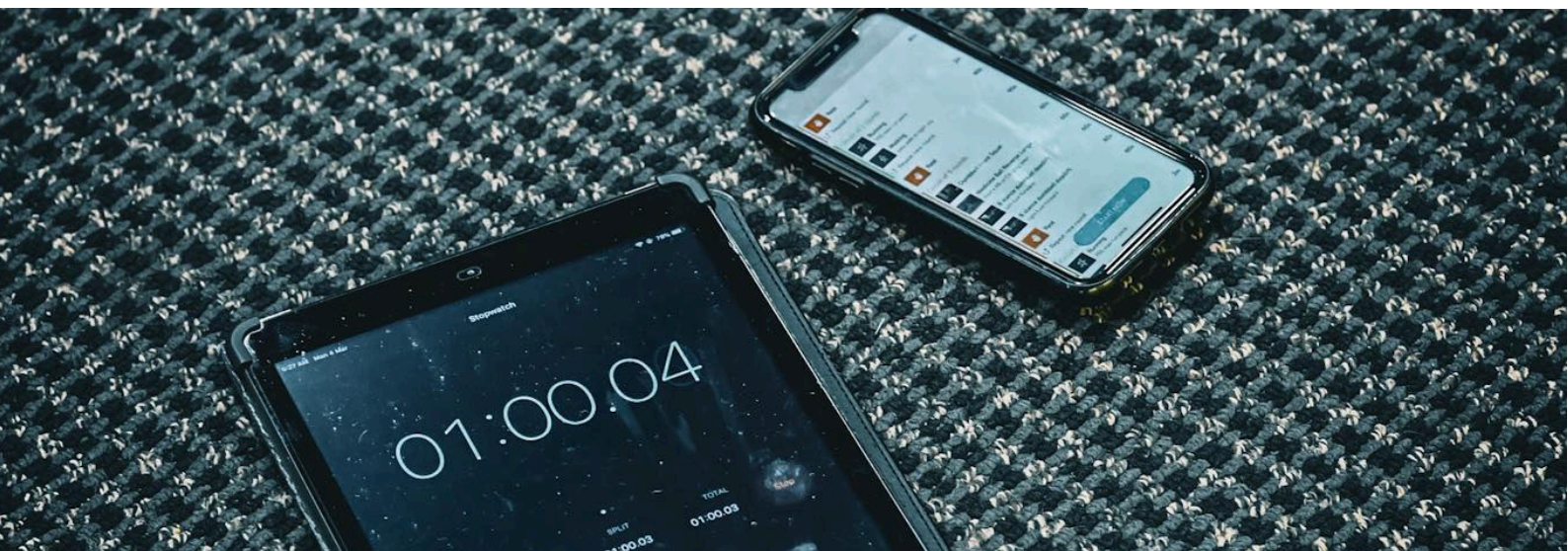


30 Days with GMC

jump in for 30 days &
move with us!



GROUND
MOVEMENT CO.



WWW.GROUNDEDMOVEMENTCO.COM

30 DAYS WITH GMC

CONTENTS.

- **TICK SHEET:** please print and tick off each day as you complete it.
- **FITNESS TESTING & BODY MEASUREMENTS:** These are not compulsory. If you want to do all, some or none, it's completely up to you.
- **EXERCISE LISTS:** This is where you will find all of the exercises set on your resistance days. If you have any questions about any of these please just ask. Any jumping movements can be reduced to stepping motions.
- **30 DAY CHALLENGE:**



TICK SHEET



1

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3

4

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FITNESS TESTING



Client Details	Date:
Name:	



Anthropometry & Body Composition

	Baseline		Post		Change
Weight					
Thigh	L:	R:	L:	R:	
Hip					
Waist					
Chest					
Arm	L:	R:	L:	R:	

Fitness Testing

Exercise	Baseline	Post	Change
6 min walk/ run test: Total laps/ distance	Run: Walk:	Run: Walk:	
Number of press ups in 1- minute	Full: Knees:	Full: Knees:	
Wall sit: Total time			
Front prone hold : Total time	Toes: Knees:	Toes: Knees:	
Side prone hold : Total time	L / R Toes: Knees:	L / R Toes: Knees:	
Number of squats in 2-minutes			





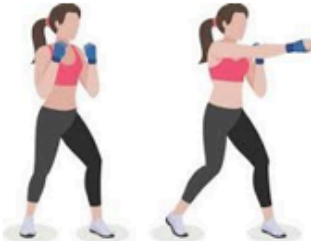





EXERCISE LIST



<p>Step up</p> 	<p>Half burpee</p> 
<p>Squat with side kick</p> 	<p>Squat</p> 
<p>Forward lunge</p> 	<p>Sumo squat</p> 
<p>Jump squat</p> 	<p>Sumo squat with heel raise</p> 
<p>Wall sit</p> 	<p>High knees</p> 

