



GET YOU IN SHAPE COM

Fitness Boot Camps

Private Training

24 Day Challenge

Thanksgiving Week Workouts

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.
7. **POST HOW THE WORKOUT IS ON OUR FACEBOOK PAGE!** It will help keep you motivated when you don't want to work out.

[Get You In Shape Program](#)

[Get You In Shape Workout Workbook](#) -

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!

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

Workout #1

Equipment-
None

Warm up – 15 AirSquats, 10 Push Ups, 15 Supermans, 15 Sit Ups (like AbMats but with feet on the ground – Complete 3 times or rounds for a warm up

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)

Mountain Climbers 1 min

1 leg lunge static row (other leg)

Cardio Set (jumping jacks, Jump rope in place, side to side, front to back, and touch the sky)

Station #2

Squats Feet together Front Kick FAST

30 Seconds each leg

Squats Feet hips width side kick FAST

30 Seconds each leg

Squats feet hip width back kick FAST

30 Seconds each leg/ 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

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

Slow and Fast Bicycles 30/30

Station #4 Workout of the day

As Many Rounds you can

Complete in 8 Minutes. Only 2 exercises!

Split Lunges 10/15/20 rep

<http://www.youtube.com/watch?v=zLTDUFjbxXA&feature=related>

Modified would be stepping instead of jumping. Key is to stay in heels and try going down with back knee as far as you can.

Push Ups 5//10/15 Reps

Rest of the time do some 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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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, Toe Touches, Hand Walk,

Equipment-

Broom
Dumbbells

Station #1

Air Squats 1 Minute
Touch the Sky 25 seconds
Lunges 60 sec one leg(don't change)
Touch the Sky 25 seconds
Lunges 60 sec (other leg)
Touch the Sky 25 seconds
Lunge FAST 25 each side

Station #2

Bicep Curls 1 leg 45sec/45
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 15-25 reps
Lying Y, T, W, L with press ups
- 10 reps each
Shoulder press 1 leg 45 sec/45 sec

Station #3

Planks 1 minute
SuperMan 20 Reps
Push ups 15 reps
Lying opposites w/ one arm on hip
lunge w/row lunge down/row up row down/lunge up
lunge w/press
biceps curl
1 leg shoulder press (standing straight up) 4-2-1

Station #4 Workout Of the Day

Teams of 4 – 12-15 minutes as many rounds as possible

1. Run 100/200/300 meters(You choose)

2. Overhead Squats PVC pipe.

<http://www.youtube.com/watch?v=pBXxyrJXrTw&feature=related>

3. Burpees -

4. Rest or stationary Cardio or Core exercise.

Station #5 If time

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 #5

If time cardio

“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

Heel Taps SAME Side 30 sec each
Toe Touches
Oblique Reaches lying on back reaching w/side 1 min
Reverse Crunches 1 min
Yoga 4 in 1
Lying opposites on all 4's same

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 1 min
Base Side to Side 30 sec
Rest 30 sec
SuperMan - 4-2-1 1 min
I leg lunge Static with row 4-2-1
1 leg T, Y, A, U

Workout of the Day

10-13 Minutes as Many Rounds as Possible -

Reps to choose from 10/15/20

1. Dumbbell Thrusters
<http://www.youtube.com/watch?v=gjQfBxcups4>
2. Sit Ups (Like AbMat but with feet on the ground)
3. Push Ups
4. Run 100 meters or so (short distance)

Knowing is not enough; we must apply.

Willing is not enough; we must do.

Johann Wolfgang von Goethe