

*Goal Get Em Fitness*

**30  
DAY  
SLAY**

**30 DAYS OF AT-HOME BODYWEIGHT  
CIRCUITS**

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# Hi! I'm so glad you opened the 30-Day Slay!

Fair warning...the next 30 days are going to challenge you! They are going to test your strength, both mental and physical, and they are going to be hard! Every day of this guide is different except for the Championship Day.

Championship Day is the final weekly test: a series of moves to test your speed, power, and endurance. The goal from week to week is to beat your time from the previous week's Championship Day. The individual weekdays will help you build up the ability to do that. Day 29 doubles your final Championship Day and Day 30 is aptly titled "The Onslaught." You'll see why!

**Good luck, have fun, and  
Goal Get 'Em!**

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# **DAY 1: Upper Body**

**Diamond Push-Up x 8**

**Bear Crawl x 8 (4 each direction)**

**Tricep Dips x 8**

**Towel Slams x 10**

**Instructions: Complete 4 rounds as quickly as possible with perfect form**

# **DAY 2: Lower Body**

**Body Saw x 10**

**Bulgarian Split Squats x 10/leg**

**Jumping Lunges x 5/leg**

**Glute Bridge x 10**

**Instructions: Complete 3 rounds of the first 2 moves, then 3 rounds of the second 2 moves**

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## **DAY 3: Arms**

**Plank Shoulder Taps x 10/side**

**Burpee x 10**

**Towel Bicep Curls x 10**

**Hands Elevated Push-Ups x 10**

**Instructions: Complete as many rounds as possible with perfect form in 12 minutes**

## **DAY 4: Flexibility/Mobility**

**World's Greatest Stretch x 3/side**

**Cobra w/5 Sec. Hold x 5**

**Down Dog to Plank x 5**

**Mermaid x 30 Sec/Side**

**Instructions: Complete the entire circuit all the way through as many times as you would like**

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## **DAY 5: Core**

Inchworms x 5

Plank w/Side Dip x 10/side

Dead Bug x 8/side (slow)

Knee Grab Sit-Ups x 10

**Instructions:** 20 Minute EMOM. Start each move on the minute. Use remaining time of the minute to recover

## **DAY 6: Glutes**

Single Leg Hip Thrust

Broad Jump

Squat with Pulse

Lateral Skaters

**Instructions:** Tabata: Set a timer for 20 minutes. DO the first move for 20 seconds continuously. Rest for 10 seconds. Move on to move 2 for 20 seconds, rest for 10. Continue til 20 minutes are up.