EXERCISE LIST



<p>Lunge with kick</p> 	<p>Mountain climbers</p> 
<p>Plank walk out</p> 	<p>Donkey kick</p> 
<p>Punching</p> 	<p>Rope reaches</p> 
<p>Heel taps</p> 	<p>Side plank with leg lift</p> 
<p>Plank with shoulder tap</p> 	<p>Up and down plank</p> 



EXERCISE LIST



<p>Front plank</p> 	<p>Glute bridge</p> 
<p>Press up</p> 	<p>Leg lower</p> 
<p>Full plank</p> 	<p>Side plank</p> 
<p>Bicycle crunch</p> 	<p>Heels to heaven</p> 
<p>Burpee</p> 	<p>Super skater</p> 

EXERCISE LIST



<p>Incline press up</p> 	<p>Tricep dip</p>  <p>WorkoutLabs.com</p>
<p>Bum kicks</p>  <p>WorkoutLabs.com</p>	<p>Reverse lunge</p> 
<p>Star jumps</p> <p>1A 1B</p> 	<p>Arm circles</p>  <p>SpotOni.com</p>
<p>Crab hold</p> 	

DAY #1

AEROBIC TRAINING



level 1: 30 min walk.
distance _____



**level 2: 30 min walk
and/or run.**
distance _____



level 3: 40 min run.
distance _____

DAY #2

RESISTANCE TRAINING



Notes: You can do planks and press ups off knees instead of feet if or when you need to.

Level 1: 10 reps / 20 sec if timed

Level 2: 15 reps / 40 sec if timed

Level 3: 20 reps / 60 sec if timed

Warm up: 3-5 brisk walk or light jog to warm up.

If you have an indoor cycle/rower/ crosstrainer then you can use this too.

Squat
press up
Front plank (timed)
Bum kicks (timed)
Sumo squat
Tricep dip
Leg lowers (@ side)
Star jumps (timed)
Reverse lunge
Glute bridge
Rest 60 sec. Repeat for 3 rounds.

DAY #3

AEROBIC TRAINING



level 1: 30 min walk.
distance _____



**level 2: 30 min walk
and/or run.**
distance _____



level 3: 40 min run.
distance _____

DAY #4

REST DAY



**Enjoy an easy walk/
cycle or stretch to
loosen up any sore
muscles.**

DAY #5

RESISTANCE TRAINING



Notes: You can do planks and press ups off knees instead of feet if or when you need to.

Level 1: 10 reps / 20 sec if timed

Level 2: 15 reps / 40 sec if timed

Level 3: 20 reps / 60 sec if timed

Warm up: 3-5 brisk walk or light jog to warm up.

If you have an indoor cycle/rower/ crosstrainer then you can use this too.

Squat
press up
Front plank (timed)
Bum kicks (timed)
Sumo squat
Tricep dip
Leg lowers (@ side)
Star jumps (timed)
Reverse lunge
Glute bridge
Rest 90 sec. Repeat for 2 or 3 rounds.



**In between
each exercise
today, please
do a brisk
30-sec walk/
jog or run!**

DAY #6

AEROBIC TRAINING



Notes: Ideally this would be an 'outdoor cycle'. If you have indoor bike, rower, cross-trainer etc you can substitute out for this. If you really dislike cycling or cannot ride a bike, please do a walk instead!



level 1: 30 min cycle.
distance _____



level 2: 40 min cycle.
distance _____



level 3: 60 min cycle.
distance _____

DAY #7

RESISTANCE TRAINING



Notes: Start with any circuit. After the 4th exercise rest 45 seconds. Then do 3 more rounds, so you get 4 done in total. Have a longer break 1-2 minutes and then move to a new circuit.

Level 1: 10 reps / 20 sec if timed

Level 2: 15 reps / 40 sec if timed

Level 3: 20 reps / 60 sec if timed

Warm up: 3-5 brisk walk or light jog to warm up. If you have an indoor cycle/rower/ crosstrainer then you can use this too.

Circuit A	Circuit B
Squat	Press up
Sumo squat	Plank walk out
Reverse kick	Tricep dip
wall sit (timed)	Punches (timed)

Circuit C
Bum kicks (timed)
Half burpee
Step ups (timed)
Star jumps

DAY #8

REST DAY



Enjoy an easy walk/
cycle or stretch to
loosen up any sore
muscles.

DAY #9

AEROBIC TRAINING



level 1: 35 min walk.
distance _____



**level 2: 40 min walk
and/or run.**
distance _____



level 3: 45 min run.
distance _____

DAY #10

RESISTANCE TRAINING



Notes: You can do planks off knees instead of feet if or when you need to.

