



## Two Week Challenge Campaign #4 Beginner Workout

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hips, Butt and Baby Gut	Tip Top	Hips, Butt and Baby Gut	Tip Top	Hips, Butt and Baby Gut	Challenge Day 1	Rest / Makeup

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hips, Butt and Baby Gut	Tip Top	Hips, Butt and Baby Gut	Tip Top	Hips, Butt and Baby Gut	Challenge Day 2	Rest / Makeup

Starting Weight: \_\_\_\_\_ Waist: \_\_\_\_\_ Hips: \_\_\_\_\_ Thighs: \_\_\_\_\_

Ending Weight: \_\_\_\_\_ Waist: \_\_\_\_\_ Hips: \_\_\_\_\_ Thighs: \_\_\_\_\_

# Nutrition Support (Optional)

## Daily Goals:

- 1) Eat 6-8 servings of fruits and vegetables (try not to drink your fruit)
  - Half a cup of vegetables is 1 serving
  - 1 cup of salad is 1 serving
  - 1 banana is 2 servings
  - 1 apple is 1 serving
- 2) No Soda or drinks with high fructose corn syrup (check your labels on your fruit juice!!) Drink water, tea, Crystal Light, seltzer water with a splash of juice, etc.
- 3) No white bread or white pasta. Whole grain bread is ok – try to get at least 4 grams of fiber per slice.
- 4) TwitPic **Every** meal using the #Mamavation and #TwoWeekChallenge hashtags. (This empowers you to be more accountable while sharing meal ideas with each other)
- 5) Encourage and support each other's daily meal goals on Twitter

# Hips, Butt and Baby Gut

## Week 1

**Daily Goal:** 10,000 steps

**Warm-up:** Foot Fires 1 minute <http://www.youtube.com/watch?v=vOkT0XbhLk0>

### **Circuit:**

Dumbbell Squats x15 <http://www.youtube.com/watch?v=ytJV3Zl5ps4>

Plank 45 seconds <http://www.youtube.com/watch?v=MHQmRINu4jU>

Lunges (Right Leg) x15 <http://www.youtube.com/watch?v=cfb-W5VFcns>

Side Plank (Right) 45 seconds <http://www.youtube.com/watch?v=wqzrb67Dwf8>

Lunges (Left Leg) x15

Side Plank (Left) 45 seconds

Glute Kickbacks x15 <http://www.youtube.com/watch?v=45YVKSQN88E>

Crunches x15 <http://www.youtube.com/watch?v=2yOFvV-NSeY>

**Repeat the circuit two more times – Do a total of 3 circuits**

# Tip Top Week 1

**Daily Goal:** 10,000 steps

**Warm-up:** Cross Punches  
5 sets of 10 Right  
5 sets of 10 Left

[http://www.youtube.com/watch?v=DhITvy7Rw\\_Q](http://www.youtube.com/watch?v=DhITvy7Rw_Q)

**Circuit:**

Push-ups x15

<http://www.youtube.com/watch?v=PouVQ65LjOs>

Shoulder Press x15

<http://www.youtube.com/watch?v=B-aVuyhvLHU>

Lateral Raise x15

[http://www.youtube.com/watch?v=ASNNE44n\\_Zk](http://www.youtube.com/watch?v=ASNNE44n_Zk)

Dumbbell Curls x15

<http://www.youtube.com/watch?v=av7-8igSXTs>

Tricep Kick Back x15

<http://www.youtube.com/watch?v=ZO81bExngMI>

Hammer Dumbbell Curls x15

<http://www.youtube.com/watch?v=2FM0kMxzFyw>

French Press x15

[http://www.youtube.com/watch?v=85JMCy\\_fszQ](http://www.youtube.com/watch?v=85JMCy_fszQ)

**Repeat the circuit two more times – Do a total of 3 circuits**

# Challenge Day 1

**Daily Goal:** 10,000 steps

Complete two of the following challenges in 24 hours:

**100 Burpees**

or

**1.5 Mile Run**

or

**15 sets of 1 min Foot Fires**

or

**100 Sit-ups**

# Hips, Butt and Baby Gut

## Week 2

**Daily Goal:** 10,000 steps

**Warm-up:** Foot Fires 1.5 min <http://www.youtube.com/watch?v=vOkT0XbhLk0>

### **Circuit:**

Dumbbell Squats x20 <http://www.youtube.com/watch?v=ytJV3Zl5ps4>

Plank 1 minute <http://www.youtube.com/watch?v=MHQmRINu4jU>

Lunges (Right Leg) x20 <http://www.youtube.com/watch?v=cfb-W5VFcns>

Side Plank (Right) 1 minute <http://www.youtube.com/watch?v=wqzrb67Dwf8>

Lunges (Left Leg) x20

Side Plank (Left) 1 minute

Glute Kickbacks x20 <http://www.youtube.com/watch?v=45YVKSQN88E>

Crunches x20 <http://www.youtube.com/watch?v=2yOFvV-NSeY>

**Repeat the circuit two more times – Do a total of 3 circuits**

# Tip Top Week 2

**Daily Goal:** 10,000 steps

**Warm-up:** Cross Punches  
5 sets of 10 Right  
5 sets of 10 Left

[http://www.youtube.com/watch?v=DhITvy7Rw\\_Q](http://www.youtube.com/watch?v=DhITvy7Rw_Q)

**Circuit:**

Push-ups x20

<http://www.youtube.com/watch?v=PouVQ65LjOs>

Shoulder Press x15

<http://www.youtube.com/watch?v=B-aVuyhvLHU>

Lateral Raise x15

[http://www.youtube.com/watch?v=ASNNE44n\\_Zk](http://www.youtube.com/watch?v=ASNNE44n_Zk)

Dumbbell Curls x15

<http://www.youtube.com/watch?v=av7-8igSXTs>

Tricep Kick Back x15

<http://www.youtube.com/watch?v=ZO81bExngMI>

Hammer Dumbbell Curls x15

<http://www.youtube.com/watch?v=2FM0kMxzFyw>

French Press x15

[http://www.youtube.com/watch?v=85JMCy\\_fszQ](http://www.youtube.com/watch?v=85JMCy_fszQ)

**Repeat the circuit two more times – Do a total of 3 circuits**

# Challenge Day 2

**Daily Goal:** 10,000 steps

Complete two of the following challenges in 24 hours:

**150 Burpees**

or

**2.0 Mile Run**

or

**25 sets of 1 min Foot Fires**

or

**150 Sit-ups**

## Notes

- 1) If you need to rest during the routine, then stop and catch your breath. Your goal is to continue exercise consecutively with as little break as possible. Be Safe.
- 2) You can modify the exercises as needed. Find what works best for you and stick to it. If you need to learn the proper technique or modifications for any of these exercises ask in the #2weekchallenge hashtag and search on YouTube.
- 3) If you miss a day you can use the Rest / Makeup days to get caught up. You can also do a morning and afternoon workout to get caught up.
- 4) Always check with your doctor before starting this or any new exercise routine. Bookieboo LLC, its affiliates and employees/contractors assume no responsibility for any injuries occurring as a result of your participation in this program.