

DO

Something

HOME WORKOUT PROGRAM & NUTRITIONAL GUIDELINES

There was a time where cleaning my house was exhausting. I knew it shouldn't be that hard. Simple tasks such as sweeping my kitchen floor would leave me out of breath and feeling like crap.

Now that I am in better shape sweeping that same floor takes me 20 minutes and I don't give it a second thought. I do it every day.

Do you feel the way I used to? This book will help guide you to where I am now. It is the best of what I have learned over many years of trying to get fit. To better myself. For myself and my family. The journey will never be over, I will always want to get better, run faster, lift heavier. But I had to start somewhere.

My goal is to try to help as many people as I can become healthier and live a better life. So I put together the things that I felt helped me the most. Being a busy parent, there needed to be some guidelines. Easy and clean nutrition tips. Workouts that can be done anywhere with little to no equipment. Short but effective workouts.

It is not magically going to change the way you feel or give you that toddler energy that we all wish we could have. It takes **Consistency. Intensity. Work.** I worked so hard for so long to feel good and I know you can do it too.

It may seem that you will never get to where you want to be, or maybe it may seem that you are too busy, but if you really want it you will find the time. Include your family in on your journey. Do it with friends to make it even more fun and to help each of you stay accountable. The better you feel, the better you will be as an employee, parent, and spouse.

I am not a doctor. But I have learned how to listen to my body, give it what it needs; rest, food, water. This book is a compilation months and years of the research I have done and have implemented the things that work for me. Do your own research and talk to your doctor for other methods and tips.

This is a guide to get you to a healthier place using what I personally have done and continue to do, every day.

MY STORY

As a kid, I could pretty much eat what I wanted. I knew nothing about nutrition or calories or what made up those calories. Then I hit my early to mid 20's, between the alcohol, late night snacks, eating the microwavable junk food day in and day out because I didn't know how to cook, and the sedentary lifestyle, the pounds slowly started adding up. For a while I didn't care, I thought it would just take care of itself like it always had as a teenager.

It didn't.

I started to exercise. But not consistently.

I started to eat "healthy" foods. But knew nothing about portion sizes or how many calories I was actually eating in a day. And still had many alcoholic beverages, often, almost daily.

I became sluggish and tired all the time. Yard work or any physical activity seemed beyond my capabilities. Parking more than a couple rows away from a store was just too much.

After a lot of time feeling like crap, I started to get fed up. I thought about what I did as a teenager, that I wasn't doing anymore. Running was the biggest thing that I could think of. So I started to run a little, here and there. I stopped eating much but kept drinking. Not the right thing to do. I lost some weight but my body didn't have the proper fuel to continue long term. The weight loss was only going to be temporary.

Then I became pregnant. And boom! I get to "eat for two!" And so I did. I ate whatever I wanted. By the end of my pregnancy I had gained an additional 50 pounds on top of what was already there. I was miserable.

After having my son, I thought I could just lose the weight by not eating much, again. I was breastfeeding and only eating maybe some dinner. After a month went by, my milk dried up and we had to switch to formula. My body was wrecked. My metabolism gone. My mental state in red alert.

I became so depressed and anxious I wouldn't leave the house. I hated myself for not being able to feed my baby. I couldn't look in the mirror. I was tired all the time. I would have an anxiety attack every time I needed to leave the house or see and talk to people. I was in a desperate place and scared.

It wasn't until I had a major melt down, curled up on my kitchen floor, about leaving the house for a family event by myself, that I realized this problem was way out of hand. I needed to fix it. I needed to get better for me and especially my family, they deserved better.

I needed to just Do Something.

So during nap time one day, I FORCED myself to get off the couch and go walk on the treadmill. I did it. And it hurt. It sucked. I was so out of breath from just walking. But I did it.

And then I did it again a couple days later.

A couple days after that I tried jogging for a couple minutes during that walk. Again it sucked. My whole body hurt. I had to wear my post c-section belly band because everything moved too much.

I kept going. I soon started adding some lunges, push ups and some weighted movements.

Eventually it didn't suck anymore. I was starting to enjoy it.

I kept it to a slow progression, knowing that this was and needed to be a permanent change in my life. I started to eat better. I soaked up all the knowledge that I could about weightlifting and eating right and trying everything I could. Some things worked for me, others just didn't.

The more I worked out the better I felt. The baggier my clothes became. I started to have more energy every day. Walking to a store from the car wasn't as dramatic any more. I started to get better! The depression and anxiety was still a battle, but the depression wasn't as strong or as severe. I was able to smile and actually mean it. The anxiety took a little more time.

But I got better! I worked hard and it paid off. After a year, I wrote about my experience in a social media post and titled it, Do Something. It was the first time I had let anyone know the extent of what I was going through. Other than my husband, no one really knew, they just saw a change in my weight.

Now, I am doing things I never thought I could do. I'm learning olympic lifting. I run 3 miles or more regularly, especially in the summer. I can do handstand push ups. I have big goals because I know I have the ability to get there.

This is where I started.

HOW BAD
DO YOU REALLY
WANT IT?

DO SOMETHING

HOW TO GET STARTED

“You don’t have to be great to start, but you have to start to be great.”

Write It Down

I have a habit of writing down almost everything I find important. From my to-do list to a grocery list. I journal about my days and how I feel. I record what I eat and my weight almost everyday and my measurements once a week. This is where I want you to start.

Write down how you feel. Are you overly tired? Are you uncomfortable in your clothes? Do you have a goal in mind? How hard are you willing to work to get to that goal? What ever may come to mind, write it down.

Take a quick step on a scale. Write it down.

Take your measurement. Get a flexible measuring tape and measure your bust, waist, hips, thighs, calves, and biceps. Remember right where you measured and write it all down.

If you don’t already use a journal or a calendar, I created an easy to use printable journal that helps guide you through your days. You can record everything from your thoughts to your macros to your to-do list.

There is no wrong answer. No one needs to see anything. This is for you, so you can see progress throughout your journey.

Create A Routine For You

Think about a typical day and create a routine for yourself. Maybe you can carve out 30 minutes on your lunch break, or you wake up 30 minutes earlier, or you use the 30 minutes between getting home from work and your kids getting home from school to use to workout. When ever is best for you. You need to carve out a time where you can stay pretty consistent over a long period of time.

The key is consistency.

You can structure the workouts in a way they work for you. You can workout for 5 days (Monday - Friday) in a row then take 2 days off (Saturday and Sunday). You can workout every other day. Or your can workout for 3 days (Monday - Wednesday), take 1 day off (Thursday), 2 days on (Friday and Saturday) and 1 day off (Sunday). Do what you can do consistently. This is your schedule.

Equipment You Need

You will need at the very minimum a pair of dumbbells or kettlebells and a gym clock app.

The weight of the dumbbells need to be at least a little challenging, but not so heavy that you can't move them well. Having multiple pairs at different weights would help you progress quicker.

I use the iPhone app called GymBoss. It works really well for the intervals. You can also use the stop watch that is already on your phone.

Equipment that would be great to have is a jump rope, plyometric box, and stability ball.

If you don't have a jump rope, you can substitute dumbbell hops in it's place for any of the workouts. No plyo box? You can use a really sturdy bench or chair or partial wall. Make sure it is really secure though. And if you or someone you know is handy, they are super easy to build out of plywood.

Other pieces that you may not have but would be good to have is a weightlifting bench, mounted pull up bar or a door pull up bar, medicine ball, and ab roller or floor sliders. You will be able to make do without these things, but if this is a journey you see yourself on for a long time I recommend these. They are very effective.

NUTRITION GUIDELINES

When I made the decision to do something, to better myself, I started slow. Not just with the workouts but with my diet as well. The first steps I took were to cut out things I didn't need.

Cut Out What You Don't Need

Processed food. Added Salt. Added Sugar.

Eating whole foods and not adding any “extras” to those whole foods made a major impact. It was hard at first, it was out of the norm. It wasn't the easy routine of just taking something out of the freezer and putting it into the microwave. I had to learn how to plan meals and actually cook.

I started with the easiest thing I knew I could do. Salad. I made a large salad that I would eat with dinner every night. I made my own dressing out of extra virgin olive oil, vinegar, and herbs. I would not add croutons or cheese. I kept it basic. For protein, I ate a lot of chicken. Mostly grilled with a little bit of salt free Mrs. Dash seasonings.

