Exercise Guidelines

This workout program includes three core strength training routines and a (optional) Metabolic Cardio Workout.

Your core strength training workouts should be completed 3 days per week on nonconsecutive days. The optional Metabolic Cardio workouts can be done ONE DAY per week on a non-workout day 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.

If you like keeping track of your daily steps, **then aim for 7,000-10,000 steps per day (on average).**

Challenge Workout Calendar
(Example)

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

Notes:

- *Full Body Strength Workouts can be completed on any days of the week as long as there's a non-workout day in between. For example, you could do them Monday/Wednesday/Friday, Tuesday/Thursday/Saturday, Wednesday/Friday/Sunday, etc.*

- *The optional Metabolic Cardio Workout can be done on any non-strength training workout day.*

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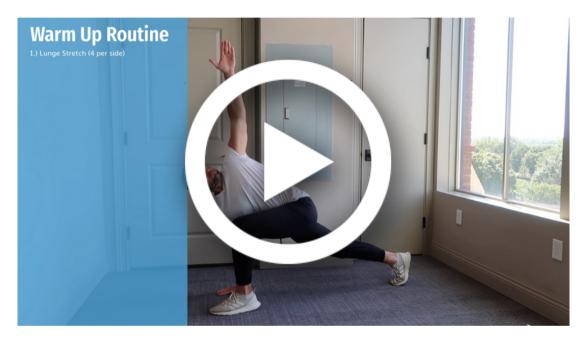
I want you to follow the rest time recommendations I give for each exercise to the best of your ability.Using a timer on your phone or clock will help.

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

FULL BODY 1

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) Dumbbell Goblet Squat	3	8-10	90s		
1B) Dumbbell Staggered RDL		8-10	90s		
Rest 90 seconds and move to the next set					
2A) Knee/Regular Push Up	3	6-15	90s		
2B) Dumbbell Rows		10-12 (per side)	90s		
Rest 90 seconds and move to the next set					
3A) Dumbbell Neutral Press	3	12-15	15s		
3B) Dumbbell Alternating Curls		10-12 (per side)	15s		
3C) Dumbbell Kickbacks		10-12	2m		
Rest 90 seconds and move to the next set					
4A) Dead Bugs	3	4-6 (per side)	0s		
4B) Alternating V-Ups		2-6 (per side)	60s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 2

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) Dumbbell Squat Press	3	8-10	90s		
1B) Dumbbell Hip Thrusts		10-12	90s		
Rest 90 seconds and move to the next set					
2A) Dumbbell Bench Press	3	10-12	90s		
2B) Dumbbell Sumo Row		10-12 (per side)	90s		
Rest 90 seconds and move to the next set					
3A) Dumbbell Zottman Curls	3	12-15	15s		
3B) Dumbbell Bent Over Flys		12-15	15s		
3C) Dumbbell Overhead Ext.		12-15	2m		
Rest 90 seconds and move to the next set					
4A) Knees Up Crunches	3	6-12	0s		
4B) Shoulder Taps		2-8 (per side)	60s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 3

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) Dumbbell Step Up	3	6-8 (per side)	2m		
Rest 90 seconds and move to the next set					
2A) Dumbbell Alternating Press	3	8-10 (per side)	30s		
2B) Dumbbell Pullover		12-15	90s		
Rest 90 seconds and move to the next set					
3A) Dumbbell Shoulder Press	3	8-10	15s		
3B) Dumbbell Hammer Curls		10-12	15s		
3C) Dumbbell Lateral Raises		12-15	2m		
Rest 90 seconds and move to the next set					
4A) Dumbbell Glute Bridges	3	12-15	15s		
4B) Bodyweight Frog Pumps		20-30	90s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

(OPTIONAL)
METABOLIC CIRCUIT

Complete each round in order (with the 60-second rest between exercises 3 and 4 in each round), and rest 3 minutes between rounds.

ROUND 1		ROUND 2		ROUND 3	
EXERCISE	**REPS**	**EXERCISE**	**REPS**	**EXERCISE**	**REPS**
1) DB Squat Press	12	1) DB Squat Press	10	1) DB Squat Press	8
2) Dumbbell RDL	12	2) Dumbbell RDL	10	2) Dumbbell RDL	8
3) Push Ups	12	3) Push Ups	10	3) Push Ups	8
Rest 60 Seconds		**Rest 60 Seconds**		**Rest 60 Seconds**	
4) DB Sumo Rows	12	4) DB Sumo Rows	10	4) DB Sumo Rows	8
5) Mountain Climbers	20s	5) Mountain Climbers	20s	5) Mountain Climbers	20s
6) Knees Up Crunch	12	6) Knees Up Crunch	10	6) Knees Up Crunch	8
7) Plank Holds	20s	7) Plank Holds	20s	7) Plank Holds	failure

CARDIO FINISHER

Perform 15-20 minutes of light cardio using one of the three methods:

OPTION 1
Treadmill

5-10% incline
2.5 – 3.0 MPH

OPTION 2
Walking

Steady Pace

OPTION 3
Elliptical

50-100 strides/min
(adjust accordingly)