

30 under 30

The fitness game is constantly changing, but one aspect that stays consistent is efficiency as a key component in becoming a physically and mentally stronger version of yourself. Whether you consider yourself an avid CrossFitter, a class queen, or a cardio connoisseur, adding efficiency into your workouts is super valuable.



I'm Vanessa and I'm here to coach you through #bandb30under30. 30 workouts under 30 minutes that vary in different modalities and are all efficient AF. I've coached women (and a few men) through tons of different workouts that range from Olympic Lifting classes to my own type of circuit training called SGT for over 5 years. I've trained a multitude of personal clients through different styles of training from being able to lift more weight on the barbell to wedding ready for the aisle, and you know what they all have in common?

Efficiency.

Should I say it one more time for the people in the back?

I don't believe that it takes hours in the gym to get a legit workout. In fact, I actually believe in the exact opposite.

Through personal experimentation a.k.a my own gym sessions and in the field research a.k.a training clients for almost a decade, I've created kind of a "less is more" mentality.

Less time + higher energy input = a good, convenient, efficient workout.

These workouts are about pushing yourself while keeping a pace that you can maintain, but still making your heart bump a bit with a some guidance, motivation, and a proper mindset.

some quick info for ya

WITH #bandb30under30 YOU'LL GAIN...

- 30 new and varied workouts for your fitness arsenal.
- A different type of push mentally and physically with every workout.
- A sense of strength behind the workouts as well as your own self.
- Mindset framework to use with each section.
- Tutorial videos and movement cues on Instagram.

HOW IT WORKS

Each modality is programmed with 6 different workouts that vary in intensity, time, equipment, and weight. I'll suggest a intensity level, weight to use, and they have a time cap.

WHAT YOU SHOULD KNOW BEFORE STARTING

All of the workouts can be scaled according to your workout experience, but you should be aware of your body and its capabilities. If you've never worked with a certain piece of equipment before, make sure to reference the tutorial videos in the #bandb30under30 highlight section of [@movewithbandb](#) on Instagram.

[*Beginner*] Workouts 1-2x a week at low impact with minimal knowledge of equipment.

[*Novice*] Workouts 2-3x a week at medium intensity with some knowledge of equipment.

[*Experienced*] Workouts 3-5x a week at high intensity with knowledge and experience with all types of equipment included in these workouts.

WHAT YOU CAN DO IF YOU DON'T BELONG TO A GYM

I'm all about home gyms and they're pretty easy (and inexpensive) to set up. Although you may not have room for a barbell in your apartment, you can easily purchase a dumb bells, a kettle bell and a jump rope for under \$100 on Amazon. If you're not feeling a home gym, that's totally fine! You'll be able to complete a bunch of the workouts with some modifications without equipment.

WHEN IT COMES TO CHOOSING WEIGHTS

Each workout comes with a suggested weight, but you can totally modify if need be.

WHEN IT COMES TO BARBELLS

If you have never worked with a barbell, I REPEAT, if you have never worked with a barbell, I highly advise you work with a coach in person before using one. Yes, everyone can use one, but everyone should be taught how to use them first.

WHEN IT COMES TO INTENSITY

Each workout is going to call for a different type of intensity, but for the most part, you want to find a pace where you can push yourself but also pace yourself.

scheduling your workouts

WHAT YOU SHOULD DO TO WARM UP AND COOL DOWN

Some may need more time than others in terms of warming up and cooling down, so make sure to take that into consideration. Complete 5-7 movements of low impact cardio mixed with some full range of motion movements.

***Because devil's advocate is my favorite position to play (and I would be doing you a disservice if I didn't put it out there), these types of workouts may not be for everyone, which is totally okay!. If that's the case, I have other workouts for you, don't fret boo.

Everyone's day to day is different. Some of us feel more productive getting our sweat on first thing in the morning, others may prefer nighttime. Contrary to belief, *there is no one better time than another* when it comes to working out! Make the commitment, stick to it, and workout whenever your schedule allows you to.

