



## Two Week Challenge Campaign #6 Advanced Workout

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hips, Butt and Baby Gut - Remix	Rocky	Hips, Butt and Baby Gut - Remix	Rocky	Hips, Butt and Baby Gut - Remix	Challenge Day 1	Rest / Makeup

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hips, Butt and Baby Gut - Remix	Rocky	Hips, Butt and Baby Gut - Remix	Rocky	Hips, Butt and Baby Gut - Remix	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 #2WeekChallenge 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 2 minute <http://www.youtube.com/watch?v=vOkT0XbhLk0>

### **Circuit:**

Dumbbell Squats x12 <http://www.youtube.com/watch?v=ytJV3Zl5ps4>

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

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

Side Plank (Right) 50 seconds <http://www.youtube.com/watch?v=wqzrb67Dwf8>

Lunges (Left Leg) x15

Side Plank (Left) 50 seconds

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

Glute Kickbacks (Left Leg) x15

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

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

**Cardio:** 3 sets of Burpees x15 (1 minute rest in between each set)

# Rocky 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>

Lateral Raises x15

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

Shoulder Press x15

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

Dumbbell Curls x15

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

Tricep Kick Back x15

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

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

**Cardio:** 3 sets of Burpees x15 (1 minute rest in between each set)

# Challenge Day 1

**Daily Goal:** 10,000 steps

Complete two of the following challenges in 24 hours:

**95 Burpees**

or

**1.5 Mile Run**

or

**125 Sit-ups**

or

**Billy Blanks<sup>®</sup> Tae Bo<sup>®</sup> Celebrity Fit Workout**

# Hips, Butt and Baby Gut

## Week 2

**Daily Goal:** 10,000 steps

**Warm-up:** Foot Fires 2.5 min <http://www.youtube.com/watch?v=vOkT0XbhLk0>

**Circuit:**

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

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

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

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

Lunges (Left Leg) x20

Side Plank (Left) 60 seconds

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

Glute Kickbacks (Left Leg) x20

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

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

**Cardio:** 3 sets of Burpees x20 (1 minute rest in between each set)

# Rocky Week 2

**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](http://www.youtube.com/watch?v=DhITvy7Rw_Q)

**Circuit:**

Push-ups x20

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

Lateral Raises x15

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

Shoulder Press x15

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

Dumbbell Curls x15

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

Tricep Kick Back x15

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

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

**Cardio:** 3 sets of Burpees x20 (1 minute rest in between each set)

# Challenge Day 2

**Daily Goal:** 10,000 steps

Complete two of the following challenges in 24 hours:

**125 Burpees**

or

**2.0 Mile Run**

or

**150 Sit-ups**

or

**Billy Blanks® Tae Bo® Celebrity Fit Workout**

## 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.