

28-Day Transformation Challenge Workout

Home workout

Routine instructions: Here's the flow of your workout.

1. Warmup: 5-10 min of treadmill or elliptical then do the hip flexor chest stretch combo.
2. RESISTANCE WORKOUT: Perform the exercises for the number of reps called for as listed. View the videos of exercised as necessary. WORK AT THE PROPER INTENSITY LEVEL. LET THE REPETITION RANGE DICTATE THE AMOUNT OF WEIGHT YOU WILL USE DURING THE SET.
3. After each exercise rest the minimum amount of time you need up to 60 Seconds before proceeding to the next exercise. Continue in this manner until all the exercises listed are completed. Rest for up to 2 minutes then repeat the circuit once more.
4. After completing 1-3 above proceed do 20 to 30 mins of cardio type exercise.
5. After your workout, be sure to stretch tight muscles only.

EXERCISE	Tempo	Sets	Reps	Rest/sec	Notes
Warmup					
Treadmill or elliptical	5-10 min				
Hip flexor stretch chest stretch combo (Hold 12 seconds)		3	3		Hold stretch for 20 to 30 seconds
Strength Workout		Sets			
Goblet Squat	medium	2-3	12-15	30-60s	
Hip Extension	medium	2-3	12-15	30-60s	
Pushup	medium	2-3	12-15	30-60s	
Dumbbell Row	medium	2-3	12-15	30-60s	
Dumbbell Shoulder press	medium	2-3	12-15	30-60s	
Dumbbell Bicep Curls-alternate	medium	2-3	12-15	30-60s	
Dumbbell Triceps Extension	medium	2-3	12-15	30-60s	
Abdominal Reach	medium	2-3	12-15	30-60s	
Superman	medium	2-3	12-15	30-60s	
Cardio Exercise					20 minutes on treadmill or elliptical

COOLDOWN: Stretch all muscles worked