



RED DIET
CHALLENGE

**DUMBBELL + BAND
WORKOUTS**



Exercise Guidelines

The RED Diet Challenge is about getting rapid fat loss results as quickly as possible in a short period of time. (4 weeks)

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. If you like keeping track of your daily steps, **then aim for 8-10k steps a day (on average) as your minimum goal.**

These resistance-based workouts are going to be the perfect addition to your exercise plan and help you maximize your fat loss results during these next four weeks.



Weekly Workout Schedule

SUN	MON	TUES	WED	THURS	FRI	SAT
REST DAY	WORKOUT A	DAILY ACTIVITY <small>(AIM FOR 8-10K STEPS)</small>	WORKOUT B	DAILY ACTIVITY <small>(AIM FOR 8-10K STEPS)</small>	WORKOUT C	MEGA CIRCUIT
REST DAY	WORKOUT A	DAILY ACTIVITY <small>(AIM FOR 8-10K STEPS)</small>	WORKOUT B	DAILY ACTIVITY <small>(AIM FOR 8-10K STEPS)</small>	WORKOUT C	MEGA CIRCUIT
REST DAY	WORKOUT A	DAILY ACTIVITY <small>(AIM FOR 8-10K STEPS)</small>	WORKOUT B	DAILY ACTIVITY <small>(AIM FOR 8-10K STEPS)</small>	WORKOUT C	MEGA CIRCUIT
REST DAY	WORKOUT A	DAILY ACTIVITY <small>(AIM FOR 8-10K STEPS)</small>	WORKOUT B	DAILY ACTIVITY <small>(AIM FOR 8-10K STEPS)</small>	WORKOUT C	MEGA CIRCUIT

NOTE: if this schedule doesn't work for you, no worries. **As long as you have one rest day between workouts A, B, and C, you're good!**



Notes for Workout A, B, and C

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).



Notes for Mega Circuits

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

For exercises in the same round, you want to go from one exercise to the next with little to no rest. After completing a full round, wait 60 seconds before hopping into a new round.

You can rest longer if needed, but try not to rest more than 2 minutes between rounds.

How Hard Should You Push?

For mega circuits, you want to use a weight that's challenging, but not TOO challenging to where it's a struggle to complete all three rounds.

If you have multiple dumbbells and/or bands that allow you to easily change weight/tension during the circuit, go for it. If you only have one dumbbell or band, use the same weight for each exercise in the same round. **When in doubt, start with a lighter weight.**



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



DB+Band Routine: Week One

WORKOUT A

EXERCISE	SETS	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Dumbbell Squat Press	3	10-15	90s		
2) Regular/Knee Push-Up	3	6-15	90s		
3) Band Shoulder Press	3	12-15	60s		
4) Dumbbell Triceps Extensions	3	12-15 (per side)	60s		
5) Bodyweight Frog Pump	3	20-30	60s		
6) Russian Twist	3	6 (per side)	60s		



DB+Band Routine: Week One

WORKOUT B

EXERCISE	SETS	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Dumbbell RDL	3	12-15	90s		
2) Dumbbell Reverse Lunges	3	8-10 (per side)	90s		
3) 1-Arm Band Row	3	10-12 (per side)	90s		
4) Dumbbell Curls	3	12-15 (per side)	60s		
5) Band Pull-Aparts	3	15-20	60s		
6) Dead Bugs	3	4-6 (per side)	60s		



DB+Band Routine: Week One

WORKOUT C

EXERCISE	SETS	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Dumbbell Split Squat	3	8-10 (per side)	90s		
2) Band Chest Press	3	12-15	90s		
3) Dumbbell Sumo Row	3	12-15 (per side)	90s		
4) Band Glute Bridge	3	12-15	60s		
5) Dumbbell Curl-to-Press	3	12-15	60s		
6) Bodyweight Crunches	3	8-12	60s		



DB+Band Routine: Week One

MEGA CIRCUIT

EXERCISE	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) 1-Arm Dumbbell Squat	8 (per side)	15s		
2) Band Squat	10	None		
3) Dumbbell Swings	12	None		
<i>~ REST FOR 60 SECONDS ~</i>				
4) Regular/Knee Push-Up	6-10	None		
5) Mountain Climbers	8 (per side)	None		
6) Bodyweight Crunches	6-10	120s		

Complete 3 Total Rounds



DB+Band Routine: Week Two

WORKOUT A

EXERCISE	SETS	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Dumbbell Goblet Squat	3	10-12	90s		
2) Band Chest Press	3	12-15	90s		
3) Dumbbell Arnold Press	3	12-15	60s		
4) Dumbbell Skull Crusher	3	12-15	60s		
5) Band 1-Leg Glute Bridges	3	8-10 (per side)	60s		
6) Bodyweight Crunches	3	8-12	60s		



