

Week 2

FOCUS: Add weight to one or 2 exercises if only used body weight last week or increase weight this week.

GOAL: Complete all given workouts for the week and continue to track food

FOOD: Whole foods, no prepackaged, fast or snack foods. Eliminate dairy (milk, yogurt, cheese)

Week 2, Day 1

Do 8 reps all exercises. Once all exercises complete, rest up to 60 seconds. Repeat circuit 4-5 rounds



8 Bulgarian Split Squat

8 Front Squat

8 Straight Leg Dead Lift

8 Each Toe Tap Off Ball, start with both feet on ball, alternate tapping toe on ground.

After the above exercises completed, complete all exercises below, rest 30-60 seconds



REPEAT 3 ROUNDS

8 Front raise to lateral raise

8 Supermans

15 Jumping Jacks

2 Burpees

FINISHER: Plank up downs 1 minute



WEEK 2 DAY 2

ACTIVE REST (30 MIN. WALK) OR METABOLIC WORKOUT

METABOLIC WORKOUT

4 rounds of all the exercises. Start with 2-4 minute warm up and then cool down 2-4 minute

Set timer for 45 seconds. Each exercise will be done for that amount of time. Work as hard as you can, rest when you need to.

- 1) Squats (body weight)
- 2) Pushups
- 3) Alternating reverse lunges
- 4) Shuttle sprints(place 2 cones/objects at least 10 feet apart)shuttle back and forth between the cones for the 45 seconds
- 5) Plank hold

Complete 4 rounds.

WEEK 2 DAY 3

COMPLETE ALL EXERCISES AND THEN REST UP TO 1 MINUTE. REPEAT FOR A TOTAL OF 3 ROUNDS



(Elbows out at 45 degrees)



45-degree row 12

Pushups 10

Renegade row 12 each arm

Pushups 10

After all rounds complete. Rest up to 1 minute and move to LOWER BODY



10 each side full sit up with twist

10 reps lift ball to hands/release legs down and arms over head

Plank 20 seconds with ball in hands, then lift ball to place back in legs and release back to #1

Repeat for 3 rounds

WEEK 2 DAY 4

ACTIVE REST OR METABOLIC WORKOUT IF NOT COMPLETED YET

WEEK 2 DAY 5

COMPLETE ALL EXERCISES, REST UP TO 1 MINUTE AND REPEAT FOR A TOTAL OF 3 ROUND



15 Front Squats

10 Body Weight Jump Squats

15 Sumo Squats

10 Body Weight Jump Squats

15 Each Rev. Lunge

ONCE ALL COMPLETE, REST 1 MINUTE AND MOVE TO UPPER BODY.



10 Lateral Raises

10 Overhead Press

10 Standing Chest Fly

10 Front Raise

Complete all exercises. Rest 1 minute, repeat for 2 rounds

FINISHER: 10 roll ups/10 reverse crunch/10 per side, Russian twists



WEEK 2 DAY 6 & 7

REST

Congratulations you have completed 2 weeks of healthy habits!

Write your positives for the week:

EXAMPLE: FINISHED ALL WORKOUTS, DIDN'T EAT FAST FOOD, SKIPPED DESSERTS THIS WEEK

WRITE WHAT YOU WANT TO DO BETTER NEXT WEEK

EXAMPLE: HEAVIER DUMBELLS, WORK OUT FASTER WITH GOOD FORM, HEALTHY PROTEIN BREAKFAST,

TAKE YOUR MEASUREMENTS:

Weight _____

Waist (At Smallest Part) _____

Waist At Belly Button _____

Hips At Widest _____

Chest(Widest Part Of Back Across Nipple Line) _____

Right Mid Thigh _____ Left Mid Thigh _____

Right Mid Arm _____ Left Mid Arm _____