Exercise Guidelines

This challenge is about building consistency with nutrition, but that doesn't mean exercise isn't important too.

You can (and should) be working out and staying active most days of the week.

As far as activity goes, I recommend getting at least 30 minutes of light cardio per day. Some examples would be brisk walking, light biking, or light elliptical work. Alternatively, you can do a Metabolic Cardio Workout.

If you like keeping track of your daily steps, then aim for 6-10k steps a day (on average) as your minimum goal.

Challenge Workout Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Body 1 Workout	20-30 Mins Of Walking Or Metabolic Cardio Workout	Full Body 2 Workout	20-30 Mins Of Walking Or Metabolic Cardio Workout	Full Body 3 Workout	20-30 Mins Of Walking Or Metabolic Cardio Workout	20-30 Mins Of Walking
Full Body 1 Workout	20-30 Mins Of Walking Or Metabolic Cardio Workout	Full Body 2 Workout	20-30 Mins Of Walking Or Metabolic Cardio Workout	Full Body 3 Workout	20-30 Mins Of Walking Or Metabolic Cardio Workout	20-30 Mins Of Walking
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Notes for Full Body Workouts

Reps

The number of repetitions you're aiming to hit for each set of an exercise. If there's a unilateral exercise (using one arm/leg), you will see rep goals with per arm, per leg, per side, or some other variation.

Rest Times

The amount of time you should rest between each set. Folks tend to rush their rest times, which leads to less than optimal recovery. In turn, they're not able to give 100% on every set of an exercise.

I want you to follow the rest time recommendations I give for each exercise to the best of your ability. Using a timer on your phone or clock will help.

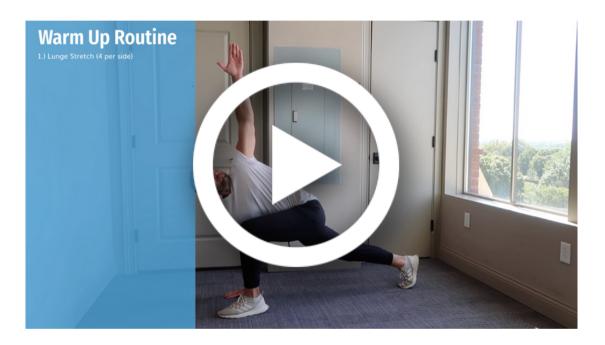
How Hard Should You Push?

For the strength training workouts, you want to push hard enough that you're challenged, but not so hard that you can't physically do another rep (unless you see "failure" in the rep range column).

The Pre-Workout Warm-Up Routine

This warm-up should take you no more than 5-10 minutes, and I want you to do it before each workout.

Click The Video Below!



- Lunge Stretch 4 per side
- Side Lunge + Overhead Reach 4 per side
- Lower Back Stretch 30s hold
- Groin Stretch 6 reps
- T-Spine Extension 6 reps
- Kneeling Forearm Stretch 3 reps
- Glute Bridges 12 reps

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) 4s Dumbbell Goblet Squat	3	8-10	30s		
1B) Dumbbell RDL		8-10	90s		
Rest 90 seco	onds and mo	ve to the n	ext set		
2A) Knee/Regular Push Up	3	6-15	30s		
2B) 1-Arm Dumbbell Row		10-12 (per side)	90s		
Rest 90 second	onds and mo	ve to the n	ext set		
3A) Dumbbell Shoulder Press		12-15	30s		
3B) Dumbbell Alternating Curls	3	10-12 (per side)	30s		
3C) Dumbbell Kickbacks		10-12	90s		
Rest 90 sec	onds and mo	ove to the r	next set		
4A) Dead Bugs	3	2-6 (per side)	0s		
4B) Alternating V-Ups	3	2-6 (per side)	60s		

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2A) Dumbbell Bench Press	3	10-12	30s						
2B) Dumbbell Sumo Row		10-12 (per side)	90s						
Rest 90 seco	onds and mo	ve to the n	ext set						
3A) Dumbbell Hammer Curls		12-15	30s						
3B) Dumbbell Bent Over Flyes	3	12-15	30s						
3C) Dumbbell Overhead Ext.		12-15	90s						
Rest 90 sec	Rest 90 seconds and move to the next set								
4A) Knees Up Crunches	3	6-12	0s						
4B) Shoulder Taps	3	2-6 (per side)	60s						

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3A) Dumbbell Arnold Press		8-10	30s		
3B) Dumbbell Zottman Curl	3	10-12	30s		
3C) Dumbbell Cuban Press		12-15	90s		
Rest 90 sec	onds and mo	ove to the r	next set		
4A) Dumbbell Glute Bridges	3	12-15	0s		
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