I cut out all drinks except for water, coffee, and tea. It is very easy to drink 500 calories without knowing it. Even when your body is slightly dehydrated, it comes across as hungry. So I learned to drink a gallon of water a day. A perk to being pretty hydrated is that you get a natural energy boost, you don't feel as sluggish as you do when your dehydrated. Sometimes I don't make it to that point and that is ok, but sometimes I drink one and a half gallons or more.

Portions and Macros

Once I got used to eating cleaner, I felt ready to add more to my routine. I bought a food scale and started learning about portions and macronutrients. There is even a food scale that displays all of the macros on its screen for you!

The portions of food I had been eating, when I wasn't starving myself, to get me to that uncomfortable point, were way too large. I would eat until the point that I was over full and kind of painful. I had to learn to think about eating differently. Instead of shoving my face full of food until it hurt, I needed to only eat just until the point I wasn't hungry anymore. That immediately brought my portions down toward the correct sizes.

Weighing food at every meal was the finishing touch that I needed. The packaging might say 120 calories for “about” 1 chicken breast. But that is only if that chicken breast is 3 ounces.

It's easy to assume a 5 -7 oz chicken breast is 3oz. Which means that piece of chicken is 80 - 160 calories more than what you thought it was. Another food that always gets me is peanut butter. It is surprising how one serving (200 calories for 28 grams), is so small. Super easy to over eat peanut butter. One large spoonful and you may have just downed 400 calories. (Yes, I tend to eat peanut butter with just a spoon!)

Calories can hide not just in portions of food but the same goes for drinks. A "healthy" smoothie can have around 500 calories and tons of sugar. It might have some nutritional benefits but that is a whole meal. Alcoholic beverages can have 100's of calories and has absolutely no nutritional value.

I knew what a calorie was, but I didn't really know. A calorie is used to measure the energy value of foods. The Basal Metabolic Rate (BMR) is the number of calories depending on your gender, age, height, and weight each person uses in a day. Your body will burn calories even if you do nothing but sleep all day. Multiply in your activity level and your calorie expenditure increases.

There are a few accepted equations to find your approximate BMR. One being the Harris Benedict Equation.

$$\text{Men} = 66.47 + (13.75 \times W) + (5.0 \times H) - (6.75 \times A)$$

$$\text{Women} = 665.09 + (9.56 \times W) + (1.84 \times H) - (4.67 \times A)$$

W is your weight in Kilograms. H is your Height in Centimeters. A is your age.

My BMR according to this equation is 1616 calories.

A second equation is the Mifflin-St. Jeor Equation.

$$\text{Men} = (10 \times W) + (6.25 \times H) - (5 \times A) + 5$$

$$\text{Women} = (10 \times W) + (6.25 \times H) - (5 \times A) - 161$$

According to the second equation, my BMR is 1218 calories.

In my opinion, that is a huge difference. About a whole meal in difference. But it's a good starting point to figure out how many calories you should be eating in a day.

And of course the more activity you have throughout the day the more calories you burn. To find that approximate number you multiply your BMR by either

1.2 - Sedentary

1.3 - Moderate activity

1.4 - Active

Because I work out for 30-60 minutes, 4-5 times a week, and I try to stay active throughout the rest of the day, I consider being in the moderate activity category. (Active would be an athlete or construction worker - hard laborer.) I estimated that my calorie expenditure is between 1583 (using the second equation) and 2100 (using the first equation). I started using the MyFitnessPal app to track my macros. Inputting my data into that software, it came up with a calorie goal of 1710.

Calories come from the macronutrients Protein, Carbohydrates, and fats. These are the basic nutrients everyone needs to grow and sustain a healthy body. In one gram of protein there are four calories. The same with carbs. Fats however contain nine calories per one gram.

How I “Diet”

There are many ways to manipulate macros to form different diets but I chose to concentrate on protein. I learned that generally most bodies can only digest about 30 grams of protein in one meal, at one time. There are exceptions and different rules people follow, this is just the one rule I have found to come up often. So at each meal, I will try to keep it near 30 grams of protein, which makes up about 120 calories. Then I will fill in the rest of my calories pretty equally with carbs and fats. On a normal workout day, my food log looks like this, with a calorie goal of 1710.

	Meal	Calories	Fat	Carb	Protein
1 7:30 AM	<u>Protein</u>	200	6	15	22
2 10:00 AM	3 Eggs with Spinach, Bell Peppers and Onions. Whole Grain Cream of wheat.	363	15	35	24
3 12:00 PM	Pre/Durning Workout <u>Protein</u>	200	6	15	22
4 3:00 PM	1 serving Tuna, 2 oz. Plain Greek yogurt, 2 pieces of bread.	302	3	42	32
5 5:30 PM	<u>Turkey and Brussel Sprout Skillet</u> dinner. <u>Salad</u> with avocado, Feta cheese and dressing.	410	20	30	33
6 8:30 PM	2 Servings Cottage Cheese	160	2	12	22
		1636	52	149	154

There is a lot of food in the graph. To keep it easy, I tend to eat pretty much the same thing everyday. The weekends sometimes get away from me, and dinners change daily because that's the only time my family eats together. I don't get tired of the same things too often but that doesn't mean my family doesn't. I do have a couple easy recipes that I use often that my family does love, including the turkey and brussel sprout skillet recipe that I have listed in the graph above.

On a normal day I will have one cup of coffee in the morning, water only throughout the day, and one cup of herbal tea at night.

When I first started to try to get healthy, I didn't stray from my plan. I ate clean and was very strict about it. It didn't matter to me if we were celebrating a birthday and everyone around me was eating cake and ice cream, I wouldn't budge. Now though, I feel like I know my body really well, I know my portions and how to control myself, and I feel that most days I work hard enough to have a treat now and then. I now eat that cake and ice cream. I enjoy every bite. And I don't punish myself for eating it. Moderation is crucial. I know that one un-clean meal didn't make me overweight. It was many, many meals, over many months and years that got me to an unhappy place.

Where to Start

To tweak your nutrition, a good place to start is to find out where you are right now. Take the next week or two to weigh your food, record everything that you eat and drink, and calculate your macros. Maybe you need to eat more or more often. Maybe you need to start eating smaller portions. Or maybe you need to cut some things out all together. Start where you are and then after a good review, make small adjustments that you can consistently stick with over a long period of time.

Make the Decision Today

Make a decision to **Do Something** today. Make the decision to skip dessert, replace the starch with veggies, do a workout to the best of your ability.

Did you make that decision? Good!

Do it again tomorrow.

Make that decision everyday.

One day at a time.

The hardest part is committing to that decision once. After that first time, you will know you can do it. So do it again!

RECIPES

These are some of my families favorite recipes that I have used over and over. Easy to make and great as leftovers! Plenty for multiple meals.

I weigh out all of my ingredients, on a food scale, before they are cooked and add that to the MyFitnessPal app. After everything is done and ready to serve, I give the whole dish one last weigh and then divide that number by the number of servings. That is what I use to plate my food. Try it out for yourself!

The Macros that I have provided after each recipe is what the MyFitnessPal app has added up for my particular ingredients at their particular weights. I encourage you to weigh and find the exact macros for your meals.

Turkey and Brussel Sprout Skillet

1 - 1.5 pounds of ground turkey
2 TBSP Minced Garlic (Or to your tastes, I like more!)
1/2 Onion chopped
Garlic Powder and Onion Powder to taste
1 - 2 Bell Peppers Chopped
1 pound Brussel Sprouts Chopped
2 TBSP Water
3 TBSP Low Sodium Soy Sauce or Liquid Aminos
Pepper and Salt to taste

In a large skillet brown and crumble the ground turkey with the garlic and onion and spices together for a couple minutes. Add in the peppers, brussel sprouts, water, and soy sauce, cover and let cook until veggies are soft, stirring occasionally.

Makes about 6 servings. Depending on your ingredients, 1 serving comes to about 209 Calories. 7 grams Fat. 11 grams Carbs. 27 grams Protein.

Chicken Wrap

1 Whole Wheat Tortilla
2 oz Plain Non Fat Greek Yogurt
Handful of Mixed Greens or Spinach
3 oz Cooked Chicken

Lay out tortilla and add the rest of the ingredients.

