



Feb 2012

Daily Workout K-Challenges

ARE YOU READY?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 WORKOUT WEDNESDAY!</p> <p>5 min of jump rope + 4 min of jumping jacks + 3 min of crunches + 2 min of forward lunges + 1 min of squat hold against wall.</p> <p>Finish off with 50 pushups (knee ok) break it into sets if needed.</p>	<p>2 TIGHT BOOTY Thursday!</p> <p>5 min warmup jump rope or run. 30 sec wall squat, 30 sec squat jumps, 30 lunge jumps, 30 forward lunges, 30 squats Rest, hydrate, REPEAT set but for half the time/rep (15) or go for 30 again!</p>	<p>3 FUN FRIDAY!</p> <p>21 min walk or run with 30sec lateral shuffle every 3 min (make sure to alternate sides-this is awesome for the thighs) + 4 sets of 10 sec sprints.</p>	<p>4 Some MO Squats Saturdays!</p> <p>-20 regular squats -20 squats with step up on bench -20 squats with backward lunge -20 squats with burpees in between -20 regular squats YUP! That's 100 solid squats =)</p>

<p>5</p> <p>LONG RUN Sunday</p> <p>Get your longest run of the week in.</p>	<p>6</p> <p>MAKE IT HAPPEN MONDAY!</p> <p>12 pushups on the hour every hour (min 8 hrs) + 20 min walk or run with a 15 sec jog or sprint at every 5 min intervals.</p>	<p>7</p> <p>TIGHT WAIST TUESDAY!</p> <p>No sugar, simple carbs, or any refined or processed food.</p> <p>You can do it! And you'll feel amazing at the end of the day, I promise!</p>	<p>8</p> <p>WORKOUT WEDNESDAY!</p> <p>LEG TONE UP!</p> <p>5 min of jump rope + 10 lunges (alternating legs) 4 min jump rope + 15 lunges. 3 min jump rope + 20 lunges. 2 min jump rope + 25 lunges. 1 min jump rope + 30 lunges.</p>	<p>9</p> <p>TIGHT BOOTY Thursday!</p> <p>30 lunges 25 lunge jumps 20 pushups 25 mountain climbers 30 burpees (NOPE, can't skip this part—key element in boosting metabolism and fat burn!)</p> <p>5 reps of 15 sec sprints all out! Recover for 45-60secs in between</p> <p>Repeat circuit one more time.</p>	<p>10</p> <p>FUN FRIDAY!</p> <p>10 squats on the hour every hour all day (min 10 hrs)</p>	<p>11</p> <p>SAMBA SATURDAY!</p> <p>Break it down to 3 different songs</p>
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<p>12 LONG RUN Sunday</p> <p>+5 more min than last week</p>	<p>13 MAKE IT HAPPEN MONDAY!</p> <p>20 min walk or run with 15 sec sprint every 2 min. +50 backward lunges and 100 jumping jacks</p>	<p>14 TRY IT TWICE TUESDAY</p> <p>20 mountain climbers jumps 20 pushups 20 burpees Once in the AM, Once in the PM</p>	<p>15 WORKOUT WEDNESDAY!</p> <p>10 lunges + 5 squat jumps on the hour every hour (10 hr min)</p>	<p>16 TWO for ONE Special THURSDAY!</p> <p>AM- 5 min jump rope. Count your reps PM -5 min jump. GET MORE REPS than earlier!</p>	<p>17 FUN FRIDAY!</p> <p>10 pushups- regular or knee on the hour every hour all day (min 10 hours)</p>	<p>18 Some MO Squats Saturdays!</p> <p>-20 regular squats -20 squats with step up on bench -20 squats with backward lunge -20 squats with burpees in between -20 regular squats YUP! That's 100 solid squats =)</p>
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<p>19 LONG RUN Sunday</p> <p>+5 more min than last week</p>	<p>20 MAKE IT HAPPEN MONDAY!</p> <p>1 min challenge: Try holding the squat hold (against a wall) for 1 min....then attempt a plank on the ground for 1 min. Perform both exercises every 2 hours throughout the day</p>	<p>21 TIGHT TUESDAY!</p> <p>15 Single leg squats (sit on chair or bench and bring yourself up by having only one leg on the ground...the lower the bench, the more challenging it will be!)</p> <p>15 Step ups 100 Jumping jacks Alternate legs Repeat set on both sides</p>	<p>22 WORKOUT WEDNESDAY!</p> <p>3 mile walk or run with 6x20 sec sprints while on the run.</p>	<p>23 THURSDAY ABS!</p> <p>Coach K's abs & core routine Found at ktipfitclub.com under "free goodies"</p>	<p>24 FUN FRIDAY!</p> <p>30 min walk or run with 6x30 sec (at every 5 min block) + 20 pushups, 20 squats, 20 lunges</p>	<p>25 SAMBA SATURDAY!</p> <p>Break it down to 5 different songs</p>
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<p>26 Long Run Sunday +5 more min than last week</p>	<p>27 MAKE IT HAPPEN MONDAY!</p> <p>100 pushups regular or knee position. Break it down into sets if you need to (ie: 2 sets of 50, 4x25 or 5x20.</p>	<p>28 TIGHT TUESDAY!</p> <p>10 squats on the hour every hour all day (min 10 hrs)</p>	<p>29 WORKOUT WEDNESDAY!</p> <p>2.9 miles in the Leap Year Virtual Run</p> <p>Sign up: http://lifeasarunning mom.blogspot.com/</p>			
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