



THE  **Mediterranean**
DIET

30-DAY CHALLENGE

FINAL CHAPTER

Legal Disclaimer

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Before beginning this or any other nutritional or exercise regimen, consult your physician to ensure it is appropriate for you.

The information and opinions expressed here are believed to be accurate, based on the best judgment of the author. Readers who fail to consult with appropriate health authorities assume the risk of any injuries.

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The Mediterranean Diet 30-Day Challenge

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WORKOUT ROUTINE

1

EXERCISE #1

AIR BIKE CRUNCHES

► Main Muscle Worked



► Equipment Needed

None

► Benefits

Strengthens your rectus abdominis muscles and your obliques.

► Step By Step Instructions

Step 1:

Lie flat on your back with your hands palms down at your sides. Make sure your legs are bent at a slight angle.



Step 2:

Bring both of your legs up off the ground keeping a 90-degree angle.

Step 3:

Place your arms behind your head.



Step 4:

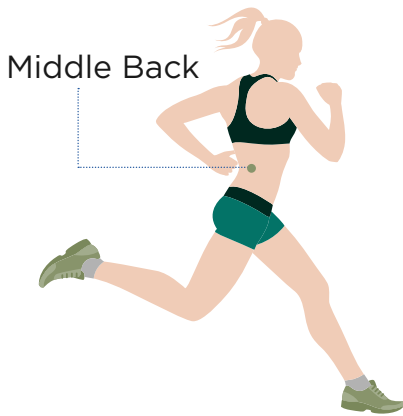
Crunch up slowly so your shoulder blades are off the ground. Twist your right side over to the left side and extend your right leg out. Then repeat on the opposite side. Do this exercise 10 times to the left and 10 times to the right before moving on to the next exercise.



EXERCISE #2

STANDING BENT OVER ROW

► Main Muscle Worked



► Equipment Needed

2 Dumbbells

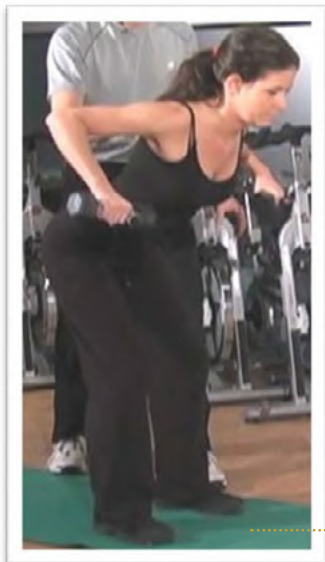
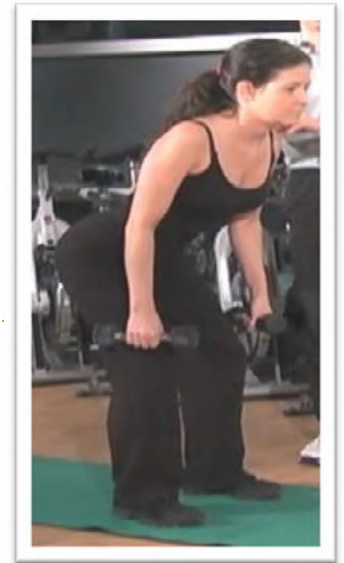
► Benefits

There are many benefits associated with the standing bent over row. The main ones being it helps you build a strong back and it teaches you proper hip flexion which carries over into other exercises.

► Step By Step Instructions

Step 1:

Get in the ready position. Grab two dumbbells and stand with your feet shoulder-width apart. Slightly bend your knees and push your hips back into a semi-squat position. Be sure to keep the natural curve of your back. Continue to squat down until your back is almost at a 45-degree angle.



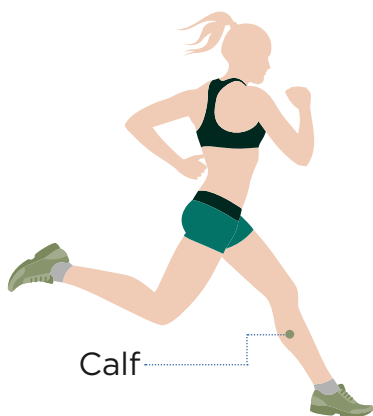
Step 2:

Move your arms slightly forward so your elbows are pointed out to the sides. Now squeeze your shoulder blades and drive your elbows up toward the ceiling. Be sure you are up far enough that you feel it in your upper back. Repeat 10 times.

