



Two Week Challenge Campaign #5 Advanced Workout

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fired Up	Mama Guns	Fired Up	Mama Guns	Fired Up	Challenge Day 1	Rest / Makeup

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fired Up	Mama Guns	Fired Up	Mama Guns	Fired Up	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

Fired Up Week 1

Daily Goal: 10,000 steps

Warm-up: Kick & Lunge Right Leg x20 <http://youtu.be/8dYChMm3DnY>

Kick & Lunge Left Leg x20

Circuit:

Plank 60 seconds <http://www.youtube.com/watch?v=MHQmRINu4jU>

Side Kick Right x20 <http://youtu.be/sEQq0TXzShM>

Side Kick Left x20

Side Plank (Right) 60 seconds <http://www.youtube.com/watch?v=wqzrb67Dwf8>

Back Kick Right x20 <http://youtu.be/mb7oAK-Q0R4>

Back Kick Left x20

Side Plank (Left) 60 seconds

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

Glute Kickbacks Left x20

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

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

Mama Guns

Week 1

Daily Goal: 10,000 steps

Warm-up: Cross Punches
5 sets of 15 Right
5 sets of 15 Left

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>

Dumbbell Curls x15

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

Lateral Raise x15

http://www.youtube.com/watch?v=ASNNE44n_Zk

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

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

2 Mile Run

or

125 Sit-ups

or

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Fired Up Week 2

Daily Goal: 10,000 steps

Warm-up: Kick & Lunge Right Leg x25 <http://youtu.be/8dYChMm3DnY>

Kick & Lunge Left Leg x25

Circuit:

Plank 75 seconds <http://www.youtube.com/watch?v=MHQmRINu4jU>

Side Kick Right x25 <http://youtu.be/sEQq0TXzShM>

Side Kick Left x25

Side Plank (Right) 75 seconds <http://www.youtube.com/watch?v=wqzrb67Dwf8>

Back Kick Right x25 <http://youtu.be/mb7oAK-Q0R4>

Back Kick Left x25

Side Plank (Left) 75 seconds

Glute Kickbacks Right x25 <http://www.youtube.com/watch?v=45YVKSQN88E>

Glute Kickbacks Left x25

Crunches x25 <http://www.youtube.com/watch?v=2yOFvV-NSeY>

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

Mama Guns

Week 2

Daily Goal: 10,000 steps

Warm-up: Cross Punches
5 sets of 25 Right
5 sets of 25 Left

http://www.youtube.com/watch?v=DhITvy7Rw_Q

Circuit:

Push-ups x25

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

Shoulder Press x15

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

Dumbbell Curls x15

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

Lateral Raise x15

http://www.youtube.com/watch?v=ASNNE44n_Zk

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

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

Note: increase the dumbbell weight by 5 pounds in the second week. Do as many reps as you can until failure.

Challenge Day 2

Daily Goal: 10,000 steps

Complete two of the following challenges in 24 hours:

125 Burpees

or

2.5 Mile Run

or

150 Sit-ups

or

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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.