



5X5 FULL BODY BURN

HOME WORKOUT EDITION



Fit Nurse Academy

NUTRITION | FITNESS | WELLNESS

Why This program works

The 5x5 Full Body Burn is a kick ass training program that will help you look great, have the confidence you need in & out of your scrubs and leave you feeling more energized.

We'll be doing short workouts with high intensity to take advantage of the hormonal boost that you receive from a 30 minute workout. This will boost energy, burn fat, and build muscle, without beating you up or leaving you injured.



meet your coach

Hi I'm Tara! - Founder of Fit Nurse Academy, Personal Trainer, Soccer Coach & RN

Hey there! I'm a night shift NICU nurse & also a huge fan of celebrating what my body can do by using only body weight exercises to work out!

Because of the nature of our jobs, sometimes we find ourselves STRESSED OUT. This workout plan will help you relieve some stress at home and stop feeling so overwhelmed.

Let's get connected!



[Instagram](#)

Shoot me a message with any specific questions! I'd be happy to help!



how to read the workouts

The 5x5 series is a workout plan where each workout has you complete 5 circuits of 5 different exercises.

You'll do 5 exercises for the number of repetitions (reps) listed and this will be one circuit. You'll **repeat this circuit** 4 more times to complete the 5x5 workout.

Each day will be a mix of exercises so that you will **work out your entire body**. If you see that an exercise is 2:1, this means that you do that number of repetitions on each side of the body.

For example, if you see Lunges (2:1), this means that a lunge on the left leg and a lunge on the right leg equals one total rep. If the workout calls for 20 lunges (2:1), this means you're doing 20 reps **EACH** side.

For best results, do this 5x5 series for 4 weeks straight before changing to a new exercise regiment. This will allow your body to get used to the exercises and it will let you **see your progress** from week to week.

P.S. if you don't know what an exercise is, **click on the name to see a video demonstration!**

Let's get started!



DAY 1

Do these exercises in a "drop set". The first round you do 20 reps of each exercise, and then the next set you drop by 2 reps, and so on until you've completed all 5 sets of the circuit.

DROP SET (20, 18, 16, 14, 12)

1. SHOULDER TAP MOUNTIAN CLIMBERS (2:1).
2. STAR CRUNCHES
3. SIDE TAPS (2:1).
4. BROAD JUMP BACKPEDAL
5. PLANK JACKS

20 REPS OF EACH EXERCISE

1. TARANTULAS
2. POWER PLANKS
3. FULL BURPEE
4. PUSH UP
5. STAR JUMP

DAY 2

Do 20 reps of each exercise, repeat circuit 5 times through.

DAY 3

Take it easy.

REST DAY

Remember, rest days are just as important as work out days!



DAY 4

Do these exercises in a "reverse drop set". The first round you do 10 reps of each exercise, and then the next set you add on 2 reps, and so on until you've completed all 5 rounds of the circuit.

REVERSE DROP SET (10, 12, 14, 16, 18)

1. SPEED SKATER
2. SHOULDER TAPS (2:1)
3. SPIDER CLIMBER
4. SEAL TWISTS (2:1)
5. MONSTER WALKS

15 REPS OF EACH EXERCISE

1. SPIDER HOPS (2:1)
2. QUARTER BURPEE
3. JUMPING JACKS
4. ROLL UPS
5. MOUNTAIN CLIMBERS (2:1)

DAY 5

Do 15 reps of each exercise, repeat circuit 5 times through.

DAY 6

Take it easy.

REST DAY

Remember, rest days are just as important as work out days!



DAY 7

This is an Every Minute on the Minute (EMOM) workout. For this workout, you'll do one exercise for a full minute, and then switch to the next exercise when the minute is up. Make sure to take a break in between rounds. Do 5 rounds total.

EMOM

1. SIDE HOPS
2. HEISMANS
3. HALF BURPEE LINE HOPS
4. PLANK UP DOWNS
5. TRICEP PUSH UPS



Recovery Tips



Recovery is as important as working out. Here are muscle recovery tips that will help you hit the next workout stronger, faster, and more refreshed than ever. Your body needs time to recover.

- Get plenty of sleep (7-8 hours per night)
- Hydrate: Take half of your body weight (pounds), and drink at least that amount of water (ounces) daily
- Eat protein before and after your workout
- Avoid over-training (take that rest day!)
- Stretch after your workout
- Roll out sore muscles with a foam roller/ tennis ball



Thank You!

- If you enjoyed these workouts & you want to keep the momentum rolling ----> [make sure you're on the waitlist for the Fit Nurse Club!](#)
- If you would like a customized fitness & nutrition program with accountability from Coach Tara ----> [Fill out an application for 1:1 custom coaching](#)
- If you need help with nutrition without restricting your favorite foods --->>>> [Check out the Nurse's Nutrition Fix for only \\$27](#)

WHAT'S NEXT?