EXERCISE #3

STABILITY BALL CALF RAISES

► Main Muscle Worked



► Equipment Needed

Stability Ball

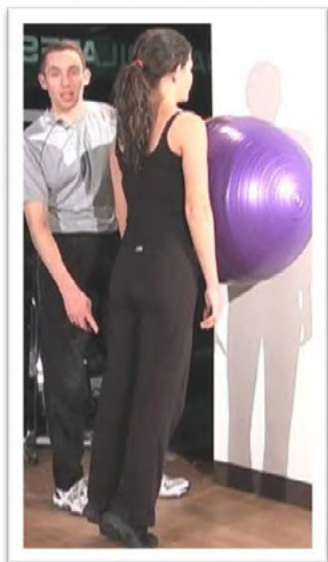
► Benefits

Improves lower legs by strengthening the gastrocnemius muscles and the soleus muscles. It also improves balance because your calf muscles help support your ankles.

► Step By Step Instructions

Step 1:

This exercise is very similar to the ball squat. Take a stability ball and place it up against a wall. However, instead of facing away from the ball like you would when doing a squat, you will be facing toward the ball. Lean your chest into the ball and put your feet out slight. Make sure your feet are together.



Step 2:

Extend and bring your heels off the ground at the same time. There should be a slight bend in your knees. Bring your heels back down to the floor and do it again. Keep your abdominal muscles tight throughout the entire exercise. Repeat 10 times.

EXERCISE #4

STABILITY BALL HAMSTRING CURLS

► Main Muscle Worked



► Equipment Needed

Stability Ball

► Benefits

Strengthens the muscles in the back of the thigh.

► Step By Step Instructions

Step 1:

Place your feet on top of the stability ball. They should be a little bit past the center of the ball.



Step 2:

Lift your hips up off the ground by squeezing your glutes and the muscles in the back of the leg.





Step 3:

Bend your knees and pull them up toward the ceiling. Pull the ball in toward your hips and then slowly release it back out. Repeat 10 times.



EXERCISE #5

PLANK

► Main Muscle Worked



► Equipment Needed

None

► Benefits

Strengthens the midsection, upper body and lower body. It also improves flexibility and posture.

► Step By Step Instructions

Step 1:

Walk your hands out so that they are right underneath your shoulders. Be sure they are shoulder-length apart.



Step 2:

Tuck your toes under and bring your knees off the ground. You should be in a straight line from your shoulders all the way down to your heels. Start by holding this position for at least 5 seconds. As you get stronger, you can hold it for longer.





**WORKOUT
ROUTINE**

2

EXERCISE #1

CRUNCH

► Main Muscle Worked



► Equipment Needed

None

► Benefits

When done correctly, crunches can improve core strength as well as stability.

► Step By Step Instructions

Step 1:

Start by lying down flat on your back. Bend your knees at a 90-degree angle and place your hands behind your head.



Step 2:

Curl up your spine by pulling on your abdominal muscles. Hold for 2 seconds and relax back down to the starting position. Repeat 10 times.



EXERCISE #2

PUSH UPS FROM KNEES

► Main Muscle Worked



► Equipment Needed

None

► Benefits

Helps strengthen the upper body including the wrists, upper arms, shoulders, forearms and, of course, the chest.

► Step By Step Instructions

Step 1:

Get down on your knees and walk your body out so that your arms are straight and directly underneath your shoulders. Your arms should be slightly bent and your body should be straight from the shoulders down to the knees.



Step 2:

Bend your elbows and allow your chin to come down toward the mat and then push yourself back up. Be sure to keep your abdominal muscles tight throughout the entire exercise. Repeat 10 times.