DB+Band Routine: Week Two

WORKOUT B

EXERCISE	SETS	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Dumbbell Sumo Squat	3	12-15	90s		
2) Band Row	3	12-15	90s		
3) Dumbbell Walking Lunges	3	8-10 (per side)	90s		
4) 1-Arm Pronated Rows	3	12-15 (per side)	60s		
5) Band Hammer Curls	3	12-15	60s		
6) Russian Twists	3	4-6 (per side)	60s		



DB+Band Routine: Week Two

WORKOUT C

EXERCISE	SETS	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Step-Ups	3	6-8 (per side)	90s		
2) Regular/Knee Push-Up	3	6-15	90s		
3) Band 1-Leg Glute Bridges	3	6-10 (per side)	60s		
4) Band Shoulder Press	3	12-15	60s		
5) Dumbbell Reverse Fly	3	12-15	60s		
6) Dead Bugs	3	4-6 (per side)	60s		



DB+Band Routine: Week Two

MEGA CIRCUIT

EXERCISE	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Band Squat Press	12	15s		
2) 1-Arm Dumbbell Swings	8 (per side)	None		
3) Constant Tension Squat	8	None		
<i>~ REST FOR 60 SECONDS ~</i>				
4) Reaching Planks	3 (per side)	None		
5) Dead Bugs	3 (per side)	None		
6) Hollow Body Hold	failure	120s		

Complete 3 Total Rounds



DB+Band Routine: Week Three

WORKOUT A

EXERCISE	SETS	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Dumbbell Squat Press	3	10-15	90s		
2) Regular/Knee Push-Up	3	6-15	90s		
3) Band Shoulder Press	3	12-15	60s		
4) Dumbbell Triceps Extensions	3	12-15 (per side)	60s		
5) Bodyweight Frog Pump	3	20-30	60s		
6) Russian Twist	3	6 (per side)	60s		



DB+Band Routine: Week Three

WORKOUT B

EXERCISE	SETS	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Dumbbell RDL	3	12-15	90s		
2) Dumbbell Reverse Lunges	3	8-10 (per side)	90s		
3) 1-Arm Band Row	3	10-12 (per side)	90s		
4) Dumbbell Curls	3	12-15 (per side)	60s		
5) Band Pull-Aparts	3	15-20	60s		
6) Dead Bugs	3	4-6 (per side)	60s		



DB+Band Routine: Week Three

WORKOUT C

EXERCISE	SETS	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Dumbbell Split Squat	3	8-10 (per side)	90s		
2) Band Chest Press	3	12-15	90s		
3) Dumbbell Sumo Row	3	12-15 (per side)	90s		
4) Band Glute Bridge	3	12-15	60s		
5) Dumbbell Curl-to-Press	3	12-15	60s		
6) Bodyweight Crunches	3	8-12	60s		



DB+Band Routine: Week Three

MEGA CIRCUIT

EXERCISE	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) 1-Arm Dumbbell Squat	8 (per side)	15s		
2) Band Squat	10	None		
3) Dumbbell Swings	12	None		
<i>~ REST FOR 60 SECONDS ~</i>				
4) Regular/Knee Push-Up	6-10	None		
5) Mountain Climbers	8 (per side)	None		
6) Bodyweight Crunches	6-10	120s		

Complete 3 Total Rounds



DB+Band Routine: Week Four

WORKOUT A

EXERCISE	SETS	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Dumbbell Goblet Squat	3	10-12	90s		
2) Band Chest Press	3	12-15	90s		
3) Dumbbell Arnold Press	3	12-15	60s		
4) Dumbbell Skull Crusher	3	12-15	60s		
5) Band 1-Leg Glute Bridges	3	8-10 (per side)	60s		
6) Bodyweight Crunches	3	8-12	60s		



DB+Band Routine: Week Four

WORKOUT B

EXERCISE	SETS	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Dumbbell Sumo Squat	3	12-15	90s		
2) Band Row	3	12-15	90s		
3) Dumbbell Walking Lunges	3	8-10 (per side)	90s		
4) 1-Arm Pronated Rows	3	12-15 (per side)	60s		
5) Band Hammer Curls	3	12-15	60s		
6) Russian Twists	3	4-6 (per side)	60s		



DB+Band Routine: Week Four

WORKOUT C

EXERCISE	SETS	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Step-Ups	3	6-8 (per side)	90s		
2) Regular/Knee Push-Up	3	6-15	90s		
3) Band 1-Leg Glute Bridges	3	6-10 (per side)	60s		
4) Band Shoulder Press	3	12-15	60s		
5) Dumbbell Reverse Fly	3	12-15	60s		
6) Dead Bugs	3	4-6 (per side)	60s		



DB+Band Routine: Week Four

MEGA CIRCUIT

EXERCISE	REP GOAL	REST	YOUR WEIGHT	YOUR REPS
1) Band Squat Press	12	15s		
2) 1-Arm Dumbbell Swings	8 (per side)	None		
3) Constant Tension Squat	8	None		
<i>~ REST FOR 60 SECONDS ~</i>				
4) Reaching Planks	3 (per side)	None		
5) Dead Bugs	3 (per side)	None		
6) Hollow Body Hold	failure	120s		

Complete 3 Total Rounds

