



Jan 2012

Daily Workout Challenges

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 TIGHT BOOTY Thursday! 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!	6 FUN FRIDAY! 24 min walk or run with 30sec lateral shuffle every 3 min (make sure to alternate sides-this is awesome for the thighs) + 20 pushups and 1 min plank hold	7 SAMBA SATURDAY! Break it down to 3 different songs

<p>8 LONG RUN Sunday Get your longest run of the week in.</p>	<p>9 MAKE IT HAPPEN MONDAY! 50 pushups (knee or regular) break it into sets of 5x10 or 2x25 if needed 10 min walk or run.</p>	<p>10 "My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment." -Oprah</p>	<p>11 5 min of jump rope + 100 jumping jacks + 10 min fast walk or fast run. Finish with 20 pushups and 1 min plank hold.</p>	<p>12 TIGHT BOOTY Thursday! 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!) 15 Step ups 100 Jumping jacks Alternate legs Repeat set on both sides</p>	<p>13 FUN FRIDAY! 10 squats on the hour every hour all day (min 10 hrs)</p>	<p>14 SAMBA SATURDAY! Break it down to 3 different songs</p>
<p>15 LONG RUN Sunday +5 more min than last week</p>	<p>16 MAKE IT HAPPEN MONDAY! 20 min walk or run with 15 sec sprint every 2 min. +50 forward lunges and 100 jumping jacks</p>	<p>17 20 lunge jumps 20 squat jumps 20 burpees Once in the AM, Once in the PM</p>	<p>18 Perseverance can triumph difficulty and discouragement!</p>	<p>19 AM- 5 min jump rope. Count your reps PM -5 min jump. GET MORE REPS than earlier!</p>	<p>20 FUN FRIDAY! 10 pushups-regular or knee on the hour every hour all day (min 10 hours)</p>	<p>21 SAMBA SATURDAY! Break it down to 4 different songs</p>

<p>22 LONG RUN Sunday +5 more min than last week</p>	<p>23 MAKE IT HAPPEN MONDAY! 3 mile walk or run with 6x20 sec sprints while on the run.</p>	<p>24 No Simple Carbs Challenge. Try to go all day without eating sugar, white bread, alcohol or other sweet treats.</p>	<p>25 10 squats on the hour every hour all day (min 10 hrs)</p>	<p>26 Coach K's abs & core routine Found at ktipfitclub.com under "free goodies"</p>	<p>27 FUN FRIDAY! 30 min walk or run with 6x30 sec (at every 5 min block) + 20 pushups, 20 squats, 20 lunges</p>	<p>28 SAMBA SATURDAY! Break it down to 5 different songs</p>
<p>29 Long Run Sunday +5 more min than last week</p>	<p>30 MAKE IT HAPPEN MONDAY! 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>31 YOGA or Meditation for the day.</p>				

For More Inspiration, Videos and K-Tips stay tuned on our blog: ktipfitclub.com and through Facebook: "Kendrick Fitness"