Makes 1 serving. Depending on your ingredients, 1 serving comes to about 334 Calories. 5 grams Fat. 35 grams Carbs. 39 grams Protein.

One Pan Chicken and Veggies

1 Pound Chicken Breast Chopped into about 1 inch pieces
2 TBSP Minced Garlic
2 Bell Pepper Sliced
1 Onion Sliced
1 Head of Broccoli
1 Bunch of Asparagus
2 TBSP Water
2 TBSP Soy Sauce or Liquid Aminos
Pepper, Garlic Powder, Onion Powder to taste.

Cook the chicken, minced garlic, and spices in a large skillet until no longer pink. Remove from pan and add in all the veggies with water, cover and cook until desired tenderness. Add back in the cooked chicken and soy sauce. Mix well and cook for a couple more minutes. Serve with rice.

Makes about 5 Servings. Depending on your ingredients, 1 serving comes to about 196 Calories. 1 gram Fat. 12 grams Carbs. 35 grams Protein. Rice is additional.

Turkey Meatloaf

1/2 cup Onion
8 oz Mushrooms finely chopped
3 TBSP Worcestershire Sauce
40 g Dry Old Fashioned Oats
1/4 Cup Nutritional Yeast (Optional)
5 TBSP Parmesan Cheese
2 TBSP Italian Seasoning
1 TSP Garlic powder
1 TSP Onion powder
Black Pepper to taste
Sprinkle of Salt
1/3 Cup Milk
2 Egg
1.5 Pound Ground Turkey

In a Skillet, cook the mushrooms and onions until soft and the water from the mushrooms evaporates. When done mix in the Worcestershire sauce and set aside to cool.

In a Food Processor, Combine Oats, Nutritional Yeast, Parmesan Cheese, and All Spices. Blend well and until the oats are finely chopped. In a bowl, combine well the milk and oat mixture. Lightly beat the eggs and then mix Mushrooms, Oats, Eggs, and turkey together well. The mixture will be very wet. Add to a loaf pan and bake at 350 for 55 minutes. Let sit 10 minutes before cutting.

Makes about 6 Servings. Depending on your ingredients, 1 serving comes to about 259 Calories. 9 grams Fat. 14 grams Carbs. 32 grams Protein.

Chocolate and Peanut Butter Protein Pudding

8 oz Vanilla Greek Yogurt
1 Scoop Chocolate Protein
2 TBSP Pb2 Powdered Peanut Butter
20 Milliliter Milk

Put all ingredients into a bowl and mix well.

Makes two servings. Depending on your ingredients, 1 serving comes to about 154 Calories. 1 gram Fat. 14 grams Carbs. 21 grams Protein.

ABOUT THE WORKOUTS

The First 2 Weeks

The point of the first 10 days is to get you warmed up without hurting yourself. Maybe you haven't exercised in a while and you are nervous about starting. That is ok! I am starting you off with two 'Warm Up' weeks. 10 days of learning some movements and getting your body acclimated to the type of stimulus that will be occurring in the following 6 weeks. They are optional workouts and you can structure them the way they work for you. You can even do multiple days together.

6 Weeks Of Workouts

This plan is structured to have you moving 5 days a week. Structure it to how it fits for you. Do the workout sequentially because they do build up in intensity. The first week will be all body weight movements and then adding dumbbells for extra resistance throughout. Use it as stand alone workouts or as an additional supplement to your current regimen. There are descriptions of all the movements in the back index.

You can also take these workouts anywhere. You can workout at the park while your kids play, while you are on a family vacation or traveling for work. And at the gym, where they have all the dumbbells.

Stay Safe

Use appropriate the weights for your strength level. If you choose something too heavy, you may be risking injury. Also to avoid injury make sure your body is warmed up well. Get your heart rate and body temperature up by doing a couple minutes of cardio, whether that is some jumping jacks or a brisk walk. Go through the movements slowly before you start the workout for that day to make sure your range of motion is good, you don't want to be too stiff and always use proper form.

On days I am really sore I will use a foam roller for a few minutes, making sure to hit all the places that hurt. Then I run on the treadmill for 5 to 10 minutes. Followed by some mini band work to make sure my shoulders and hips are good to go.

Modify

If you can't perform the movement as prescribed then modify it. If you can't do push ups in a full plank position then go to a half plank, and do push ups from your knees. Every movement

can be modified to your ability. Most of these workouts are to get you moving and stay moving, so if you are getting hung up on one movement and it is taking you too long, change it up. Scale it to a version that you can perform fairly quickly with intensity to keep the intended reason for the workout in reach. If a movement seems too easy and you want more of a challenge then modify the movement to make it harder. Change the angle/position or add some weight.

INTENSITY

Bring the fire for every workout. The more intensity you bring to the table, the better the workout, the faster you will see progress, the better you will become. If you are just going through the motions, you are not going to see the results you want. These workouts are only about 30 minutes, often times less, especially when you bring the heat. A few of these workouts I was done in under 10 minutes. So give it all you got.

Stay consistent throughout the 6 weeks. There will be days you are sore and tired. I get that way often, but I always feel better after I move, just Do Something. Sometimes the motivation won't be there and that's when the consistency really pays off. When I have no motivation, I tell myself to just go Do Something for 5 minutes. Whether that is just walking or going through my warm up routine, just 5 minutes of something. And every time, those 5 minutes turn into a finished workout and I feel great!

Write It Down

There are specific days that I will remind you to write down what you do. But you should write down your times, weights used, reps, and sets, so you can watch yourself progress throughout the next 6 weeks. Write down how the workout went. Was it hard? Was it too easy and you should add more weight next time? Did the previous day leave you sore? The more information you write down, the more you can see patterns and you can improve quicker.

Accessory Work Weeks 1-6 (AWW1-6)

I added additional accessory work for each week. Something different from the other workouts. Completely optional, just something to give you a little more challenge and to change your perspective. You can add them on to any day after your workout if you are feeling extra fiery or have some extra time. Or you can do it on a day of its own.

Keep Moving

This is a lifestyle change we are trying to create. Just because you worked out for 30 minutes doesn't mean you can't keep moving throughout the day. Take the stairs. Park in the back of the parking lot. Take your kids for a bike ride after dinner. It all works together to make you feel better. Don't procrastinate those chores. If it is going to take you 5 minutes right now to put those dishes in the dishwasher or pick up the toys in the living room, just do it. The 5 minutes and the peace of mind afterwards is so worth it.

I use my Fitbit Charge 2 to keep me moving. I like the challenge of trying to hit a certain number of steps per day. There is also a feature that reminds me to take at least 250 steps per hour between 9 am and 6 pm. If I don't hit that number, 10 minutes before the hour is up the Fitbit will remind me to move and I will walk around the house for a couple minutes, or run in place. Whatever it takes to make it to that 250 steps.

Definitions

There are some terms that you may not be familiar with.

High Intensity Training (HIT) - This is what most of the workouts you will be doing. Quick but intense workouts with little to no rest while you are doing them.

Body Building - There are a few days of body building in this program. It is weight training with a prescribed number of repetitions (Reps), sets, and rests using a challenging weight. It is to help you learn how to use particular muscles while strengthening them. A slower pace than HIT.

TABATA - Is High Intensity Interval Training (HIIT) structured as 20 seconds of work followed by 10 seconds of rest for 8 sets. 1 round is only 4 minutes long. In those 20 seconds of work, you will perform the given movement as hard and as fast as you can with proper form.

AMRAP - As Many Reps (or Rounds) As Possible, within the given time frame.

For Time (FT) - Perform the workout as fast as you safely can.

How To 'Score' - When I ask you to write down your score, it will be the number of rounds and reps within an AMRAP, or the time it took you to do a workout.

“You’ve Got Everything It Takes, But It Will Take Everything You’ve Got!”

THE WORKOUTS

EASING INTO IT: WARM UP WEEKS 1 AND 2

These first two weeks are to get you acclimated to the type of workouts you will be doing in the following six weeks. They are optional for those who know how to perform these movements already. You may even do multiple days together. This program is meant to be a build up of strength and endurance. These two weeks will get you started on the right track.

