



2 Week Challenge Campaign #12 Advanced Workout

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pyramids	Burn It	Ab Blaster	Pyramids	Burn It	Ab Blaster	Rest / Makeup

Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pyramids	Burn It	Ab Blaster	Pyramids	Burn It	Ab Blaster	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

Pyramids

All Weeks

Daily Goal: 10,000 steps

We are mixing things up: for this routine you are going to be doing pyramid sets. Start with the first exercise in the list and do 1 rep. Immediately do 2 reps of the same exercise then 3 reps, 4 reps, 5 reps, all the way up to 10 reps. Try not to rest in between sets. Rest 30 seconds after you finish the last set and then move on to the next exercise. Start again with 1 rep all the way up to 10 reps for that exercise. Rinse and repeat for the remainder of the exercises.

For Example: Starting with Push-ups do: 1 rep, 2 reps, 3 reps, 4 reps, 5 reps, 6 reps, 7 reps, 8 reps, 9 reps, 10 reps. Rest 30 seconds then start Bicep curls: 1 rep, 2 reps, 3 reps, 4 reps, etc.

Warm-up: Criss Cross Jumps x60

<http://youtu.be/XG7BlqAv0TE>

Workout:

Push-ups

http://youtu.be/Eh00_rniF8E

Bicep Curls

<http://youtu.be/av7-8igSXTs>

Dumbbell Bench Press

http://youtu.be/fb_hU0y1Jlw

Hammer Curls

<http://youtu.be/EdWCF9-ZAJI>

Dumbbell Row

<http://youtu.be/-4E2XOBPeYk>

French Press

http://youtu.be/85JMCy_fszQ

Wide Row

<http://youtu.be/OXkux-8AplQ>

Triceps Kickback

<http://youtu.be/EJzCVqtnRSk>

Notes:

If you can't do all of the reps – that's ok. Do as many as you can. These exercises are more about endurance than strength so adjust your dumbbell size accordingly. You should feel the burn by your last set.

Burn It All Weeks

Daily Goal: 10,000 steps

Warm-up: Foot Fires 1 minute

<http://youtu.be/vOkT0XbhLk0>

Workout:

Burpees x10

<http://youtu.be/-4Dio-FdqWg>

Alternating Lunge x16

<http://youtu.be/tTej-ax9XiA>

Squats x10

<http://youtu.be/xDdSZmWNYQI>

Kick and Lunge x10 each side

<http://youtu.be/8dYChMm3DnY>

Burpees x15

Alternating Lunges x20

Squats x15

Kick and Lunge x15 each side

Burpees x20

Alternating Lunges x26

Squats x20

Kick and Lunge x20 each side

Burpees x15

Alternating Lunges x20

Squats x15

Kick and Lunge x15 each side

Notes:

Rest 30 seconds in between each set. Lunge across the room/yard/wherever if you have enough room. Focus on good form rather than speed – this is not a race.

Ab Blaster

Daily Goal: 10,000 steps

Try to complete this entire routine in one session (take short breaks if needed):

Warm-up: Foot Fires 1.5 mins

<http://youtu.be/vOkT0XbhLk0>

Workout:

Sit-ups x12

<http://youtu.be/VndDWO5Zkas>

Plank 45 seconds

<http://youtu.be/MHQmRINu4jU>

Crunches x12

<http://youtu.be/2yOFvV-NSeY>

Side Plank (Right) 30 seconds

<http://youtu.be/wqzrb67Dwf8>

V-ups x12

<http://youtu.be/sTYdRiLfuO0>

Side Plank (Left) 30 seconds

<http://youtu.be/wqzrb67Dwf8>

Leg Lifts x12

<http://youtu.be/wP45ZJd3TIM>

Sit-ups x15

Plank 60 seconds

Crunches x15

Side Plank (Right) 45 seconds

V-ups x15

Side Plank (Left) 45 seconds

Leg Lifts x15

Sit-ups x20

Plank 60 seconds

Crunches x20

Side Plank (Right) 45 seconds

V-ups x20

Side Plank (Left) 45 seconds

Leg Lifts x20

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.