



GET YOU IN SHAPE COM

Fitness Boot Camps - Personal Training - 40 Day Challenge

This week:

1. **Eat a healthy breakfast EVERYDAY** – this would include a well-balance breakfast (protein, carbs, and fats)
2. **Drink a lot of water** – try drinking when you get up, before and after meal, and throughout the day.
3. **Eat 5-6 times** – Breakfast, mid-morning snack, healthy lunch, mid-afternoon snack, and a healthy dinner (optional evening snack)
4. **Fiber and Protein** – Eat plenty of fiber and protein because they will help with cravings and metabolism.
5. **Exercise** – Even though I/we are not working you out this week, do not let that stop YOU from pushing through the week off.
6. **Workout with OTHERS** – Get a friend or a few friends to help encourage, inspire, and motivate you this week. Your spirits will be up and your heart will too.

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. **Thomas Jefferson**

Make it a point this week to have a great mental attitude about things!

Monday's Workout

Warm up - Airplane, Forward Lunge w/stand up, Backward Lunge, Hand Walk

6-7 minutes each station. Rest 1 minute between stations.

Station #1 1 min for each exercise.

Cardio Set (jumping Jacks, Jump rope in place, side to side, front to back, and touch the sky) 15 sec each
Planks (can do push ups also) 1 min
1 leg lunge static Row (not moving legs)
Push Ups 4 down-2pause-1 up
1 leg lunge static row 4-2-1 (other leg)
Push Ups FAST 45
Cardio Set

Station #2

Squats 4-2-1

Squats Feet together Front Kick FAST
Squats Feet hips width side kick FAST
Squats feet hip width back kick FAST
Rest 30 Seconds
Defense (hips down, not a race, don't bring feet together, keep core tight) 45 sec.

Station #3 1 minute for each

Pillar Bridges 30 seconds up- 20 seconds on knees- 10 up
Heel Taps (1 leg at a time)30 sec each
Lying Opposites (1 side at a time)
Sitting Twists 1 minute
FAST toe touches (keep arms up)
Reverse Crunches

Station #4

Bicep Curls 4-2-1 1 leg
2 leg biceps curls 7 half way up [7 all the way up/halfway down [7 full bicep curls
Lying Tricep extensions legs in heel tap 4-2-1
Lying Y, T, W, L with press ups
Shoulder press 4-2-1

If time Cardio or Pick your own

“The only way of finding the limits of the possible is by going beyond them into the impossible.”

Arthur C. Clarke

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Please consult your physician before starting any new diet and exercise program

Tuesday

Cardio Day

Warmup -

Calf Stretch, Summo Squat, Forward Lunge, Airplane, Lateral Lunge

30 Seconds Slow

30 Seconds Medium

30 Seconds Hard

90 second Sets. Shoot for at least 30 Minutes followed by a good stretch

Wednesday

Calf Stretch, Standing Hip Flexor stretch, Knee Raises, Hand Walk
Resistance Station is 9 minutes Then Cardio is 3 minutes

Station #1

50 Squats fast w/ arms straight
Touch the Sky 25 seconds
Lunges 45-60 one leg(don't change)
Touch the Sky 25 seconds
Lunges (other side)
Touch the Sky 25 seconds
Lunge FAST 25 each side

Station #1 CARDIO

Cardio – Run for time 3 minutes

Station #2 4-2-1 for all reps

Planks 1 minute
SuperMan 4 down-2pause-1 up
Push ups 4-2-1 15 reps
Lying opp. W/ one arm on hip
lunge w/row lunge down/row up row down/lunge up
lunge w/press 4-2-1
biceps curl 4-2-1
1 leg shoulder press (standing straight up) 4-2-1

Station #2 CARDIO

50 Squat Jumps
If time 50 Split Lunges

Station #3

Pillar Bridges (5 seconds up 5 sec on knees 12 reps)
Side Pillar Bridges 30 sec. each
Toe touches FAST 1 min
Scissors FAST 30 seconds
PeterPan 1 min
Yoga 4 X 15 seconds each
Bicycles Slow the fast

Station #3 CARDIO

Base Side to Side 30 seconds
Cardio Set (jumping Jacks, Jump rope in place, side to side, front to back, and touch the sky) 15 sec each
Defense
Defense (hips down, not a race, don't bring feet together, keep core tight) 45 sec.
Touch the sky

“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.”

Aristotle

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Thursday's Workout

Cardio

30 Minutes at one pace. This is somewhere between your slow and medium pace for at least 30 minutes.

Get You In Shape Friday's workout
 Backward Lunge, Lateral Lunge, Hand Walk, Summo Squat

Station #1
 50 Squats (FAST)
 Cardio Set (jumping Jacks, Jump rope in place, side to side, front to back, and touch the sky) 15 sec each
 25 Squats w/ side kicks
 Squat Jumps FAST 30 sec
 25 lunges FAST
 Walking Lunges w/ or w/out weights

Station #2 Rest 30 sec between
 Cardio Set (jumping Jacks, Jump rope in place, side to side, front to back, and touch the sky) 15 sec each
 Base Side to Side 30 sec
 Squat Jumps 30 sec
 Lateral Jumps (this is like alternative to base side to side-you can jump also) 1 min
 Defense 40 sec
 Cardio Set (jumping Jacks, Jump rope in place, side to side, front to back, and touch the sky) 15 sec each

Station #3
 Planks 15 sec.
 Pushups 4down-2pause-1 Up 45 sec
 Base Side to Side 30 sec
 Rest 30 sec
 SuperMan - 4-2-1 1 min
 Push Ups 4-2-1 1 min
 I leg lunge Static with row 4-2-1
 Pushup FAST 15-20 rep
 1 leg T, Y, A, U u is coming up like an L and extending arm like touchdown
 Close Grip Tricep Push Ups 4-2-1

Station#4
 Heel Taps SAME Side 30 sec each
 Toe Touches 4down-2pause-1up
 Oblique Reaches lying on back reaching w/side 45 sec
 Reverse Crunches 1 min
 Yoga 4 in 1
 Lying opposites on all 4's same

Knowing is not enough; we must apply.

Willing is not enough; we must do.

Johann Wolfgang von Goethe