Day 1:

Equipment Required: None	The Workout
Today you will be focusing on form of lunges and squats. To get the most out of everyday, every workout, the correct form will make you stronger and keep you safe from injury. Start with a walk for a warm up then perform the workout.	Walk for 10 Minutes on a treadmill or outside at a brisk pace. Then: 2 Rounds 10 Lunges (5 each leg) 10 Air Squats (Rest 1 to 2 Minutes between Rounds)

Day 2:

Equipment Required: Jump Rope (Optional)	The Workout
Today you will be focusing on the form of Push Ups and Sit Ups. Start with a Walk or Jump Rope as your cardio/warm up, then perform the workout. Use modifications as necessary.	Walk or Jump Rope for 10 Minutes. Then: 2 Rounds 10 Push Ups 10 Sit Ups (Rest 1 to 2 Minutes between Rounds)

Day 3:

Equipment Required: Jump Rope (Optional)	The Workout
Today you will be focusing on the form of Mountain Climbers and Burpees. Keep the intensity high and follow through with each rep.	Walk or Jump Rope for 10 Minutes. Then: 2 Rounds 10 Mountain Climbers 5 Burpees (Rest 1 to 2 Minutes between Rounds)

Day 4:

Equipment Required: Jump Rope (Optional), Pair of Light to Moderate Dumbbells or Kettlebells.

Today you will be focusing on the form of Deadlifts and Bent Over Rows. Correct form is a must. Keep your back flat, chest up, and core tight throughout the workout.

The Workout

Walk or Jump Rope for 10 Minutes.
Then: 2 Rounds
10 Deadlifts
10 Bent Over Rows
(Rest 1 to 2 Minutes between Rounds)

Day 5:

Equipment Required: Pair of Light to Moderate Dumbbells

Today you will be focusing on the form of Shoulder Press and Planks. Focus on Keeping your core tight throughout workout. Pressing your hands towards the ceiling and straightening your arm for the presses. Do not let your back and hips sag during the planks.

The Workout

Jog for 10 Minutes
Then: 2 Rounds
10 Shoulder Press
15 Second Plank
(Rest 1 to 2 Minutes between Rounds)

Day 6:

Equipment Required: Jump Rope (Optional)

Warm up with a jog or jump rope. Then try to get through the work out As Fast As Possible with proper form all the way through. Set a timer and record your time. If you feel like you have more energy and time, rest a couple minutes and do the workout again. Try to beat your first score.

The Workout

Jog or Jump Rope for 10 Minutes.
Then: 2 Rounds
10 Jumping Jacks
10 Lunges

Day 7:

Equipment Required: Dumbbells

Focus on keeping your hips higher than your shoulders in the bear crawl. Spread your fingers on the ground and keep your arms straight. Keep good form in the bent over rows.

The Workout

Jog Time Minutes
Then: 2 Rounds
10 foot Bear Crawl
10 Bent Over Rows
(Rest 1 Minute between Rounds)

Day 8:

Equipment Required: Jump Rope (Optional), Light Dumbbells

Today you will be focusing on the form of Sit ups and Renegade Rows. To get the most out of everyday, every workout, the correct form will make you stronger and keep you safe from injury. Keep your core tight.

The Workout

Jog or Jump Rope for 10 Minutes.
Then: 2 Rounds
10 Sit Ups
10 Renegade Rows (5 Each Arm)
(Rest 1 Minute between Rounds)

Day 9:

Equipment Required: None

Keep proper form in the squat, make sure to keep your chest up, core tight, get your hips below your knees and then explode up through the jump. Stay strong and tight in the push up, modify if needed.

The Workout

Jog for 10 minutes.
Then: 2 Rounds
10 Jump Squat
10 Push Ups.
(Rest 1 Minute between Rounds)

Day 10:

Equipment Required: Jump Rope (Optional), Pair of Light to Moderate Dumbbells.

Give it all you got today! Focus on form and intensity throughout. Next week the real fun starts!

The Workout

Jog or Jump Rope for 10 Minutes
Then: 2 Rounds
10 Shoulder Press
10 Burpee
(Rest 1 Minute between Rounds)

FIRE IT UP: 6 WEEKS OF WORKOUTS

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” -Aristotle

WEEK 1:

This week will be body weighted workouts only. Give it your all. Work with intensity. 20 minutes is the longest session this week so give every second your best!

Day 1:

Equipment Required: None
TABATA! 20 Seconds of Work, 10 Seconds of Rest, times 8. That is One Round. You will do Three Rounds.
This has always been one of my favorites from the beginning. I have credited a lot of early progress to this workout. When I started I could only get 4 to 5 burpees in 20 seconds. After three years, I can now get 8-9. Keep count of how many you do and watch your progress grow! Get Loose, warm up well, and give it all you got!

TABATA: 3 Rounds
Burpees
Mountain Climbers
High Knees
Jumping Jacks
(Rest 1 Minute Between Rounds)

Day 2:

Equipment Required: None
Today is meant to be a sprint you will do each round as fast as possible with as little rest as possible. One round is finished once all reps of each movement are completed. Remember to write down the number or rounds you finish within the 15 minutes. And if you get timed out in the middle of a round also write down the number of reps finished.

15 Minute AMRAP (As Many Rounds As Possible)
10 Jump Squat
5 Push Ups
5 Burpees
10 Mountain Climber
Record Your Score (Number of Rounds and Reps in last)

Day 3:

Equipment Required: None
Today is to find your baseline for running. Try to stay consistent for the entire 20 minutes. Run on the treadmill for 20 minutes and record your distance and pace you held. Or Run down the road for 10 minutes and run back and record how far you ran.

Go for a 20 Minute Run.

Day 4:

Equipment Required: None
Same type of workout as Day 2. Go as fast as you can while maintaining proper form throughout.

15 Minute AMRAP
5 Burpees
10 Squats
5 Burpees
10 Sit Ups
5 Burpees
10 Lunges
Record Your Score

Day 5:

Equipment Required: None
Measure out 25 feet and bear crawl down and back (or 50 if you have the space) then go right into the push ups and then mountain climbers. It is only three rounds so push hard and keep the intensity high!

3 Rounds For Time:
50 Foot Bear Crawl
5 Push Ups
20 Mountain Climbers

It is ok to be sore, it means you have been working hard. Keep up the good work!

ACCESSORY WORK FOR WEEK 1:

Equipment Required: Pull Up Bar

Accessory work is optional. It is a way to try something new and target different muscles. This week is about hanging from a pull up bar. Working on grip and forearm muscles, along with your back and abs. Add this on to the end of any workout or do it on a day of its own.

Max Effort Timed Strict Hang: 3 Rounds.
Record Your Times.

Scapular Pull Ups: 10 Reps For 3 Sets.

Knees to Chest: 10 Reps For 3 Sets.

WEEK 2:

This week we will be adding in Dumbbells. Work with the correct form always.

Day 6:

Equipment Required: Jump Rope, Dumbbells

Use a moderate weight set of dumbbells and keep a consistent pace. Keep good form. The better your form is, the quicker you will get better.

Jump Rope for 5 Minutes

3 Rounds For Time:

10 DB Lunges

10 DB Deadlifts

10 DB Bent Over Rows

1 Minute Jump Rope

Day 7:

Equipment Required: Dumbbells

Today will get you all over. Make sure you keep your core tight; lock out your arms overhead while shoulder pressing; flat back, chest up, hips below your knees while squatting; and just keep moving through the burpees.

Run for 10 Minutes

10 Minute AMRAP:

10 DB Shoulder Press

10 DB Squat

10 Burpee Over DB

Day 8:

Equipment Required: Dumbbells

2 Rounds of the same TABATA as Day 1. This is a great way to get your whole body warmed up. Use anytime as a warm up. For the first movement of the workout, Holding the dumbbells at your shoulders, do a reverse lunge, stand back up straight, and then press the weights up overhead. Bring them back down to your shoulders and repeat on the opposite leg. For the Second, do a deadlift and then bring the dumbbells into an upright row, straighten your arms back down to hanging before you bend over to touch them to the floor before starting your next deadlift.

TABATA: 2 Rounds
Burpee - Mountain Climber - High Knees -
Jumping Jacks
Then,
3 Rounds
10 Reverse Lunge With Over Head Press
10 Deadlift with Upright Row
5 Push Ups on Dumbbells

Day 9:

Equipment Required: Jump Rope (Optional), Dumbbells

I believe Thrusters are a great strengthening and conditioning movement! Go as fast as you can with proper form and only break when you have to. It is only 10 Minutes of work. Get the most out of every second.

