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**40/40 Challenge**

**Example Workout Guide**

**Remember: !! You don’t have to go HAM every single day but MOVE every single day and get outside as much as possible!!**

The easiest way to do this is to just follow your My Transphormation Starts Today (MTST) app workouts, but, here are some other ideas:

**Example Exercise Plan:**

Approx. 1 – 1.5 Hour Sessions; (scale as necessary)

ALL RESISTANCE TRAINING = 4 SETS OF 10-15 REPETITIONS, AS HEAVY AS POSSIBLE & STILL ABLE TO HIT THOSE REPS & SETS; CARDIO SHOULD BE CHALLENGING SPEEDS AND INCLINES

**!!! Write down your weight, incline, speed, and what kind of HIIT you do each session!!!**

* ALL SHOULD INCREASE WEEKLY (weight, incline, speed) -

MONDAY: Resistance Training, Legs plus HIIT cardio –

Back Squat (½ regular stance, ½ sumo stance)

Leg extension

Leg curl

Abduction

Adduction

Seated Leg Press

HIIT – Box Jumps/Step ups depending on ability – 8 minutes = 40 seconds ON; 20 seconds REST

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TUESDAY: Circuit/WOD style plus steady state cardio

As Many Rounds As Possible in 30 minutes:

5 Pushups

10 Sit-ups

15 Squats Then 30 minutes Stair Stepper

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WEDNESDAY: Resistance Training, Shoulders + Core plus HIIT Cardio

Military Shoulder Press

Superset (no rest in between sets): (T lifts) – Dumbbell shoulder raises – lateral and front

Rotating Cable Raise

Bent over dumbbell row

Dumbbell Shoulder Fly

Core: Hanging Leg raises

Ball crunches

Kettlebell swings

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THURSDAY: Circuit/WOD style plus steady state cardio

As Many Rounds As Possible in 30 minutes:

10 Push ups

10 Thrusters

10 Leg Lifts

Then 30 minutes assault/air bike

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FRIDAY: Resistance Training, Back and Biceps plus HIIT cardio

Standing EZ bar curl, FULL EXTENSION,

Close grip, wide grip, wide grip lift (10 each per set, back to back)

Preacher curl (EZ bar)

Superset: standing dumbbell bicep curl + hammer curl

Superset: Seated cable row (close grip, wide grip back to back)

Superset: Seated lat pulldown + reverse, close grip pulldown

Deadlift

Back extension machine

HIIT: 8 minutes, Burpees – 30 Seconds ON 30 Second REST

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SATURDAY: Resistance Training, Chest & Triceps plus HIIT cardio

Bench Press

Incline Bench Press

Peck Dec Fly

Tricep Rope Pulldown

Tricep (bench or regular) Dip

Tricep Bar Pushdown

HIIT: 8 minutes, pushups/plank – 40 Seconds Push-ups ON, 20 Seconds REST; 40 Seconds Plank, 20 Seconds REST

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SUNDAY: Outdoor Day – Jog/walk/hike outdoors for 60+ minutes at your highest intensity

OR 30+ minutes Yoga

**Example AT HOME Workouts**

40 Minutes As Many Rounds As Possible: 40 Minutes Every Minute on the Minute:

10 pushups 10 Burpees

10 sit-ups 10 Pull-ups

10 squats 10 Squats

For Time: HIIT (High Intensity Interval Training):

5 rounds:

Jog 0.25 mi Rounds of 8 minutes total, 5 Rounds

5 push-ups (no rest within the 8 minutes)

10 Sit-ups 40 Seconds High

15 Squats 20 Seconds Low

HIIT Examples:

Round 1 jumping jacks to squats;

Round 2 pushups to plank;

Round 3 Shoulder taps to plank;

Round 4 Russian twists to crunches;

Round 5 burpees to rest

!! You can also do say only 3 rounds of HIITs paired with jogging for the other 20 minutes !

You can run stairs, walk around your neighborhood, push your kid in a stroller; use your kid for weight to press;

GET A SET OF DUMBELLS!

Circuit (move exercise to exercise without stopping):

Set a timer for 40 minutes:

Man Maker (google/you-tube it) to 20 Seconds Mountain Climbers to Sit-ups to Curls to DB Thrusters to 40 Second Plank – start over -

You can buy videos to do Body Pump at home as well. Any at home training program is fine.

“Intro Workouts”

**The best way to get workouts like these is to select “at home workouts” (no equipment) in your My Transphormation Starts Today App (scale as necessary)**

Warm-up: Walk/Jog 1 lap (0.25 mile) + 10 pushups (knees or wall if needed) + 10 squats + 10 sit-ups (or ball crunch) + 10 TRX pullups x 2 rounds

Then….