EXERCISE #3

WALL SQUAT

► Main Muscle Worked



► Equipment Needed

Stability Ball

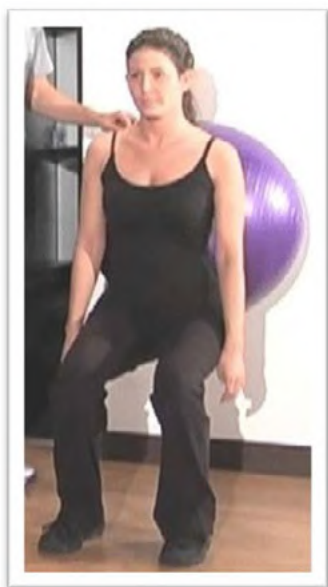
► Benefits

Tones your legs, lifts your butt, strengthens your core and improves your flexibility.

► Step By Step Instructions

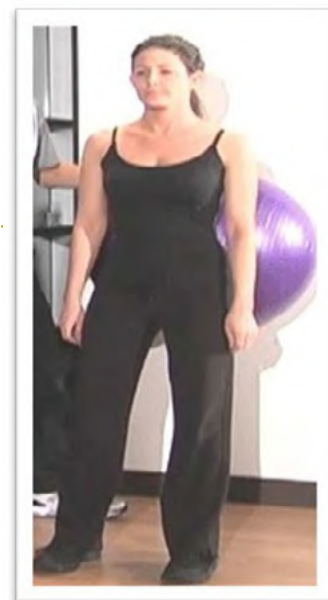
Step 1:

Start by placing the ball against the wall and pushing your lower back into the ball. Your feet should be shoulder-width apart and slightly out from the ball.



Step 2:

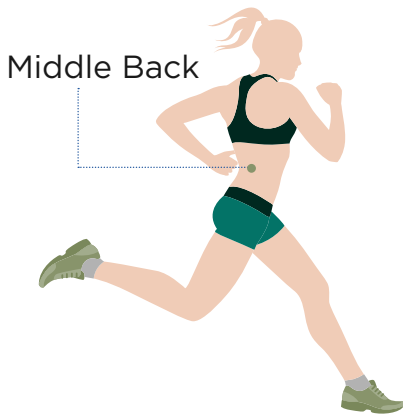
Bend your knees and push your hips back toward the wall. Make sure all of your weight is on your heels. Your shoulders should come slightly forward as you press down. Go no lower than 90 degrees. Come up and go back down. Hold for 2 seconds when you go down. Repeat 10 times.



EXERCISE #4

ALTERNATING BENT OVER ROW

► Main Muscle Worked



► Equipment Needed

2 Dumbbells

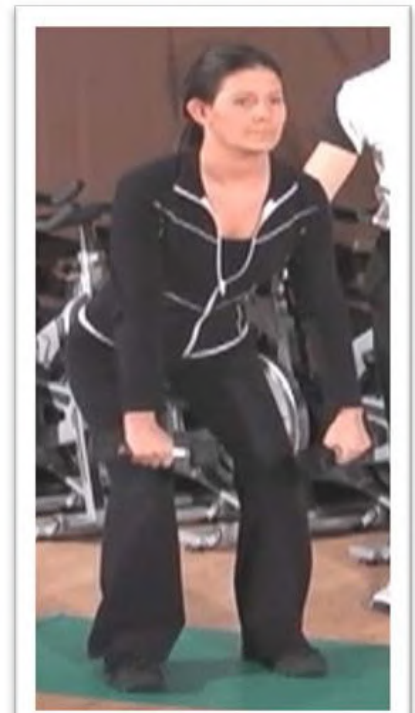
► Benefits

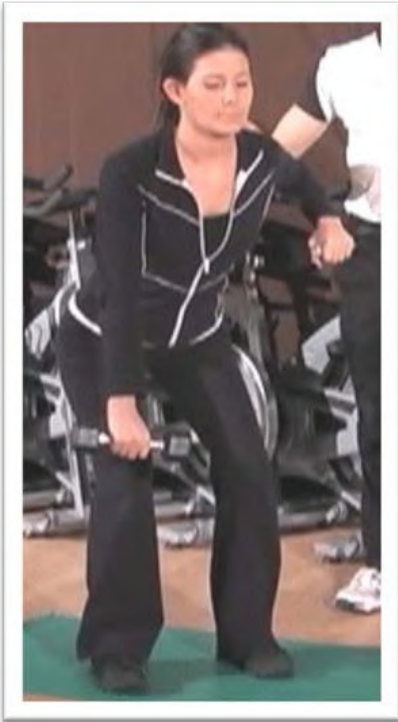
Strengthens back muscles and helps improve posture.

