



60 DAY

KETO

challenge workouts

WORKOUTS WEEK 1-4

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This workout program is designed for you to compete with yourself. For the first 4 weeks you will do the same workouts Monday through Friday and you will compare your score/number of reps to the previous week to track your performance.

When it comes to health and fitness we tend to think our weight going down is the only measure of success, but there are so many other way to track progress and tracking our fitness progress is so much more telling of us becoming healthier. So make sure and record your times, number of rounds/reps etc. each workout and compare it to the week before.

Obviously, your first week will be your baseline. After weeks 1-4 are complete you will tackle a new set of workouts in a similar fashion for weeks 5-8!!!

monday - day 1 (legs & abs)

warm-up

30 seconds of jogging in place or jumping jacks

5 toy soldier kicks (on each leg so a total of 10)

5 squats

Hold Plank for 10 seconds

Repeat this 2 more times and you're all warmed up!

main workout

You will be doing a 20-minute AMRAP (AMRAP stands for As Many Rounds As Possible). So you'll be doing the exercise series (as listed below) as many times as you can within 20 minutes and keeping track of how many rounds you do. So make sure to start a timer and to have a paper and pencil near by to mark a line for each round you complete! Do the best you can and takes as many breaks as needed (you keep the timer going during your breaks). Just use proper form, push yourself and do the best you can!



10 lunges
(5 each leg and no weight)



15 squats
(no weight)



20 sit-ups on a stability ball
(or on the ground if you don't have a stability ball)

*** So again, you'll be doing 10 lunges, 15 squats and 20 sit-ups on a stability ball and then repeating this series over and over as many times as you can within 20 minutes. Take breaks as needed, but push yourself and keep track of the rounds you complete!

tuesday - day 2 (hiit cardio)

warm-up

30 seconds jumping jacks

30 seconds high knees

30 seconds butt kickers

Repeat 2 more times through and you're all warmed up!

main workout



10 minutes of high intensity interval training (hiit) cardio

Sprint on a treadmill, elliptical, bike or stairs at your home for 30 seconds, followed by 30 seconds of rest (either walking or standing in place). Repeat this pattern until the full 10 minutes is complete. Then...



5 minutes of jump rope

30 seconds of a fast paced jump rope followed by 30 seconds of a slow paced jump rope or rest in place if needed. Repeat this interval for a total of 5 minutes total.



10 minutes of hiit cardio

Sprint on a treadmill, elliptical, bike or stairs at your home for 30 seconds, followed by 30 seconds of rest (either walking or standing in place). Repeat this pattern until the full 10 minutes is complete

WORKOUTS WEEK 1-4

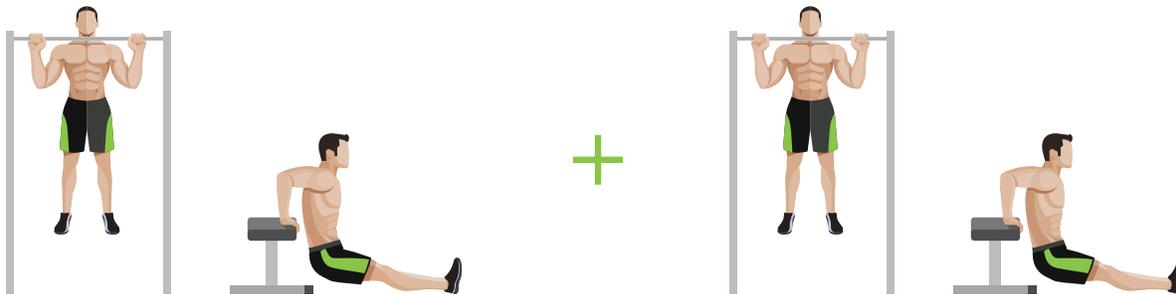
wednesday - day 3 (bi's, tri's and oblique's)

warm-up

30 seconds of jogging in place
5 dips on a chair or bench
Hold Plank for 30 seconds
Repeat this 2 more times and you're all warmed up!

main workout

This is a timed workout and should be compared week to week to show progress.