5 Minute Jump Rope or Jog

10 Minute AMRAP:
6 Thrusters
8 Renegade Rows
10 Weighted Sit Ups

Day 10:

Equipment Required: None

You primed your body for two weeks. You have been working hard, learning new things about yourself the following two weeks. Now its time to show yourself what you have learned so far. It doesn't have to be fast, you just need to keep moving. Try not to stop or walk during each mile.

1 Mile Run

Rest 5 Minutes

1 Mile Run

It's not suppose to be easy, keep going! You got this!

ACCESSORY WORK FOR WEEK 2:

Equipment Required: Dumbbells, Box/
Bench/Chair

Accessory work is optional. It is a way to try something new and target different and specific muscles. This week you will be training Biceps, triceps, and abs. Grab a pair of challenging dumbbells and do some bodybuilding. Add this on to the end of any workout or do it on a day of its own.

Superset: 12 Reps For 3 Sets.

Bicep Curl

Overhead Tricep Extension

Superset: 12 Reps For 3 Sets.

Hammer Curl

Tricep Dips

Superset: 15 Reps For 3 Sets.

Russian Twist

Bicycle Kicks

3 Rounds: 1 Minute Rest Between Rounds

Max Effort Plank

WEEK 3:

“What you think, you become. What you feel, you attract. What you imagine, you create.” - Buddha

Day 11:

Equipment Required: Dumbbells

Another TABATA. Work Hard! Keep Moving! If you need to modify to keep moving do it, just don't stop.

TABATA: 3 - 4 Rounds

Mountain Climbers

DB Shoulder Presses

DB Goblet Squats

Push Ups

Day 12:

Equipment Required: Jump Rope, Dumbbells

Today is a descending repetition scheme of Thrusters and Burpees for time. Pick a moderate weight for the dumbbells. This is all work. Keep moving. Remember to record your time at the end and the weight of the dumbbells used.

5 Minute Jump Rope

For Time:

15, 12, 9, 6, 3 reps

Thrusters

Burpees

Record Time and Weight Used

Day 13:

Equipment Required: None

Today you will be focusing on form of lunges and squats. To get the most out of everyday, every workout, the correct form will make you stronger and keep you safe from injury.

2 Rounds:
30 Mountain Climbers
10 Burpees
Then,
4 Rounds For Time:
10 DB Shoulder Press
15 DB Deadlifts
10 DB Walking Lunge

Day 14:

Equipment Required: None

You have already done this workout once, now its time to see what progress you have made. Have you been pushing yourself hard enough? You should see a difference in your score and in the way you move. Maybe you can fly through those burpees now, or maybe you don't need to do push ups from your knees any more, or maybe you can consistently get your hips below your knees in the jump squats. There is more then one way to see progress! So Work hard, do your best, and reflect on how far you have come and what you still want to see improve.

PROGRESS TEST: Try to beat Day 2 Score.

15 Minute AMRAP:
10 Jump Squat
5 Push Up
5 Burpee
10 Mountain Climber

Day 15:

Equipment Required: Med Ball, Dumbbells

This one is fun! If you don't have a medicine ball or the room to throw it 9 ft, just do thrusters with the dumbbells.

3 Rounds For Time:
200 meter Run
15 Wall Balls 9ft target
12 DB Deadlifts
9 DB Alt Clean and Press

Are those weights getting easier to move? Keep challenging yourself! Give it your all!

ACCESSORY WORK FOR WEEK 3:

Equipment Required: Stability Ball

Accessory work is optional. It is a way to try something new and target different and specific muscles. This week you will be learning to stabilize yourself in different forms. Find an open space on a wall, and flip up on to our hands and with your whole body in a tight locked out line and heels on the wall, hold a handstand as long as you can. After 3 rounds move on to the stability ball plank tucks and try to stay as steady as possible through the movements. Add this on to the end of any workout or do it on a day of its own.

Max Effort Timed Handstand Hold: 3 Rounds. Rest 2-3 Minutes between.
Record Your Times

Stability Ball Plank Tucks: 12-15 Reps For 3 Sets. Rest 30-60 Sec.

Stability Ball Glute Raise: 12-15 Reps For 3 Sets. Rest 30-60 Sec.

WEEK 4:

This week we will be adding in some body building. Start with a moderate weight then try to go heavy as you safely can with proper form by the last set. You will start the week off with one of my favorite AMRAP's. Good luck!

Day 16:

Equipment Required: Dumbbells
Today's workout is only 10 Minutes long, and you will only have 7 minutes of work. Pick one set of dumbbells to use the WHOLE time. For the first 60 seconds you will do as many thrusters as you can, followed by 30 seconds of rest and in this time you should write down the number of thrusters you were able to complete. Then on to the next 60 seconds and do as many push presses as you can do, followed by 30 seconds for rest. Repeat this process through each movement, record your repetitions in each rest period, and your done! Record your scores and weight used.

AMRAP: 60 Seconds On/ 30 Seconds Off
Thruster
Push Press
Hang Power Clean
Front Squat
Deadlift
Burpee Over DB
Air Squat

Record Scores and Weight Used

Day 17:

Equipment Required: Dumbbell

Use one dumbbell at a moderate weight, pick a side to start the workout, do all 15 reps on that side before you switch and do it again, which will be one full round. Do that 4 times.

4 Rounds For Time:

5 DB One Arm Snatch

10 DB Overhead Squats With Same Arm
-Switch Arms

5 DB One Arm Snatch

10 DB Overhead Squats

Day 18:

Equipment Required: None

Another Progress Test. Try to beat your previous score. Think about what it felt like the first time you tried this workout. Is it easier for longer? Are you more efficient in your movements? Did you get a better score?

PROGRESS TEST: Try To Beat Day 4 Score.

15 Minute AMRAP:

5 Burpees

10 Squats

5 Burpees

10 Sit Ups

5 Burpees

10 Lunges

Day 19:

Equipment Required: Dumbbells

Today is a little different. Instead of High intensity training, this is body building. You will be concentrating on your form and the proper use and contraction of your shoulder muscles. For the First superset, you will do 10 to 12 reps of shoulder presses right into 10 to 12 reps of bent over reverse flies then rest 30 - 60 seconds before doing the second set. After all 3 - 4 sets are complete in the first superset, do 10 burpees before moving straight into the second superset. Follow the same routine through all three Supersets.

Jump Rope 5 Minutes

Superset: 10 - 12 Reps for 3 - 4 Sets

Shoulder Press

Bent Over Reverse Fly

Superset: 10 - 12 Reps for 3 - 4 Sets

Upright Row

Side Raises

Superset: 10 - 12 Reps for 3 - 4 Sets

Arnold Press

Front Raise

10 Burpees after each completed superset.

Day 20:

Equipment Required: None	2 Mile Run
Warm up your legs, ankles, back and shoulders well. Then just run. Try not to stop or walk. You can gauge how long it will take you by your Day 10 runs.	*Record Your Time*

Look at what you are doing, could you have imagined doing this 4 weeks ago!
Great Job!

ACCESSORY WORK FOR WEEK 4:

Equipment Required: Dumbbells, Ab Roller/Slider/Stability Ball	One Legged DB Calf Raises: 30 Reps Each Leg For 4 Sets. No Rest In-between.
Accessory work is optional. It is a way to try something new and target different and specific muscles. This week you will be training Calves and abs. Add this on to the end of any workout or do it on a day of its own.	Ab Rollouts: 12-15 Reps For 4 Sets. 30-60 sec Rest Between sets.
	Plank Supermans: 12 Reps For 4 Sets. 30-60 sec Rest.

WEEK 5:

“The difference between winning and losing is most often not quitting.” - Walt Disney

This week is a little combination of the previous weeks. Keep the intensity high!