Although each workout has a different intensity prescribed to each of them, there is no official schedule programmed behind them. You can mix them up, go through them in order, or pick and choose.

SOME KEY TERMS YOU'RE GOING TO NEED TO KNOW

AMRAP: As Fast As Possible

EMOM: Every Minute on the Minute

E2MOM: Every 2 Minutes on the Minute

3 x 5: Number of sets x Number of reps

AFAP: As Fast As Possible

OTB: Over the Bar

AMAP: As Many As Possible

LEVELS AND INTENSITY

As promised, each workout will have a suggested intensity, weight to use, and how many rounds to beat (if applicable) aligned with here. Here's your key to understanding that...

I [*Intensity*]: 1 (easiest) - 5 (most difficult)

W [*Weight*]: 1 (light), 3 (medium), 5 (heavy)

R [*Rounds*]: #of rounds*

M [*Mindset*]: Sprint, Pace

VIDEOS OF MOVEMENTS

Whenever you see a ^ next to a movement, that means there is a tutorial via Instagram, [@movewithbandb](https://www.instagram.com/movewithbandb).

MEMBER GOOGLE DRIVE

Everyone learns differently, so in addition to the Instagram page, there is a member only [Google Drive](#) you have access to with descriptions of movements.

SOME SUGGESTIONS ON STEPPING UP YOUR CHALLENGE

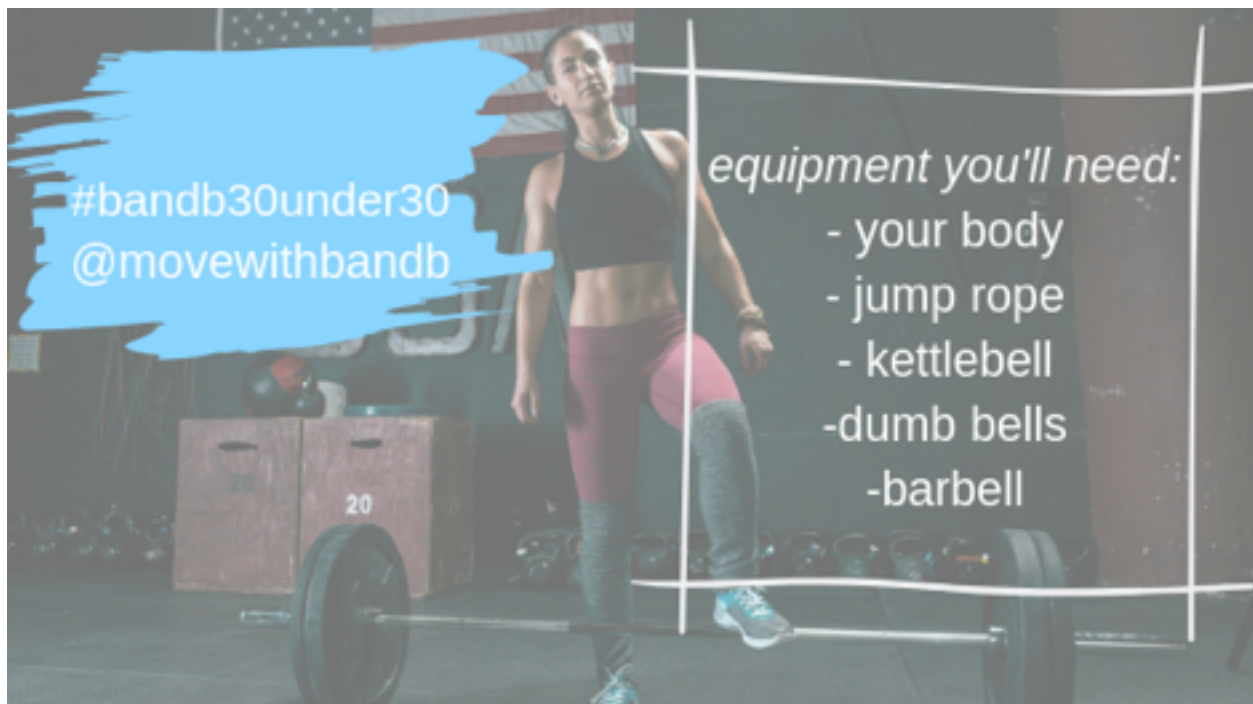
If you usually work out 1x a week, complete 2 workouts per week.