► Step By Step Instructions

Step 1:

Get a dumbbell in each hand. Make sure the weight is not too heavy. Start by standing up straight and placing your feet shoulder-width apart. Bend your knees and go down into a semi-squat. Your abs should be contracted and your back should maintain its natural curve.





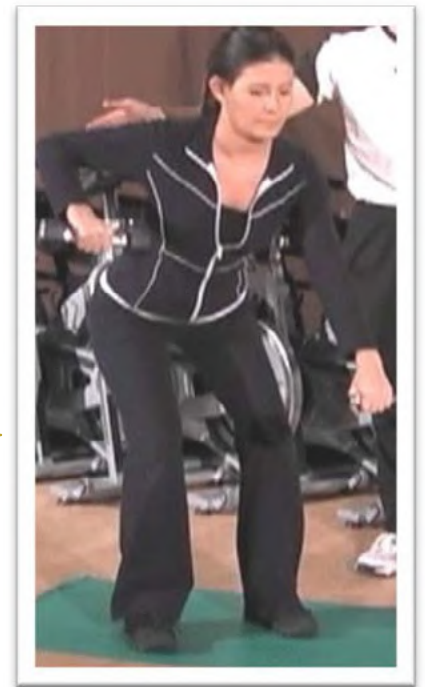
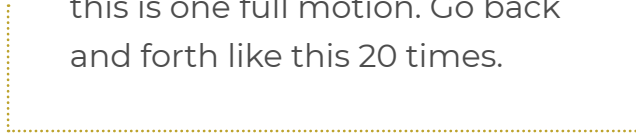
Step 2:

Take your left arm and bend it up. Keep your right arm straight.



Step 3:

Now do the opposite and bring your right arm up and straighten out your left arm. Do this is one full motion. Go back and forth like this 20 times.



EXERCISE #5

BICEP CURL

▶ Main Muscle Worked



▶ Equipment Needed

2 Dumbbells

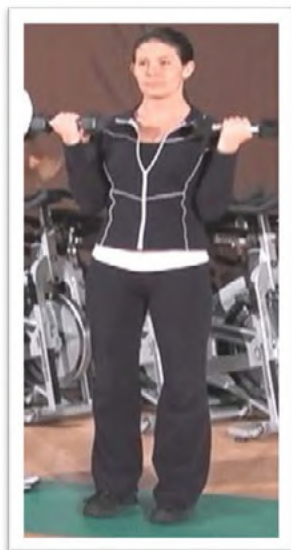
▶ Benefits

Improves muscles strength and definition.

▶ Step By Step Instructions

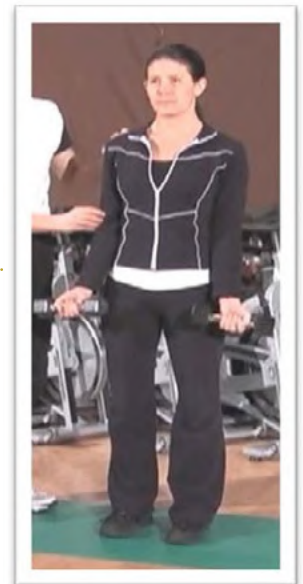
Step 1:

Start with your hands facing forward and your elbows close to your side. Your feet should be shoulder-width apart and your knees should be slightly bent.



Step 2:

Curl the dumbbells up to the shoulder and then bring them back down to the starting position. Make sure your abdominal muscles are contracted throughout the entire exercise. Repeat this 10 times.