Day 21:

<p>Equipment Required: Dumbbells</p> <p>Today's TABATA isn't a circuit of movements the way it has been so far but rather 4 minutes of the same movement. You will start with DB Squats for 1 round of TABATA, then do one of TABATA doing bent over rows, ect. Take count of how many reps you get in each 20 second working period. And write it down during the 10 second break. This gets spicy. When I did this, the last couple rounds of shoulder presses I could only complete about three reps. Push yourself, this is a quick workout out.</p>	<p>TABATA: Each With Dumbbells</p> <p>Front Squats</p> <p>Bent Over Rows</p> <p>Sit Ups</p> <p>Shoulder Press</p> <p>Deadlifts</p>
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Day 22:

<p>Equipment Required: Dumbbells</p> <p>Another body building day! Today you will be focusing on your chest muscles. If you cant do 10 - 12 of the push ups, just do as many as you properly can in each set. Follow the same routine as Day 19.</p>	<p>5 Minute Jump Rope</p> <p>Superset: 10 - 12 Reps for 3 - 4 Sets</p> <p>Bench Press</p> <p>Chest Fly</p> <p>Superset: 10 - 12 Reps for 3 - 4 Sets</p> <p>Incline Push Ups (Do Max reps if you cant get to 10)</p> <p>Svend Press</p> <p>Superset: 10 - 12 Reps for 3 - 4 Sets</p> <p>Decline Push Ups (Do Max reps if you cant get to 10)</p> <p>Pull Over</p> <p>Do 30 Mountain Climbers after each completed superset.</p>
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Day 23:

Equipment Required: Dumbbells

This is a fun one! Just go to work and knock out each movement. Go as fast as you can with proper form. Warm up well.

For Time:

1 Mile Run
10 Burpees
20 DB Lunges
15 Air Squats
20 Thrusters
15 Push Ups
20 Alt Snatches
10 Burpees

Day 24:

Equipment Required: Dumbbells

Use the same weight you previously used on Day 12 and try to get the work done faster.

PROGRESS TEST: Try to beat your Day 12 Score.

For Time:

15, 12, 9, 6, 3 reps
Thrusters
Burpees

Day 25:

Equipment Required: Dumbbells, Stability Ball

More body building. This time concentrating on legs and glutes. If you don't have a stability ball you can use floor sliders for the hamstring curl or put a DB between your feet and lay of a box/chair/bench and curl your heels up to your butt and back down. Follow the same routine as Day 19 and Day 22.

Superset: 4 sets

20 DB Box Step Up

12 Sumo Squat

Superset: 12 reps for 4 sets

Stability Ball Hamstring Curl

Stability Ball Glute Raise

Superset: 4 sets

20 Lateral Lunges

10 Single Leg Deadlift (Each Leg)

Do 10 jump squats between each completed superset.

You are almost to there! Intensity is key! Keep pushing!

ACCESSORY WORK FOR WEEK 5:

Equipment Required: Pull Up Bar

Accessory work is optional. It is a way to try something new and target different and specific muscles. This week you will be retesting your max effort hang. Trying some Pull Ups and working on those abs. Add this on to the end of any workout or do it on a day of its own.

Max Effort Hang: 3 Rounds. Try to beat Week 1 Times. Rest 2 Minutes.

Scapular Pull Ups: 10 Reps For 3 Sets. Rest 30-60 Sec.

Max Effort Pull Ups: 3 Rounds. Rest 2-3 Minutes Between.

Superset: 4 Sets. 30-60 Sec Rest.
5 Stability Ball Tuck and Pike
10 Russian Twists
15 Laying Leg Raises
20 Plank Jacks

WEEK 6:

Last week. This week is consistently a bit more technical then the previous weeks. Stay focused, push hard, and have fun!

Day 26:

Equipment Required: Dumbbells, Box/
Bench/Chair

15 quick minutes of work. Make sure your form is good, your hands leave the floor in the push ups, and move quick.

15 AMRAP:
9 Deadlifts
12 Hand Release Push Ups
15 Box Jumps

Day 27:

Equipment Required: Dumbbells

This is challenging but fun. Just keep moving. Warm up well. Pick a moderate - heavy weight.

5 -10 Minutes of Running or Jump Rope or Burpees

For Time:
15, 12, 9 reps
DB Squat Clean Thruster
DB Walking Lunge Steps

Day 28:

Equipment Required: None	PROGRESS TEST: Try to beat Day 20 time.
Run your heart out! You have come this far so give it all you got. Beat your Day 20 time.	2 Mile Run

Day 29:

Equipment Required: Dumbbells	10 Minutes of Running or Jump Rope or Burpees
This is a fun and quick one. It will get your heart rate up and a nit sweaty. Enjoy!	3 RoundFor Time: 10 Renegade Rows 10 Devil Press

Day 30:

Equipment Required: None	PROGRESS TEST: Try to beat your Day 16 Score.
Same drill as before. Use the same weight you did on day 16 and beat that score!	AMRAP: 60 Seconds On/ 30 Seconds Off Thruster Push Press Hang Power Clean Front Squat Deadlift Burpee Over DB Air Squat

ACCESSORY WORK FOR WEEK 6:

Equipment Required: Dumbbells

Accessory work is optional. It is a way to try something new and target different and specific muscles. This week you will be training Biceps, triceps, and abs. But first you will try to beat your handstand holds from week 3. Add this on to the end of any workout or do it on a day of its own.

Max Effort Handstand Holds: 3 Rounds.
Rest 2-3 Minutes.

Try to beat Week 3 Times.

Superset: 12 Reps For 4 Sets. Rest 30-60 sec.

Tricep Kickback

Close Grip Push Up

Superset: 12 Reps For 4 Sets. Rest 30-60 sec.

Reverse Grip DB Curl

Wide Grip DB Curl

Superset: 15 Reps For 4 Sets. Rest 30-60 sec.

V-Ups

Bicycle Kicks

Weighted Sit Up

Congratulations you consistently made it through 30 days of hard workouts! How do you feel? Compare your feelings to 6 weeks ago. Do you have more energy throughout the day? Are you able to wear your clothes with more confidence? If the scale didn't move, it is because you were building some great muscles! The important thing is how you feel. If you keep this up, stay consistent, your body will reward you. Remember this is a lifestyle change, it is not a quick fix. Enjoy the process! Repeat these 6 weeks, or make up your own workouts. Do Something and Keep Moving!

INDEX OF MOVEMENTS

And Variations

ABS

SIT UP

Lay on your back on the floor with your knees bent and feet flat on the floor, engage your abs and bring your chest to your knees and lay back down in a controlled motion.

Warm Up Day 2, 8. Workout Day 4, 18, 21.

WEIGHTED SIT UP

Same as a Sit Up but hold a dumbbell either at your chest with both hands or arms straight over head.

Workout Day 9. AWW6.

VUP

Lay flat on the floor with your arms straight over head and simultaneously bend at the waist and bring your legs and torso straight up, your body will look like a V and touch your toes with your hands. Keeping control, lay back down.

AWW6.

BICYCLE KICKS

Lay flat on the floor with your hands behind your head and your elbows straight out to the sides. Lift your heels off the floor, and bring one elbow and the opposite knee together, straighten out and do the same thing with the other sides.

AWW2, AWW6.

RUSSIAN TWISTS

Sit on the floor, lean back with knees bent and feet off the floor. Hands together at your chest or holding a dumbbell, twist your upper body one direction and bring that elbow to the floor towards your back. Come back to center and repeat on the other side.

AWW2, AWW5.

LEG RAISE

Lay on the floor with your hands at your side. Bring your heels off the floor about a couple inches. Then Raise your legs until your hips are at 90 degrees and then control them back down until your heels are again couple inches from the floor.

AWW5.

KNEES TO CHEST

Hang from a bar with your shoulders engaged. Tighten your abs and bring your knees to your chest, then straighten your legs back out with control.

AWW1.

PLANK

Lay face down on the floor, with your elbows straight down under your shoulders lift yourself up on your toes and keep your body in a straight line without sagging your hips. Engage your core and hold there for the given amount of time.

Warm Up Day 5. AWW2.

SUPERMAN PLANK

Start in a plank but this time on your hands instead of your elbows and at the same time each one hand forward and the opposite foot up. Come back to the start and do the same thing with opposite hand and foot.

AWW4.

STABILITY BALL PLANK TUCKS

In a plank with feet on a stability ball and your hands on the floor straight under your shoulders, engage your core and roll the ball bringing your knees in toward your chest, then roll back out into a plank.

AWW3.

STABILITY BALL PLANK TUCK AND PIKE

Same as a stability ball plank tuck but after your straighten back out after tucking, roll the ball back in with your legs straight and bend at the hips bringing them as high into the air as possible and bringing your feet and the ball as close as you can to your hands.

