



Omron Fitness Challenge Workout Part 2

Week 3						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Burn It	Build It	Rest/Makeup	Burn It	Build It	Cardio	Rest/Makeup

Week 4						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Burn It	Build It	Rest/Makeup	Burn It	Build It	Cardio	Rest/Makeup

Note: If you do not have dumbbells for the shoulder press and curls use water bottles.

Burn It Week 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. Lunge across the room/yard/wherever if you have enough room. Focus on good form rather than speed – this is not a race.

Warm-up: Foot Fires 1.5 minutes

<http://youtu.be/vOkT0XbhLk0>

Workout:

Burpees x10

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

Alternating Lunge x16

<http://youtu.be/tTej-ax9XiA>

Squats x10

<http://youtu.be/xDdSZmWNYQI>

Kick and Lunge x10 each side

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

Burpees x15

Alternating Lunges x20

Squats x15

Kick and Lunge x15 each side

Burpees x15

Alternating Lunges x20

Squats x15

Kick and Lunge x15 each side

Burpees x10

Alternating Lunges x16

Squats x10

Kick and Lunge x10 each side

Build It Week 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. It is ok to do the push-ups and triceps push-ups on your knees if necessary. Focus on good form rather than speed – this is not a race.

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

Workout:

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/av7-8iqSXTs>
Crunches x10 http://youtu.be/Xyd_fa5zoEU

Push-ups x12
Shoulder Press x12
Triceps Push-ups x12
Dumbbell Curls x12
Crunches x12

Push-ups x15
Shoulder Press x15
Triceps Push-ups x15
Dumbbell Curls x15
Crunches x15

Cardio Day

Week 3

Daily Goal: 10,000 steps

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.

Burn It Week 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. Lunge across the room/yard/wherever if you have enough room. Focus on good form rather than speed – this is not a race.

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

Workout:

Burpees x12 <http://youtu.be/-4Dio-FdqWg>
Alternating Lunge x18 <http://youtu.be/tTej-ax9XiA>
Squats x12 <http://youtu.be/xDdSZmWNYQI>
Kick and Lunge x12 each side <http://youtu.be/8dYChMm3DnY>

Burpees x15
Alternating Lunges x20
Squats x15
Kick and Lunge x15 each side

Burpees x15
Alternating Lunges x20
Squats x15
Kick and Lunge x15 each side

Burpees x12
Alternating Lunges x18
Squats x12
Kick and Lunge x12 each side

Build It Week 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. It is ok to do the push-ups and triceps push-ups on your knees if necessary. Focus on good form rather than speed – this is not a race.

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

Workout:

Push-ups x12 http://youtu.be/Eh00_rniF8E
Shoulder Press x12 <http://youtu.be/B-aVuyhvLHU>
Triceps Push-ups x12 <http://youtu.be/Qz1NIN2OPYw>
Dumbbell Curls x12 <http://youtu.be/av7-8iqSXTs>
Crunches x12 http://youtu.be/Xyd_fa5zoEU

Push-ups x15
Shoulder Press x12
Triceps Push-ups x15
Dumbbell Curls x12
Crunches x15

Push-ups x20
Shoulder Press x12
Triceps Push-ups x20
Dumbbell Curls x12
Crunches x20

Cardio Day

Week 4

Daily Goal: 10,000 steps

Activity: Your choice – 45 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 MrBookieboo.
- 3) 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.