



## 2 Week Challenge Campaign # 8 Beginner Workout

<b>Week 1</b>						
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Kick Start	Rock It	Mama Guns	Kick Start	Rock It	Mama Guns	Rest / Makeup

<b>Week 2</b>						
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Kick Start	Rock It	Mama Guns	Kick Start	Rock It	Mama Guns	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

# Kick Start

**Daily Goal:** 10,000 steps

Try to complete this entire routine in one session. Take short breaks (30-60 seconds) between each set.

If you can't do 10 reps, then do as many as you can. Your goal is to work up to 10 reps. Feel free to modify the workouts as needed.

**Warm-up:** Run in place for 60 seconds

**Circuit:**

Squats x10

<http://youtu.be/LYdhFim2YBk>

Right Leg Lunges x10

<http://youtu.be/cfb-W5VFcns>

Left Leg Lunges x10

Calf Raises x10

<http://youtu.be/cxdbianNKAQ>

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

**Cardio:** 3 sets of Burpees x10 (1 minute rest in between each set)

# Rock It

**Daily Goal:** 10,000 steps

Try to complete this entire routine in one session. Take short breaks (30-60 seconds) between each set.

If you can't do 10 reps, then do as many as you can. Your goal is to work up to 10 reps. Feel free to modify the workouts as needed – if you can't do regular push-ups do them on your knees.

**Warm-up:** Run in place for 60 seconds

**Circuit:**

Push-ups x10

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

Crunches x10

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

Plank 30 seconds

<http://youtu.be/MHQmRINu4jU>

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

**Cardio:** 3 sets of Burpees x10 (1 minute rest in between each set)

# Mama Guns

**Daily Goal:** 10,000 steps

Try to complete this entire routine in one session. Take short breaks (30-60 seconds) between each set.

If you can't do 10 reps, then do as many as you can. Your goal is to work up to 10 reps.

**Warm-up:** Run in place for 60 seconds

**Circuit:**

Bicep Curls x10

[http://youtu.be/F1B4WK\\_6oH0](http://youtu.be/F1B4WK_6oH0)

Tricep Dumbbell Kickback x10

[http://youtu.be/UfynEJHA\\_oc](http://youtu.be/UfynEJHA_oc)

Shoulder Press x10

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

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

**Cardio:** 3 sets of Burpees x10 (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.