EXERCISE #6

BRIDGE PLANK ON ELBOWS

► Main Muscle Worked



► Equipment Needed

None

► Benefits

Strengthens your core muscles fast.

► Step By Step Instructions

Step 1:

Get down on the floor and place your elbows out in front.



Step 2:

Go up into the plank position by making a straight line from your shoulders to your heels. Make sure your elbows are at 90 degrees and your hips are up. All of the muscles in your body should be contracted when you are in the plank position.



The goal is to hold the position for 60 seconds. However, if you aren't able to do that, just start at 10 seconds and work your way up as you get stronger.



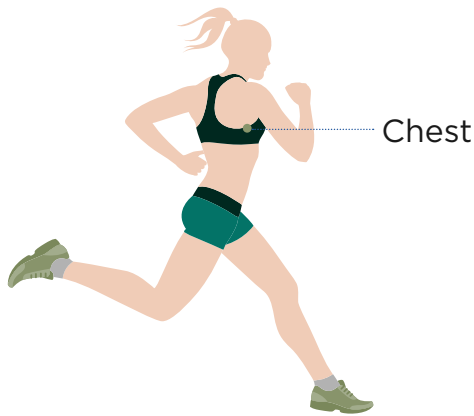
**WORKOUT
ROUTINE**

3

EXERCISE #1

CHEST PRESS

► Main Muscle Worked



► Equipment Needed

Stability Ball, Dumbbells

► Benefits

Tones and strengthens the muscles in your chest.

► Step By Step Instructions

Step 1:

Sit on the stability ball and roll it out until the ball is at your shoulders and neck. Make sure both your shoulders and your neck are on the curvature of the top of the ball so they are well protected. You should also make sure your hips are nice and high.



Step 2:

Have someone give you the dumbbells and start in the up position with the dumbbells touching each other.

Step 3:

Bring the dumbbells down in a triangular formation. The inside of the weights should come down to your shoulders. Hold for 2 seconds and press back up to the start position. Repeat 10 times..



EXERCISE #2

DOUBLE CRUNCH

► Main Muscle Worked



► Equipment Needed

None

► Benefits

Strengthens core and creates amazing abs.

► Step By Step Instructions

Step 1:

Lie flat on your back with your knees up at a 90 degree angle. Take your arms and place them behind your head.



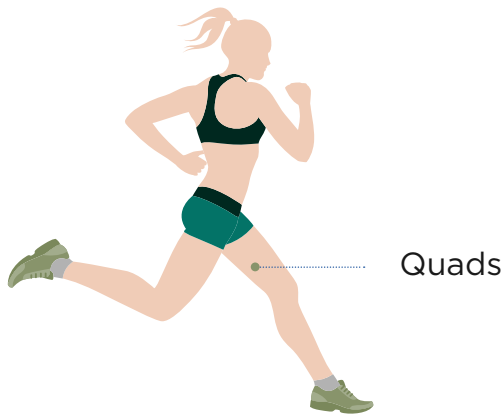
Step 2:

Make sure your chin is pointing upwards toward the ceiling. Now curl your spine up and lift your shoulder blades off the ground. You will also bring your knees up off the ground at the same time. Hold for 2 seconds and return to the starting position. Repeat 10 times.