Level 1: 10 reps / 20 sec if timed

Level 2: 15 reps / 40 sec if timed

Level 3: 20 reps / 60 sec if timed

Warm up: 3-5 brisk walk or light jog to warm up.

If you have an indoor cycle/rower/ crosstrainer then you can use this too.

Squat
Forward lunge
Step ups (timed)
Wall sit (timed)
Sumo squat with heel raise
Half burpee
Glute bridge
Donkey kicks (each side)
Side plank with leg lift (each side)
Full plank
Rest 60 sec. Repeat for 3 rounds.

DAY #11

RESISTANCE TRAINING



Notes: You will need a set of cans or lighter dumbbells. You will be doing punches (jabs, hooks or up toward roof) in between each exercise below. You can do planks and press ups off knees instead of feet.

Level 1: 10 reps / 20 sec if timed

Level 2: 15 reps / 40 sec if timed

Level 3: 20 reps / 60 sec if timed

Warm up: 3-5 brisk walk or light jog to warm up.

If you have an indoor cycle/rower/ crosstrainer then you can use this too.

Press ups
Plank walk out
Tricep dips
Up and down plank
Incline press ups
Plank with shoulder tap
Star jumps (timed)
Arm circles forwards (timed)
Arm circles backwards (timed)
Crab hold (timed)
Rest 90 sec. Repeat for 2-3 rounds.

In between each exercise today, please do 30-sec of punches with your cans or weights.

DAY #12

REST DAY



Enjoy an easy walk/
cycle or stretch to
loosen up any sore
muscles.

DAY #13

AEROBIC TRAINING



Notes: Ideally this would be an 'outdoor cycle'. If you have indoor bike, rower, cross-trainer etc you can substitute out for this. If you really dislike cycling or cannot ride a bike, please do a walk instead!



level 1: 40 min cycle.
distance _____



level 2: 50 min cycle.
distance _____



level 3: 75 min cycle.
distance _____

DAY #14

RESISTANCE TRAINING



Notes: Start with any circuit. After the 4th exercise rest 45 seconds. Then do 3 more rounds, so you get 4 done in total. Have a longer break 1-2 minutes and then move to a new circuit. You can reduce any jumping movements by simply taking it out and performing the exercise or drop to a stepping motion. Planks can be dropped to knees when or if you need to.

Level 1: 30 sec | Level 2: 45 sec | Level 3: 60 sec

Warm up: 3-5 brisk walk or light jog to warm up.
If you have an indoor cycle/rower/ crosstrainer then you can use this too.

Circuit A	Circuit B
Squat with kick	Jump squat
Incline press ups	Plank with shoulder tap
Bum kicks	High knees
Bicycle crunch	Heel taps

Circuit C
Burpees
Tricep dips
Step ups
Mountain climbers

DAY #15

AEROBIC TRAINING



level 1: 35 min walk.
distance _____



**level 2: 40 min walk
and/or run.**
distance _____



level 3: 45 min run.
distance _____

DAY #16

REST DAY



Enjoy an easy walk/
cycle or stretch to
loosen up any sore
muscles.

DAY #17

RESISTANCE TRAINING



Notes: You can do planks and press ups off knees instead of feet if or when you need to.

Level 1: 15 reps / 20 sec if timed

Level 2: 20 reps / 40 sec if timed

Level 3: 25 reps / 60 sec if timed

Warm up: 3-5 brisk walk or light jog to warm up.

If you have an indoor cycle/rower/ crosstrainer then you can use this too.

Squat
press up
Front plank (timed)
Bum kicks (timed)
Sumo squat
Tricep dip
Leg lowers (@ side)
Star jumps (timed)
Reverse lunge
Glute bridge
Rest 90 sec. Repeat for 2 or 3 rounds.



**In between
each exercise
today, please
do a brisk
30-sec walk/
jog or run!**

DAY #18

RESISTANCE TRAINING



Notes: Start with any circuit. Do the two exercises back-to-back, eg. 15 high knees, then 15 leg lowers. Rest 30 sec and repeat 2 more times so you do 3 rounds of the circuit in total before moving to the next one. (@) = each side of your body.

Level 1: 15 reps | Level 2: 20 reps | Level 3: 30 reps

Warm up: 3-5 brisk walk or light jog to warm up.
If you have an indoor cycle/rower/ crosstrainer then you can use this too.

Circuit A
High knees (@)
Leg lowers (@)

Circuit B
Bum kicks (@)
Bicycle crunch (@)

Circuit C
Burpees
Rope reaches (@)

Circuit D
Mountain climbers (@)
Side plank (@)

Circuit E
High knees (@)
Up and down plank

Circuit F
Step ups
Heel taps (@)

DAY #19

AEROBIC TRAINING



YOUR CHOICE!

**60 minutes total
activity:**

This could be a trail walk, swim, squash game, exercise class, a past workout we have done.

