rounds As Possible In 20 Minutes

- 5 Burpees
- 10 Plank To Knee Touches
- 15 Air Squats

B



DAY 9

A

Complete 5 Sets

- 30 Seconds Plank Shoulder Taps
Straight Into
 - 30 Seconds Plank Hold
- *Rest 1 minute between sets

B

4 Rounds For Time

- 20 Plank Jumps
- 20 Tuck Jumps
- 20 High Knees

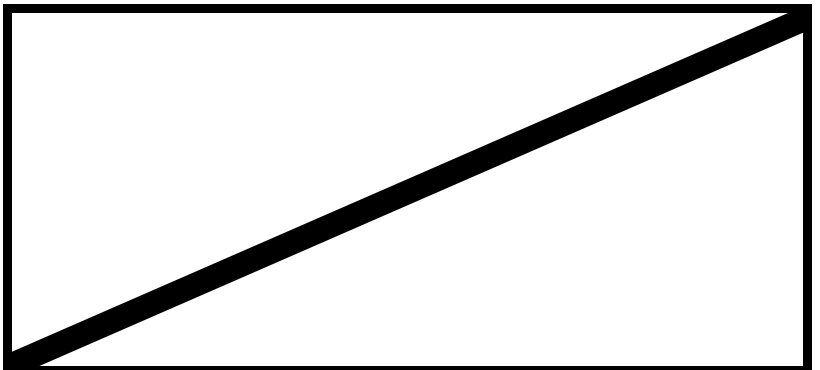
DAY 10

A

Complete

- 4000 Meter Run

B





DAY 11

A

Complete 4 Sets

- 45 Seconds Pike Shoulder Taps
- 45 Seconds Snow Angels

B

Complete 4 Sets

- 45 Seconds Lateral Jumps
- 45 Seconds Push Ups
- 45 Seconds Russian Twists

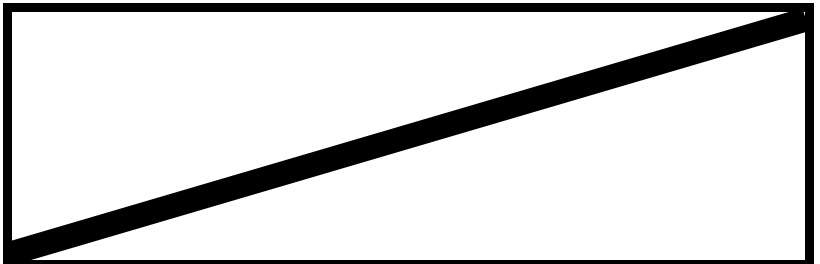
DAY 12

A

Complete 8 Rounds For Time

- 8 Burpees
- 12 Sit Ups
- 16 Jumping Squats
- 20 Mountain Climbers
- 24 High Knees

B





DAY 13

A

Complete 4 Sets

- 10 Single Leg Glute Bridges (Each Leg)
- 30 Seconds Glute Bridge Hold
- 30 Seconds Superman Hold

B

As Many Rounds As Possible In 10 Minutes

- 10 Plank To Push Ups
- 10 Meter Bear Crawl
- 10 Spider Climbers
- 10 Meter Reverse Bear Crawl

DAY 14

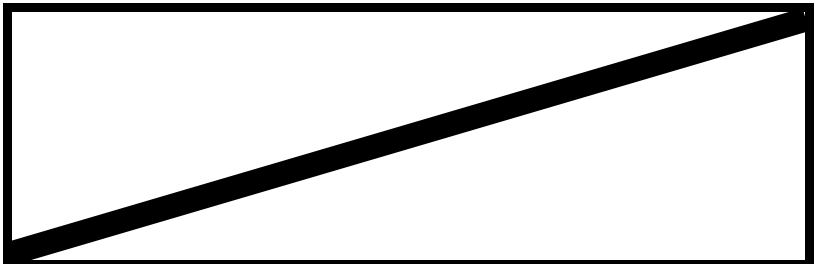
A

For Time

- 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Reps
 - Burpees
- 20, 18, 16, 14, 12, 10, 8, 6, 4, 2 Reps
 - Alternating Jumping Lunges

*Alternate between exercises

B





DAY 15

A

Complete 3 Sets

- 3 Wall Climbs
- 15 V-Ups

B

Complete 3 Sets

- 3 Wall Climbs
- 30 Bodyweight Deadlift Jumps

DAY 16

A

Complete 4 Sets

- 400 Meter Run @ Slow Pace
Straight Into
- 400 Meter Run @ Fast Pace
*Rest 2 minutes between sets

B

Accumulate

- 40 Bicycle Crunches
- 40 Plank Jumps

DAY 17

A

Complete 3 Sets

- 60 Seconds Wall Sit
Straight Into
- 60 Seconds Max Rep Air Squats

B

Complete 21, 15, 9 Reps For Time

- Bench Dips
- Plank Jacks
- Down Ups
- Atomic Sit Ups

DAY 18

A

50, 40, 30, 20, 10 Reps For Time

- Lateral Jumps
- Mountain Climbers

B

Burpee Tabata - Complete 8 Sets

- 20 Seconds Burpees
- 10 Seconds Rest



DAY 19

A

Complete 3 Sets

- 60 Seconds Jumping Jacks
- Rest 30 Seconds
- 30 Seconds Push Ups
- Rest 30 Seconds

