



# GET YOU IN SHAPE COM

**Fitness Boot Camps**

**Private Training**

**24 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!

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

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

## Station #2

50 Air Squats  
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  
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 1 Minute each

Bicep Curls 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  
  
Repeat if you would like

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**

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 Air Squats  
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 #1 CARDIO**

Cardio – 30 Sec Slow /30 Fast  
Repeat for 8-10 minutes

**Station #2**

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)

**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 (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

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

### 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  
1 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

50 Air Squats 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

Knowing is not enough; we must apply.

Willing is not enough; we must do.

**Johann Wolfgang von Goethe**