EXERCISE #3

FORWARD STEPPING LUNGE

► Main Muscle Worked



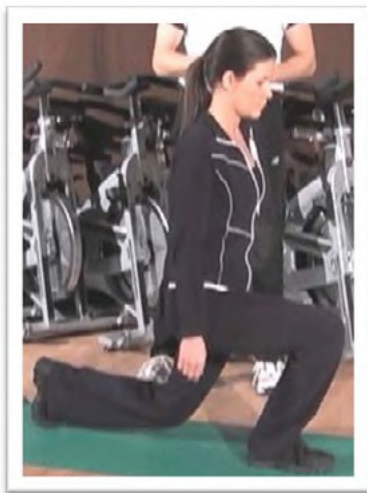
► Equipment Needed

None

► Benefits

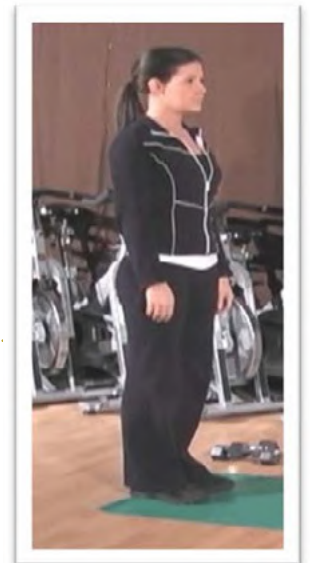
Strengthens the buttocks, legs and core. It also improves hip flexibility.

► Step By Step Instructions



Step 1:

Start by standing up straight with your feet close together but not touching.



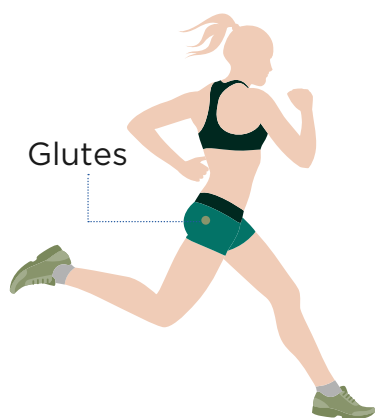
Step 2:

Leading with your right foot, lunge forward. Bend your front foot down to 90 degrees or as far as you can comfortably go. Come back up and repeat. Do 10 reps on each leg. To make it more challenging, you can hold dumbbells in each hand.

EXERCISE #4

HIP BRIDGE

► Main Muscle Worked



► Equipment Needed

Stability Ball

► Benefits

Strengthens your glutes, hamstrings and core muscles.

► Step By Step Instructions

Step 1:

Lie flat on your back and place your feet on top of the ball. Make sure your heels are a little past the center of the ball. Your hands should be down by your side with your palms facing down.



Step 2:

Lift your hips up off the ground and bend your knees in to 90 degrees.



Step 3:
Squeeze your glute muscles and
press your hips up and forward.
Hold for 2 seconds and return to
the starting position. Repeat 10
times.



EXERCISE #5

STANDING REVERSE FLY

► Main Muscle Worked



► Equipment Needed

Dumbbells

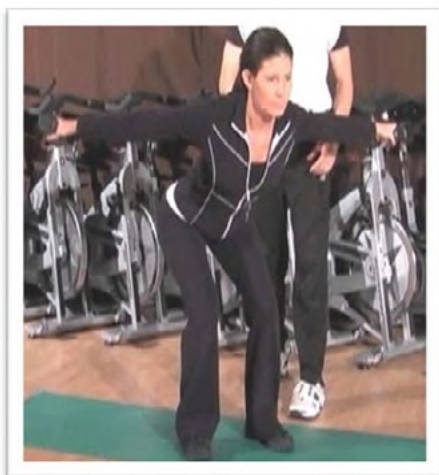
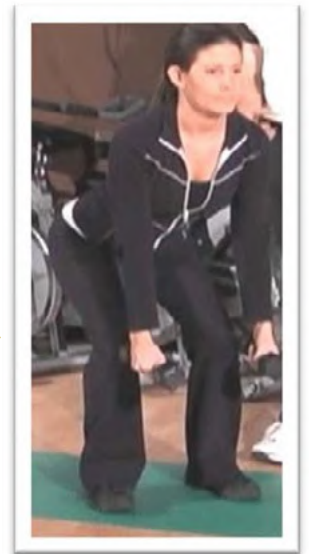
► Benefits

Straightens upper back and shoulder muscles. Also helps to improve posture.

► Step By Step Instructions

Step 1:

Start by getting in the ready position. Bend your knees and bring your hips back, almost as if you are about to sit in a chair. Your back should be straight and your arms should be hanging straight down.



Step 2:

Raise your arms out to the side and bring them up to shoulder level. Lead with your elbow and drive the elbow toward the ceiling. Hold for 2 seconds at the top then bring the dumbbells back down. Repeat 10 times.