* 30 seconds plank/rest 10 seconds x 4 rounds
  + Rest 1 minute then…
* 30 seconds each (30 seconds rest between) x 4 rounds
  + high knee
  + jumping jacks
  + squats (air or goblet)
  + mountain climbers

Then…

Finisher/Cooldown: 10 mins/30 kcal assault bike

All weight for reps of 10-12, 4 sets each

* Warm up: Jog 1 lap (0.25 mi), 10 pushups 10 squats, 10 sit-ups, 10 pullups x 2 rounds
* Back Squat, Leg Press, walking lunges (10 each leg), stiff leg DL, leg extension

Cooldown: 10 minutes slow walk (speed 2+); incline 10+

Warm up: Jog 1 lap (0.25 mi) , 10 pushups 10 squats, 10 sit-ups, 10 pullups x 2

* 3 rounds: 10 seconds active; 20 seconds rest - Burpees
* 5 rounds: 40 seconds each active; 20 seconds rest- jack plank, plank leg raise, plank arm

Cool down: 10 mins/30 kcal assault bike

Warm up: Jog 1 lap (0.25 mile), 10 pushups 10 squats, 10 sit-ups, 10 pullups x 2 rounds

Deadlifts

Superset: seated row(wide + close grip)

Cable lat pulldown (wide) + reverse close grip

Superset: standing DB curl + hammer curl

Superset: preacher curl + isolated single arm cable curl

Bench dip (or standard dip, depending on ability)

Superset: tri bar pushdown + rope pull down;

Barbell military press

Superset: Shoulder DB T- lifts (lateral raise + front raise)

Cooldown: 10 minutes slow walk on treadmill; highest incline (speed 2+; incline 10+)

**Example Training Program**

* Static stretch a bit before each session; warm-up: walk on treadmill (light) 10 minutes
* Cool down: walk on treadmill (high incline, slow) for 5-10 minutes & foam roll – stretch in the steam room if you’d like after each workout

\*You’ll need to set these up (take equipment to cardio area prior to starting the workout\*

As Many Rounds As Possible in 30 minutes (AMRAP): MAKE NOTE OF HOW MANY ROUNDS YOU COMPLETE.

!! DON’T HURT YOURSELF. LISTEN TO YOUR BODY !!  
Protect your back at all times, especially with the ball crunches. Don’t worry about the time as much as the form. Yoga, stretching, active rest days are great to help recovery.

**“THE OLD WARM-UP”**

**2 rounds:**

**Walk/jog 0.25 miles (speed of 3+)  
15 air squats  
10 sit ups**

**5 push-ups**

Days 1-3:

CIRCUIT – Set a timer and complete as many rounds as possible in 40 minutes - Walk/jog 0.25 miles (speed of 3+)  
15 air squats  
10 sit ups

5 push-ups  
\*every round increase incline by 3 levels and speed by 0.5 if possible

Example:  
Round 1 – no incline, 2 speed  
Round 2 – 3 incline, 2.5 speed  
Round 3 – 6 incline, 3 speed  
Round 4 – 9 incline, 3.5 speed

Day 4 – Legs  
AMRAP 30 mins

Jog on treadmill for 0.25mi at a speed that is comfortable, no incline.

Every 0.25 mi:  
1: 8lb Kettlebell for goblet squats x 10  
2: Walking lunges x 10 there and then 10 back  
3: 8lb dumbbell for thrusters (squat to shoulder press with the DBs) 4: Standing calf raises (use wall for support/balance if needed) x 10

Day 5 – Pull (back, bi)  
AMRAP 30 mins:

Jog on treadmill for 0.25mi at a speed that is comfortable, no incline.

Every 0.25 mi:  
5lb dumbbells for bent over row x 10-15 8lb dumbbells for standing DB curls x 10-15 20 lb ez bar good mornings x 10-15 Deadlift with that 20lb ez bar x 10-15

Day 6 – Push & core (chest/tri/core)  
AMRAP 30 mins:

Jog on treadmill for 0.25mi at a speed that is comfortable, no incline.

Every 0.25 mi:  
5lb dumbbell for pec fly x 10-15  
8lb dumbbell for tricep overhead extension x 10-15 Ball crunches x 15-20  
Rest 60 seconds

Day 7 – The old warm up J

Then this AMRAP in 30 minutes

Stair-stepper 36 steps (3 flights)

10 air squats  
10 TRX pull-ups 10 ball crunches

Day 8 – The old warm up J

Then this AMRAP in 30 minutes

Stair-stepper 36 steps (3 flights)

10 air squats  
10 pushups (knees/assisted are okay) 10 TRX pull-ups

10 ball crunches 10 step ups to box

Day 9 – The old warm up J

Then this AMRAP in 30 minutes

Stair-stepper 36 steps (3 flights)

10 goblet squats with 10lb KB  
10 pushups (knees/assisted are okay) 10 TRX pull-ups  
10 ball crunches  
10 step ups to box