If you usually workout 2-3x a week, complete 4 workouts per week.

If you usually workout 3-4x a week, complete 5 workouts per week.

A WORD ON REST

Freaking take it. Ain't no one trying to be a hero here. You're going to be sore, so listen to your body! Make sure to take 1-2 rest days a week.



Remember, everyone works at a different capacity, so move with intention and do what feels right for YOUR body. Push yourself, pace yourself, and show yourself how strong you are.

If you choose to show your strength off on social media (as you should), make sure to tag [@bachataandbarbells](#) and hashtag #bandb30under30.

You got this boo!

Now onto your workouts...

***QUICK DISCLAIMER

These workouts are shared for education purposes and you are following at your own risk. If you haven't exercised in some time, please consult your physician before performing any of the workouts.

BODYWEIGHT + JUMP ROPE

1	2	3	4	5	6
5 ROUNDS 30 squats 20 skater tuck jumps^ 10 push ups 5 burpees <i>M: PACE I: 3</i>	4 RDS TABATA :20on/ :10off <ul style="list-style-type: none"> jump rope rotations jump squats skater jumps shoulder taps <i>M: SPRINT I: 5</i> <i>*work your way through movements and repeat 4 times.</i>	18 MIN EMOM <i>MIN 1:</i> 10 push ups <i>MIN 2:</i> 20 air squats <i>MIN 3:</i> 30 mountain climbers <i>M: SPRINT I: 5</i>	12 MIN AMRAP 50 jump rope rotations 25 butterfly sit ups 10 step ups 5 push ups <i>M: PACE R: 3 I: 3</i>	AS FAST AS POSSIBLE 100 jump rope rotations 80 alt. v-ups 60 shoulder taps 50 butterfly sit ups 40 air squats 30 mountain climbers 20 push ups 10 burpees <i>W: PACE I: 4</i>	3 x :30on/ 30off <ul style="list-style-type: none"> burpees push ups mountain climbers air squats skater jumps alt. lunges shoulder taps forearm plank <i>M: SPRINT I:5</i>

DUMB BELLS

1	2	3	4	5	6
4 RDS TABATA :20on/ :10off <ul style="list-style-type: none"> thrusters plank rows curl + press OTDB hop* <i>*Over the dumb bell hop.</i> <i>M: SPRINT I: 5 W: 5</i>	10 MIN EMOM 10 weighted squats 8 butterfly sit ups 6 push ups <i>M: SPRINT I: 5 W: 3</i>	20 MIN AMRAP start at 10 and work down to 1. If you finish, start over. <ul style="list-style-type: none"> alt. lunges (ea) squats curl + press skater jumps (ea) high pulls burpees <i>M: PACE I: 4 W: 5</i>	3RDS,AMAP PER MINUTE <i>MIN 1:</i> burpees <i>MIN 2:</i> squats <i>MIN 3:</i> shoulder press <i>MIN 4:</i> mtn. climbers <i>MIN 5:</i> sit ups :60 rest <i>M: PACE I: 4 W: 3</i>	4 x :30on/: 30off <ul style="list-style-type: none"> burpee ground to OH^ plank rows push press alt. lunges <i>M: SPRINT I: 5 W: 3</i>	4 MIN AMRAP 8 thrusters 16 mountain climbers 8 push ups <i>1 MIN REST</i> 4 MIN AMRAP 8 plank rows 16 step ups 8 burpees <i>1 MIN REST</i> 4 MIN AMRAP 8 alt. lunges 16 jump rope rotations 8 skater jumps <i>M: PACE I: 4</i>

