



2-WEEK

GET HEALTHY  

# AT HOME BODYWEIGHT CHALLENGE

\*Each day on the calendar has a clickable link\*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BODYWEIGHT FUSION:</b> Coming Down the Ladder 30 Minutes	<b>JAB PUNCH CRUNCH:</b> Burner Workout 20 Minutes	<b>INDOOR POWER WALKING:</b> Fat Burning Cardio Walking 20 Minutes	<b>GOLD:</b> Hatha Yoga 1 45 Minutes	<b>BARRE STRONG:</b> Bodyweight HIIT 30 Minutes	<b>LIFT: Low Impact Cardio and Core</b> 30 Minutes	<b>GOLD:</b> Mat Pilates 2 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>GOLD:</b> Bodyweight Circuit Breaker 2 30 Minutes	<b>BODYWEIGHT FUSION:</b> Super 8 20 Minutes	<b>BODYWEIGHT FUSION:</b> Ultimate Intervals 30 Minutes	<b>HIIT IT HARD:</b> HIIT Core Burner 30 Minutes	<b>JAB PUNCH CRUNCH:</b> Core Workout 20 Minutes	<b>DEFINITIONS:</b> Core Blast Pilates 30 Minutes	<b>BODYWEIGHT CROSS TRAINING:</b> Total Body Strength 40 Minutes

Want to add some weight to your workouts, but don't have any weights? Here are some household items you can use as a substitute for dumbbells: laundry detergent, paint cans, bag of flour, bag of rice, tote bag filled with canned food, or large water bottles/jugs.