



Omron Fitness Challenge Workout Part 1

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper Body	Lower Body	Total Body	Upper Body	Lower Body	Total Body	Rest / Makeup

Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper Body	Lower Body	Total Body	Upper Body	Lower Body	Total Body	Rest / Makeup

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

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

Upper Body

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.

Warm-up: Foot Fires 1.5 mins

<http://youtu.be/vOkT0XbhLk0>

Circuit:

Pushups x12

http://youtu.be/Eh00_rniF8E

Bent-over Dumbbell Row x12

http://youtu.be/ZXpZu_fmheU

Dumbbell Shoulder Press x12

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

Triceps Kickbacks x12

<http://youtu.be/ZO81bExngMI>

Dumbbell Curls x12

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

Complete the circuit 4 times

Lower Body

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.

Warm-up: Foot Fires 1.5 mins

<http://youtu.be/vOkT0XbhLk0>

Circuit:

Dumbbell Step-up – 1 minute

<http://youtu.be/VoPAcBpw8uU>

Dumbbell Lateral Step-up - 1 min each leg

<http://youtu.be/t217OoM-4DU>

Dumbbell Deadlifts x12

http://youtu.be/j8YJ_tfLPJQ

Calf Raises x12

<http://youtu.be/gwLzBJYoWII>

Complete the circuit 4 times

Total Body

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.

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/wgoD0Bdggt0>

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

**Note – Try to do the pushup and the jump components of the burpee. You can leave those parts out if you are unable to finish the 12 reps.*

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.