KB

1	2	3	4	5	6
2 RDS AS FAST AS POSSIBLE 60 KB swings 40 KB dead lifts 20 KB cleans^ 10 burpees <i>M: PACE</i> <i>I: 5</i> <i>W: 3</i>	22 MIN AMRAP 21 KB swings 15 burpees 9 KB push press (each side)^ <i>M: SPRINT</i> <i>I: 5</i> <i>W: 3</i>	6 ROUNDS 8 burpees 16 KB swings 8 burpees 16 KB cleans 8 push ups :45 rest <i>M: PACE</i> <i>I: 3</i> <i>W: 3</i>	18 MIN EMOM <i>ODD: 15 KB swings</i> <i>EVEN: 16 skater jumps (each side)</i> <i>M: SPRINT</i> <i>I: 5</i> <i>W: 5</i>	2 RDS EACH, SHORT AMRAPs 3 MIN 10 KB swings 5 burpees <i>1 min rest</i> 3 MIN 10 KB cleans 5 step ups <i>1 min rest</i> 3MIN 10 KB burpee dead lift 5 jumping jacks <i>1 min rest</i> <i>M: SPRINT</i> <i>I: 4</i> <i>W: 3</i>	8 RDS TABATA :20on/ :10off <ul style="list-style-type: none"> KB plank taps^ KB swings KB dead lifts <i>*work your way through movements and repeat 8 times.</i> <i>M: SPRINT</i> <i>I: 5</i> <i>W: 5</i>

BARBELLS

1	2	3	4	5	6
20 MIN E2MOM 10 barbell back squats @75% 5 burpees <i>M: PACE</i> <i>I: 3</i> <i>W: 3</i>	4 ROUNDS 8 push press 4 OTB burpees 8 front squats 4 OTB burpees :30 rest <i>*Over the bar</i> <i>M: SPRINT</i> <i>I: 3</i> <i>W: 3</i>	18 MIN AMRAP 5 dead lifts 5 power cleans 5 front squats 30 mtn. climbers <i>*Try to keep you hands on the barbell the whole time.</i> <i>M: PACE</i> <i>I: 4</i> <i>W: 3</i>	CHIPPER 30 MIN CAP 80 back squats 70 jumping jacks 60 alternating lunges 50 mountain climbers 40 power cleans 30 burpees 20 push press 10 skater jumps <i>*can break up however you want it to.</i>	15 MIN AMRAP 8 deadlifts 16 skater jumps 8 push press 16 burpees 8 back squats <i>M: SPRINT</i> <i>I: 3</i> <i>W: 3</i>	AS FAST AS POSSIBLE 100 skater jumps 50 back squats 25 burpees 15 push press <i>M: PACE</i> <i>I: 3</i> <i>W: 3</i>

***If you have never worked with barbells before, I advise you work with a coach before working with one alone.

COMBOS

1	2	3	4	5	6
8 MIN AMRAP 50 jump rope rotations :30 quick feet 20 weighted skater jumps :30 quick feet 10 fast curl + press <i>M: SPRINT</i> <i>I: 3</i> <i>W: 3</i>	5 ROUNDS 5 push ups 7 box jumps 9 barbell thrusters :30 second plank <i>M: SPRINT</i> <i>I: 5</i> <i>W: 3</i>	15 AMRAP 100M sprint :30 rest 20 KB swings 30 jump rope rotations 40 slow twisting mountain climbers^ :30 rest <i>M: SPRINT</i> <i>I: 5</i> <i>W: 3</i>	16 MIN EMOM 5 barbell push press 50 jump rope rotations <i>*walk out to a plank then complete a push up.</i> <i>M: SPRINT</i> <i>I: 5</i> <i>W: 4</i>	AS FAST AS YOU CAN 100 jump rope rotations 60 step ups 50 barbell squats 40 plank rows 30 push ups 20 sit ups 10 burpees <i>M: PACE</i> <i>I: 4</i> <i>W: 4</i>	5 ROUNDS 21 KB swings 15 dumb bell thrusters 9 burpees <i>M: SPRINT</i> <i>I: 5</i> <i>W: 4</i>