

14 DAY WORKOUT CHALLENGE

Day 1

45 minute **Cardio Strength**
with weights and mini
band_

Day 2

30 minute **BootyBurner**
and abs plus your own
power walk

Day 3

45 minute **Tabata and Strength** Intervals
Weights and optional
Kettlebell

Day 4

Cardio and Core
Go for a run or walk
and do this **core workout**

Day 5

Rest Day!

Day 6

45 minute **Tabata**
with dumbbells and
mini band

Day 7

35 minute **park bench**
workout with optional
mini band

Day 8

45 minutes of
kettlebells and dumbbells

Day 9

20 minute fast and
effective **kettlebell workout** plus add your
own cardio

Day 10

30 minute **no impact full body** workout with
dumbbells

Day 11

Outdoor workout, no
equipment needed

Day 12

Rest day or powerwalk
Take time to stretch
and foam roll

Day 13

45 minute **Triple Threat!**
with dumbbells, mini
band & gliders

Day 14

30 minute no
equipment **cardio and core** workout

**YOU DID IT!
I'M SO PROUD
OF YOU!**

14 DAY WORKOUT CHALLENGE VERSION 2

Day 1 2 x 10 of each
Workout One - weights
squats, alternating lunges
bicep curls, overhead
press, tricep dips
pushup back extension.
sit ups

Day 2 2 x 10 of each
Workout Two - Core
walk out pushup plank
jack, curtsey side & rear
leg raise, plank rotations,
runner sprints, 6 pack
burn

Day 3 2 x 10 of each
Workout Three - K.bell
Swings, single deadlift,
sumo deadlift upright row,
suitcase squat pop over,
rows, squat bicep curl,
squat tricep ohp, abs

Day 4

Cardio and Core
Go for a run or walk
and do this **core**
workout

Day 5

Rest Day!

Day 6 2 x 12-15 of each
Workout One - weights
squats, alternating lunges
bicep curls, overhead press,
tricep dips
pushup back extension.
sit ups

Day 7

35 minute park bench
workout with optional
mini band

Day 8 x 12-15 of each
Workout Two - Core
walk out pushup plank
jack, curtsey side & rear
leg raise, plank rotations,
runner sprints, 6 pack
burn

Day 9 2 x 12-15 of each
Workout Three - K.bell
Swings, single deadlift,
sumo deadlift upright row,
suitcase squat pop over,
rows, squat bicep curl,
squat tricep ohp, abs

Day 10 2 x 12-15
each

Workout One - weights
squats, alternating lunges
bicep curls, overhead
press, tricep dips
pushup back extension.

Day 11

Outdoor workout, no
equipment needed

Day 12

Rest day or powerwalk
Take time to stretch
and foam roll

Day 13 **Double Up!**

Workout One
plus
Workout 2
2 x 12-15 reps

Day 14 **Double Up!**

Workout three
plus
Workout Two

YOU DID IT!
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OF YOU!