



Mushroom Makeover Fitness Challenge

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Burn It	Build It	Rest / Makeup	Burn It	Build It	Cardio	Rest / Makeup
Week 2	Core	Mama Guns	Rest / Makeup	Core	Mama Guns	Cardio	Rest / Makeup
Week 3	Burn It	Build It	Rest / Makeup	Burn It	Build It	Cardio	Rest / Makeup
Week 4	Core	Mama Guns	Rest / Makeup	Core	Mama Guns	Cardio	Rest / Makeup

Starting Weight: _____ Waist: _____ Hips: _____ Thighs: _____

Ending Weight: _____ Waist: _____ Hips: _____ Thighs: _____

Weeks 1 and 3

Daily Goal: 10,000 steps

Complete the entire circuit *without* resting. If you have to rest, walk around for 10 seconds. Don't stop moving. Jog or walk around for 30 seconds in between each circuit. Focus on good form rather than speed – this is not a race.

Burn It

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

Circuit:

Burpees x12 <http://youtu.be/-4Dio-FdqWg>

Alternating Lunge x16 <http://youtu.be/tTej-ax9XiA>

Squats x12 <http://youtu.be/xDdSZmWNYQI>

Kick and Lunge x12 each side <http://youtu.be/8dYChMm3DnY>

Complete the circuit 4 times

Build It

Warm-up: Cross Punches http://youtu.be/DhITvy7Rw_Q
5 sets of 10 Right, 5 sets of 10 Left

Circuit:

Push-ups x10 http://youtu.be/Eh00_rniF8E

Shoulder Press x10 <http://youtu.be/B-aVuyhvLHU>

Triceps Push-ups x10 <http://youtu.be/Qz1NIN2OPYw>

Dumbbell Curls x10 <http://youtu.be/av7-8igSXTs>

Crunches x10 http://youtu.be/Xyd_fa5zoEU

Complete the circuit 4 times

Cardio

Activity: Your choice – 30 minutes minimum of some good old fashioned cardio. You can run, bike, kick box, Tae Bo, anything that gets your heart rate going.

Weeks 2 and 4

Daily Goal: 10,000 steps

Complete the entire circuit *without* resting. If you have to rest, walk around for 10 seconds. Don't stop moving. Jog or walk around for 30 seconds in between each circuit. Focus on good form rather than speed – this is not a race.

Core

Warm-up: Foot Fires 1.5 mins

<http://youtu.be/vOkT0XbhLk0>

Circuit:

Burpees x12

http://youtu.be/PYfNA_lmKHM

Bicycle Crunches x20

<http://youtu.be/wqoD0Bdggt0>

Dumbbell Thrusters x12

http://youtu.be/e8y_ilkwBCE

Plank – 45 seconds

<http://youtu.be/pSHjTRCQxIw>

Kick and Lunge x15

<http://youtu.be/8dYChMm3DnY>

Complete the circuit 4 times

Mama Guns

Warm-up: Foot Fires 1.5 mins

<http://youtu.be/vOkT0XbhLk0>

Workout:

Bicep Curls x10

http://youtu.be/F1B4WK_6oH0

Triceps Dumbbell Kickback x10

http://youtu.be/UfynEJHA_oc

Hammer Curls x10

<http://youtu.be/EdWCF9-ZAJI>

Shoulder Press x10

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

Complete the circuit 4 times

Cardio

Activity: Your choice – 30 minutes minimum of some good old fashioned cardio. You can run, bike, kick box, Tae Bo, anything that gets your heart rate going.

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 me, @MrBookieboo on Twitter.
- 3) Already working out regularly? Try to incorporate these exercises into your regular routine. I'll be happy to help you with this.
- 4) Routines too easy? Add another circuit. Do more cardio. Routines too difficult? Do as many reps as you can. Use smaller dumbbells. Your goal is to be able to barely finish that last rep.
- 5) 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.
- 6) Don't have dumbbells? Don't worry! You can use water bottles, cans, containers filled with sand, etc. Be creative 😊.
- 7) 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.