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# **DAY 7: Championship**

Curtsy Lunge x 8

Push Up x 8

Bulgarian Split Squat x 8/leg

Burpees x 5

Inchworms x 5

**Instructions:** Complete 5 rounds as quickly as possible with perfect form

# **DAY 8: Upper Body**

Front Raise x 10/arm

Guerilla Row x 8

Diamond Push-Ups x 5

Plank x 30 Seconds

**Instructions:** Complete 4 rounds of the first 2 moves, then 4 rounds of the second 2 moves

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## **DAY 9: Lower Body**

**Knee to Stand x 5/side**

**Bird Dog x 5/side**

**Sumo Squat x 8**

**Russian Twists x 10/side**

**Instructions: Complete as many rounds as possible in 15 minutes**

## **DAY 10: Arms**

**Triceps Push Ups x 5**

**V Push Ups x 10**

**Side Lateral Shoulder Raise x 8**

**Upright Row x 10**

**Instructions: 20 Minute EMOM. Start each move on the minute. Use remaining time of the minute to recover**

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## **DAY 11: Legs**

Front Squat x 8

Calf Raises x 20

Reverse Lunge x 8/leg

Stationary Lunge with Pulse x 8/leg

**Instructions:** Complete 8 rounds as quickly as possible with perfect form

## **DAY 12: Core**

Slow Russian Twist x 12/side

Mountain Climbers x 20/side

Bicycle Abs x 12/side

Banana Hold x 15 seconds

**Instructions:** Complete 4 rounds of the first 2 moves, then 4 rounds of the second 2 moves



## **DAY 13: Glutes**

Single-Leg Hip Thrust with 5 sec Hold x  
5/leg

Sumo Squat with Pulse x 8

Single Leg RDL to Reverse Lunge x 8/leg

Back Extensions x 6

**Instructions:** Complete the circuit 5 times with  
perfect form

## **DAY 14: Championship**

Curtsy Lunge x 8

Push Up x 8

Bulgarian Split Squat x 8/leg

Burpees x 5

Inchworms x 5

**Instructions:** Complete 5 rounds as quickly as  
possible with perfect form. Try to beat last  
week's time.

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## **DAY 15: Upper Body**

**6-Way Shoulders\*\* x 5**

**Bent Over Rear Delt Raises x 10**

**Constant Tension Push Ups\*\* x 10**

**Towel Slams x 25**

**Instructions: Complete 4 as many rounds as possible with perfect form in 8 minutes**

## **DAY 16: Lower Body**

**Bear Crawl Hold x 20 seconds**

**Tuck Jumps x 8**

**Flutter Kicks x 20 seconds**

**Constant Tension Squat x 8**

**Instructions: Complete 6 rounds of the circuit with perfect form**

# **DAY 17: Flexibility/Mobility**

**Figure 4 Leg Stretch x 3/side**

**Hip Switch x 5/side**

**Plank to Down Dog w/Knee Tap x 5/knee**

**Neck Stretch x 10 sec/side**

**Instructions: Do the entire circuit all the way through as many times as you would like.**

# **DAY 18: Legs**

**Sumo Squat with Pulse x 8**

**Calf Raises x 20**

**Glute Bridge w/5 sec Hold x 5**

**Wall Sit x 30 seconds**

**Instructions: Complete the circuit 6 times through with perfect form**

## **DAY 19: Core**

Side Plank x 15 sec/side

Prayer Crunches x 10

Body Saw x 10

High to Low Plank x 30 sec

**Instructions:** Complete as many rounds as possible in 15 minutes.

## **DAY 20: Glutes**

Reverse Lunge to Front Lunge x 5/leg

Step Ups x 8/leg

Bulgarian Split Squat x 8/leg

Heels Elevated Glute Bridge x 10

**Instructions:** 20 Minute EMOM: Start each move on the minute. Use remaining time of the minute to recover. Complete 5 rounds.

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# **DAY 21: Championship**

Curtsy Lunge x 8

Push Up x 8

Bulgarian Split Squat x 8/leg

Burpees x 5

Inchworms x 5

**Instructions:** Complete 5 rounds as quickly as possible with perfect form. Try to beat last week's time

# **DAY 22: Upper Body**

4 Count Push Ups\*\* x 5

Push Up to Side Plank x 3/side

Bent Over Row x 10

Triceps Dips x 15

**Instructions:** Complete as many rounds as possible in 20 minutes.

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## **DAY 23: Lower Body**

Front Lunge x 8/leg

Side Lunge x 8/leg

Reverse Lunge x 8/leg

Squat with Pulse x 8

**Instructions:** Complete 8 rounds as quickly as possible with perfect form

## **DAY 24: Flexibility/Mobility**

Triceps Stretch x 3/side

Finger Stretch x 3/hand

World's Greatest Stretch x 3/side

Kneeling Hip Flexor Stretch x 3/side

**Instructions:** Do the entire circuit all the way through as many times as you would like.

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## **DAY 25: Legs**

Single Leg Squat  
Alternating Jump Lunges  
Lateral Lunge  
Kang Squats\*\*

**Instructions:** Tabata: Set a timer for 20 minutes. Do the first move for 20 seconds continuously. Rest for 10 seconds. Then move onto the next move for 20 seconds and rest for 10 seconds. Repeat until 20 minutes are up.

## **DAY 26: Core**

Reverse Crunch x 10  
Knee Grabs x 10/leg  
Inchworm x 5

Plank Shoulder Taps x 10/side

**Instructions:** Complete 7 rounds of the circuit as quickly as possible.

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## **DAY 27: Glutes**

Donkey Kicks x 10/leg

Fire Hydrants x 10/leg

Squat with 5 second Hold x 5

Glute Bridge x 12

**Instructions:** Complete 8 rounds as quickly as possible with perfect form

## **DAY 28: Championship**

Curtsy Lunge x 8

Push Up x 8

Bulgarian Split Squat x 8/leg

Burpees x 5

Inchworms x 5

**Instructions:** Complete 5 rounds as quickly as possible with perfect form. Try to beat last week's time

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# **DAY 29: The Skirmish**

**Curtsy Lunge x 16**

**Push Up x 16**

**Bulgarian Split Squat x 16/leg**

**Burpees x 10**

**Inchworms x 10**

**Instructions: Complete 5 rounds as quickly as possible with perfect form.**

*Get good rest tonight and make sure you're probably hydrated so you're ready for tomorrow!*

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# **DAY 30: The Onslaught**

**Curtsy Lunge - each leg**

**Push Up**

**Bulgarian Split Squat - each leg**

**Burpees**

**Inchworms**

**Instructions: Ladder Challenge: Complete 10 reps of each move. Rest 10-20 seconds. Then do 9 reps of each move. Rest 10-20 seconds. Continue doing reps in a descending ladder, down to 1 of each. If you're really bold, reverse it and go back up the ladder.**

# **Exercise Explanations**

**6 Way Shoulders** - holding hands in fists at your sides, raise them forward to shoulder height, then straight out to the side, then straight up above your head. Reverse the entire motion to complete 1 rep.

**Constant Tension** - this means to complete the reps with no rest in between. You should be in continuous motion until the set is complete.

**4-Count Push-Up** - From starting position, lower down for 3 seconds, push up for 1. Continue until all reps are complete.

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