



## 2 Week Challenge Campaign # 8 Advanced Workout

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Accelerator	Power	Ab Blaster	Accelerator	Power	Epic / Ab Blaster	Rest / Makeup

Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Accelerator	Power	Ab Blaster	Accelerator	Power	Epic / Ab Blaster	Rest / Makeup

Starting Weight: \_\_\_\_\_ Waist: \_\_\_\_\_ Hips: \_\_\_\_\_ Thighs: \_\_\_\_\_

Ending Weight: \_\_\_\_\_ Waist: \_\_\_\_\_ Hips: \_\_\_\_\_ Thighs: \_\_\_\_\_

# Nutrition Support (Optional)

## Daily Goals:

- 1) Eat 6-8 servings of fruits and vegetables (try not to drink your fruit)
  - Half a cup of vegetables is 1 serving
  - 1 cup of salad is 1 serving
  - 1 banana is 2 servings
  - 1 apple is 1 serving
- 2) No Soda or drinks with high fructose corn syrup (check your labels on your fruit juice!!) Drink water, tea, Crystal Light, seltzer water with a splash of juice, etc.
- 3) No white bread or white pasta. Whole grain bread is ok – try to get at least 4 grams of fiber per slice.
- 4) TwitPic **Every** meal using the #Mamavation and #2WeekChallenge hashtags. (This empowers you to be more accountable while sharing meal ideas with each other)
- 5) Encourage and support each other's daily meal goals on Twitter

# Accelerator

**Daily Goal:** 10,000 steps

Try to complete this entire routine in one session (take short breaks if needed):

**Warm-up:** Foot Fires 1.5 mins <http://youtu.be/vOkT0XbhLk0>

**Circuit:**

Weighted Squats x12 <http://youtu.be/ytJV3ZI5ps4>

Right Leg Lunges x15 <http://youtu.be/cfb-W5VFcns>

Left Leg Lunges x15

Weighted Calf Raises x12 <http://youtu.be/uQe2YAyxTzk>

Bird Dog x20 (alternate right and left – 10 each side) <http://youtu.be/iGdzw3sUmYE>

**Repeat the circuit two more times – Do a total of 3 circuits**

**Cardio:** 3 sets of Burpees x15 (1 minute rest in between each set)

# Power

**Daily Goal:** 10,000 steps

Try to complete this entire routine in one session (take short breaks if needed):

**Warm-up:** Foot Fires 1.5 mins

<http://youtu.be/vOkT0XbhLk0>

**Circuit:**

Push-ups x15

[http://youtu.be/Eh00\\_rniF8E](http://youtu.be/Eh00_rniF8E)

Lateral Raises x15

[http://youtu.be/ASNNE44n\\_Zk](http://youtu.be/ASNNE44n_Zk)

Shoulder Press x15

<http://youtu.be/B-aVuyhvLHU>

Dumbbell Curls x15

<http://youtu.be/av7-8igSXTs>

Tricep Kick Back x15

<http://youtu.be/ZO81bExngMI>

**Repeat the circuit two more times – Do a total of 3 circuits**

**Cardio:** 3 sets of Burpees x15 (1 minute rest in between each set)

# Ab Blaster

**Daily Goal:** 10,000 steps

Try to complete this entire routine in one session (take short breaks if needed):

**Warm-up:** Foot Fires 1.5 mins

<http://youtu.be/vOkT0XbhLk0>

**Circuit:**

Sit-ups x15

<http://youtu.be/VndDWO5Zkas>

Plank 45 seconds

<http://youtu.be/MHQmRINu4jU>

Crunches x15

<http://youtu.be/2yOFvV-NSeY>

Side Plank (Right) 30 seconds

<http://youtu.be/wqzrb67Dwf8>

V-ups x15

<http://youtu.be/sTYdRiLfuO0>

Side Plank (Left) 30 seconds

<http://youtu.be/wqzrb67Dwf8>

Leg Lifts x15

<http://youtu.be/wP45ZJd3TIM>

**Repeat the circuit two more times – Do a total of 3 circuits**

# Epic

**Daily Goal:** 10,000 steps

Try to complete this entire routine in one session (take short breaks if needed):

**Warm-up:** Foot Fires 1.5 mins <http://www.youtube.com/watch?v=vOkT0XbhLk0>

## **Circuit:**

Squat Alternating-Dumbbell Shoulder Press x12 <http://youtu.be/m12VYf5uj60>

Mountain Climber Pushup x15 <http://youtu.be/IHTL2-cd1b4>

Reaching Side Lunge to Curl x12 [http://youtu.be/zl5\\_6t4t9Lw](http://youtu.be/zl5_6t4t9Lw)

Squat Thrust with Push-up x12 <http://youtu.be/uLDXU32Ihls>

Dumbbell Russian Twist x12 <http://youtu.be/4DYuSXvpu0g>

Stiff Leg Deadlift and Row x12 <http://youtu.be/quvVrgNctuU>

**Repeat the circuit two more times – Do a total of 3 circuits**

**Cardio:** 3 sets of Burpees x15 (1 minute rest in between each set)

## Notes

- 1) If you need to rest during the routine, then stop and catch your breath. Your goal is to continue exercise consecutively with as little break as possible. Be Safe.
- 2) You can modify the exercises as needed. Find what works best for you and stick to it. If you need to learn the proper technique or modifications for any of these exercises ask in the #2weekchallenge hashtag and search on YouTube.
- 3) If you miss a day you can use the Rest / Makeup days to get caught up. You can also do a morning and afternoon workout to get caught up.
- 4) Always check with your doctor before starting this or any new exercise routine. Bookieboo LLC, its affiliates and employees/contractors assume no responsibility for any injuries occurring as a result of your participation in this program.