DAY #20

REST DAY



Enjoy an easy walk/
cycle or stretch to
loosen up any sore
muscles.

DAY # 21

AEROBIC TRAINING



Notes: Ideally this would be an 'outdoor cycle'. If you have indoor bike, rower, cross-trainer etc you can substitute out for this. If you really dislike cycling or cannot ride a bike, please do a walk instead!



level 1: 40 min cycle.
distance _____



level 2: 50 min cycle.
distance _____



level 3: 75 min cycle.
distance _____

DAY #22

RESISTANCE TRAINING



Notes: You can do press ups off knees instead of feet if or when you need to.

Level 1: 15 reps / 20 sec if timed

Level 2: 20 reps / 40 sec if timed

Level 3: 25 reps / 60 sec if timed

Warm up: 3-5 brisk walk or light jog to warm up.

If you have an indoor cycle/rower/ crosstrainer then you can use this too.

Super skater (@)
Squat with kick
Incline press up
Heels to heaven
Glute bridge
Half burpee
plank walk out (timed)
Wall sit (timed)
Tricep dips
Jog or sprint (timed)
Rest 90 sec. Repeat for 3 rounds.

DAY #23

RESISTANCE TRAINING



Notes: You will need a set of cans or lighter dumbbells. You will be doing punches (jabs, hooks or up toward roof) in between each exercise below. You can do planks and press ups off knees instead of feet.

Level 1: 10 reps / 20 sec if timed

Level 2: 15 reps / 40 sec if timed

Level 3: 20 reps / 60 sec if timed

Warm up: 3-5 brisk walk or light jog to warm up.

If you have an indoor cycle/rower/ crosstrainer then you can use this too.

Press ups
Plank walk out
Tricep dips
Up and down plank
Incline press ups
Plank with shoulder tap
Star jumps (timed)
Arm circles forwards (timed)
Arm circles backwards (timed)
Crab hold (timed)
Rest 90 sec. Repeat for 2-3 rounds.

In between each exercise today, please do 30-sec of punches with your cans or weights.

DAY # 24

REST DAY



Enjoy an easy walk/
cycle or stretch to
loosen up any sore
muscles.

DAY # 25

AEROBIC TRAINING



level 1: 45 min walk.
distance _____



**level 2: 50 min walk
and/or run.**
distance _____



level 3: 60 min run.
distance _____

DAY #26

RESISTANCE TRAINING



Notes: You can do planks off knees instead of feet if or when you need to.

Level 1: 15 reps / 30 sec if timed

Level 2: 20 reps / 45 sec if timed

Level 3: 30 reps / 60 sec if timed

Warm up: 3-5 brisk walk or light jog to warm up.

If you have an indoor cycle/rower/ crosstrainer then you can use this too.

Squat
Forward lunge
Step ups (timed)
Wall sit (timed)
Sumo squat with heel raise
Half burpee
Glute bridge
Donkey kicks (each side)
Side plank with leg lift (each side)
Full plank
Rest 90 sec. Repeat for 3 rounds.

DAY #27

RESISTANCE TRAINING



Notes: Start with any circuit. Do the two exercises back-to-back, eg. 15 speed skaters each leg and then 15 leg lowers each leg. Rest 30 sec and repeat 2 more times so you do 3 rounds of the circuit in total before moving to the next one. (@) = each side of your body.

Level 1: 15 reps | Level 2: 20 reps | Level 3: 30 reps

Warm up: 3-5 brisk walk or light jog to warm up.
If you have an indoor cycle/rower/ crosstrainer then you can use this too.

Circuit A
Speed skater (@)
Leg lowers (@)

Circuit B
Star jumps
Plank with shoulder tap

Circuit C
Half burpees
Rope reaches (@)

Circuit D
Jump squat
Side plank with leg lift (@)

Circuit E
30 sec jog or sprint
Heels to heaven

Circuit F
Bum kicks (@)
Donkey kicks (@)

DAY #28

REST DAY



Enjoy an easy walk/
cycle or stretch to
loosen up any sore
muscles.

DAY #29

AEROBIC TRAINING



Notes: Ideally this would be an 'outdoor cycle'. If you have indoor bike, rower, cross-trainer etc you can substitute out for this. If you really dislike cycling or cannot ride a bike, please do a walk instead!



level 1: 40 min cycle.
distance _____



level 2: 50 min cycle.
distance _____



level 3: 75 min cycle.
distance _____

DAY #30

AEROBIC TRAINING



YOUR CHOICE!

**60 minutes total
activity:**

This could be a trail walk, swim, squash game, exercise class, a past workout we have done.

DAY #31

CELEBRATION DAY!!!!



HELL YESSSSSSSS!

Do whatever you feel like doing
today!

Most of all be proud that you
were consistent in your
movement for the last 30 days.