AWW5.

PLANK JACKS

Start in a plank on your elbows and feet together. Stay tight in a straight line and jump your feet out to the sides just like you would a jumping jack and then jump them back in together.

AWW5.

ROLL OUTS - AB ROLLER, SLIDERS, S. BALL

Using an Ab Roller, on your knees with your arms straight roll out until your arms are straight and your chest in close to the floor, use your abs to roll back in towards your knees. You can also so this with hands on a floor slider or elbows on a stability ball.

To make it harder you can straighten your legs and support yourself on your toes instead of your knees.

AWW4.

ARMS

BICEP CURL

Holding a dumbbell in each hand with palms facing up and your arms straight down by the tops of your legs, using your biceps to bring the dumbbells up to your chest, pause, and slowly bring them back down to the start.

AWW2

HAMMER BICEP CURL

Same as a bicep curl except your palms are facing inward toward each other.

AWW2.

REVERSE GRIP BICEP CURL

Same as a bicep curl except your palms are facing down.

AWW6.

WIDE GRIP BICEP CURL

Same as a bicep curl, except you hold your hands out with palms up at a 45 degree angle and bring the dumbbells up toward your shoulders. Keep your elbows in close to your torso.

AWW6.

TRICEP OVERHEAD EXTENSION

Hold a dumbbell overhead with both hands wrapped around a head and your arms close to your ears. Slowly drop the dumbbell behind your head toward your upper back keeping your elbow up and pointing toward the ceiling. Bring back up to the starting point overhead with your arms straight.

You can also make it more difficult by using one arm at a time.

AWW2.

TRICEP DIP

With your hands behind you on a box, bench, or sturdy chair and your feet out in front of you, support yourself on your hands with arms straight and heels of your feet, slowly lower your torso towards the floor, pause at the bottom of your range of motion, and push yourself back up to the starting point.

To make it easier, bring your feet closer to your body.

To make it harder, keep your feet out away from your body, or you can elevate them on another object.

AWW2.

TRICEP KICKBACK

Start with a dumbbell in each hand and your palms facing your body. Bend at the hips with knees slightly bent and back straight. With your arms close to your body start with your elbows bent at a 90 degree angle and straighten your arm behind you with your pinky finger reaching toward the ceiling. Pause, then control the dumbbell back to the starting point.

AWW6.

BACK

BENT OVER ROW

Holding the dumbbells with arms straight down, bend at the hips with knees slightly bent, keeping your back flat, bring the dumbbells up toward your chest, pulling through and reaching your elbows to the ceiling keeping them close to your body, pinch your shoulder blades together and pause. Slowly return to the start.

Warm Up Day 4, 7. Workout Day 6, 21.

SCAPULAR PULL UPS

Hang from a bar with your hands about shoulder width apart. Pull your body up a couple inches by bringing your shoulders down and back without using your arms.

AWW1, AWW5.

PULL UPS

Hang from a bar with your hands about should width apart. Pull you chin up over the bar with your body in a tight line, bringing your elbows down and back. Slowly return to a hang.

AWW5.

CARDIO

HIGH KNEES

Run in place, bringing your knees up toward your chest as high as you can as fast as you can.

Workout Day 1, 8.

MOUNTAIN CLIMBERS

In a plank position on your hands and feet together, bring one knee up toward your chest and return to the starting place and do the same with the other leg. Alternate as fast as possible, like running in place. Keep your back as flat as possible and your hips level with your shoulders.

Warm Up Day 3. Workout Day 1, 2, 5, 8, 11, 13, 14, 22.

BURPEE

Starting standing straight, squat down, put your hands on the floor in front of you, jump your feet back so you are in a plank, bend your elbows bringing your chest to the floor, push back up to a plank, jump your feet in towards your hands, and finish by jumping into the air with your hands over your head.

To make it easier, once you are in a plank you can step your feet out one at a time, hold in a plank for a second instead of doing a push up, then step your feet back in and stand up.

Warm Up Day 3, 10. Workout Day 1, 2, 4, 7, 8, 12, 13, 14, 16, 18, 19, 23, 24, 30.

JUMP ROPE

Using a jump rope hold a handle in each hand swinging it around your body and jumping over the rope.

To make hit harder, make the rope go under your feet twice in one jump.

Warm Up Day 2, 3, 4, 6, 8, 10. Workout Day 6, 12, 19, 22, 27, 29.

DUMBBELL HOPS

A substitute for jump rope. With a dumbbell on the ground and your feet together jump back and forth over the dumbbell either laterally or forward and back.

Use any time as a substitute for jump roping.

JUMPING JACKS

Starting standing straight with your arms at your sides, jump your feet out to each side while also bringing your straight arms over head. Jump your feet back together bringing your arms back down to finish.

Warm Up Day 6. Workout Day 1, 8.

BOX JUMPS

Stand in front of a plyometric box, a weight lifting bench, or a sturdy chair, with both feet together jump on top, stand straight up then jump or step back down.

Workout Day 26.

CHEST

PUSH UPS

Starting in a plank position with your hands on the floor under your shoulders, bend your elbows and lower yourself toward the floor until your elbows are at 90 degrees and then press yourself back up to straight arms.

Warm Up Day 2, 9. Workout Day 2, 5, 11, 14, 23.

To make it easier, do **Knee Push Ups**. Bear your weight on your knees instead of your toes.

Use anytime you can not complete a full push up with proper form.

INCLINE PUSH UPS

Same as a Push up except your hand will be placed on an elevated surface from the floor. Use a box, bench, or sturdy chair.

Workout Day 22.

DECLINE PUSH UPS

Same as a push up, except your feet will be placed on an elevated surface from the floor. Use a box, bench, or sturdy chair.

Workout Day 22.

DUMBBELL PUSH UPS

A normal push up except you will be gripping the handles of dumbbells on the floor.

To make it easier, you can also do it from your knees.

Workout Day 8.

HAND RELEASE PUSH UPS

Same as a normal push up, except you will let chest hit the floor, pull your hands up off the floor for a second, put them back down, and push up.

To make it easier, you can do it from your knees.

Workout Day 26.

CLOSE GRIP PUSH UPS

Same as a push up, except your hands will be placed closer together on the floor, instead of shoulder width.

To make it easier, you can perform them from your knees.

AWW6.

DUMBBELL BENCH PRESS

Laying on a bench or floor, on your back, hold a dumbbell in each hand with your arms straight up toward the ceiling and palms toward your feet, bring the dumbbells down to the sides of your chest with your elbows out to the sides, pause slightly and press them straight back up until you lock out your elbows.

Workout Day 22.

DUMBBELL FLY

Laying on a bench or floor, on your back, hold a dumbbell in each hand with your arms straight up toward the ceiling and palms toward each other, drop the dumbbells out to the sides with a slight bend in each elbow until the dumbbells are about parallel with your shoulders. Squeeze your chest muscles to bring the dumbbells back up.

Workout Day 22.

SVEND PRESS

While standing, squeeze a dumbbell hard between your hands at your chest and your elbows out to the side. Push the dumbbell straight out until your arms are straight in front of you, pause and then bring the dumbbell back to your chest.

Workout Day 22.

DUMBBELL PULL OVER

Laying on a bench or floor, hold one dumbbell with both hands straight above your chest. Slowly lower the dumbbell back over your head with your arms straight, pause, and bring it back up to the starting point.

Workout Day 22.

FULL BODY

BEAR CRAWL

Start standing, put your hands on the ground in front of you, with your legs straight and your hips up high, walk forward on your hands and feet, keeping your back and legs straight. The higher your hips are over your shoulders the harder the movement will be.

Warm Up Day 7. Workout Day 5.

RENEGADE ROW

Holding a dumbbell in each hand, start in a plank position, staying as straight as possible bring one dumbbell up toward your chest with your arm close to your body and pull through your elbow up toward the ceiling. Return to plank position and so the same on the opposite side.

Warm Up Day 8. Workout Day 9, 29.

THRUSTER

Start standing straight, holding dumbbells at your shoulders with your elbows bent in front of you, squat down, stand up, and press the weights up over head, then bring the dumbbells back to the starting position.

Workout Day 9, 12, 16, 23, 24, 30.