**10 chin-ups, 10 dips, 9 chin-ups, 9 dips,
8 chin-ups, 8 dips**

....Repeat this pattern all the way down
to 1 rep of each. Then:

**1 chin-ups, 1 dips, 2 chin-ups, 2 dips,
3 chin-ups, 3 dips**

....Repeat this pattern all the way back
up to 10 reps of each.

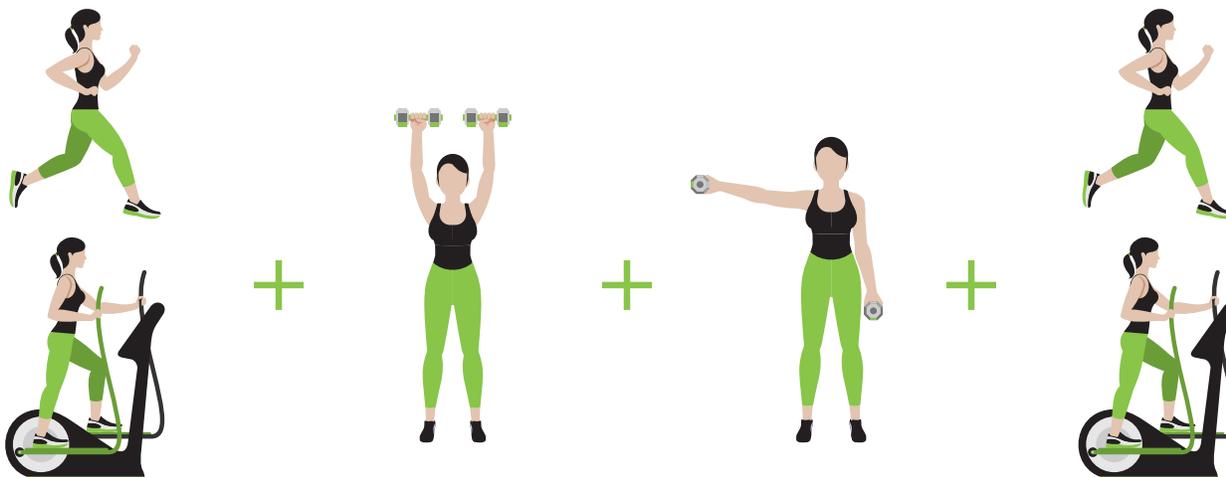
thursday - day 4 (cardio & shoulders)

warm-up

1 min. jumping jacks.
10 military dumbbell presses (with light weight)
10 pushups

main workout

Get on a treadmill, elliptical, bike, stair stepper or stairs at your own home and go at a moderate to fast pace for 30 minutes. Every TWO (2) minutes you'll stop and do 20 military dumbbell presses and 20 dumbbell side raises with a weight you feel comfortable with. Then continue with the stairs until the full 30 minutes is complete.



**fast pace
30 mintues cardio**

**20 military
dumbbell presses**

**20 dumbbell
side raises**

**fast pace
30 mintues cardio**

WORKOUTS WEEK 1-4

friday - day 5 (chest & back)

warm-up

30 seconds of jogging in place or jumping jacks
5 toy soldier kicks (on each leg so a total of 10)
Repeat this 2 more times and you're all warmed up!

main workout

You'll be doing this entire series listed below a total of 3 times. You'll start your timer and see how long it takes you to complete the entire workouts. You're just doing the best you can and take breaks as needed (leaving the timer going). We'll compare your week-to-week times.

3 rounds for time***



15 bent over rows with dumbbells
(both hands at the same time)



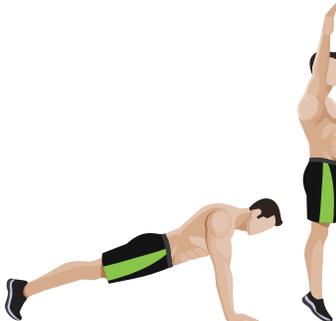
20 wide grip push-ups
(go to your knees if you have to)



15 back rows or cable rows
with fitness bands or cable



20 narrow grip push-ups
(again. Go to your knees
if you have to)



15 burpee



10 mountain climber

Go through each item back to back and then start again and keep going until you've completed 3 rounds.

day 6 and 7 are rest days, but feel free to do something active with your family on these days.