B

Complete 3 Sets

- 20 Side Laying Leg Raises (Each Side)
- 20 Frog Pumps
- 20 Sit Ups

DAY 20

A

7 Rounds For Time

- 1 Burpee
- 2 Deadlift Jumps
- 3 V-Ups
- 4 Cossack Squats
- 5 Tuck Jumps
- 6 Hollow Rocks
- 7 Superman Rocks
- 8 Mountain Climber Twists
- 9 Jumping Squats
- 10 Plank Shoulder Taps

B



DAY 21

A

Complete 3 Sets

- 30 Seconds Wall Sit
- 30 Seconds Cossack Squats
- 30 Seconds Floor Back Extension

B

Complete 3 Sets

- 10 Wall Slides
- 10 Single Leg Hip Thrust (Each Side)
- 15 Scapular Push Ups

DAY 22

A

10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Reps For Tim

- Burpee Tuck Jumps
- Reverse Lunges
- Crap Toe Taps

B

Glute Bridge Tabata - Complete 8 Sets

- 20 Seconds Glute Bridges
- 10 Seconds Rest



DAY 23

A

Rotate Station Every Minute For 20 Minutes

- Station 1
 - Max Effort Jumping Squats
- Station 2
 - Max Effort Plank Jumps
- Station 3
 - Max Effort Lateral Jumps
- Station 4
 - Max Effort Alternating Jumping Lunges
- Station 5
 - Rest

B

DAY 24

A

Complete 3 Sets

- 30 Air Squats
- 20 Sit Ups
- 10 Push Ups

B

Complete

- 1 Mile Run / 1600 Meter Run
 - *Every minute perform 10 Tuck Jumps

DAY 25

A

Complete 3 Sets

- 40 Seconds Frog Pumps
- 40 Seconds Flutter Kicks
- 40 Seconds Bulgarian Split Squats (Left Side)
- 40 Seconds Bulgarian Split Squats (Right Side)

*Rest 20 seconds between exercises and 2 minutes after each set

B

As Many Reps As Possible In 3 Minutes

- Burpees

DAY 26

A

Complete For Time

- 100 Lunges
- 80 Lateral Jumps
- 60 Spider Climbers
- 40 Jumping Squats
- 20 Atomic Sit Ups

B

Complete 3 Sets

- 60 Seconds Plank Hold
- 30 Seconds Side Plank Bounces (Each Side)



DAY 27

A

Complete 3 Sets

- 60 Seconds Bottom Squat Hold
- 45 Seconds Cossack Squats
- 30 Seconds Hollow Hold

B

As Many Reps As Possible In 10 Minutes

- 10 Tuck Jumps
- 20 Quick Taps
- 10 Jumping Jacks
- 20 High Knees

DAY 28

A

Complete 3 Sets

- 30 Seconds Half Push Up Hold
- 30 Seconds Bottom Push Up Hold
- 30 Seconds Side Plank (Each Side)

B

5 Rounds For Time:

- 10 Broad Jumps
- 10 Crossover V-Ups
- 10 High Knees
- 10 Russian Twists

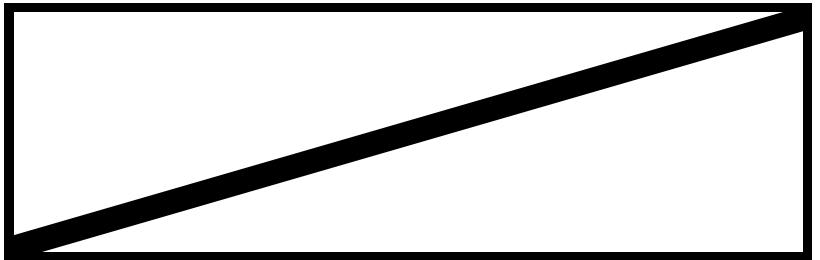
DAY 29

A

As Many Rounds As Possible In 20 Minutes

- 21 Air Squats
- 15 Pike Shoulder Taps
- 9 Down Ups

B



DAY 30

A

Complete 3 Sets

- 10 Wall Slides
- 10 Single Leg Hip Thrusts (Each Side)
- 10 Bulgarian Split Squats (Each Side)

B

As Many Rounds As Possible In 16 Minutes

- 8 Lateral Jumps
- 16 Lunges
- 8 V-Ups
- 16 Mountain Climbers

CONGRATS!

You've completed all 30 workouts! We hope this bodyweight program not only helped you maintain your fitness but even got you one step closer to reaching your fitness goals. Furthermore we hope we were able to help you develop a strong foundation to create healthier habits for years to come. One thing we've learned, however, is that consistency is often the most challenging aspect of a healthy lifestyle, and when life gets in the way, our fitness goals are typically the first thing to fall to the wayside.

But, not at Grown Strong...

We believe that developing healthy habits, whether it's eating right or exercising regularly, should work FOR YOU and your lifestyle. That's why we created Grown Strong Fitness--a daily fitness program that offers flexible workouts that scale to meet YOUR schedule, equipment needs, and goals. We're committed to help you reach your goals and provide you with everything you need to be successful.

As a Grown Strong Fitness member, you'll receive:

- Daily fitness programming that scales to meet your needs (3 different programs)
- Nutrition guidance and access to our in-house Nutritionist
- Access to our private Facebook community
- Exercise library and tutorial videos
- VIP discounts & giveaways

By taking the step to download this guide you've already proven that you're ready and capable of making fitness a part of your life! Join thousands of women, just like you, who are already crushing their goals in and out of the gym with Grown Strong Fitness!

Well, what are you waiting for? Sign-up now!

[GET STARTED](#)



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