WALL BALLS

Standing, holding a medicine ball at your chest, squat down, and explode up and throw the ball to the designated mark on a wall. Usually at 9 feet for women and 10 for men. Catch the ball and go right back down to a squat to repeat.

If no med ball, you can substitute thrusters.

Workout Day 15.

HANDSTAND HOLDS

Stand near a wall, with your arms straight, put your hands on the floor and flip your feet up over head keeping your body straight and heels against the wall. Stand on your hands for the given amount of time.

To make it easier, put your feet on a box or other sturdy surface, with your hands on the floor next to the box, your back and legs straight, hold you hips up high over your shoulders.

AWW3. AWW6.

HANG POWER CLEAN

Standing with a dumbbell in each hand, palms facing your legs, arms straight, slightly bend your knees and hips with your feet hip width apart, this is the starting point. Quickly extend your hips and knees and shrug at the same time, after full extension quickly dip and catch the dumbbells at your shoulders.

Workout Day 16, 30.

CLEAN AND PRESS

Squatting down with a dumbbell in each hand touching the floor, palms facing each other, arms straight down at your sides, this is the starting point. Quickly extend your hips and knees and shrug at the same time, after full extension quickly dip and catch the dumbbells at your shoulders, then press up over your head until your arm is straight. Bring the dumbbells back down, squat, and let them touch the floor before starting the next repetition.

Workout Day 15.

ALTERNATING DUMBBELL SNATCH

With one dumbbell on the ground in front of you, with a flat back, with knees and hips bent, pick up the dumbbell with one arm, extend hips, knees, and shrug until full extension, bend your elbow up toward the ceiling, so the dumbbell is up by your chest. Quickly dip and bring the dumbbell up and over head, straighten your arm and stand up straight. Bring the dumbbell back down to the ground and do the same thing with the other arm.

Workout Day 17, 23.

SQUAT CLEAN THRUSTER

Start with the dumbbells on the ground in front of you, pick them up from a squat, quickly extend and bring them up to your shoulders like you would from a hang clean. Once they get to your shoulders quickly squat all the way back down and quickly stand up and press the dumbbells up over head. After full extension, bring the dumbbells back down to the ground before starting the next repetition.

Workout Day 27.

DEVIL PRESS

Start standing with a dumbbell in each hand. With a flat back, bend over, put them on the ground in front of you, jump your feet back into a plank, do a push up, jump your feet forward, stand up while swinging the dumbbells between your legs and finishing up over your head. Bring them back down to the floor to start the next repetition.

Workout Day 29.

LEGS

LUNGES

For a Front Lunge start standing tall with feet together, initiate movement by stepping forward with one leg and bending both legs until the back knee touches the floor, stand up and bring the front foot back to starting position, repeat on the opposite side.

A reverse lunge is the same only you step back and down until the back knee touches the floor.

Warm Up Day 1, 6. Workout Day 4, 8,18.

WALKING LUNGES

Start like a lunge but instead of bringing the front foot back to the start, bring the back foot up to meet the front before lunging forward with that leg.

Workout Day 13, 27.

JUMP LUNGES

Step forward into a lunge. From there jump hard, switch legs in the air, and land with the opposite leg in the front of a lunge.

Workout Day 14.

DUMBBELL LUNGES

Lunges in any form, except you will be holding dumbbells either at your sides, or with them at your shoulders with your arms bent in front of you.

Workout Day 6, 23.

LATERAL LUNGES

Standing straight with legs together at the start. Step one leg out to the side your using, bend at the knee while the other leg stays straight, stand back up and bring your feet back together and do the same on the other side.

Workout Day 25.

BOX STEP UPS

Start standing in front of a box, bench, or sturdy chair, step up with one leg, pressing through your heel, stand up straight. step back down and repeat on the other side.

Make it harder, hold dumbbells down at your sides or at your shoulders.

Workout Day 25.

AIR SQUATS

Standing with your feet at shoulder width apart, send your hips down and back until your hips are parallel with your knees. Make sure your knees stay in line with your toes, keep your back flat, and chest up. Stand back up, until your at full extension.

Warm Up Day 1. Workout Day 4, 16, 18, 23, 30.

JUMP SQUAT

Start like an air squat. After your hips come to parallel with your knees, explode back up and finish with a jump. Land and go straight back into a squat.

Warm Up Day 9. Workout Day 2, 14, 25.

DUMBBELL SQUATS

A squat while holding dumbbells at your sides.

Workout Day 7.

FRONT SQUAT

A squat holding dumbbells at your shoulders.

Workout Day 16, 21, 30.

GOBLET SQUAT

A squat holding a dumbbell between your hands at your chest.

Workout Day 11.

SUMO SQUAT

A squat with feet wider than shoulder width apart.

To make it harder, you can hold a dumbbells between your legs.

Workout Day 25.

OVERHEAD SQUAT

A squat holding dumbbell(s) with your arm(s) straight over head.

Workout Day 17.

DEADLIFT

With dumbbells on the ground, a slight bend in the knees, flat back, chest up, bend over and pick up the dumbbells and press through your heels to stand straight up focusing on pulling up with your glutes and hamstrings. Keep your core tight, and dumbbells close to your body with your arms straight. Touch the dumbbells to the floor to start the next repetition.

Warm Up Day 4. Workout Day 6, 13, 15, 16, 21, 26, 30.

DEADLIFT WITH UPRIGHT ROW

Do a deadlift and once standing straight bring your elbow up and out toward the ceiling. Control your arms back down until your arms reach back down before returning the dumbbells back to the floor.

Workout Day 8.

SINGLE LEG DEADLIFT

Same as a deadlift only you are lifting the weight with only one foot on the ground. Alternate legs.

Workout Day 25.

STABILITY BALL GLUTE RAISE

Lay on the floor on your back. Place your feet together on top of a stability ball. Raise your hips up until your body is in a straight line, like a reverse plank and squeeze your glutes. Bend and lower your hips back to the floor before returning to the top and squeezing again.

AWW3. Workout Day 25.

STABILITY BALL HAMSTRING CURL

Lay on the floor on your back with your heels on a stability ball. Raise your hips so your body is in a straight line and roll the ball toward your hips as far as you can, concentrating on using your hamstrings, pause and roll back out to a straight line.

Workout Day 25.

CALF RAISE

Stand on a step with your heel hanging off. Hold a dumbbell in the opposite hand, and slowly lower your heel as far as your can before pressing back up to stand on your toes. Go through the prescribed number of repetitions before switching legs.

AWW4.

SHOULDERS

SHOULDER PRESS

Standing Straight with the dumbbells at your shoulders and palms facing forward, keep your core tight and press the weights up and over head until your elbows are straight using only your arms. Slowly bring the dumbbells back down to the starting point.

Warm Up Day 5, 10. Workout Day 7, 8, 11, 13, 19, 21.

PUSH PRESS

A shoulder press but with the momentum of a small dip from your hips and knees.

Workout Day 16, 30.

BENT OVER REVERSE FLY

Bend at the hips to about a 90 degree angle with a slight bend in the knees, arms straight down to the floor holding a dumbbell in each hand. Slowly Lift the dumbbells straight out to the sides and up toward the ceiling until parallel with your shoulders. Squeeze your shoulder blades together and pause at the top before slowly returning to the start.

Workout Day 19.

UPRIGHT ROW

Standing straight up with your arms in front of your hips hold a dumbbell in each hand with palms facing your legs. Slowly pull your elbows up and out bringing the dumbbells up under your chin. Pause for a second before slowly returning the dumbbells back down.

Workout Day 19.

SIDE RAISES

Standing tall holding a dumbbell in each hand, raise the dumbbells up and out to the sides with a slight bend in the elbow and your palms facing the floor. Pause when the dumbbells are at about shoulder height before returning to the start.

Workout Day 19.

FRONT RAISES

Standing tall holding a dumbbell in each hand in front of your hips, raise the dumbbells up straight out in front of your body with your palms facing the floor. Pause when the dumbbells are at about shoulder height before returning them to the start.

Workout Day 19.

ARNOLD PRESS

Standing tall, hold a dumbbell in each hand at your shoulders with your palms facing you. Press them up and over head while you rotate your palms around to the front. Pause before slowly lowering the dumbbells and rotating your hands back until your palms are facing you again.

Workout Day 19.