

30 Days to Fit & Balanced: The 20-Minute Plan for Your Full Life

- Warm-up (5 min): Detailed dynamic stretching.
- Workout (15 min):
- Cool-down (2-3 min): Detailed cool down.
- Repeat each workout once per week, for 4 weeks total.
- Note: Can be performed with bands and/or bodyweight, or with dumbbells/weights.

<p>Day 1</p> <p>Banded squat jumps - 30 sec Mountain climbers - 30 sec side-to-side toe taps - 30 sec High knees - 30 sec 30 sec rest Repeat 3 times</p>	<p>Day 2</p> <p>band push-ups (across back) or reg - 12 reps band rows - 12 reps per arm band overhead press -12 reps band tricep extensions -12 reps Plank shoulder taps -12 reps per arm Repeat 3 times</p>
<p>Day 3</p> <p>Band single leg deadlifts (each leg) - 12 reps Band lunges (each leg) - 12 reps Glute bridges (band above knees) - 20 reps Band calf raises - 20 reps Wall sit band above knees - 30 sec Repeat 3 times</p>	<p>Day 4</p> <p>Jumping jacks - 1 min Plank w band hip abductions (R & L) - 30 sec Russian twists w band - 30 sec Bicycle crunches - 30 sec Supermans - 30 sec Repeat 3 times</p>
<p>Day 5</p> <p>Pigeon pose - 30 sec each side forward fold, Butterfly stretch - 1 min each Figure 4 leg stretch - 30 sec R & L Supine palms up in T static stretch - 1 min w pillow or foam roller along spine Child's pose 2 min 3 min deep belly breathing, 2 min meditation</p>	<p>Day 6</p> <p>REST DAY</p>
<p>Day 7</p> <p>Repeat Day 1</p>	<p>Day 8-30</p> <p>Repeat Day 1- 7</p> <p>@urbanyoganyc</p>

Detailed Warm-up (5 Minutes):

- **Hip Circles (1 min):** Standing, bring one knee up towards your chest, then circle it outwards and around, engaging the hip joint. Alternate legs. This focuses on warming up the hip flexors and rotators.
- **Arm circles and band pull aparts (1 min):** Perform arm circle while holding & pulling the band apart, forward and backward. This warms up the shoulders all around.
- **Sun Salutations into Plank, Downward Dog, (2 min):** Perform a few rounds of sun salutations, flowing smoothly from mountain pose to plank, downward dog, and back to mountain pose. This warms up the entire body.
- **Back Lunges with a Twist (1 min):** Step back into a lunge, and then rotate your torso towards the front leg. Alternate sides, activating the core and improving spinal mobility.
- **Lateral Knee to Elbow (1 min):** Stand with feet shoulder-width apart. Place your left hand on your left hip. Bring your right knee up and toward your right elbow, focusing on a lateral bend in your spine. Return to the starting position. Repeat on the same side for 30 seconds or alternating for 1 min

*Designed to move the spine in all directions to get you ready, safely.

Well-Rounded Cool-Down (3 Minutes):

- Pigeon Pose (30 sec each side): Targets hip flexors and glutes, crucial for mobility and reducing lower back tension.
- Deep Belly Breathing Forward Fold (30 sec): Stretches hamstrings, releases tension in the back, and promotes calming breathwork.
- Standing Quad Stretch (30 sec each side): Stretches the quadriceps, improving flexibility and reducing tightness.
- Butterfly Stretch (30 sec): Opens the hips and groin, improving flexibility and releasing tension.
- Child's Pose (30 sec): A restorative pose that gently stretches the back, shoulders, and hips, while calming the mind.

*a shorter version of day 5, designed to be well rounded & repetitive to solidify your progress

Nutrition Guidelines:

- **Prioritize Protein:** Include lean protein in every meal (chicken, fish, beans, lentils).
- **Eat Whole Foods:** Focus on fruits, vegetables & legumes
- **Limit Processed Foods:** Avoid sugary drinks, processed snacks, and fast food.
- **Stay Hydrated:** Drink plenty of water throughout the day.
- **Mindful Eating:** Slow down & pay attention to hunger and fullness cues.
- **Meal prepping:** Meal prepping can be extremely useful for busy individuals.

Stress Management:

- **Deep Breathing:** Practice deep breathing exercises for a few minutes each day.
- **Meditation:** Try short meditation sessions to calm the mind.
- **Prioritize Sleep:** Create a relaxing bedtime routine.
- **Schedule Downtime:** Make time for activities you enjoy solo and with good company.

Important Considerations:

- **Consult a Doctor:** If you have pre-existing conditions talk with your doctor before starting a fitness program or diet.
- **Listen to Your Body:** Pay attention to your body's signals and rest when needed.
- **Be Patient:** Sustainable weight loss takes time and consistency.
- **Flexibility:** Adapt the workouts to your fitness level and available equipment.

Maximize your time and results. For personalized training via Zoom or in-person, book weekly or monthly sessions or a free 15 min consultation, click this Calendly link:

[https://calendly.com/urbanyoganyc/60minessionrequest?
month=2025-01](https://calendly.com/urbanyoganyc/60minessionrequest?month=2025-01)

This program, designed for busy parents and CEOs, delivers 10 lbs of weight loss, improved muscle tone, and a calmer, stress-free mind in just 4 weeks. Train at home or in the gym.

YOU GOT THIS!

-Stephanie L.

Founder & CEO